

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 (UBJ's son) speaks on behalf of his mother

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.

RT, 38 years female, from Andheri (East), had a history of migraine for the last 8 years at the frontal & occipital regions of head. The average frequency of attacks was 2 to 4 times a month and the pain lasted for 24 hrs. migraine attacks were



associated with nausea, photophobia, phonophobia. Attacks were aggravated by exposure to sunlight, stress, tension exertion, missing of meals, lack of sleep and odour. She was taking Crocin, Metaphor to get relief from pain for past few years. She started Ayurvedic Treatment Protocol (AYTP) from 7th December 2009 and experienced significant reduction in frequency and attack of migraine and dependence on painkillers also get reduced. The last attack of migraine was on 16th Feb 2010, but the intensity was mild. AYTP was associated with no side effect.