

# FOREIGNERS RECEIVING AYURVEDIC TREATMENT FOR MIGRAINE

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MUMBAI

**M**ICHELLE (name changed), a native of Croatia in Europe, was suffering from migraine. She had resorted to various medicines and doctors for treating her acute headaches but found relief only through ayurvedic treatment. She is now showing positive response to the ayurvedic medicines and leads a life free of pills.

Ayurveda has its roots in Indian history and this innovative treatment, named ayurvedic treatment protocol (ATP), has been credited to Vaidya Balendu Prakash,

an ayurvedic physician.

Speaking to FPJ, Prakash said, "Most migraine patients are habituated to pills, which they soon get addicted to. Also, ayurvedic medications are tested and found safe for intake."

Currently, migraine is treated with surgeries and medication with an aim to control the severe pain. However, an excess of habitual intake of medicines often leads to chronic migraine which can be dangerous.

He also said that migraine, considered as the disease of the head, has its roots in the intestines, for which regular and timely meals are necessary. Thus ayurvedic treatments prove effective in curing

migraine.

ATP, the ayurvedic treatment for migraine, includes alterations in diet, lifestyles, and an intake of herbo-mineral concoctions. The prescribed course of 90 days will cost you anywhere between Rs 12,000 and Rs 15,000. Migraine surgeries on the other hand cost lakhs of rupees.

According to Cephalalgia, an international headache magazine, patients who have completed a 90-day course of ATP have shown a gradual and significant reduction in the symptoms associated with the disease and the frequency of attacks.

The world across has accepted the fact that ayurveda has a sustainable role in the

prevention of migraine, which is the nineteenth disease across the world leading to debility. For Bharti CK, migraine attacks are a routine in the afternoons between 12 pm and 4 pm. After the ATP medication, her headache has reduced without any side effects.

Speaking to FPJ, Dubravko Harapin, an expert on ayurvedic treatment from UK, said, "Europeans are a little hesitant about ayurvedic treatments but the ATP has proved miraculous for many."

For outsiders, it becomes quite difficult to stick to a strict regimen involving timely meals and medications, but for the ailing treatment remains essential.