



REVIEW ON MIGRAINE

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ABSTRACT

Through this column few herb's that having traditional important explained according to ethno botanical survey. The herbs are mostly indigenous to south India that is locally used. The task is that the herbal extract of different plant's are used traditional for antimigraine curing, treatment, prevention. The Migraine is a challenging problem for healthcare physician. The present an attempt is made for explore of some hidden solution for migraine which are using our ancient age's.

Keywords: Migraine, medicinal herbs, traditional.

INTRODUCTION:

Migraine is neurological disorder which causing one side pain in head with lots of symptoms. The symptom's a patient's may experience's is visual disturbance, blurring of visual sight, sparkler, sensitivity to light, sound and smell's, chilling of hands and feet's with sweating, fatigue, weakness, tingling, numbness, mental confusion, vomiting, Dizziness, nausea etc. These symptoms may occur before or during attacks of the migraine. Depending upon the duration of pain and side effect that occur during attack depending upon that migraine is classified.^{1,2} These are mainly two types of migraine. Most common type is "Migraine without aura". Pain will be one side (or) both side of head with symptoms mood swing, nausea, photophobia, vomiting and fatigue.

Second type's is "migraine with aura". In these type of migraine symptoms appears before 10-30 min of attack. It is neurological phenomenon it effect's mainly on locomotors activity. Other types of migraine are basilar artery, abdominal, tension type, carotidynia, ophthalmologic and status migrainosus.³ Migraine causing is not understood but it is due to some trigger that causes inflammation of blood vessels in head. There by it leads to vascular constriction or dilation (or) inflammation of blood vessel and causes pain in head.² The migraine generating trigger may be food, climate changes, hormonal fluctuations, environmental hazed, allergic reaction and lack of sleep, tension and genetic back ground.^{4,5,6,7} The main difficult in migraine for healthcare professional during diagnosis is overlapping of symptoms with TTH. (Tension type of headaches).⁸

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Natural Herb's for Migraine:

(1) *Moringa oleifera*:

The *Moringa oleifera* belonging to family Moringaceae which is cultivated throughout India. The plant leave's consist of vitamins A and C, proteins, amino acids, flavonoid, phenolics, glucosinoleter, isothiocynatus and thiocarbametes (niczinin A and B and niczimicin) the leaving *M.olifire* had property to treat migraine.⁹

(2) *Areca catechu*:

Areca catechu belonging to family Arecaceae Which is found throughout India. The seed's mainly consist of Tannin, Alkaloids, terpenoids, flavonoids, amino acids, peptids phenols. The seed's are showing property to treat migraine by extracting with 50% aqueous. Ethanol by cold maceration.¹⁰

(3) *Menthe piperita*:

Menthe piperita belonging to family Lamiaceae. The volatile oil consist of menthol, menthone and cineole are having anti migraine property. This oil is used by inhSalation.¹¹

(4) *Ocimum basilicum*:

Ocimum basilicum belonging to family Labitate. The main constituent's are estragole methyl chavicol, linalool, cineole, germacren D, eugenol are having antimigraine property. Flower powder mixed with honey and consume oral.^{12,13}

(5) *Hibiscus furcatus*:

It belongs to family Malvaceceae. The Arial part's of plant is moistened with water and crushed to obtain juice that leaves solution is applied on affect once.¹⁴

(6) *Calotrops gigantic*:

It belongs to family Asclepiadaceas. Latex are inserted into vein of forehead.¹⁵

(7) *Ocimum canum*:

It belongs to family labiates. Leaf crushed with garlic and oil and applied topical.¹⁵

(8) *Ocimum americanum*:

It belongs to family (amacea) leaf are having property of antimigraine.¹⁶

(9) *Chrysanthemum Indicum*: It belongs to family Astreaceca. Leaf decoation having property of antimigraine.¹⁷

(10) *Acalypha indica*:

It belongs to family euphorbiacecea. Leaf is having property of antimigraine. It is found in south India.¹⁵

CONCLUSION:

The present column reported 10 folk medicinal plants which are available in India. They are having ethnomedicinal important which are having capacity to cure migraine. At present they are not fully explored but present investigation of this column may provide remedy for migraine.

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