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Acupuncture and topiramate in migraine

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Introduction: Migraine headaches are usually one-sided, pulsating or throbbing, and moderate or severe in intensity. They can be worsened with activity and may be associated with nausea and/or vomiting, as well as sensitivity to light or noise. Acupuncture had been used to treat 50 patient suffering from migraine, topiramate (topamax) given to prevent the attacks, duration of treatment is 10 weeks; the patients were followed up for one year. Topiramate is called an anticonvulsant. Topiramate is also used to prevent migraine headaches in adults and teenagers who are at least 12 years old. This medicine will only prevent migraine headaches or reduce the number of attacks. It will not treat a headache that has already begun.

Method: 50 patients all are males, age 25-35 years, having no systemic disease, complaining of migraine for more than 1 year were included in this study, liver and renal functions were normal. Classically the headache is unilateral, throbbing, and moderate to severe in intensity. It usually comes on gradually and is aggravated by physical activity. In 1st step the author had started treating them with acupuncture using the points weekly, for 4 weeks with one tablet per day of Topamax; 2nd step includes 2 weeks rest with no acupuncture but the patients were continued on topamax tablet 1/day and; in the 3rd step: Acupuncture using same acupoints for another 4 weeks was don, one set/week, with 1 tab of topiramate/every other day. The patient had got 8 sets of acupuncture with 60 tablets during 10 weeks of treatment.

Results: Entire 50 patients had been followed for one year and during this period there was a direct contact with them monthly, for checking the investigation which was normal. After 6 months, they were free of pain except 5 patients (10%). After 1 year, 35 patients were free of pain—and only 10 patients complain of pain.

Advantages: Acupuncture is effective in treating migraine specially when had been used in combination with topamax, it has synergistic effects and safe without complications. They cover the acute attacks and had preventing effect.

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