Migraine

Migraine is a reoccurring headache syndrome that can last for up to 72 hours if left untreated. About 14 percent of Americans, primarily women, suffer from migraine. Migraine effects include pulsing cranial pain, nausea, light sensitivity, dizziness, difficulty speaking, and confusion, among other symptoms.

The endogenous cannabinoid system is suspected to play a significant role in migraine pathophysiology\(^1\)\(^-\)\(^3\) and several studies have identified differences in ECS functioning and the production of endocannabinoids in migraine sufferers versus controls.\(^4\)\(^-\)\(^7\)

Cannabis possesses a long history of human use in the treatment of migraine.\(^8\) Literature reviews\(^9\)\(^-\)\(^10\) and case reports\(^11\)\(^-\)\(^12\) suggest that cannabis is effective for both the treatment of and the prevention of headache. Among patients recommended medical cannabis, as many as two-thirds report decreasing their use of conventional medications to treat migraine.\(^13\)\(^-\)\(^14\) However, others anecdotally report gaining no therapeutic relief from cannabis.\(^15\)

A recent retrospective assessment of 121 adults with the primary diagnosis of migraine headache reported, "Migraine headache frequency decreased from 10.4 to 4.6 headaches per month with the use of medical marijuana." Inhalting cannabis was also reported by many patients to abort the onset of migraine.\(^16\) Clinical trial data presented in 2017 at the 3rd Congress of the European Academy of Neurology reported that the daily administration of cannabinoid extracts resulted in a 40 percent reduction in migraine frequency in a cohort of 79 chronic migraine patients.\(^17\)

While clinical trial data remains at this time insufficient to definitively demonstrate the efficacy of cannabis or cannabinoids for migraine treatment "there are sufficient anecdotal and preliminary results, as well as plausible neurobiological mechanisms" to warrant further study, and "it appears likely that cannabis will emerge as a potential treatment for some headache sufferers."\(^18\)

REFERENCES


11 Ibid


18 Lochte et al. 2017. op. cit.