

Nutraceutical cure for migraine

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Genetic diagnosis spurs hope for migraine treatment



Singapore: Researchers at Griffith Health Institute's Genomics Research Center have entered the final phase in an extensive study on migraine. Clinical trial showed a noteworthy reduction in the frequency and severity of migraines in participants.

In this study, the trial participants received six months of either a placebo (non-active treatment), or a nutraceutical treatment directed towards overcoming a genetic mutation that has been identified in about 20 percent of migraine sufferers. The final outcome of the trials is expected to result in the development of a nutraceutical (nutrition-based) product that would be tailored to individual needs, determined by a genetic diagnosis.

Following on from the success of this trial, the institute plans to conduct a further study on specific supplement dosages tailored to an individual migraine sufferer's genetic profile. For the final phase of this placebo-controlled study, researchers are currently recruiting females aged between 18-and-65, who suffer at least four migraine episodes a year, to help determine the most effective vitamin B and folic acid dosage required to treat this debilitating condition.

Griffith Health Institute director Professor Lyn Griffiths, said that, "The success we have seen in our initial trials has been the culmination of over a decade of research. Our first significant finding in relation to this treatment came to light about six years ago when we identified a genetic mutation in migraine sufferers. From then on, progress has been steady and promising."