

Role of Some medical plants in reduce of Headache attacks Patients are classified according of blood groups in Karbala.

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Summary

Migraine syndrome which have effective connection with active blood circulation in this search 150 patient divided to 4 groups according to type of blood groups The Significant increase were found at 0.01 between the 4 groups and the same significant increase were found at 0.05 between male and female while the male more than the male due to the effect of female hormone . The Result were refered to no significant effect of Oinum ,garlic, Salix and ginkgo were give significant effects in decreased attack of headache migraine .

دور بعض النباتات الطبية في تخفيف نوبات صداع الشقيقة للمرضى المصنفين حسب مجاميع الدم في محافظة كربلاء

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مفتاح البحث:النباتات الطبية لتخفيف الصداع

الخلاصة

يعتبر داء الشقيقة من الامراض الشائعة التي لها ارتباط وثيق بنشاط الدورة الدموية في هذا البحث تم استخدام 150 شخص مصاب بداء الشقيقة قسموا الى 4 مجاميع حسب فصيلة الدم فوجد زيادة معنوية عند مستوى $P \leq 0.01$ بين المجاميع المختلفة وزيادة معنوية عند مستوى $P \leq 0.05$ لاصابة الاناث اكثر من الذكور بداء الشقيقة وذلك لتاثير الهرمونات الانثوية وكذلك تضمن البحث معاملة مجاميع الدم الاربعة للاشخاص المصابين بداء الشقيقة باستخدام اربعة انواع من النباتات الطبية وهي لحاء الصفصاف ((SalixFRAGILIS)) ومسحوق رايزومات الزنجبيل (GINGER) والثوم (Alium Satium) والبصل (Alium Cepa) والجنكه (Ginkgo BILOBA), فوجد زيادة معنوية بالنسبة لمادة الثوم والبصل حيث نلاحظ ان تاثيرها غير فعال في تقليل نوبات داء الشقيقة على المصابين, بينما مادة الصفصاف, الزنجبيل والجنكه لها تاثير فعال في تقليل نوبات داء الشقيقة وكانت فعاليتها على مجاميع الدم B,AB,A,O وذلك لان هذه الصورة لمجاميع الدم تمثل الأشخاص الأقل إصابة بداء الشقيقة .

Introduction:

Migraine considers one of the common diseases and it must be studied with more precisely details to recognize it from the other diseases which are similar in the clinical symptoms. So, to evaluate the migraine headache, it must be interested seriously with the headache history, the visual and physiological tests and nerve study.

Migraine occurs with different ages even children. The headache can be classified to organic and inorganic headache.

The organic headache:

It's a headache which occurs due to a disease or to an organic injury. The percentage of its occurrence is less than 10% of the total of the headache cases. This headache occurs due to reasons which are either simple hit, fever or dangerous disease as the tumors and also hypertension, confusion in eye and nasosinusitis.

The inorganic headache:

The percentage of its occurrence is over than 90% of the headache cases. It occurs due to physiological or functional changes in specific areas of the head as the blood vessels and muscles.

The sympathetic nerve system plays more important role than the parasympathetic nerve system through controlling the blood vessel diameters by widening and contracting it. It's noticed that the sympathetic nerve fibers have contraction influence on the brain blood vessels and also they have influence in accelerating the clot process in the emotion cases by enforcing the role of adrenaline which causes contraction for the blood vessels. (3)

The migraine headache beats the half of the head and it occurs with different ages. The headache period may happen suddenly without any alarm or may precede its occurrence signs which refer to the nearness of its occurrence. Symptoms may company the period like nausea and vomiting. Some factors like (the high heights, fatigue, hungry, depression, female hormones and eating some types of food e.g. chocolate, some types of cheese and smoking) will increase the percentage of occurring this disease. (3/4)

Studies in the USA assure that more than 18% of women have migraine while 6% of men have it which mean 1/4.

It's found that women have migraine in the Peak Production Years or Ovulation. Also, migraine headache increases through the menstrual period because the estrogen and progestin hormones don't affect on the nerve functions including serotonin, beta- endorphin system nor epinephrine.

In another study, it's noticed that migraine occurs due to topical dilatation in the meningeal blood vessels and the activation of the trinity sensual nerve (the pain way) follows it. Also, the internal cerebral blood vessels swell and the trinity sensual vascular nerves activate. The activation of the trinity vascular system causes releasing the plasma proteins of the nerve genetic which is activating the vessels. (5)

(EEG) is unsafe test in the routine estimation of migraine patients. The useful test in diagnosing migraine is Neuroimaging and the other diagnosis tests.

It's possible to control migraine by organizing the blood flow through the nerve system. The symptoms can be reduced through " step by step" way by using the " Natural balance" for the sexual hormones. (15/16/17).

It's noticed that there is a connection between the level of sexual female hormones and the occurrence of migraine for women. (11/12)

The migraine periods happen through five stages:

The early warning stage: this stage begins before the suffering stage for hours or one day. The patient feels with some symptoms that refer to the nearing of the period as the feeling of abnormal exhaustion, more yawning and changes in the mood like angry, happiness, depression or desire for eating special types of food.

Aura stage: in this stage, the patient gradually and slowly feels with visual, auditory and nerve troubles. This stage precedes the suffering and pain stage about half an hour. Through this stage, the patient sees flash darkness or silver bending lines swim in the orbit, this represents the visual trouble. While the auditory trouble is represented in hearing sounds inside the head like murmur, whispering and may feel with some dizziness. On the other hand, the nerve trouble happens as a sting. It happens in the face or due to the coldness of arm and face including mouth and tongue.

The suffering or pain stage: after removing the preceding symptoms, the feeling of pain begins and centers around the temple area, behind the eye or the forehead. It usually begins as a discomfort, then develops to a pain, a harmful pain. This pain is always settled in one part of the head may be the right or left and it moves between them in one period. With some patients, the pain may begin from the end of the neck and move up in the forehead or may be the opposite. Symptoms may accompany the increase of pain. These symptoms are anepithymia, dizziness, vomiting, nausea and even lights, noises and sometimes smells are incredible.

The ending period stage: as the pain slowly begins, it slowly ends. Vomiting through the period and sleeping for some time are the most helpful factors and the most effective things for ending the period.

After the period stage: after the period ends, what patients feel differs from one to another. Some of them feel relaxed, happiness and refresh. While the others feel with some exhaustion, tired and weakness. (4/5)

The aim of the research:

The aim of the research is to recognize migraine headache from the other headaches caused by hypertension, anemia or chronic nerve disease, and to try to reduce or relax the pain by using some herbal drugs according to scientific theories. Researchers think (6/10) these theories are reasons of migraine.

The scientific theories:

- The flow blood theory:

According to this theory, migraine occurs by stretching the big brain arteries and veins and contracting the small blood vessels which transport the blood from the arteries to the veins and as a result the blood is prevented to reach to the brain bark. Visual and auditory troubles and the feeling of dizziness occur as a result. Pain occurs due to the pressure of the stretching artery on the near nerve.

- The chemical changes theory:

Serotonin is responsible for connecting the nerve messages between the brain cells. If any trouble in this material found, the orders are sent to stretch and contract the brain arteries and veins.

- The heredity theory:

The responsible gene of inheriting migraine is recently discovered. One of its features is the ability to control special cells in the brain controlled on certain parts of body as the visual, auditory and sensual nerves.

Material and Method:

First: it's taken group of migraine patients in nerve part in Hussein Hospital. Their disease is diagnosed by the specialized doctor by depending on the date of case and the clinical signs of the disease.

Second: sample of blood is taken from each patient to know the blood type by using the blood groups measurement way. The patients are divided to four groups according to the blood type. The first group has the type of blood O, the second has A, the third has B and the fourth group has AB.

The first group has 60 patients, 50 females and the other males.

The second group A has 40 patients, 38 females and 2 are males.

The third group has 20 females and 5 males.

While the fourth group has 30 patients, 20 females and 10 males.

The age of patients is between (14-50) years old.

After that, the capillary tubes are used to measure the clot time for each of men and women for each group.

The four groups are given some of intoxicant plants, they are:

- (1) **Salix Fragilis:** it's given for each patient four times a day for four days. The amount is one spoon of boiling Salix with water which mean (60-120) mg.
- (2) **Alium Sativum (Garlic):** it's given for the patient as a capsule which contains garlic powder, one capsule a day. While Alium Cepa (Onion) is given as an one onion a day.
- (3) **Zingiber Officinal:** it's given for the patient four times a day for four days. The dosage is prepared by taking (500-600) mg from dry zingiber mixing with water.
- (4) **Ginkgo:** the scientific name is G. BILOBA. It's given for the patient as drops, thirty drops a day. The drops are Ginkgo remaining given three times a day for 2-3 days only.

The remedial way includes the activation of management and organizing the mentality and physical functions. This study has 28 migraine patients and it is used the hand warming exercise by raising the hand temperature to 10 F° through two minutes.

This way is used to control the nerve system functions which increase the blood flow in the hands. So, the migraine symptoms are reduced for the most patients.

The hand temperature organizing is very useful in curing the migraine headache in comparing with the tension headache which needs to different types of exercises.

Results and Discussions:

The research results are found that migraine patients are classified to four groups according to the type of blood and its relationship with the time of clot as in table (1):

The measurement of time of clot for the four groups:

Groups	The type of blood	The number of patients	The time clot/ minute
The first group	O	60	D ± 2.02
The second group	A	40	C ± 2.995
The third group	B	20	A ± 4.00
The fourth group	AB	30	B ± 3.425

The results are found that the middles which carry different letters are abstractly different at $p \leq 0.01$, while for males and females, it is noticed that table (2) the males and females are abstractly different at $p \leq 0.05$.

Table (2): the measurement of time clot according to the sex:

Sex	N	C.T./ min
Male	27	3.018± A
Female	123	2.72± B

The time clot middles are abstractly different at $p \leq 0.05$.

It's found that the number of migraine patients for female is more than for male, and this agrees with (8,9,10).

On the other hand, the results for the preventive remedial way with herb drugs are good for the four groups and the periods of migraine are repeatedly reduced. Also, the organizing way for warming the hand temperature is very useful in getting rid of migraine pains because of the continuous exercises to raise the hand temperature to 10 F° to control the nerve system functions.

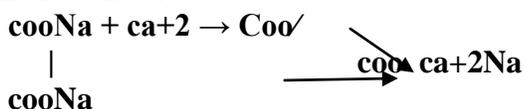
One of the migraine theories is the arteries and veins stretching and the blood capillaries contraction. One of the factors which activates the contraction states in the blood capillaries because the acute adhesive blood from the clot are due to the secretion of serotonin from the destroying blood discs and serotonin is Vasoconstrictor.

And this agrees with the first group results which carry the type blood 'O' which appears that the clot time is faster and it is noticed that the quality of blood discs is more for the first group, then the second, the fourth and the third.

It's noticed that the blood discs quality is more for the first group and it is responsible for secreting serotonin.

It's possible to notice the clot in one of the brain arteries which will cause stroke. It's a signal that the clot is found and this will cause a headache due to preventing the blood from passing through the arteries to the brain tissue and this will cause chronic headache periods. The first group is readier than the other groups because the blood discs are prepared to produce the clot material.

For reducing the percentage of blood clot, it's given *Na. sitrate* and by this way the Ca+2 is pulled from the blood because Ca+2 is necessary for the clot steps and it is given 2-3 g for each liter of the blood.



It's noticed that this material is safe and it is found by liver cells through the normal metabolism passages and this agrees with giving "salix fragilis, alium sativum, zingiber officinal and ginkgo" as in table (3) flow and reducing of occurring the clot have influence on the blood. The material has the same influence as aspirin.

The modern studies are assured that the radiography by C.T scan discovers the blocked positions which will cause the small stroke or blocked in the capillary of arteries network that supply the brain, and these positions are for one group of patients which feel with preceding signs for period as seeing spot or lines swim in front of the eyes or may be the headache migraine occurs with pain in the chest which is as heart attack.

This agrees with the groups results which state that the patients in the first group (O) have the same clinical signs and the C.T scan results display damage in the backward part tissue of cerebellum which is responsible of stability and the other nerve functions.

The migraine patients suffer from increasing the periods when they eat some food like cheese, chocolate, bird meat and some types of fish. This agrees with some researchers results that this food contains Teramin which has influence on the blood vessels. Some drugs also have an influence by working on hindering the process of making Naph thoquinone, (vitamin K) which is necessary for the clot process (1) and this agrees with giving zingeber officinal and ginkgo. On the other hand, table (3) displays the using of the four medical plants.

Table (3): the influence of the medical plants in reducing migraine periods:

Plants	Blood types	Middles SE±
Salix fragilis	O	BC 3.0±
	A	CD 2.0±
	B	DE 1.0±
	AB	CD 2.0±
Alium sativum (garlic)	O	A 7.0±
	A	A 8.0±
	B	OB 4.0±
	AB	BC 3.0±
Zingeber officinal	O	BC 3.0±
	A	CD 2.0±
	B	E 0.0±
	AB	DE 1.0±
Ginkgo	O	B 4.0±
	A	BC 3.0±
	B	CD 2.0±
	AB	CD 2.0±
	LSD	

The middles which carry different letters abstractly differ at $P \leq 0.001$.

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