

UJ, 54 years housewife from Thane had history of pain at the back side of her head for one year. She had **more than four attacks** in a month lasting from



*Mr. Naveen (Patient's son)*

6 to 10 hours. Traveling, stress, tension, exertion, lack of sleep, weather change, oily & spicy food, crowded and noisy place triggered her attacks which were **very severe** and **acute** in nature. She also had photophobia, phonophobia, belching, fatigue and sweat during such attacks. She was treated by top neurologist in Mumbai. However, her migraine turned into Chronic/Refractory migraine. She was put on Ayurvedic treatment protocol (AYTP) on the recommendation of her treating neurologist from April 4, 2009. She completed AYTP on July 17, 2009 and showed gradual improvement and became migraine free. Presently, she is receiving AYTP to reduce her anemia and to boost her stamina.

AA is a 34 years old lady from Vile Parle, Mumbai. She had history of migraine for last **twenty years** on front side of head. The average frequency of attacks was 2 to 4 times a month lasting 4-6 hours and was



associated with nausea, vomiting, photophobia, belching, flatus and sweat. Attacks were aggravated by missing of meals, exposure to sun, stress and tension, oily & fried food. She used to consume Crocin & Combiflam to get relief from pain. She started Ayurvedic treatment protocol (diet, lifestyle & medicine) from 29<sup>th</sup> March 2009. She improved significantly and now leads a migraine & medicine free normal life.