

## *Summary*

**Migraine** is a chronic neurological disorder characterized by moderate to severe headaches, and nausea. It is about three times more common in women than in men

The goals of preventive therapy are to reduce the frequency, painfulness, and/or duration of migraines, and to increase the effectiveness of preventive therapy).

Acupuncture is an ancient art of healing that dates back to at least 2,500 years. It has been widely practiced in China and many other Asian countries.

The basic principles of acupuncture involve terms such as Yin and Yang, Qi, Meridians and Organ Systems. Acupuncture believes in a continuum of energy that flows in the body between two opposite poles, Yin and Yang. The balance of these two poles constitutes health in the body .

Auricular acupuncture, or ear acupuncture as it is more commonly known, is similar to body acupuncture but with ear acupuncture stimulation is only to the external ear. It is a method of treating a variety of physiological and psychological health problems by the stimulation of certain acupuncture points on the external ear.

Dr Nogier's research indicated that there are over 100 or so separate acupuncture points on the external ear and that when these points are stimulated they are believed to influence the various organs and systems in the body .

This Work was carried out in the out patient clinic of oto-rhino-laryngologically , Benha University Hospital and. The study included thirty patient with migraines (age range, 18 to 60years old). Diagnosed according to the ICHD-II.

### **The thirty Patients were divided in Two Groups:**

**(Group A; n15):** subjected to somatic acupuncture.

the course of treatment was carried out in weekly sessions for the first 2 months and then once a month for the next 4 months. time of each session :it lasts for 20-30 minutes. Somatic Acupuncture points were classified to

- tender points which were : *GB14 Yangbai , Ex-HN5, Ex-HN-3 YINTANG, BL2 Cuanzhu.*
- Local points which were : *GV20 Baihui, GB20 Fengchi.*
- Distal points which were : *LR3 Taichong, SP6 Sanyinjiao, ST36 Zusanli, Dubi (ST 35).*

**(Group B; n15) :** subjected to ear acupuncture. The course of treatment was carried out as somatic. The needles were left for one week then changed to other ear in second session. Ear points

- Primary therapeutic access:-  
Sensory Line according to Noiger : Forehead point (33),Sun point(35), and Occiput point (29).  
Sensitive points : in the Solar Plexus Zone
- Supplementry points :- Weather Point, Gastagen Point, The Kidney Zone, Ovary point, Vegetative Point II (34), Jerome point (29 b), Jerome point (29 b), Liver Zone, Spleen Zone.

In our results after follow up patients for six months we found that 15 cases Group A were treated with Somatic acupuncture 5 cases were completely cured (33.3%) and 6 cases were improved (40.0%) and 4 cases were failed (26.7%) . Another 15 cases Group B were treated with Ear acupuncture 11 cases were completely cured ( 73.3%) , one case was improved (6.6%) and 3 cases were failed (20%).there was a statically significance in cured patient by ear acupuncture and cured by somatic , also there was a significance between improved patient by somatic and improved by ear acupuncture . Also the results of acupuncture treatment of Headache phase of migraine indicate that that Ear acupuncture was more potent in treatment Headache phase where lead to complete cure than somatic which lead to improved more than complete cure. Generally Acupuncture treatment (Somatic or Ear) of Headache phase whether complete cure or improved is highly perfect by (76%).

Acupuncture is a relatively safe practice. Like any other therapeutic treatments, it has adverse effects, which are often minimal. Acupuncturists are obligated to use sterile needles for treatments. Common adverse effects found in acupuncture include small bleedings, hematoma, dizziness, and other vegetative symptoms When performed correctly, acupuncture should be free from adverse and addictive side effects

## *Conclusions and Recommendations*

In conclusion, acupuncture is effective and encouraging for cases of migraine and ear acupuncture is more effective than somatic acupuncture.

Although medical treatment is more common than acupuncture in the world and Middle East specifically than acupuncture, yet the latter still the advantages of no side effect, less recurrence. While ear acupuncture is more simplicity, less bleeding more success rate than somatic acupuncture.

The classification of headache patient is recommended as each cause of headache has specific acupuncture points whether somatic or ear. Also recommended choice of perfect Acupuncture points. And accuracy location of the site of pointes , the method that used in insertion and activation of acupuncture needle . All these are recommended for achievement good results.

Long term follow up of successful cases is also recommended to detect the possibility of recurrence.

### **We discuss certain points that need further researches:**

- The effect of acupuncture of other otorhinlarynglgy diseases that results of medical and surgical treatment of it are not sufficient as tinnitus, dizziness, Sudden SNHL and Allergic rhinitis .
- The role of anther complementarily treatment in different diseases as cupping therapy.

Finally we recommended that establishment an acupuncture unit in Benha faculty of medicine for further researches in all branches of medicine.