

When painkillers become the real 'pain'

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MOST of us prefer taking painkillers to relieve ourselves of ceaseless headaches. However, it is a recondite fact that the same painkiller can give you a splitting headache.

According to Cephalalgia, an international magazine on headache, frequent headaches are also a result of medication overdose.

Quite often a spell of headache or a migraine attack compels you to take a tablet. A regular intake of such painkillers makes your body immune to them, following which you can expect a headache as a withdrawal symptom. As a result, a vicious circle of headaches and consumption of painkillers starts.

When the effect of the painkiller wears off, another withdrawal headache develops, and so on and so forth the chain continues. In reality, headaches are a disease and need to be cured at the earliest. Also, an excess habitual intake of medicines can often result in chronic migraine, which can prove dangerous.

Ayurvedic medications on the other hand claim to treat people with migraine without having the patient hooked on to the medicines. Vaidya Balendu Prakash, an ayurvedic physician, has recently innovated an Ayurvedic treatment protocol and is currently curing more than 600 patients suffering from migraine.

Says Prakash, "Ayurvedic medications used in ATP treatment for migraine have no side effects. As the patient is

on the medicines only for four months, he is not likely to get addicted."

Dr Pavan Ojha, a neurologist with Hiranandani Hospital, has a different opinion. He says, "Painkillers are allopathic in nature and have side effects, but these can be controlled. Ayurvedic treatments can have anecdotal evidence."

The patient has to keep a tab on his usage of medicines as it is difficult to de-addict someone who has gotten into the habit of regularly consuming painkillers. Timely meals, diet control and regular sleep with medications can relieve a patient from migraine.

Kasturi, a class 7 student at the Canossa Convent school has recently been detected with migraine. Her mother Anagha Ajgaonkar is in a dilemma to select a treatment

regimen for her daughter. She says, "I have already spent Rs. 25,000 for her medical tests and medicines. I will also give Ayurvedic treatment a shot as her present treatment does not seem to be yielding positive results."

**EMERGENCY
ADVICE DURING
SEVERE HEADACHE**

STEPS:

- 1) Intake of a tablet of paracetamol with carbonated (aerated) drink.
- 2) 15 to 20 minutes of sleep.
- 3) Food should be eaten when hungry.
- 4) Consult a doctor.