



## **“Migraine Headache” Treatment camp**

**June 2011 to May 2012**

**By**

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*“MIGRAINE” can be fully cured by Acupuncture treatment and self treatment with Acupressure. As per Allopathy, migrane cannot be cured but with medicines one can tolerate the pain.*

*In order to study the efficacy of Acupuncture with self help acupressure, a systematic study has been initiated by “Acupressure Club” which has a motto of “Heal thyself” and make known the appropriate acupoints to every person who would like to try this system and cure themselves.*

### **What is migraine?**

This is a very severe, throbbing headache, usually on one side of the head and is accompanied by other symptoms.

### **What are the symptoms?**

Early symptoms of a migraine attack may be nausea feeling and disturbance in the form of bright flickering lights in the eye.

When intensified, throbbing pain develops often over one eye, nausea continues and they may get some relief after vomiting.

The person may become sensitive to light and sound, which can make the conditions worse.

### **How long the migraine headache lasts?**

The migraine headache can last from a few hours to three days.

### **What are the causes for migraine?**

All the various symptoms of migraine seem linked to changes in the diameter of blood vessels in the head. The blood vessels constrict during the initial stages and dilate when the headache begins. These changes may be due to an imbalance in a brain chemical known as serotonin. Hormones too, apparently play a role and there is a strong correlation between changes in estrogen levels and migraines. The women are affected more than men.

### **What are the other types of headaches?**

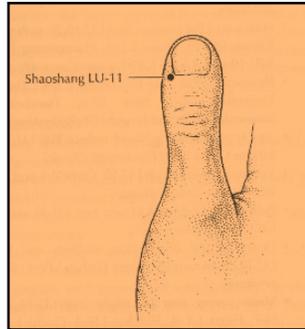
#### **1. *Tension Headache:***

It affects almost everyone who is tensed for a period of time. It is dull, persistent, non throbbing pains that can make your head feel as if it is griped in a tight band. Tenses muscles in the neck may be sensitive to touch. It is the irritation caused to the nervous system by sensed muscles is the main cause for the pain.

It can be caused mainly due to not enjoying what you are doing and partially due to oxygen starvation.

Stress is the most common trigger. Anxiety about work or family life also causes tension headache. Other reasons are persistent noise, poor posture, eyestrain and too much coffee. Grinding or clenching the teeth at night indicates the high stress which leads to tension.

Acupressure on root of the thumb nail (**Lu-11**) has the potential to give immediate relief for tension headache.



## 2. ***Sinus Headache:***

It is characterized by pain in the forehead, nasal area, eyes and sometimes the top of the head. They can also produce a feeling of pressure behind the face.

Inflammation or infection of the membranes lining the sinus cavities can give rise to such headaches. The headache may also be caused from the suction on the sinus walls, which occurs when nasal congestion creates a partial vacuum in the sinuses.

It comes mainly due to hay fever and other seasonal allergies.

## 3. ***Cluster Headache:***

The headache is named since it comes in bunches. Typically they begin in the night after deep sleep and sometimes preceded by a mild aching sensation on one side of the head. The pain may be severe, piercing and usually located in and around one red watery eye and is generally accompanied by nasal congestion. It can last for half an hour to two hours and then diminishes or disappears all together, only to recur again after a day. A barrage of four or more attacks may occur in a day or can strike everyday for weeks or months which affects men more than women. Smokers are likely to be affected more. Alcohol and certain foods may trigger such cluster headaches.

Inhaling pure oxygen can be highly effective in providing relief.

Vision test, X-rays, CT scan or an EEG may rule out the possible organic causes of headaches (such as tumor or structural abnormality etc.).

### **Remedy with conventional medicine:**

Tension headaches can be relieved by analgesics such as aspirin acetaminophen, or ibuprofen.

Sinus headaches are relieved by antibiotics and decongestants.

Migraine headaches are more difficult to treat with medicine and some researchers believe the headaches are primarily neurological in origin. It is also suspected that genetics can play a role. A wide range of factors can trigger an attack, excessive caffeine, various foods, smell, dry winds, changes in altitude and seasons, hormonal fluctuations, birth control drugs, missing a meal or stuffy rooms etc. It may also occur after an intense emotional outburst.

If the migraine attacks are frequent (3 to 4 times a month), doctor will suggest preventive medication on a continual basis. These include propranolol, a beta adrenergic blocker that works by reducing constriction in blood vessels. A calcium channel blocker such as verapamil also may be prescribed.

If the frequency is not high, drugs such as an isomethaptene containing combination or ergotamine may be prescribed. A drug sumatriptan is used to treat migraines and brings immediate relief. A therapeutic drug dihydroergotamine (D.H.E 45) acts quickly to constrict blood vessels and reduce inflammation. Sometimes even aspirin can be effective if taken in effervescent form at the first sign of an attack.

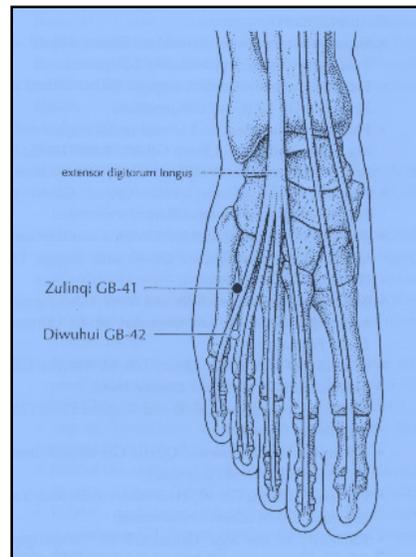
### **Acupuncture Theory for Migraine**

In Chinese Five Element Theory, the 'WOOD' element is responsible for the muscular system. In the six 'Ki' energy form, it is known as wind energy. The

wind energy controls the organs viz. Liver and Gall Bladder which are responsible for controlling muscular systems.

The blood vessels which represent the vascular system are also part of the muscular system. The blood vessels have to continuously constrict or dilate as per the requirement.

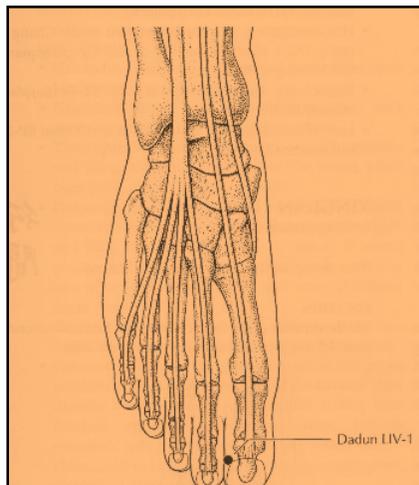
Tension headache and cluster headache are caused by suddenly tensed muscles which can be treated by activating the gall bladder meridian point G.B.41. This point can relieve the muscular tension within few seconds and headache also vanishes. This point has also has the potential to cure neck pain normally known as cervical spondylosis.



For migraine headache, Liver is the organ mainly responsible since it controls the muscular system. The bile secreted by the Liver should reach the Duodenum so that fat contents can be easily digested. Since the Liver itself is weakened due to the medicines taken, especially pain killers, the muscle which holds the Liver itself will become weak. Due to this, the Liver sags a little due to its own weight and part of bile juice will find its way to the stomach. When bile juice reaches the stomach, which is not supposed to, the alert system triggers vomiting, to remove the bile from the stomach. Initially it produces the nausea feeling.

Since the eyes are controlled by liver, the symptoms are felt in the eyes. The constriction of blood vessels triggered by nervous system is responsible for the pain in the head region and steadily they start feeling the throbbing pain due to blood flow through constricted vessels.

The acupuncture points in the liver meridian have the potential to correct any Liver dysfunction. For migraine headache, the wind point **Liv-1** is very effective to provide relief as well as cure in the long run.



Conventional medicine declares 'migraine', only after trying several medications on the patient without solving the root cause of the problem in the initial stage. As the medicines taken for headache also to be detoxified by the liver, it becomes weak in energy in the long run. If a doctor declares that a person has 'migraine', it literally means that the patient has no cure for this headache and has to manage with symptomatic for treatment.

**Acupuncture has the potential to cure migraine because it removes the root cause of the problem. The drugless treatment of acupuncture and acupressure further helps the patients to recover on a fast track mode.**

Although there are many reported cases indicating the success in treating migraine, a systematic research is needed to establish the system of cure. Acupressure club has taken the initiative to conduct such a study for a period of

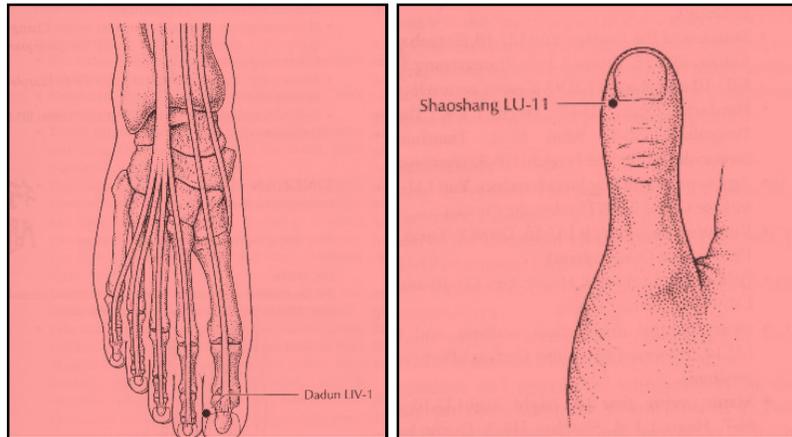
one year. The study conducted over a period of one year is intended to reinforce the effectiveness of acupuncture treatment for migraine with authenticated record.

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## **ABOUT OUR PROGRAMME**

All persons declared with label “Migraine Patients” can join our camps every first Sunday of the month between 2.00 & 5.00 p.m. and share their experience with others in an open forum.

The patients are also encouraged to use self acupressure on Liv-1, Lu-11, B-10, GB-1 points daily as a preventive therapy.



**To pinpoint the factors causing your headache patterns, kindly keep a dairy and provide answers to the following questions.**

1. When did you first develop headaches?
2. How often you have them?
3. Do you experience symptoms prior to the headaches?
4. Where exactly is the pain?
5. How long does it last?
6. At what time of the day do the headaches occur?
7. Does the eating of certain types of food precede your headaches?
8. In case of ladies, at what time in your monthly cycle do headaches occur?
9. Are the headaches triggered by physical or environmental factors, such as odour, noise or certain kinds of weather? (windy season)
10. What words most accurately describe the pain of your headache: throbbing, stabbing, binding, piercing or stretching?

11. In the pain scale of 0-10, where 10 represents the maximum pain, you experienced so far, how do you rate the recent attack?

**What preventive actions the migraine patients should take to get faster cure?**

1. Avoid fatty foods or sour taste items till your migraine is cured.
2. Activate the preventive acupressure points daily (**Lu-11, GB-1, B-10 & Liv -1**)
3. Massage both the palms and finger for 5 minutes every day with a special attention on liver reflexes.
4. Gradually discontinue the preventive medicine as you gain confidence in treating yourself.
5. Practice only *Anuloma / viloma pranayama* for 5 minutes.

The patients registered for treatment are requested to keep a dairy as suggested and keep tab of all the questions asked in this note. Acupuncture treatment will be given by the Acupuncture Doctors once in a month for next 12 months.

**Acupuncture Research Team**

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