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## The Efficacy of Topical Basil Essential Oil on Relieving Migraine Headaches: A Randomized Trial

**Sajad Yarahmadi**

School of Nursing and Midwifery, Lorestan University of Medical Sciences, Khorramabad, Iran

**Objective:** Complementary therapies have been increasingly used for the prevention and treatment of migraine so that there is a need for studies in this setting. This study sought to determine the effects of Basil essential oil on the severity and frequency of migraine attacks headaches.

**Methods:** A triple-blind clinical trial study was performed on 144 patients diagnosed with a migraine. Patients were randomly allocated by a stratified method to four groups of 36 titled Basil essential oil 2%, 4%, 6%, and placebo groups. Medications were used topically every eight hours for three successive months. In addition, each individual received 325 mg of Acetaminophen every 12 hours. The severity and frequency of migraine attacks were measured prior to the study, at weeks two, four, eight and 12. The Visual Analog Scale was used to measure pain intensity. To compare changes in the severity and frequency of pain over time were used from the marginal model and generalized estimation equations.

**Results:** The interaction of the dose and time factors was significant on both pain intensity ( $P < 0.001$ ) and frequency of attack ( $P < 0.001$ ). The Odds-Ratio of higher pain intensity and Rate-Ratio of more frequency of attack in intervention groups compared to the placebo group were decreased over study time.

**Conclusion:** Time-lapse and higher doses of Basil essential oil would reduce both the intensity and frequency of migraine attacks.

### Biography

Reza Hosseinabadi has completed his PhD in Gerontology at the age of 44 years from University of social welfare and rehabilitation sciences. He is the director of nursing clinical department of school of nursing and midwifery. He has published more than 35 papers in reputed journals.

s.yarahmadi000@gmail.com