

Just Natural Migraine Caps

1. Ingredients

Ligusticum Wallichii, Evodia, Schisandra, Fraxinus, Angelica, Dong Quai, Japanese Sophora, Asian Ginseng

2. Usage and dosage

The drug should be administered 3g once and three times daily one month is a treatment course and it can be administered for 3 courses continuously

3. Overview

Just Natural Migraine Cap is exclusively produced by Guangzhou Qixing Pharmaceutical Co., Ltd., and now it is a secret prescription product of China. It is also recorded in Pharmacopoeia of the People's Republic of China in the form of a secret prescription. The drug is also one of the choice drugs for stroke and headaches and the class_ drugs classified in Drugs of National Basic Hospitalization Insurance

Just Natural Migraine Cap originates from the Wang family in Beijing, the donor is a chief pharmacist with the last name Wang, who is also a famous veteran doctor of TCM and the member of national Pharmacopoeia. The formula of Just Natural Migraine Cap is an experienced prescription inherited from their ancestors more than 200 years old to treat stroke (stroke is the cerebral infarction or hemorrhage in western medicine). More than 2000 years ago, TCM already has the special treating prescription to treat stroke. However, it can not deny that, TCM learns stroke in developing progress. More than 2000 years ago, TCM believed that people got stroke mainly because the injury of exogenous wind evil or the attack of exogenous wind evil, so it was named stroke. Till the 18th century, under the influence of western medicine, famous medical experts with Wang Qingren as the leader began to realize that stroke was induced by cerebral stagnated blood, which blocked cerebral meridians, and phlegmatic hygrolysis was produced internally, the cerebral orifice was blocked. Therefore, it was recommended that, promoting blood flow to dispel blood stasis and dissipating phlegm to smooth meridians should be applied as the major treatment principles.

Headache is the pain in head, generally speaking, it indicates to the pain sense of cerebral cortex. According to the etiological factors inducing headache, common headaches can be divided into two types, secondary headache (organic headache) and primary headache (functional headache). Organic headaches usually have definite reasons, like headaches induced by hypertension or intracranial space occupying lesion, etc. For these headaches, the pain would disappear if relevant disease is found and the treatment is performed. Primary headaches include hemicrania, tension headache, nervous headache, cluster headache, etc. For these headaches, no certain reason can be found in western medicine, and there is no good radical method. TCM has unique advantages to treat primary headaches, especially in the aspect of hemicrania. It is believed in TCM that, headache is the same to stroke, which is always induced by wind, phlegm, dampness, stasis and insufficiency and eliminating wind, dissipating phlegm, eliminating dampness, dispelling stasis and tonifying insufficiency should be adopted. It is said in TCM that, "stasis and insufficiency always exist after long term invalidism", therefore, stasis dispelling and insufficiency tonifying are the common pathways, which is necessary to treat long term or refractory headache or stroke. Promoting blood to dissipate stasis, eliminating sputum to dredge meridians and invigorating vital energy to nourish blood can radically cure headache and prevent stroke.

The prescription of Just Natural Migraine Cap is based on the knowledge of TCM on the etiological factors and mechanisms of headache and stroke to plan the treating principle, and then the prescription is formed to use proper drugs. Its functions are promoting blood to dissipate stasis, eliminating phlegm to dredge meridians and invigorating vital energy to nourish blood. It can be mainly applied to prevent stroke, treat stroke and the relevant sequelae. In recent years, it is also applied to hemicrania, vascular headache, tension

headache, cluster headache etc., and it has good effects when applied to headaches, dizziness and numbness of limbs induced by cerebral vascular diseases and cervical syndrome.

It is indicated in modern pharmacological studies that, Just Natural Migraine Cap can improve cerebral blood supply mainly by dissolving thrombus, improving microcirculation and alleviate the abnormalities of blood rheology. It can also protect the cerebral cells from injury, repair the damaged brain cells, and promote multiple cerebral functions, thus to achieve good effects against stroke and headache.

4. How does Just Natural Migraine Cap prevent and treat stroke and headache (How to work?)

4.1 Knowledge of TCM

It is believed in TCM that, headache is the same to stroke, which is always induced by wind, phlegm, dampness, stasis and insufficiency, and eliminating wind, dissipating phlegm, eliminating dampness, dispelling stasis and tonifying insufficiency should be adopted. It is said in TCM that, "stasis and insufficiency always exist after long term invalidism therefore, the stasis dispelling and insufficiency tonifying are the common pathways, which is necessary to treat long term or refractory headache stroke. TCM also realizes that stroke is induced by cerebral stagnated blood, which blocks cerebral meridians, and phlegmatic hygrolysis is produced internally, the cerebral orifice is blocked. Therefore, it is recommended that, promoting blood flow to dispel blood stasis and dissipating phlegm to smooth meridians should be applied as the major treatment principles.

Therefore, it is just the effect of promoting blood flow to dissipate stasis, eliminating sputum to dredge meridian and invigorating vital energy to nourish blood that exert that effects to prevent and treat stroke, and treat headache.

4.2 The results of modern pharmacological studies explain the mechanisms of Just Natural Migraine Cap in the following aspects:

- (1) Selectively increase blood flow in brain and will not increase blood flow in limbs.
- (2) Inhibit platelet adhesion, aggregation and thrombosis and dissolve thrombus.
- (3) Improve disturbance of microcirculation and abnormality of blood rheology.
- (4) Improve the hypoxia tolerance of cerebral tissue, and alleviate the cerebral edema induced by cerebral ischemia.
- (5) Promote the clearance of intracranial hematoma and cure cerebral hemorrhage.
- (6) Selectively broaden coronary artery and improve the working efficiency of heart.
- (7) Strengthen the cardiac functions thus to increase blood supply of the brain.
- (8) Lower blood fat, subside or stabilize atherosclerotic plaque, and stiffen vessels.
- (9) Inhibit the synthesis of toxic excited amino acids produced during stroke and the relevant receptor expression.
- (10) Resist inflammatory infection and inhibit the synthesis of endothelin.
- (11) Inhibit the production of large number of free radicals and inhibit the production of lipid peroxidation resist the injury induced by lipid peroxidation in cells.

(12) Promote the synthesis of neurotrophic factors, such as nerve growth factor, fibroblast growth factor, etc.

The above pharmacological effects jointly confirm that Natural Migraine Cap can be used to prevent and treat stroke, and treat headache with a good therapeutic effect.

5. Indications of Just Natural Migraine Cap

5.1 Stroke

(1) Definition: the patient suddenly faints, becomes unconscious and with crooked tongue, hemiparalysis, unsmooth speech or aphasia, etc. Or the patient will not faint, only with hemiparalysis, dumbness of limbs and crooked tongue, etc. Because the disease is as acute as wind, then it is named "stroke". It is also the acute cerebral vascular disease induced by circulatory disorder of cerebral vessels.

(2) Classification: stroke can be divided into ischemic and hemorrhagic strokes. Ischemic stroke includes thrombosis and cerebral infarction and the two are called cerebral infarction. Hemorrhagic stroke is divided into cerebral parenchymatous hemorrhage and subarachnoid hemorrhage and the two are all called cerebral hemorrhage.

Just Natural Migraine Cap can be used to treat stroke and the relevant sequelae, prevent stroke and the relapse of stroke.

5.2 Hemicrania

(1) Definition:

Hemicrania is a headache of periodic episodic with family tendency, which is displayed as lateral pulsatile headache, with nausea, vomiting, shame of light, and it would attack again after certain intermission.

The headache would be alleviated in peaceful, dark environment after sleeping. Before headache attacks, nervous or psychological disorders may be accompanied.

(2) Classification

Hemicrania can be divided into different types based on the different symptoms, such as hemicrania without aura, hemicrania with ophthalmoparalysis, retinal migraine, etc.

(3) Etiological factors

The etiological factors are unclear about 50% of the patients have family history. Hemicrania in female patients usually attacks before menstrual onset and the frequency is decreased after pregnancy, which demonstrates that the disease may be related with endocrine and water-sodium retention.

(4) Remote causes: mental stress, over tiredness, abrupt changes of climate, stimulation by highlight, shining by burning sun, hypoglycemia, application of vascular dilation drug, reserpine, intake food of high amino acid content, alcohol drinks, etc. can induce the attack of hemicrania.

5.3 Tension headache

(1) Definition:

Tension headache is the most common chronic headache, which has been called muscle contraction headache, or psychogenic and myogenic headaches, or common headache and simple headache, etc. According to the tension and heaviness around head induced by sustained contraction of muscle in neck and head-face, the patients usually describe it as "strapping sense" or "like something wrapping head".

However, according to the international classification, psychogenic androgenic headaches are all named tension headache which suggests that tension headache is closely related to muscular and psychological tension. In addition, the usually mentioned nervous headache, psychogenic headache or neurotic headache can all be divided into this category.

(2) Etiological factors

1) Generally speaking, tension headache onsets before 50 years old, and it is more common in females, sometimes it may combine with migraines, which is called "mixed headache". The pathogenic mechanism of tension headache is still not clear, but from the aspect of psychological perspective it is induced by anxiety and melancholy. From the aspect of neurophysiology it is different. The serum potassium ion concentration increases, and transportation of potassium ion would have problems, the adrenergic nerve is excited, the body would produce 5-HT and catecholamines, vasoconstriction and muscle spasm would be caused, and thus to induce persistent myalgia in head and neck.

2) For tension headache, the influence of psychological factors is obvious. Though many patients will not recognize, they emphasize that "I am relaxed, no tension at all". In fact, many patients with tension headache are under the anxiety conditions, there are psychological tension and unstable emotion. Many factors in society, working and life can directly influence psychological activities, such as promotion, raise of pay, not ideal examination results, quarrel between couples, job shift, house moving, marriage or divorce, or tension of interpersonal relationships, etc. In addition, the pain of patients with tension headache is persistent and hard to be cured, they always look for good treatment all around, the anxiety and restlessness cannot be alleviated, headache would be aggravated and vicious cycle is formed. Therefore, patients with tension headache should strengthen their resistance to stress, make their mind open and adjust their attitude timely, thus to eliminate anxiety and melancholy. This will do good to alleviate headache.

3) In addition, some adverse poses have great influence to tension headache, such as bending neck for long term, bowing head (typist, accountant, etc), continuous frowning, biting teeth, tight hat, gliding glasses, etc. can cause the chronic and persistent muscle contraction in head and neck, thus to induce headache.

5.4 Headache induced by cervical syndrome

(1) Definition

People over 40 years old usually have cervical syndrome and they have symptoms such as headache, dizziness, numbness of shoulder and neck, etc.

(2) Etiological factors

Aging, externalization and long term bending, these working and body factors can induce the degeneration of cervical vertebrae, which usually make the intervertebral foramen become narrow, thus to press nerve root. Once greater occipital nerve is pressed, tenderness may appear on the region where greater occipital nerve comes out of the cranium, which will be radiated to head and display as head top bloating. When the patient retroflex his head and keep flexed on one side, radiating pain from neck to shoulder and forearm may appear when it is pressed from the upside. If degeneration is induced by herniated nucleus pulposus, bony spur, or thickening and calcification of ligaments, it will press spine directly, or even press spinal blood vessel to induce denaturation and softening of spine. The patients usually feel dumb, headache and dizzy below neck, sometimes dissymmetric crural paralysis or deep peroneal reflexia of lower limbs may be observed. In addition, cervical syndrome usually makes vertebral artery become narrow, circulation of vertebral-basal artery would be caused, and headache and dizziness may be observed. The patients would feel a sense of vertigo, like traveling on bus or ship, or it seems trap on cotton when walking, something seems to cover the things when seeing. Therefore, for those people who need to bend to work and with an age over 40 years old, they should be reminded that cervical region cannot be kept in one position for long time. They should properly exercise the neck and shoulder, the pillow should not be too tall or too low, and smoking should be avoided. These things are good for the prevention of this disease.

5.7 Headaches caused by common cerebral vascular diseases

Headache is the most common symptom for cerebral vascular diseases, and headaches of different cerebral vascular diseases have the different characters.

1) Headache of acute ischemic cerebrovascular diseases. Acute ischemic cerebrovascular disease mainly point to cerebral infarction cerebral thrombosis, and headache happens in 17%-36% of the patients with these diseases, which may display as cutting pain, jumping pain, tightening pain, distending pain, head heaviness and neuralgia like headache.

2) Headache induced by brain hemorrhage. Brain hemorrhage is the non-traumatic hemorrhage in brain parenchyma. It is believed that the incidence of this kind of headache is between 50% and 60%, or even higher, and headache is more serious, which can be jumping pain, distending pain or tightening pain, and the major reason for this is hypertension.

3) Chronic epidural hematoma. It is usually caused by trauma, a few may induced by rupture of aneurysm formed by vascular malformation, etc. usually happen in infants or children or old people, which displays as intracranial hypertension symptoms such as headache, nausea, vomiting, optic disc edema, etc. It may find pyramid sign on one side or intelligent and psychological disturbance.

4) Chronic subdural hematoma. The disease can also be induced by trauma, which is usually seen in male older than 40 years old, and headache may locate in forehead, temple or top, etc.

5) Headache induced by subarachnoid hemorrhage. Subarachnoid hemorrhage indicates the condition that, when intracranial vessel ruptures, blood flows into subarachnoid space. Except for a few senile people, 100% of the patients with subarachnoid hemorrhage have headaches. The headache sets on in sudden, and aches seriously. Nausea and vomiting are combining, ejecting form, optic disc edema can be observed, and meningeal irritation sign is positive, the cerebrospinal fluid obtained by lumbar puncture is blood like. As for the headache sites, headache over the whole head takes a half for patients with subarachnoid hemorrhage, occipital headache takes 25% and frontal headache takes 9%.

6) Headache induced by inefficient cerebral blood supply. Headache can be observed in 50% of the patients with obstructive vertebral-basal artery stenosis. 35% of the patients with inefficient blood supply in and right carotid arteries, it may be jumping or distending headache. While headache induced by cerebral arteriosclerosis is usually slightly continuous dull pain, people may feel tightness, heaviness and dizziness, which may be related with ischemia and hypoxia, cerebral angiectasia and chronic disordered brain function.