

The effect of vitamin E on the treatment of menstrual migraine.

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BACKGROUND: Many women with migraine experience a change in migraine frequency associated with the menstrual cycle. This study was undertaken to study the effect of vitamin E as a prophylactic agent on women with menstrual migraine.

MATERIAL/METHOD: During a placebo-controlled double-blinded trial, 72 women with menstrual migraine received placebo (identical in appearance to vitamin E) daily for five days, **two days before to three days after menstruation for two cycles** followed by a one-month wash-out and **one vitamin E softgel (400 IU) daily for five days in the next two cycles**. Each woman was evaluated monthly throughout the study and the daily headache severity, concomitant symptoms, and functional disability derived from questionnaires were compared between the vitamin E and the placebo treatment periods using four-point anchored scales. **RESULTS:** There were **statistically significant differences in the pain severity and functional disability scales** between the placebo and the vitamin E treatments ($p < 0.001$). **Vitamin E effect was also superior to placebo regarding photophobia, phonophobia, and nausea ($p < 0.05$).** **CONCLUSIONS:** **Vitamin E is effective in relieving symptoms due to menstrual migraine.**

PMID: 19114966 [PubMed – indexed for MEDLINE]