



Herbal Medicines - An Emerging Trend in the treatment of Migraine

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ABSTRACT: Migraine is a common, multifactorial, disabling, recurrent, hereditary neurovascular headache disorder. Migraine features often include unilateral location; moderate, moderate-to-severe, or severe intensity of the pain; and a throbbing or pulsating nature to the pain. There may be associated nausea, photophobia, or phonophobia. Unilateral throbbing type moderate to severe intensity headache is a common manifestation of the migraine though it may present with varied presentation. Traditional remedies for headache are widely practiced throughout the world. In addition, the use of traditional methods to treat any symptom of headache could delay the diagnosis and management of serious conditions such as meningitis and other intracranial pathologies. The natural products discussed here include *Zingiber officinale* (ginger) for migraine treatment and *Cannabis sativa* (cannabis), intranasal *Capsicum annuum* (cayenne), and *Lavandula stoechas* (Spanish lavender) volatile oil for treatment and prevention. © 2019 iGlobal Research and Publishing Foundation. All rights reserved.

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