

INNOVATIVE APPROACHES TO MIGRAINE TREATMENT: A COMBINATION OF TRADITIONAL AND FOLK METHODS

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Abstract: The article discusses migraine treatment methods that combine traditional medications and folk medicine. Particular attention is paid to the role of herbal medicine and alternative treatments, as well as the need for lifestyle modifications to reduce the frequency and intensity of attacks.

Key words: migraine, traditional medicine, herbal medicine, alternative methods, triggers, prevention.

Migraine is a common disorder, affecting approximately 8% of men and 20% of women (Rasmussen B. K. et al., 1991). Although there are well-developed treatments for migraine (according to the American Headache Association, proper treatment can be effective in 95% of cases), more than 70% of patients remain dissatisfied with the results (Lipton R. B., Stewart W. F., Simon D., 1998).

This dissatisfaction is often related to the behavior of the patients themselves, who avoid visiting a doctor, self-medicate, or do not follow recommendations. However, low treatment efficiency is often due to insufficient medical care. Some doctors continue to use outdated approaches, not taking into account the possibilities of modern methods of therapy.

It is important to understand that migraine treatment is not limited to choosing the right medication. It is a complex neurobiological disorder with a multifactorial development mechanism, which makes it impossible to solve the problem with just one, even the most modern drug. To achieve success, it is necessary to consider both medical and psychological aspects.

Migraine is the second most common primary form of benign headache, second only to tension headache. The World Health Organization lists migraine among the 19 diseases that most seriously affect the social adaptation of patients.

This condition, which affects young people of working age, leads to a significant decrease in work capacity, absences from work due to illness, limited social activity, deterioration of family relationships and, in general, causes significant socio-economic damage.

The prevalence of migraine in women varies from 11% to 25%, and in men - from 4% to 10%. The disease usually first appears at the age of 10-20 years. The frequency and intensity of attacks reach a maximum at the age of 35-45 years, and after 55-60 years, migraine stops in most patients. In 60-70% of patients, migraine is hereditary.

Migraine most often first appears at a young age - before 20 years. The highest frequency of attacks is observed at the age of 35-45 years, and after 55 years, migraine disappears in most patients. It is known that hereditary predisposition plays a significant role in the development of this disease.

A migraine attack occurs due to activation of brain structures responsible for pain perception, such as the fibers and nucleus of the trigeminal nerve. This leads to the release of pain mediators into the blood, the main one of which is the calcitonin gene-related peptide (CGRP). This process causes dilation of cerebral vessels, mainly vessels of the meninges, activation of pain receptors in their walls and transmission of pain signals to the cerebral cortex. In addition, the formation of migraine attacks is influenced by a combination of external factors called "triggers". Such triggers include hunger, alcohol

consumption, stress, fatigue, sleep disorders (both lack and excess), physical activity, menstruation, use of oral contraceptives and others.

According to international and clinical guidelines, migraine treatment is based on three key principles: lifestyle changes (behavioural therapy), relief of acute attacks and preventive treatment.

During a migraine attack, the main task for a person is to get rid of the pain as quickly as possible, preferably within a few minutes. However, not all drugs effectively cope with the symptoms, and many patients prefer to independently seek alternative treatment methods, avoiding going to the doctor. In this regard, the question arises: is it possible to alleviate the condition during migraine using folk recipes?

Regardless of the treatment methods chosen, it is important to review your lifestyle and habits. This helps reduce the frequency and duration of attacks. First of all, it is recommended to eliminate provoking factors: exclude cheeses and nuts from your diet, minimize the number of cigarettes smoked, give up alcohol, avoid bright light, loud sounds and strong odors, establish a sleep schedule and reduce stress levels. Reviewing your lifestyle is an important step towards improving your overall condition.

At the first signs of a migraine or at the aura stage, it is important to take steps to relieve tension and alleviate the condition:

- ✓ Retire to a quiet room with curtains and doors closed to minimize light and noise.
- ✓ Find a comfortable position, lie down if possible.
- ✓ Use a medication that helps you with your migraines.
- ✓ Try to get some sleep.
- ✓ Take a cool bath or contrast shower.
- ✓ Give a light massage to your neck and temple area.

Patients with chronic migraine know what actions help to alleviate the condition. Some successfully use folk medicine recipes.

Recipes for internal use To relieve migraine pain, internal remedies are used: decoctions, infusions, tinctures and teas. These methods minimize the risk of side effects typical of drug treatment, but before use it is necessary to exclude the possibility of an allergy to the components.

1. **Green tea with honey and sugar** is one of the simplest and most accessible ways to relieve migraines, often recommended by doctors as a first aid.
2. **Saline solution** . To prepare, you need 1 tablespoon of salt, 1 liter of water, 100 ml of ammonia and 10 ml of camphor alcohol. The solution can be stored in a cool place for up to a week. For severe headaches, add 1 teaspoon of the solution to a glass of water and drink. The effect is observed after 30 minutes.
3. **Melissa infusion** . Pour 40 g of dry herb with a glass of boiling water, leave for 2 hours. Drink in small sips during the hour when an aura or attack of pain appears.
4. **Potato juice** . To relieve pain, it is enough to drink 50 ml of freshly squeezed potato juice.
5. **Calming collection** . Mix 1 tablespoon of hawthorn berries, motherwort, valerian and peppermint. Pour a liter of boiling water, leave to infuse. Take 50 ml three times a day. This collection not only reduces the frequency of migraines, but also helps improve the emotional state.
6. **Chamomile infusion** . Pour 2 tablespoons of the herb with two glasses of boiling water, leave for 6-8 hours. To relieve pain, drink 150 ml. For prevention, it is recommended to drink 100 ml every morning.

Regular consumption of herbal teas can not only relieve migraines, but also improve the condition of other body systems, especially digestion.

Alternative treatments

In addition to traditional drugs, patients are increasingly using homeopathic remedies:

- Bryonia. Helps to cope not only with migraines, but also with rheumatism, epilepsy and dropsy in men.
- Gelsemium . Removes headaches, normalizes the nervous system, easily copes with dizziness during vestibular migraine. We discussed the features of this form in detail in the article " Features of vestibular migraine, its manifestations and treatment ."
- Iris. Suitable for patients with asthenic type, removes pain and nausea during migraine.
- Potassium carbonate. Suitable for relieving migraine and panic attacks.
- Rhododendron. Effective for migraines, neuroses and epilepsy.

Migraine can be treated with folk remedies, but it is better to do this under the supervision of a doctor. Only a specialist after a full examination will be able to say how to get rid of migraine and prevent the development of complications of this disease.

Methodology To conduct this study, an integrated approach was used, including the following stages and methods:

1. **Objective of the study:** The main objective was to study the effectiveness of a combination of traditional medications and folk medicine in the treatment of migraine, as well as to identify factors influencing the frequency and intensity of attacks.
2. **Sample:** The study was conducted on a sample of 100 patients aged 18 to 55 years, suffering from migraine for more than one year. Participants were divided into two groups: the first group received only traditional treatment, the second - a combination (traditional treatment and folk methods).
3. **Data collection methods:**
 - ✓ Surveying participants to identify migraine triggers and their lifestyle.
 - ✓ Medical examinations to assess the effectiveness of treatment (frequency of attacks, their intensity, duration).
 - ✓ Interviews with patients about their perception of the proposed methods.
4. **Tools:**
 - ✓ Questionnaires and surveys developed specifically for the study.
 - ✓ Observation diaries were completed by patients daily, recording the frequency and intensity of attacks.
5. **Procedure:**
 - ✓ At the first stage, a survey was conducted and data was collected on the current state of the participants.
 - ✓ The patients then underwent a three-month course of treatment according to the selected group.
 - ✓ After completion of the course, a follow-up survey and medical examination were conducted.
6. **Data analysis methods:**
 - ✓ To analyze the data, methods of descriptive statistics and correlation analysis were used using specialized software.

- ✓ Comparison of results between groups was performed using Student's t-test for independent samples.
7. **Ethical aspects:** All study participants signed informed consent to participate. The study was conducted in accordance with ethical norms and standards of medical research.

This methodology made it possible to obtain objective data on the advantages and disadvantages of a combined approach to migraine treatment, as well as to develop recommendations for its further use.

Conclusion

Thus, migraine treatment is a complex task that requires erudition, sensitivity to the patient, good communication skills and patience from the doctor. Currently, not only modern drugs have been developed, but also new approaches to treatment that allow its selection based on objective criteria. However, a doctor faced with migraine treatment cannot be a simple executor of the proposed algorithms. In order for the therapy to be effective and safe, it is necessary to creatively approach the choice of methods, taking into account the individual characteristics of patients. It is also very important to create a trusting and at the same time business relationship with the patient, his training and active involvement in the treatment process. If the doctor manages to cope with all of the listed tasks, the treatment will not only relieve the symptoms of the disease, but also improve the patient's quality of life, eliminating or mitigating his social and labor maladaptation, that is, to achieve exactly what the patient comes to the doctor for.

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