

## **A review on the management of migraine in the Avicenna's Canon of Medicine**

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### **Abstract**

Migraine is a common type of headache which has a deep history dating back thousands of years. Avicenna (980–1032), a Persian scholar, made a great contribution to neurology including headache and migraine. The aim of this study is to consider Avicenna's description about migraine (*Shaghighe* in Persian language) including definition, etiology and intervention. Also, his definition and treatment approaches were considered based on current concepts and findings. Although Avicenna believed in humoral theory and divided migraine into two categories, hot and cold, and suggested special treatments for them as well as general considerations, most of his definitions and explained pathologies are supported by current concepts of medicine. He believed that the migraine can result from bone of skull and also intra-parenchymal; or from skull underneath membrane (*dura-mater*); or reaching substances from the painful side or from outer vein and arteries (extra cranial); or from brain and meninges (*pia-mater*). Furthermore, current findings show most medicinal plants mentioned by Avicenna for the treatment of migraine can have potentially significant effects such as remedies which stop central and peripheral sensitization [anti-neuroinflammatory agents, decreasing nitric oxide level, cyclooxygenase (COX)-2 inhibitors], as well as serotonergics, neuroprotective agents and analgesics.

### **Biography:**

Dr. Arman Zargaran was graduated in pharmacy (PharmD) and Traditional Pharmacy (PhD) both in Shiraz University of Medical Sciences. He is faculty member (Assistant Professor) in Department of Traditional Pharmacy, School of Persian Medicine, Tehran University of Medical Sciences now. He also is vice dean for international affairs in the school. He has about 120 published papers in the fields of phytopharmaceuticals, Persian medicine and history of medicine including historical papers, review articles, *in-vivo* and *in-vitro* studies and clinical trials. He is also the member of international academy of history of pharmacy.