

**Mini Review**

# Efficacy of Oral Supplement Compared with Amitriptyline in the Prophylaxis of Episodic Tension Type Headache and Migraine without Aura

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## Introduction

We conducted an observational study of patients attending our outpatient headache clinic, suffering from episodic tension type headache (ETTH) and migraine without aura (MO). The purpose of the study was to compare the efficacy of magnesium bisglycinate, L-tryptophan, niacin, vitamin B2 and vitamin D, Pineal Tens (PT) and Amitriptyline (A) in the prophylaxis [1-4] of these primary headaches using as outcomes:

- The modification of pain (VAS);
- The change in the number of attacks/month;
- The change in the consumption of analgesics/month.

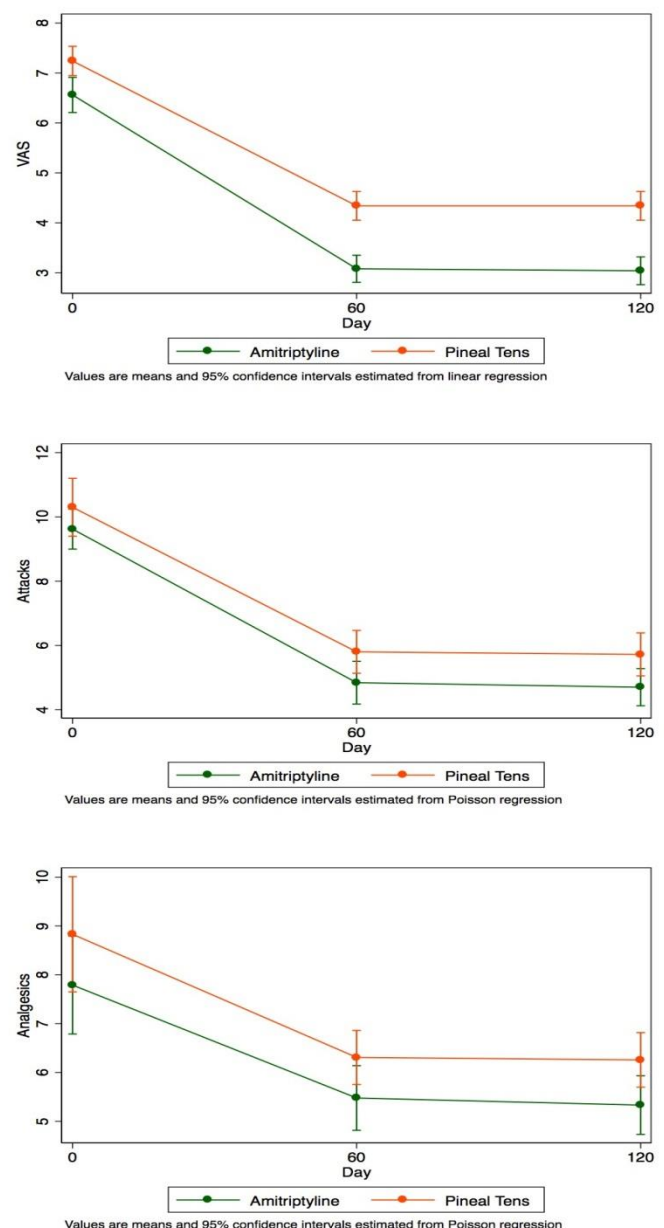
## Patients and Methods

Episodic Tension Type Headache (ETTH) and Migraine without aura (MO) were diagnosed according to the International Classification ICHD-II criteria. We studied a total of 200 patients: 100 patients diagnosed with episodic tension type headache and 100 with migraine without aura. Of these patients, 50 with a diagnosis of episodic tension type headache (15 M and 35 F, mean age 34 years) were treated with Pineal Tens (1 sachet morning and evening) and were compared with 50 patients (17 M and 33 F, mean age 39 years) undergoing amitriptyline therapy (20 mg in the evening). Fifty patients with Migraine without aura (15 M and 35 F, mean age 37,) were treated with Pineal Tens (1 sachet morning and evening), and compared with 50 patients (8 M and 42 F, mean age: 40 years) taking amitriptyline (20 mg in the evening).

## Result

The VAS modifications, the number of attacks and the number of analgesics taken during the study are shown in Figure 1 for the patients diagnosed with Episodic Tension Type Headache (ETTH). The group treated with Pineal Tens clearly showed a reduction in all treatment outcomes during the study compared to the group taking amitriptyline.

VAS modification, the number of attacks and the number of analgesics taken during the study are shown in Figure 2 for the patients diagnosed with Migraine without aura. The group treated with Pineal Tens clearly showed a reduction in all treatment outcomes during the study compared to the group taking amitriptyline.



**Figure 1:** Patients with Episodic Tension Type Headache (ETTH).

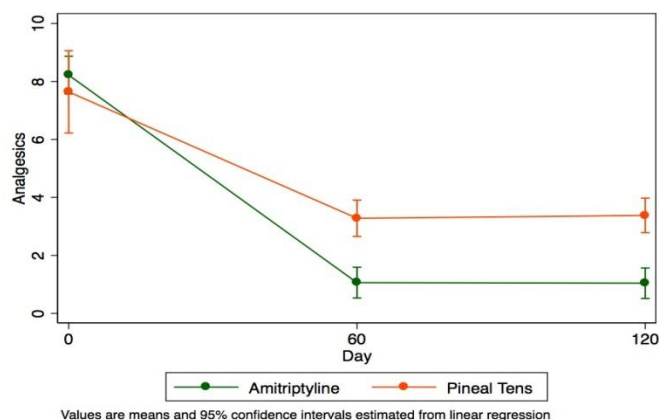
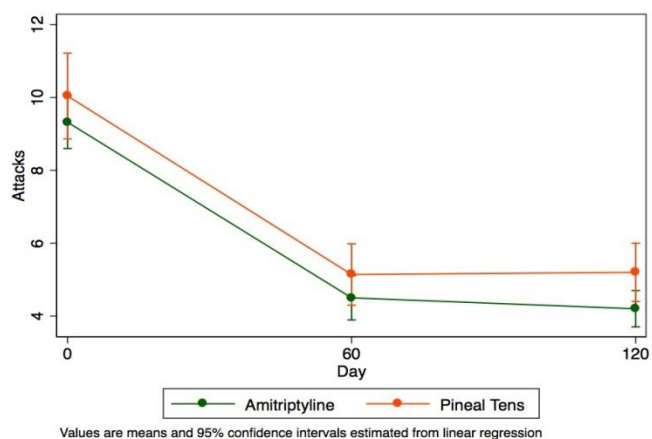
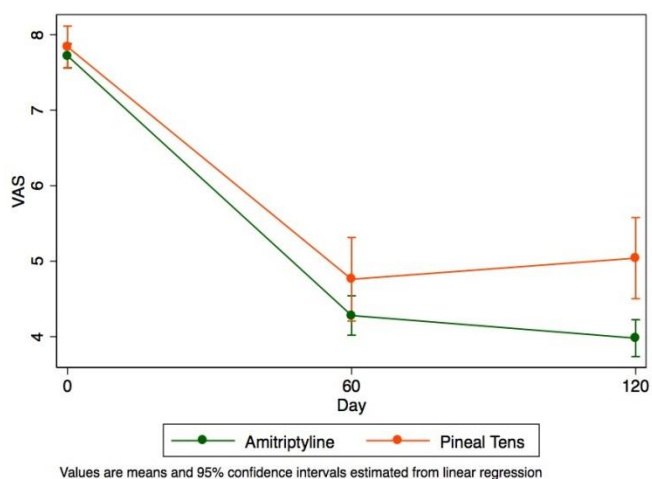


Figure 2: patients with MO.

## Conclusion

Our clinical observation of an improvement in headache in patients receiving PT led us to conduct this cohort study comparing Pineal Tens with amitriptyline therapy. Although this study is obviously limited because of the

absence of patient randomization, its results confirm the clinical impression of an improvement in the primary headache in patients with PT in terms of improvement in VAS, reduction in the number of attacks/month, and the consumption of analgesics/month. In fact, PT treatment was found to be more efficacious when compared to amitriptyline treatment in many outcome measures.

Written informed consent to publish was obtained from the patient(s).

## References

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