IJARSCT
International Journal of Advanced Research in Science, Communication and Technology
International Open-Access, Double-Blind, Peer-Reviewed, Refereed, Multidisciplinary Online Journal
ISSN: 2581-9429
Volume 6, Issue 2, June 2026
Impact Factor: 8.2

Pharmacoeconomic Aspects of Drugs in Migraine Patients

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Abstract: *Chronic migraine is one of the debilitating neurological conditions affecting the lives of several patients. This systematic review aimed to explore the recent trends in the pharmacological treatment of chronic migraine. We conducted this systematic review following the Preferred Reporting Items for Systematic Reviews and Meta-Analysis guidelines. The literature search encompassed extensive databases such as PubMed, ScienceDirect, and Cochrane Central Register of Controlled Trials. The analysis included studies published from 2014 to 2024, and the quality of the included studies was evaluated using the appropriate tools according to the study design. The synthesis and data analysis included a summary of study characteristics, interventions, outcomes measured, and main study results/conclusions. Sample sizes in the included studies ranged from 1,072 to 2,436 participants. The most common pharmacological treatments used for chronic migraine were eptinezumab, onaboutlinumtoxin A, and galcanezumab, which emerged from 14 quality randomized controlled trials. Studies observed significant improvements across various metrics, including headache frequency, severity, quality of life measures, and patient-reported outcomes. The Headache Impact Test-6 score, monthly migraine headache days, Migraine-Specific Quality-of-Life score, and Migraine Disability Assessment score were particularly useful in quantifying the treatment' s effectiveness. This systematic review concludes the effectiveness and safety of newer treatments such as eptinezumab, galcanezumab, and onabotulinumtoxin A in managing chronic migraine, illustrating notable improvements in both clinical outcomes and quality of life for patients..*

Keywords: Pharmacoeconomics, Migrane, Cost-Effectiveness Analysis, Triptans, CGRP Inhibitor, Pharmacotherapy

I. INTRODUCTION

Chronic migraine is characterized by headaches that occur for 15 or more days each month for a Minimum duration of three months, which significantly impacts the quality of life of patients and places A considerable strain on healthcare systems. Recent advancements in pharmacological treatments have shifted the paradigm of chronic migraine management, focusing on targeted therapies with improved efficacy and tolerability.

Traditional preventive treatments, such as topiramate and onabotulinumtoxinA, have long been utilized, wit substantial evidence supporting their effectiveness in reducing monthly migraine days (MMDs) and improving patient-reported outcomes. OnabotulinumtoxinA, in particular, has demonstrated long-term safety and efficacy in real-world settings, making it a cornerstone therapy for chronic migraine prevention.

In recent years, calcitonin gene-related peptide (CGRP) monoclonal antibodies (mAbs) have revolutionized chronic migraine treatment by offering a migraine- specific mechanism of action. These agents, including erenumab, galcanezumab, fremanezumab, and eptinezumab, have shown significant reductions in MMDs and medication overuse compared to placebo in randomized controlled trials (RCTs).

Their favorable safety profiles and convenient dosing schedules have further enhanced their appeal as preventive options. Additionally, small-molecule CGRP receptor antagonists (gepants) such as rimegepant and atogepant provide oral alternatives for both acute and preventive treatment of migraine.[(1,4,5)]

DOI: 10.48175/IJARSCT-36306

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Comparative studies suggest that newer therapies such as CGRP mAbs may offer superior tolerability and efficacy compared traditional options such as topiramate . Despite these advancements, challenges remain in optimizing treatment strategies for patients with refractory chronic migraine or comorbid conditions. Ongoing research continues to explore head-to-head comparisons of these therapies and their long-term effects on patient outcomes.

The evolving landscape of chronic migraine pharmacological treatment underscores the importance of individualized approaches to maximize therapeutic benefits while minimizing adverse effects.

Recent advancements in the pharmacological treatment of chronic migraine have significantly Transformed management strategies, primarily through the introduction of CGRP pathway interventions. Sharma J, Soni R, Singh S (October 28, 2025) Recent Trends in the Pharmacological Treatment of Chronic Migraine: A Systematic Review of Randomized Controlled Trials. Cureus 17(10): e95602. DOI 10.7759/cureus.95602 CGRP, such as erenumab, galcanezumab, fremanezumab, and eptinezumab, have emerged as groundbreaking options for chronic migraine prevention. These therapies have demonstrated substantial efficacy in reducing MMDs and improving overall quality of life for patients. In clinical trials, CGRP mAbs have shown reductions in MMDs that are at least comparable, if not superior, to traditional preventive treatments such as topiramate and onabotulinumtoxinA, with a favorable safety profile characterized by minimal adverse effects and high tolerability. The mechanism of action for these mAbs involves blocking the CGRP receptor or inhibiting CGRP itself, which plays a crucial role in migraine pathophysiology by promoting neurogenic inflammation and pain signalling.[(1.2.)]

Studies have indicated that these treatments not only reduce headache frequency but also significantly decrease associated symptoms such as photophobia and phonophobia, providing a more comprehensive approach to migraine management. Furthermore, small-molecule CGRP receptor antagonists (gepants), including ubrogepant and rimegepant, offer additional options for both acute and preventive treatment of migraines, expanding the therapeutic arsenal available to clinicians.

Clinical data from large-scale RCTs have reinforced the efficacy of these new agents. For example, patients who received galcanezumab experienced an average decrease of 4.8 MMDs in comparison to the placebo. Moreover, real-world studies support these findings, indicating that CGRP mAbs effectively address treatment-resistant chronic migraines and improve patient adherence due to their favorable side effect profiles. As research continues to evolve, the integration of these novel therapies into clinical practice underscores the importance of personalized treatment strategies aimed at optimizing outcomes for individuals suffering from chronic migraine.[(3)]

Objective

Acute (Abortive) Treatment Objectives

The goal of acute therapy is to stop a migraine attack in its tracks and allow the patient to return to normal activities without causing medication overuse :Rapid Relief: Treat attacks quickly and consistently, ideally achieving pain freedom within two hours. Symptom Alleviation: Resolve associated symptoms such as nausea, vomiting, photophobia (light sensitivity), and phonophobia (sound sensitivity).No Recurrence: Ensure the headache does not return within 24 hours of the initial treatment.Minimize Rescue Medications: Limit the need for heavy backup or emergency room medications.

Preventive (Prophylactic) Treatment Objectives

Preventative care is designed to reduce the disease burden for patients experiencing frequent or debilitating attacks:Reduce Frequency & Severity: Decrease the number of migraine days per month and lessen the intensity of the headaches that do occur.Enhance Acute Response: Make subsequent acute attacks more responsive and easier to treat.Prevent Chronification: Stop episodic migraines from progressing into chronic daily headaches.Regain Independence: Reduce reliance on rescue medications and avoid urgent care or emergency room visits.

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Long-Term Lifestyle and Quality of Life Objectives

Beyond medication, effective management involves empowering the patient to control their environment and daily habits:Identify and Avoid Triggers: Recognize and minimize exposure to triggers like stress, hormonal changes, and specific dietary elements (often referred to as the 5 C's: cheese, citrus, chocolate, coffee, cola).Establish Healthy Habits: Maintain consistent sleep schedules, stay hydrated, and practice regular, moderate exercise to naturally reduce attack frequency.Minimize Side Effects: Choose treatment strategies that are cost-effective and have minimal or no adverse side effects.[(1,2 ,3)]

LITERATURE REVIEW

1. Study by Ancient Egyptians & Greeks et al ., (Ancient period)

Drug ;- Herbal remedies Herbs such as willow bark, peppermint, and opium were used for headache relief.

The history of drugs and medicines began in ancient civilizations where people used natural substances such as plants, minerals, and animal products to treat diseases. Among the earliest contributors were the ancient Egyptians and Greeks, whose medical knowledge formed the foundation of modern pharmacology.

The ancient Egyptians were among the first civilizations to practice organized medicine. Their medical knowledge was recorded mainly on papyrus scrolls.[(5,6)]

Important Medical Texts Ebers Papyrus (1550 BCE)

One of the oldest medical documents containing over 700 drug formulas and remedies.

Edwin Smith Papyrus

Focused on surgery and treatment of injuries.

Herbal Remedies Used by Egyptians

The Egyptians believed diseases could be treated using herbs, spiritual healing, and natural preparations[(7)]

2. Study by Felix Hoffmann et al ., (1899)

Drug ; Aspirin Synthesized at Bayer. Became one of the first widely used medicines for migraine pain relief

Aspirin is one of the most widely used drugs in the world. It was first synthesized in a stable and pure form in 1899 by Felix Hoffmann, a chemist working for bayer in Germany.

Aspirin became an important medicine for relieving pain, fever, and inflammation[(6,7)].

Discovery of Aspirin

Before aspirin was developed, people used willow bark and meadowsweet plants for pain relief because they contained salicin compounds.

In 1897, Felix Hoffmann modified salicylic acid chemically to produce a safer compound called acetylsalicylic acid (ASA).

Detail	Information
Scientist	Felix Hoffmann
Company	Bayer
Year Of Discovery	1897
Commercial Launch	1899
Drug Name	Aspirin
Chemical Name	Acetylsalicylic Acid

Chemical Information Chemical Formula $C_9H_8O_4$

Molecular Details

Property	Value
Molecular formula	$C_9H_8O_4$
Molecular Weight	180.16 g/mol
Drug class	NSAID (Non-Steroidal Ant-Inflammatory Drug)

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Materials Required

1. Salicylic acid
2. Acetic anhydride
3. Concentrated sulfuric acid (catalyst)
4. Distilled water
5. Ice bath

Procedure

1. Take salicylic acid in a flask.
2. Add acetic anhydride carefully.
3. Add a few drops of sulfuric acid.
4. Heat gently for 10–15 minutes.
5. Cool the mixture and add cold water.
6. Crystals of aspirin are formed.
7. Filter and dry the crystals.

Mechanism of Action

Aspirin works by inhibiting cyclooxygenase enzymes (COX-1 and COX-2), reducing prostaglandin synthesis[(8)].

3. Study by Arthur Stoll et al ., (1918-1920)

Drug ; Ergotamine .Isolated from ergot fungus . First specific anti-migraine drug Ergotamine is an alkaloid drug obtained from the ergot fungus, which grows mainly on rye and other cereal grains. The drug was isolated and studied between 1918 and 1920 by Arthur Stoll while working at novartis Ergotamine became important in the treatment of migraine headaches because of its strong action on blood vessels.

Discovery of Ergotamine

Between 1918–1920, Arthur Stoll successfully isolated pure ergotamine from ergot fungus extracts.

Chemical Information

Chemical Formula

$C_{33}H_{35}N_5O_5$

Property	Value
Molecular formula	$C_{33}H_{35}N_5O_5$
Drug category	Ergot alkaloid
Main use	Migraine treatment

Source and Extraction

Ergotamine is obtained from ergot sclerotia (fungal masses) through extraction and purification processes.

Basic Extraction Procedure

1. Collection of ergot-infected rye grains
2. Drying and grinding of fungal material
3. Solvent extraction using alcohol or organic solvents
4. Purification and crystallization of ergotamine

Mechanism of Action

Ergotamine acts mainly on serotonin receptors and blood vessels.

Pharmacological Effects

1. Constricts dilated blood vessels

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2. Reduces migraine pain
3. Acts on serotonin receptors

Importance in Pharmacology

1. The isolation of ergotamine was important because:
2. It was one of the earliest purified fungal drugs
3. It improved migraine therapy
4. It helped scientists study neurotransmitters and vascular pharmacology
5. It contributed to the later development of migraine drugs such as triptans

During the 1940s, combinations of barbiturates with analgesic drugs became widely used for the treatment of migraine and severe headaches. These combinations were developed to provide both pain relief and sedation, especially for patients with chronic or recurrent migraine attacks.

Common Drugs Used

The combinations commonly contained:

1. Butalbital (a barbiturate sedative)
2. Aspirin or acetaminophen (analgesics)
3. Caffeine
4. Sometimes codeine

Examples developed later from this class include:

1. Fiorinal
2. Fioricet

These formulations became popular because they reduced headache pain and also relaxed patients through central nervous system depression.

Mechanism of Action

Barbiturate combinations worked by:

1. Depressing the central nervous system (sedative effect)
2. Reducing pain sensation through analgesics
3. Improving blood vessel constriction and alertness with caffeine
4. Producing muscle relaxation and calming effects

Butalbital acts on GABA-A receptors in the brain, causing sedation and reduced neuronal excitability.

Importance in Migraine Therapy

In the 1940s, treatment options for migraine were limited. These combinations became important because they:

1. Helped control severe migraine pain
2. Reduced anxiety and tension associated with headaches
3. Improved sleep during migraine attacks
4. Were easier to administer than injectable therapies

At that time, they were considered among the major pharmacological therapies for recurrent headaches and migraine.

Limitations and Risks

Later research showed major disadvantages:

1. Dependence and addiction potential
2. Tolerance with long-term use
3. Drowsiness and impaired cognition
4. Medication-overuse headache (“rebound headache”)
5. Risk of overdose and respiratory depression

Because of these risks, many countries later restricted or reduced the use of barbiturate-containing migraine medicines.

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Historical Significance

The 1940s marked an important phase in migraine pharmacotherapy because barbiturate–analgesic combinations represented one of the first systematic drug approaches for migraine management before the development of modern therapies such as triptans and CGRP inhibitors. These drugs influenced future research into combination headache therapies and pain management.[(9,10)]

4. Study by Various researches et al ., (1940s)

Drug ; Barbiturates and analgesic combinations Used for severe migraine pain and sedation During the 1950s, pharmaceutical researchers developed and popularized caffeine-containing combination drugs for the treatment of migraine and tension headaches.

Caffeine was combined with analgesics because researchers observed that it enhanced pain relief and improved the effectiveness of headache medications.

Common combinations included:

Aspirin + caffeine Acetaminophen + caffeine Ergotamine + caffeine

Multi-drug headache formulations containing sedatives and analgesics

These medications became widely prescribed for migraine management during the mid-20th century.

Mechanism of Action

Caffeine acts mainly by:

1. Constriction of cerebral blood vessels :Migraine attacks were believed to involve dilation of blood vessels in the brain. Caffeine helped narrow these vessels, reducing headache symptoms.
2. Enhancement of analgesic absorption :Caffeine increases the absorption and effectiveness of pain-relieving drugs such as aspirin and acetaminophen.
3. Central nervous system stimulation: It reduces fatigue and improves alertness during migraine attacks.
4. Adenosine receptor blockade: Caffeine blocks adenosine receptors, which may contribute to migraine pain and vascular changes.

Important Combination Therapies

Popular caffeine-containing migraine preparations included:

Ergotamine + caffeine Aspirin + caffeine

Combination tablets for tension headache and migraine relief

The ergotamine–caffeine combination became especially important because caffeine improved the gastrointestinal absorption of ergotamine and enhanced vasoconstrictive action.

Advantages

Researchers in the 1950s reported several benefits:

1. Faster onset of pain relief
2. Improved effectiveness of analgesics
3. Better relief in mild to moderate migraine
4. Reduced fatigue associated with headaches
5. Convenient oral administration

Limitations and Side Effects

Long-term or excessive use produced complications such as:

1. Nervousness and insomnia
2. Palpitations
3. Gastric irritation
4. Dependence on combination medicines
5. Medication-overuse headache (rebound headache)

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Excessive caffeine intake was later recognized as a trigger for chronic daily headache in some patients.

Historical Significance

The 1950s caffeine-combination therapies represented an important advancement in migraine pharmacology. These studies established the concept of adjuvant therapy, where one drug enhances the effectiveness of another. Modern over-the-counter migraine medications still commonly contain caffeine because of the benefits discovered during this period.

For example, several present-day headache medicines continue to use combinations of:

1. Acetaminophen
2. Aspirin
3. Caffeine

This research helped shape later developments in combination analgesic therapy for migraine and headache disorders[(11,12)].

5. Study by Pharmaceutical researchers et al ., (1950s)

Drug: Caffeine combinations . Combined with painkillers to improve headache relief.

The 1950s and later decades, pharmaceutical researchers studied drug–caffeine combinations and discovered that caffeine could enhance the effect of certain pain-relieving medicines.

These combinations became common in headache and cold medications.[(13)]

Main Findings of the Research

Researchers observed that adding caffeine to analgesic (painkiller) drugs such as:

1. aspirin,
2. paracetamol (acetaminophen),
3. phenacetin,
4. and other NSAIDs

could increase pain relief compared with the drug alone. This effect is called an analgesic adjuvant effect.

Why Caffeine Was Added

Pharmaceutical scientists proposed that caffeine:

1. stimulates the central nervous system,
2. improves alertness,
3. increases absorption of some drugs,
4. and may enhance pain-control pathways in the brain.

Because of this, caffeine was included in many combination medicines for:

1. headaches,
2. migraine,
3. dental pain,
4. postoperative pain,
5. and menstrual pain.

Historical Development

Early clinical studies in the 1950s–1970s produced mixed results. Some studies showed little difference between painkillers with caffeine and without caffeine. Later, larger pooled analyses in the 1980s provided stronger evidence that caffeine improved analgesic effectiveness.

One important analysis by researchers including Eugene M. Laska reviewed 30 clinical studies involving more than 10,000 patients and found that analgesics with caffeine were significantly more effective than analgesics alone.

Examples of Drug–Caffeine Combinations

Common pharmaceutical combinations included:

1. Aspirin + caffeine
2. Paracetamol + caffeine

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3. Ibuprofen + caffeine
4. Ergotamine + caffeine (for migraine)

These combinations are still used today in many over-the-counter medicines. [(13,14)]

6. Study by John Vane researchers at Sandoz et al., (1960)

Drug :Methysergide . One of the first preventive migraine medicines targeting serotonin pathways.

During the early 1960s, researchers at novartis and other pharmaceutical laboratories developed and studied methysergide as an important drug for the prevention of migraine headaches. Methysergide was derived from ergot alkaloids and became one of the first medicines specifically used for migraine prophylaxis (prevention rather than immediate pain relief).

The drug gained attention because it showed effectiveness in reducing the frequency and severity of recurrent migraine attacks.

Development and Background

Methysergide was chemically related to:

Ergotamine

Lysergic acid derivatives

Researchers discovered that serotonin (5-HT) played a major role in migraine pathophysiology. Methysergide was developed to block certain serotonin receptors involved in vascular and neurological changes during migraine attacks.

This research contributed greatly to the understanding of serotonin in migraine mechanisms.

Mechanism of Action

Methysergide acts mainly by:

1. Blocking serotonin receptors (5-HT receptors)
2. Preventing abnormal dilation of cranial blood vessels
3. Reducing neurogenic inflammation associated with migraine
4. Stabilizing vascular tone in the brain
5. Its anti-serotonin activity helped reduce the occurrence of migraine episodes in chronic sufferers.[(15)]

Clinical Uses

Methysergide was mainly prescribed for:

1. Chronic migraine prevention
2. Cluster headaches
3. Severe recurrent vascular headaches
4. Unlike analgesics, methysergide was used regularly over long periods to prevent attacks before they started.

Advantages Observed

Researchers in the 1960s reported:

1. Significant reduction in migraine frequency
2. Improvement in quality of life for chronic migraine patients
3. Better control of severe recurrent headaches
4. Reduced dependence on acute pain medications
5. Methysergide became an important milestone in preventive migraine therapy.

Side Effects and Limitations

Long-term use later revealed serious adverse effects, including:

1. Nausea and vomiting
2. Abdominal discomfort
3. Dizziness
4. Peripheral vasoconstriction

Fibrosis (especially retroperitoneal, pulmonary, or cardiac fibrosis)

Because of the risk of fibrosis, treatment duration had to be carefully monitored, and drug holidays were recommended.

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Historical Importance

Methysergide was historically significant because it:

1. Was among the first effective migraine preventive drugs
2. Helped establish the role of serotonin in migraine
3. Influenced the later development of safer serotonin-based migraine therapies
4. Research on methysergide eventually contributed to the development of modern anti-migraine drugs such as triptans and serotonin receptor modulators.[(16)]

7. Study by James W. Black et al ., (1966)

Drug : Propranolol . Became the first widely accepted preventive migraine therapy. In the early 1960s, Scottish pharmacologist James W. Black and his colleagues developed propranolol, the first widely successful beta-blocker drug. Their landmark work was published around 1964–1966 and revolutionized cardiovascular medicine.

Background of the Research

At that time, treatment options for heart diseases such as:

1. angina pectoris (chest pain),
2. rapid heartbeat,
3. and hypertension

were limited. Black proposed a new scientific idea: instead of increasing oxygen supply to the heart, doctors could reduce the heart's oxygen demand by blocking the action of adrenaline on the heart.

This idea led to the development of drugs called β-adrenergic receptor antagonists, or beta-blockers.

Development of Propranolol

Before propranolol, Black's team developed an earlier beta-blocker called pronethalol. Although effective, it caused tumors in animal studies and had to be withdrawn.

Researchers then modified the chemical structure and created propranolol, which was safer and more potent.

Propranolol was introduced under the brand name Inderal and quickly became one of the world's most important heart medicines.[(17)]

Mechanism of Action

Propranolol works by blocking β_1 and β_2 adrenergic receptors. This reduces:

1. heart rate,
2. force of heart contraction,
3. blood pressure,
4. and myocardial oxygen demand.

The overall effect is reduced workload on the heart.

Medical Uses

Researchers later discovered that propranolol could treat many conditions, including: angina,

1. hypertension,
2. cardiac arrhythmias,
3. migraine prevention,
4. anxiety and stage fright,
5. essential tremor,
6. hyperthyroidism,
7. and prevention after heart attack.

Importance in Pharmaceutical History

The discovery of propranolol is considered one of the greatest breakthroughs in 20th-century pharmacology because:

1. it introduced the modern beta-blocker class,
2. proved the concept of receptor-based drug design,
3. and changed treatment of cardiovascular disease worldwide.

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Black's work on propranolol later earned him the 1988 Nobel Prize in Physiology or Medicine.[(17,18)]

7. Study by Multiple pharmaceutical companies et al .,(1970s)

Drug : NSAIDs . (Non -Steroidal Anti- Inflammatory Drugs)

Drugs such as ibuprofen and naproxen became standard for migraine pain treatment. During the 1970s, many pharmaceutical companies and researchers worked on the development and clinical testing of NSAIDs, a major class of drugs used to reduce:

1. pain,
2. inflammation,
3. and fever.

These studies led to the introduction and widespread use of important medicines such as:

1. ibuprofen,
2. naproxen,
3. diclofenac,
4. indomethacin,
5. and ketoprofen.

What Are NSAIDs?

NSAIDs stands for Non-Steroidal Anti-Inflammatory Drugs.

They are called "non-steroidal" because they reduce inflammation without using steroid hormones like corticosteroids.

Common uses include:

1. arthritis,
2. muscle pain,
3. headache,
4. fever,
5. menstrual pain,
6. and postoperative pain.

Scientific Discovery Behind NSAIDs

A major breakthrough came when researchers discovered that NSAIDs work by blocking the production of chemicals called prostaglandins, which cause pain and inflammation.

This mechanism was explained by pharmacologist John Robert Vane in the early 1970s. He showed that aspirin-like drugs inhibit the enzyme cyclooxygenase (COX),

reducing prostaglandin synthesis. This discovery transformed understanding of

anti-inflammatory medicines and later earned him the 1982 Nobel Prize in Physiology or Medicine.

Important NSAID Drugs Introduced

Some important NSAIDs from this period included:

Drug	Main Use
Ibuprofen	Pain, fever, arthritis
Naproxen	Long-lasting pain relief
Diclofenac	Arthritis and inflammation
Indomethacin	Severe inflammatory disorders
Ketoprofen	Musculoskeletal pain

Advantages of NSAIDs

Compared with older painkillers, NSAIDs:

1. reduced inflammation more effectively,
2. helped patients with rheumatoid arthritis and osteoarthritis,

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3. and were easier to use for long-term pain management.

Side Effects Discovered

Research also revealed important risks, especially with long-term use:

1. stomach ulcers,
2. gastric bleeding,
3. kidney problems,
4. and increased cardiovascular risk with some NSAIDs.

Because of these findings, pharmaceutical research later focused on developing safer NSAIDs, including selective COX-2 inhibitors in the 1990s.

Historical Importance

The NSAID studies of the 1970s were highly significant because they:

1. advanced modern pain management,
2. improved treatment of inflammatory diseases,
3. established prostaglandin biology in pharmacology,
4. and led to one of the world's most widely used drug classes today.[(19)]

8. Study by Patrick Humphrey et al .,(1988)

Drug : Sumatriptan . First triptan developed specifically for migraine by targeting serotonin receptors.

In the 1980s, pharmacologist Patrick Humphrey and his research team developed sumatriptan, the first highly successful drug specifically designed to treat migraine attacks. Their important studies were published around 1988 and marked a major break through in migraine therapy.

Background of the Research

Before sumatriptan, migraine treatment options were limited and often unreliable. Patients were commonly treated with:

1. ergotamine,
2. general painkillers,
3. sedatives,
4. or anti-nausea drugs.

These medicines frequently caused side effects and did not specifically target migraine mechanisms.

Researchers believed that migraines were linked to abnormal widening of cranial blood vessels and release of inflammatory neurochemicals in the brain.

Development of Sumatriptan

Patrick Humphrey and colleagues at gsk (then Glaxo) worked to develop a selective serotonin receptor drug that could reverse migraine symptoms without major cardiovascular side effects.

Their research led to sumatriptan, the first member of a new class of anti-migraine drugs called triptans.

Mechanism of Action

Sumatriptan acts as a selective agonist at:

1. 5-HT_1B receptors
2. and 5-HT_1D receptors

These are serotonin receptors involved in migraine pathways. The drug works by:

1. constricting dilated cranial blood vessels,
2. reducing inflammation around nerves,
3. and inhibiting pain signal transmission in the trigeminal nerve system.

This targeted mechanism made sumatriptan far more effective than many previous migraine treatments.

Medical Uses

Sumatriptan became widely used for:

1. acute migraine attacks,

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2. migraine with or without aura,
3. and cluster headaches.

It is most effective when taken early during a migraine attack.

Historical Significance

The discovery of sumatriptan was considered revolutionary because:

1. it was the first migraine-specific modern therapy,
2. introduced receptor-targeted treatment for migraine,
3. and led to development of many later triptan drugs such as:

- zolmitriptan,
- rizatriptan,
- and eletriptan.

Side Effects Identified

Researchers also observed some side effects, including:

1. tingling sensation,
2. dizziness,
3. chest tightness,
4. flushing,
5. and fatigue.

Because it can constrict blood vessels, doctors advised caution in patients with heart disease or uncontrolled hypertension.[(20 ,21)]

9. Study by Multiple companies et al .,(1990s)

Drug: Rizatriptan, zolmitriptan, and naratriptan improved migraine-specific therapy. During the 1990s, several pharmaceutical researchers and companies developed and studied rizatriptan, a second-generation triptan drug used for the treatment of migraine attacks. It was developed after the success of sumatriptan to provide faster relief and improved patient response.

Rizatriptan was mainly developed by merck and later marketed under the brand name Maxalt.

Background of the Research

After the introduction of sumatriptan in the late 1980s, scientists wanted to create newer migraine medicines that:

1. acted more rapidly,
2. had better absorption,
3. produced fewer side effects,
4. and were more convenient for patients.

This led to the development of second-generation triptans, including rizatriptan.

Mechanism of Action

Rizatriptan acts as a selective agonist of:

1. 5-HT_1B receptors
2. and 5-HT_1D receptors

These serotonin receptors are involved in migraine pathways.

The drug helps by:

1. narrowing dilated cranial blood vessels,
2. reducing inflammation around nerves,
3. and blocking pain transmission in the trigeminal nerve system.

This targeted action helps stop migraine symptoms during an acute attack.

Clinical Studies in the 1990s

Clinical trials during the 1990s showed that rizatriptan:

1. provided rapid headache relief,

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2. reduced nausea, vomiting, and sensitivity to light,
3. and worked effectively in many patients who did not respond well to older therapies.

Researchers also found that rizatriptan often acted faster than some earlier triptans because of its rapid absorption.

Forms of the Drug

Rizatriptan was developed in:

1. oral tablets,
2. and orally disintegrating tablets (melting tablets).

The dissolving tablet improved convenience for migraine patients who had nausea or difficulty swallowing during attacks.

Medical Uses

Doctors prescribed rizatriptan for:

1. migraine with aura,
2. migraine without aura,
3. and recurrent acute migraine attacks.

It was not intended for prevention of migraines, only for treatment during attacks.

Side Effects Observed

Studies reported some common side effects:

1. dizziness,
2. drowsiness,
3. fatigue,
4. dry mouth,
5. and mild chest pressure.

Because triptans constrict blood vessels, researchers advised caution in patients with:

1. heart disease,
2. uncontrolled hypertension,
3. or stroke risk.

Historical Importance

The development of rizatriptan represented an important advancement in migraine pharmacology because it:

1. improved acute migraine treatment,
2. expanded the triptan drug family,
3. and provided more individualized therapy options for patients.

Its success also encouraged further research into serotonin-based neurological treatments[(21,22,23)]

10. Study by janssen et al .,(1993)

Drug : Topiramate . Later approved for migraine prevention

In the early 1990s, researchers associated with janssen and collaborating scientists studied topiramate, a broad-spectrum anticonvulsant drug that later became important in the treatment of epilepsy and migraine prevention.

Topiramate was originally synthesized during research aimed at developing new compounds related to fructose derivatives, but researchers soon discovered its strong neurological effects.

Background of the Research

During the late 1980s and early 1990s, pharmaceutical scientists were searching for safer and more effective medicines for:

1. epilepsy,
2. seizure disorders,
3. and neurological conditions that did not respond well to older anticonvulsants.

Existing drugs often caused:

1. sedation,

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2. liver toxicity,
3. cognitive impairment,
4. or serious drug interactions.

Researchers therefore focused on developing medicines with broader seizure control and improved safety profiles.

Development of Topiramate

Topiramate was identified as a sulfamate-substituted monosaccharide compound with strong anticonvulsant activity in laboratory studies.

Clinical research during the early 1990s showed that the drug could reduce seizure frequency in patients with:

1. partial seizures,
2. generalized tonic-clonic seizures,
3. and difficult-to-treat epilepsy.

The drug was later marketed under the brand name Topamax.

Mechanism of Action

Topiramate has a complex mechanism and acts through several pathways:

1. blocks voltage-dependent sodium channels,
2. enhances the inhibitory neurotransmitter GABA,
3. inhibits excitatory glutamate receptors,
4. and weakly inhibits carbonic anhydrase enzymes.

Because of these multiple actions, the drug can stabilize abnormal electrical activity in the brain.

Medical Uses

Researchers later found that topiramate was useful for several conditions, including:

1. epilepsy,
2. migraine prevention,
3. bipolar disorder (off-label),
4. essential tremor,
5. and weight-management therapy in combination medicines.

It became especially important in migraine prophylaxis.

Migraine Prevention

Studies in later years showed that topiramate significantly reduced:

1. migraine frequency,
2. headache severity,
3. and migraine-related disability.

It became one of the first major anticonvulsants approved for migraine prevention.

Side Effects Identified

Clinical studies also revealed important side effects:

1. tingling sensations (paresthesia),
2. dizziness,
3. fatigue,
4. weight loss,
5. memory and concentration problems,
6. kidney stones,
7. and taste changes.

Some patients experienced cognitive slowing, sometimes described as “word-finding difficulty[(24,25)]

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 Aim

To reduce monetary burden on the consumers by insuring global pricing strategy for the effective management of health care system and to make more efficient use of limited resources for maximization of health care benefit at lower cost (Sculpher et al., 2005) .[(26)]

 Objective

1. Acute (Abortive) Treatment ObjectivesThe goal of acute therapy is to stop a migraine attack in its tracks and allow the patient to return to normal activities without causing medication overuse:Rapid Relief: Treat attacks quickly and consistently, ideally achieving pain freedom within two hours.Symptom Alleviation: Resolve associated symptoms such as nausea, vomiting, photophobia (light sensitivity), and phonophobia (sound sensitivity).No Recurrence: Ensure the headache does not return within 24 hours of the initial treatment.Minimize Rescue Medications: Limit the need for heavy backup or emergency room medications.
2. Preventive (Prophylactic) Treatment ObjectivesPreventative care is designed to reduce the disease burden for patients experiencing frequent or debilitating attacks:Reduce Frequency & Severity: Decrease the number of migraine days per month and lessen the intensity of the headaches that do occur.Enhance Acute Response: Make subsequent acute attacks more responsive and easier to treat.Prevent Chronification: Stop episodic migraines from progressing into chronic daily headaches.Regain Independence: Reduce reliance on rescue medications and avoid urgent care or emergency room visits.
3. Long-Term Lifestyle and Quality of Life ObjectivesBeyond medication, effective management involves empowering the patient to control their environment and daily habits:Identify and Avoid Triggers: Recognize and minimize exposure to triggers like stress, hormonal changes, and specific dietary elements (often referred to as the 5 C's: cheese, citrus, chocolate, coffee, cola).Establish Healthy Habits: Maintain consistent sleep schedules, stay hydrated, and practice regular, moderate exercise to naturally reduce attack frequency.Minimize Side Effects: Choose treatment strategies that are cost-effective and have minimal or no adverse side effects.[(1,2,4)]

METHODS USED IN PHARMACOECONOMIC ASPECTS OF DRUGS USED IN MIGRAINE PATIENTS

1. Study Design

A prospective observational pharmacoeconomic study was conducted in migraine patients receiving antimigraine therapy in the neurology outpatient department of a tertiary care hospital.

2. Study Duration

The study was carried out for a period of 6 months with regular patient follow-up during the study period.

3. Study Population

Patients diagnosed with migraine according to the International Classification of Headache Disorders (ICHD) criteria were included in the study.

4. Inclusion Criteria

 Patients aged between 18–65 years
 Diagnosed migraine patients
 Patients receiving antimigraine medications
 Patients willing to provide informed consen

5. Sample Size

A total of 100–150 migraine patients were included in the study and categorized based on prescribed drug therapy.
 Example groups: Group I – Triptans Group II – NSAIDs
Group III – Preventive therapy Group IV – Combination therapy

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6. Study Procedure

Step 1: Ethical Approval

Approval was obtained from the Institutional Ethics Committee before initiation of the study. Written informed consent was obtained from all participants.

Step 2: Patient Recruitment

Patients attending the neurology outpatient department were screened for eligibility. Patients fulfilling inclusion criteria were enrolled into the study.

Step 3: Data Collection

Demographic Data

The following details were collected:

- Age
- Gender
- Occupation
- Socioeconomic status

Clinical Data

The following clinical information was recorded:

- Type of migraine
- Duration of migraine
- Frequency of attacks
- Severity of headache
- Associated symptoms
- Comorbid conditions

Prescription Data

Prescription details included:

- Drug name
- Dose
- Frequency
- Duration of treatment
- Combination therapy

Step 4: Assessment of Clinical Outcomes Pain Severity Assessment

Pain intensity was assessed using the Visual Analog Scale (VAS).

Disability Assessment

Migraine Disability Assessment (MIDAS) questionnaire was used to evaluate migraine-related disability.

Quality of Life Assessment

Quality of life was assessed using:

- SF-36 questionnaire
- EQ-5D questionnaire

Step 5: Pharmacoeconomic Evaluation Direct Medical Costs

The following costs were recorded:

- Drug costs
- Consultation charges
- Laboratory charges
- Hospitalization expenses

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Direct Non-Medical Costs
- Transportation expenses
- Food expenses
- Caregiver expenses

Direct Non-Medical Costs
- Transportation expenses
- Food expenses
- Caregiver expenses

Step 6: Cost-Effectiveness Analysis
The cost and effectiveness of different antimigraine therapies were compared.
Formula:
Cost-Effectiveness Ratio= Total cost /Clinical Outcome

Step 7: Incremental Cost-Effectiveness Ratio (ICER)
ICER =CA - CB / EA --EB
Where:
- CA = Cost of Drug A
- CB = Cost of Drug B
- EA = Effectiveness of Drug A
- EB = Effectiveness of Drug B

Step 8: Statistical Analysis
The collected data were analyzed using SPSS software.
Statistical Tests Used
- Mean ± Standard Deviation
- Student's t-test
- ANOVA
- Chi-square test.[(22,27,28)]

MATERIALS USED IN PHARMACOECONOMIC ASPECTS OF DRUGS USED IN MIGRAINE PATIENTS
1. Study Materials
The following materials were used for conducting the pharmacoeconomic study in migraine patients.
A. Drugs Used in Migraine Treatment Acute Migraine Therapy
1. Sumatriptan tablets
2. Rizatriptan tablets
3. Zolmitriptan tablets
4. Eletriptan tablets
5. Naproxen tablets
6. Ibuprofen tablets
7. Diclofenac sodium tablets
8. Paracetamol tablets
9. Ergotamine preparations
10. Caffeine combination products

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Preventive Migraine Therapy
1) Propranolol tablets
2) Metoprolol tablets
3) Amitriptyline tablets
4) Topiramate tablets
5) Sodium valproate tablets
6) Flunarizine capsules
7) CGRP antagonists

Supportive Medications
1. Ondansetron tablets/injection
2. Domperidone tablets
3. Pantoprazole tablets

B. Chemicals and Reagents
1. Distilled water
2. Buffer solutions
3. Biochemical assay kits
4. Serum analysis reagents
5. Standard laboratory reagents

C. Instruments and Equipment Clinical Instruments
1. Sphygmomanometer
2. Stethoscope
3. Thermometer
4. Weighing balance
5. Pulse oximeter

Laboratory Instruments
1. Centrifuge
2. Spectrophotometer
3. Automated biochemical analyzer
4. Micropipettes
5. pH meter
6. Refrigerator

D. Data Collection Materials
1. Patient case record forms
2. Prescription analysis forms
3. Informed consent forms
4. Migraine Disability Assessment (MIDAS) questionnaire
5. Visual Analog Scale (VAS) sheets
6. Quality of Life questionnaires (SF-36/EQ-5D)
7. Pharmacoeconomic evaluation forms. [(29,30)]

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The Epidemiological and Clinical Burden of Migraine

The significance of the epidemiological and clinical burden of migraine cannot be overstated within the broader context of health economics and neurological care. As healthcare systems globally grapple with constrained budgets, understanding the intricate dynamics of this area provides the necessary evidence base for rational decision-making. drawing upon extensive clinical trials, real-world observational studies, and robust macroeconomic modeling.

Furthermore, the intersection of clinical efficacy and economic viability is a dynamic equilibrium. Regulatory bodies and payers demand rigorous, empirical justification for formulary inclusion and reimbursement tiering. By analyzing longitudinal data cohorts and applying stochastic probabilistic sensitivity analyses, The inherent uncertainty in clinical forecasting necessitates robust methodological frameworks to ensure that patient access to innovative therapies is maintained without compromising the financial sustainability of the healthcare infrastructure.[(31)]

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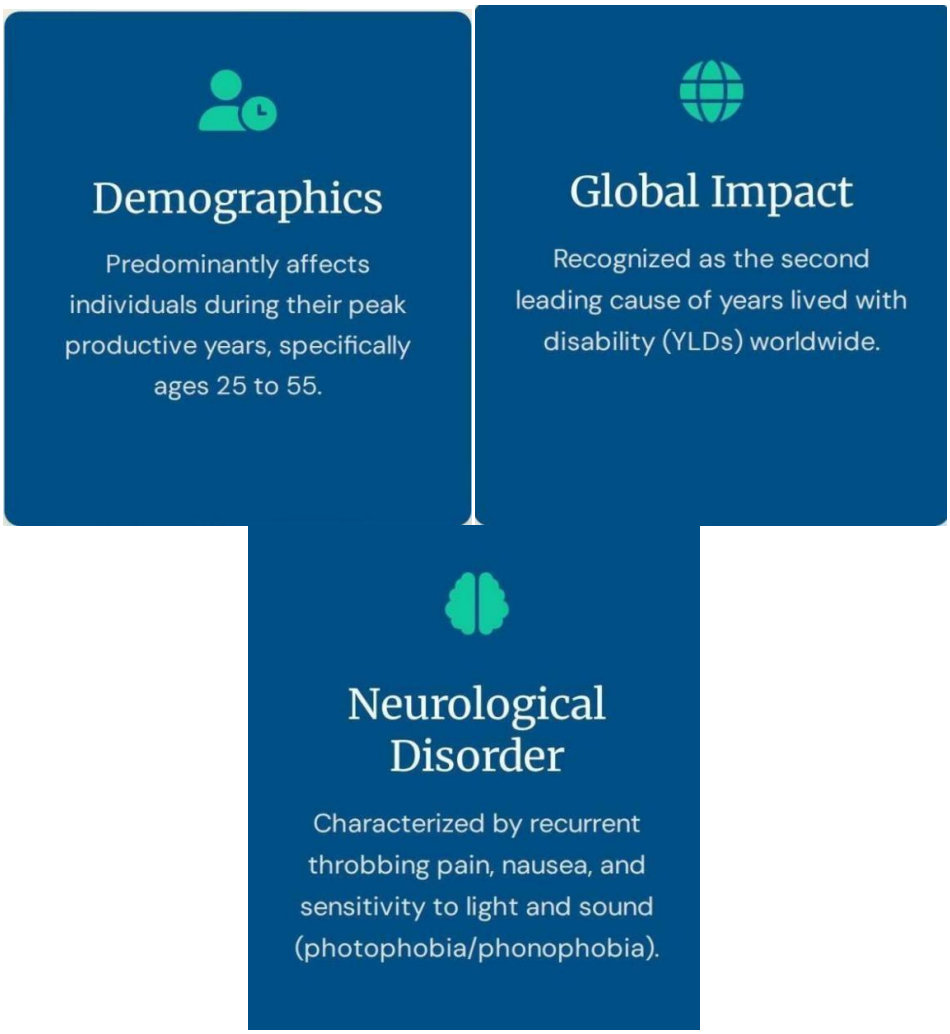

Overview Of Migraine

Pharmacoeconomic Methodologies[(32,33)]

Methodology	Measurement Focus	Application in Migraine
Cost-Minimization (CMA)	Measures natural units (e.g., cost per day avoided).	Evaluating generic vs. brand name triptans.
Cost-Effectiveness. (CEA)	Measures outcomesin Quality-Adjusted Life Years.	Comparing standard prophylactics.
Cost-Utility (CUA)	Measures both costsand outcomes in monetary terms.	Gold standard for evaluating novel biologicals.
Cost-Benefit (CBA)	Measures both cost and outcomes in monetary terms	Assessing broad societal ROI.

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Chemical Aspects of Drugs Used in Migraine

Migraine drugs are chemically classified according to their structure, mechanism of action, and therapeutic use.

1. NSAIDs (Non-Steroidal Anti-Inflammatory Drugs)

These drugs reduce inflammation and pain by inhibiting prostaglandin synthesis.

A. Ibuprofen

- Chemical Formula: C13H18O2
- IUPAC Name: 2-(4-isobutylphenyl)propionic acid
- Chemical Nature: Propionic acid derivative

Chemical Properties

Property	Description
Molecular Weight	206.28 g/mol
Solubility	Slightly soluble in water
Functional Group	Carboxylic acid

Mechanism

Ibuprofen inhibits cyclooxygenase (COX-1 and COX-2) enzymes.

B. Naproxen

- Chemical Formula: C14H14O3
- Chemical Class: Aryl acetic acid derivative

Functional Groups

- Methoxy group
- Carboxylic acid
- Aromatic ring

2. Triptans

Triptans are selective serotonin receptor agonists used for acute migraine attacks.

A. Sumatriptan

- Chemical Formula: C14H21N3O2S
- Chemical Class: Indole sulfonamide derivative

Chemical Structure Features

- Indole ring
- Sulfonamide group
- Dimethylaminoethyl side chain

Mechanism

Stimulates 5-HT1B and 5-HT1D serotonin receptors causing cranial vasoconstriction.

B. Rizatriptan

- Chemical Formula: C15H19N5
- Chemical Nature: Triazole derivative

Important Groups

- Triazole ring
- Indole nucleus

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3. Ergot Alkaloids
Derived from Claviceps purpurea fungus.

A. Ergotamine
 Chemical Formula: C33H35N5O5
Chemical Characteristics
 Peptide alkaloid
 Complex ring structure
 Nitrogen-containing heterocycle
Action
Produces vasoconstriction and serotonin receptor stimulation.

4. Preventive Migraine Drugs
A. Propranolol
 Chemical Formula: C16H21NO2
 Chemical Class: Beta-adrenergic blocker
Functional Groups
 Secondary alcohol
 Ether linkage
 Aromatic ring

B. Topiramate
 Chemical Formula: C12H21NO8S
 Chemical Class: Sulfamate-substituted monosaccharide
Chemical Features
 Sulfamate group
 Sugar derivative structure

C. Amitriptyline
 Chemical Formula: C20H23N
 Chemical Class: Tricyclic antidepressant
Chemical Structure
 Three fused aromatic rings
 Tertiary amine group

5. CGRP Antagonists
These are newer migraine therapies.
A. Ubrogepant
 Chemical Formula: C29H26F3N5O3

Chemical Nature
 Small molecule CGRP receptor antagonist
 Contains fluorinated aromatic groups

B. Rimegepant
 Chemical Formula: C28H28F2N6O3

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Important Chemical Features

- Heterocyclic nitrogen compounds
- Amide linkage[(34,35)]
- GENERAL CHEMICAL INSTRUCTIONS FOR HANDLING MIGRAINE DRUGS
- Maintain controlled temperature during storage.
- Protect drugs from moisture and light.
- Use airtight containers for stability.
- Avoid oxidation and hydrolysis.
- Follow Good Manufacturing Practices (GMP).[(36)]

General Pharmaceutical Procedure for Tablet Preparation Step 1: Weighing

Active ingredients and excipients are weighed accurately.

Step 2: Mixing

Powders are blended uniformly.

Step 3: Granulation

Binders are added to improve compressibility.

Step 4: Drying

Granules are dried under controlled temperature.

Step 5: Compression

Granules are compressed into tablets.

Step 6: Coating

Protective coating is applied.

Step 7: Quality Control

- Dissolution test
- Hardness test
- Assay
- Stability testing[(36,37)
- Pharmacoeconomic Importance

Migraine drugs are evaluated based on:

- Drug cost
- Treatment effectiveness
- Reduction in hospital visits
- Improved quality of life
- Reduction in work absenteeism

Examples:

- Generic NSAIDs are low-cost and cost-effective.
- CGRP monoclonal antibodies are expensive but highly effective in chronic migraine. [(38)]

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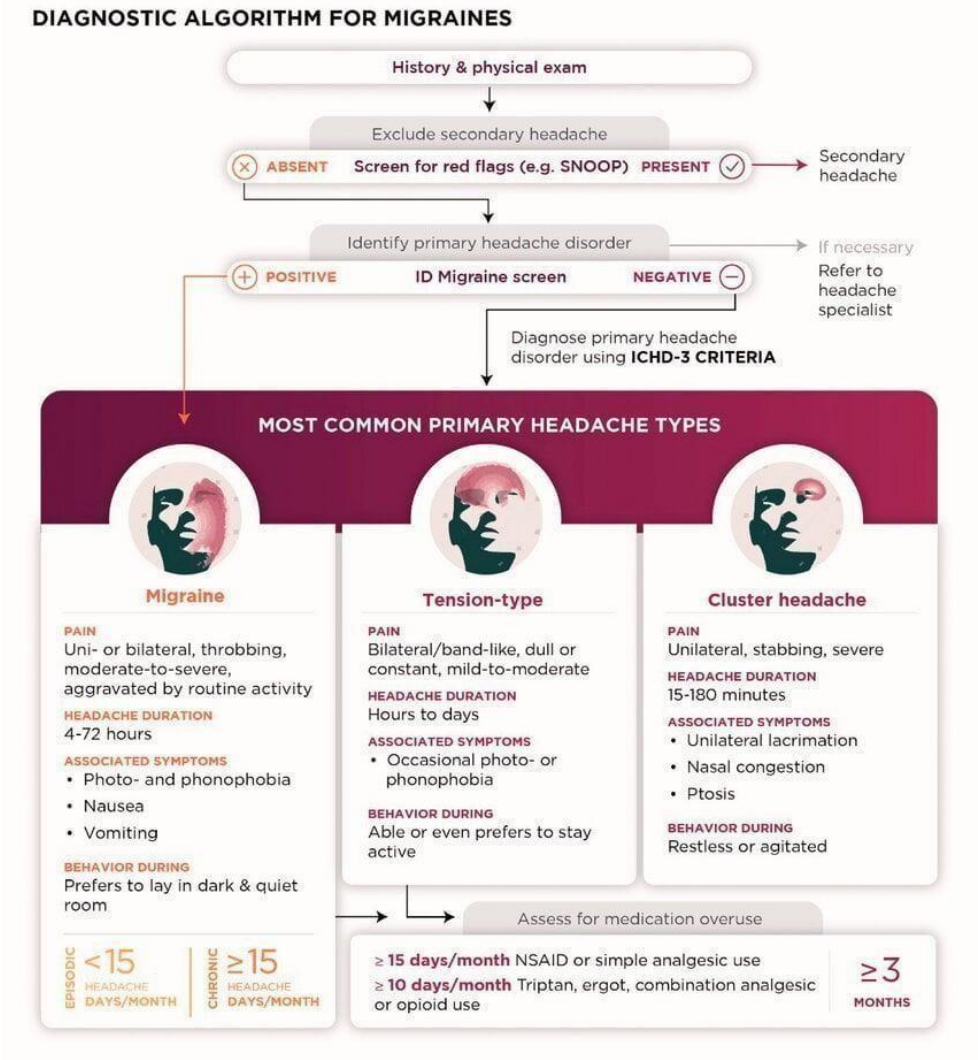

DRUG THERAPY OFMIGRAINE

 Migraine is amysterious disorder characterised by pulsating headache, restricted to one side,which comes in attacks lasting 4 - 48 hours and is often associated with nausea,vomiting,sensitivity to sound and light,flashes of light,vertigo. Simplified Diagnostic Criteriafor Migraine Repeated attacks of headache lasting 4–72 h in patients with a normal physical examination, no other reasonable cause for the headache, and: At Least 2 of the Following Features: Plus at Least 1 of the Following Features: Unilateral pain Nausea/vomiting Throbbing pain Photophobia and Phonophobia Aggravation by movement Moderate or severe intensity

 TWO TYPES :- Migraine with aura (classical migraine) :-headache preceded by visual neurological symptoms Migraine without aura(common migraine)[(39)]

DOI: 10.48175/IJARSCT-36306

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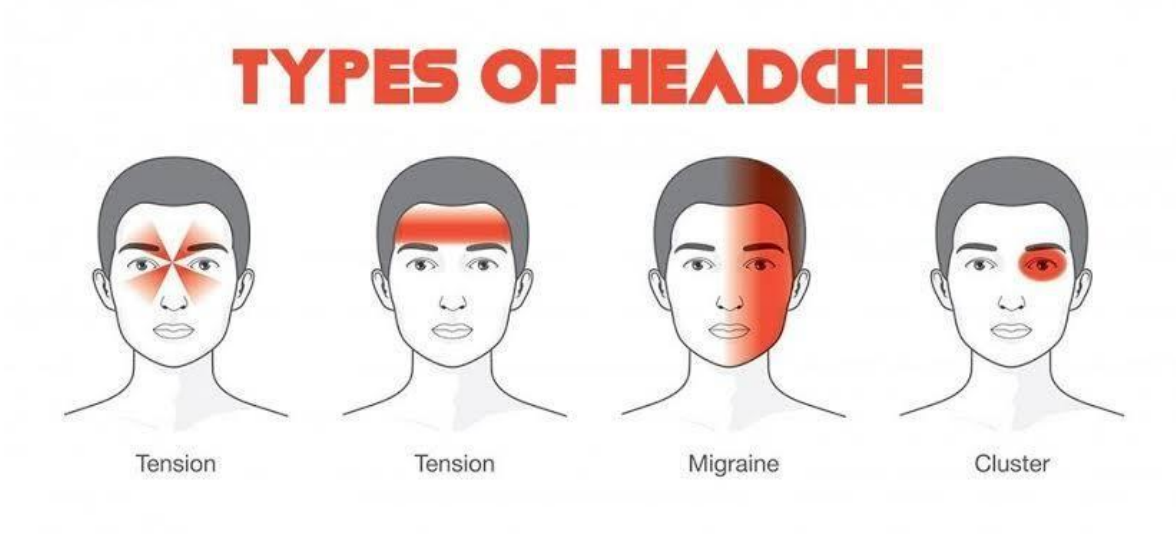
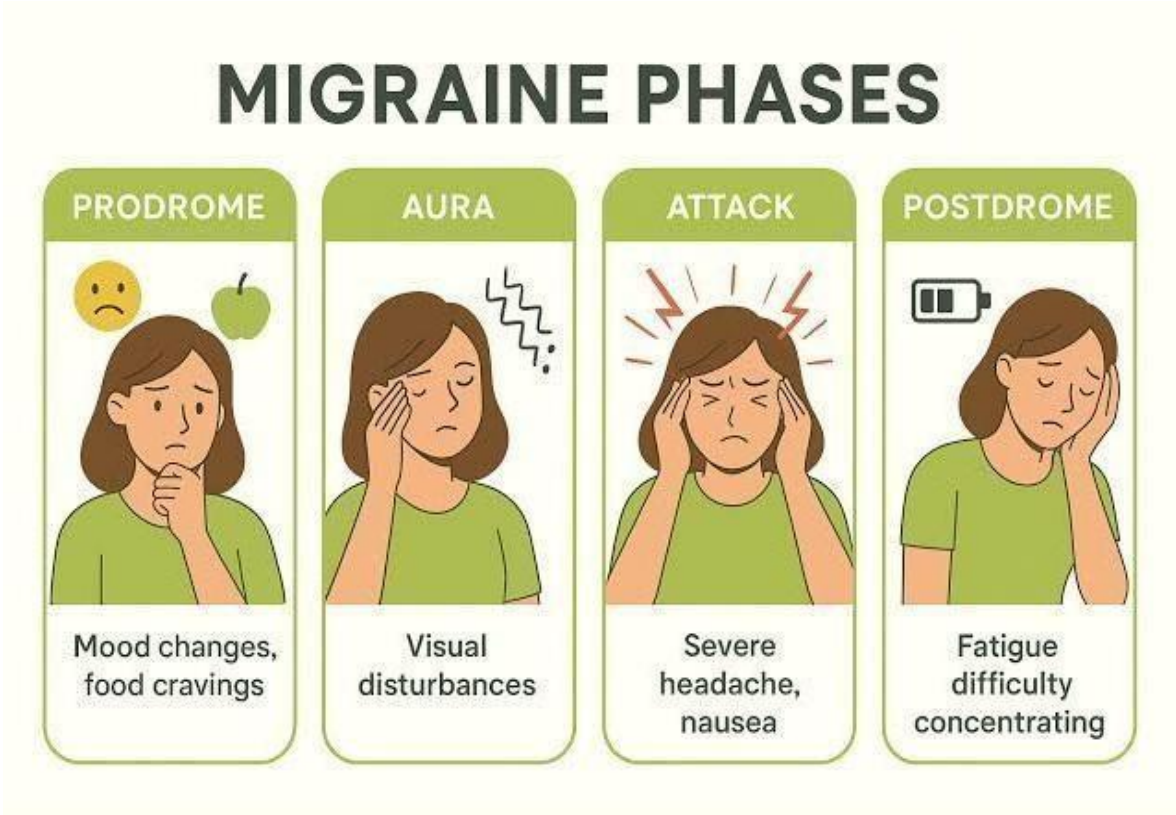


4 STAGES OF MIGRAINE



PRODROME :- Vague premonitory symptomsthat begin from 12 to 36 hours before the aura and headache.
Symptoms:
Yawning Excitation Depression Lethargy

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Craving or distaste for various foods
Duration: 15 to 20 min.
 AURA: Aura is awarning or signal before onset of headache.
Symptoms: Flashing of lights Zig-zag lines
Difficulty in focussing
Duration : 15-30 min.
HEADACHE: Headache isgenerally unilateral and is associated with
SYMPTOMS :
Anorexia Nausea Vomiting Photophobia Phonophobia Tinnitus
Duration: 4-72 hrs. 8
 POSTDROME: Following headache, patient complains of - Fatigue
Depression Severe exhaustion
Some patients feel unusually fresh
Duration: Few hours or up to 2 days. 9
 Migraine Triggers
a. Food
b. Disturbed sleep pattern
c. Hormonal changes
d. Drugs Physical exertion
e. Visual stimuli
f. Auditory stimuli
g. Olfactory stimuli
h. Weather changes
i. Hunger
j. Psychologic al factors [(40 ,41)]
 Causes Of Migraine
• Increased excitability of CNS
• Meningeal blood vessel dilation
• Activation of perivascular sensory trigeminal nerves
• Pain impulses
• Vasoactive neuropeptides contain:
• substance P
• Calcitonin Gene-Related Peptide (CGRP)
• neurokinin A
• combination of increased pain sensitivity, tissue and vessel swelling, and inflammation[(42)]

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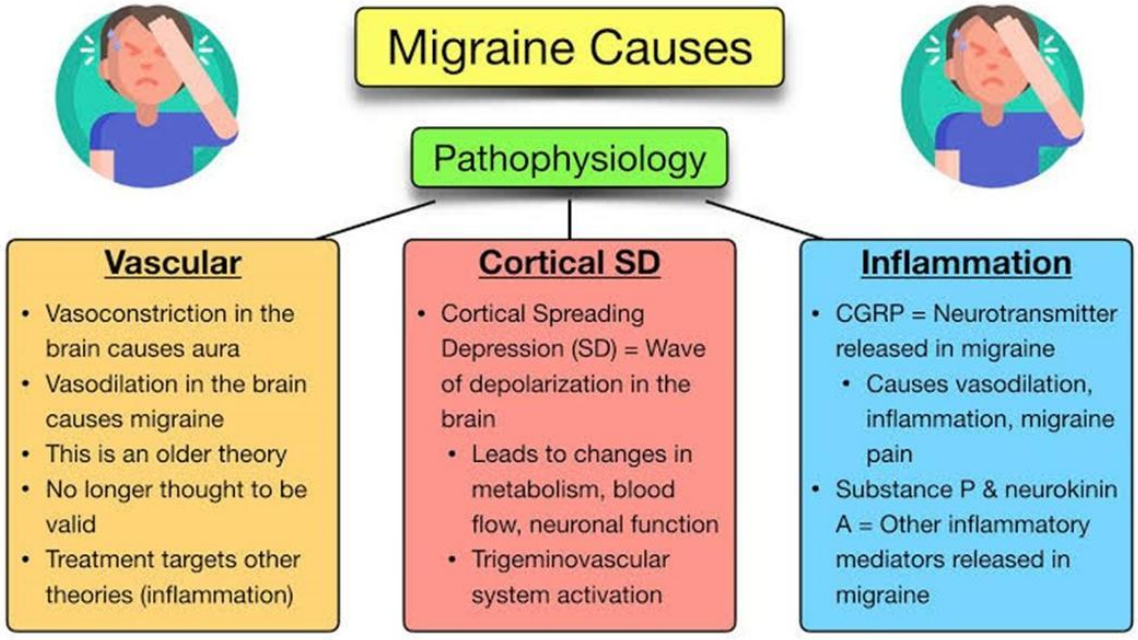

PATHOPHYSIOLOGY:

 VASCULAR THEORY:-

Intracranial/Extracranialblood vessel vasodilation – headache. Intracerebral blood vessel vasoconstriction – aura.

 SEROTONIN THEORY:-

Decreased serotonin levels linked to migraine.

Specific serotonin receptors found in blood vessels of brain.

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- Classification Mild :
- Lessthan one attack a month
- Lasting upto 8 hours
- Throbbing but tolerable headache

Moderate :

- One or more attacks per month
- 6-24 hours
- Intense throbbing headache with nausea and vomiting

Severe :

- 2-3 attacks or more every month
- 12-48 hours
- Intense throbbing headache with nausea and vomiting, vertigo, GIT instability, fatigue, photophobia
- Mild Migraine
- simple analgesics:-paracetamol(0.5- 1 gm),aspirin(300- 600mg), repeated 4-6 hourly

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 NSAIDS:-Ibuprofen(400-800mg 8 hourly),naproxen,diclofenec(50mg 6- 8 hourly),mephenamic acid
 Antiemetics:-Metoclopramide(10mg oral/i.m),domperidone(10-20mg)
 can be given in combination with paracetamol/codeine/diazepam/diphenhydramine or another antihistaminic/caffeine
 Moderate migraine
 Stronger NSAIDSor their combinations
 ergot preparation or sumatriptan
 Severe migraine:-
 Ergot alkaloid,sumatriptan[(43,44)]
 ERGOTAMINE :
 Most effective ergotalkaloid for migraine,given early in attack
 oral/ sublingual route is preferred,1mg is given at half hours intervals till relief is obtained or total of 6mg is given
 Act by constricting the dilated cranial vessel or by specific constriction of carotid A-V shunt channels
 Reduce neurogenic inflammation and leakage of plasma in duramater
 Why are Triptans superior :
 Ergotamine has Low bioavailability <1% - better after rectal or sublingual administration.
 Many adverse effects –
 Nausea , muscle cramps, coronary spasm etc.
 C/I in sepsis, IHD, pregnancy etc.
 Background and rebound headache
 Selective 5-HT1b/1d Agonists
 SUMATRIPTAN:- selective 5HT1B/1D receptor agonist
 Administered at the onset of attack of migraine
 constriction of dilated cranial extra cerebral blood vessel,especially the arterio-venous shunt in carotid artery Reduce 5-HT and inflammatory neuropeptide release around the affected vessels,reduce extravasation of plasma protein across dural vessel.
 Reduce Inflammatory mediators release- CGRP, NK, SP – suppression of impulse transmission in Trigemino vascular pathway
 3 dosage forms:oral, nasal, & parenteral (SC)
 Costlier
 Advantages over Ergotamine
 Better tolerated than ergotamine.
 Faster relief than ergotamine (2.5 hrs).
 Lesser rebound headache and background headache.
 Also able to take care of other related problems e.g. nausea, photophobia etc [(45,46)]
 Side effects
 Tightness inhead and chest
 feeling of heat,paresthesias in limbs
 dizziness,weakness
 RARE S/E:- Bradycardia,coronary vasospasm,MI,seizures,hypersensitivity reaction

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INDICATIONS FOR PROPHYLACTICTHERAPY

- Two or higher frequency of attacks / month
- Migraine attacks not responding to acute drug treatment
- Frequent, very long, or uncomfortable auras.

PROPHYLAXIS

- Start with lowdose till therapeutic effect reached
- To be taken daily
- Takes atleast 2- 6 weeks to act
- Course 5-6 months & gradually tapered +/- discontinue [(47,48)]

BETA BLOCKER:-

Propranololis commonly used drug,reduces frequency as well as severity of attacks \

- effect seen in 4 weeks
- dose :-start with 40mg bd increased upto 160mg bd
- Tricyclic Antidepressants:- amitriptyline(25-50mg at bed time)
- Calcium channel blocker:-verapamil
- flunarizine- weak Ca2+ channel blocker that also inhibit Na+ channels
- Anticonvulsants:-
- valproic acid(400- 1200mg/day),gabapentin(300-1200mg/day)
- 5HTantagonists:-methysergide,cyproheptadine
- Prophylaxis Jay A.Van Gerpen,StephenHickey, and David J. Capobianco.Migraine: Diagnosis, Prevention And Treatment .Jacksonville Medicine 2000 April

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 SUCCESSFUL PROPHYLAXIS Decrease inthe frequency of migraine attacks per month by at least 50% within 3 months
 Migraine •
 Characterised byepisodic headache, typically unilateral, associated with vomiting and visual disturbance.
 Headache may be bitemporal and generalised without focal visual or neurological disturbance.
 Migraine is the most common severe form of primary headache with a global prevalence of around one in seven people
 History all important and only method of diagnosis.
 Pathogenesis •
 Vascular theory:Decrease in cerebral blood flow or shunting of blood through carotid arterioveous anastomoses at the onset of an attack in migraine.
 Nerogenic theory: Neurogenic inflammation of afferent blood vessels by retrograde transmission in afferent nerves & release of mediators like 5HT, neurokinin, substance P, calcitonin gene related peptide (CGRP) , nitric oxide, etc.
 During phase of attack, dilatation of extracranial arteries related to fluctuations in blood 5-hydroxytryptamine levels.

Acute Migraine Attack

 It appears to begin in serotonergic and noradrenergic neurons in the brain. These monoamines affect cerebral & extracerebral vasculature and cause release of vasoactive substances such as histamine, prostaglandins and neuropeptides involved in pain, i.e. neurogenic inflammation can be inhibited by antimigraine drugs.
 Migraine aura of visual or sensory disturbance originates in occipital or sensory cortex.
 Throbbing headache is due to dilatation of pain – sensitive arteries outside the brain.[(48,49,50)]

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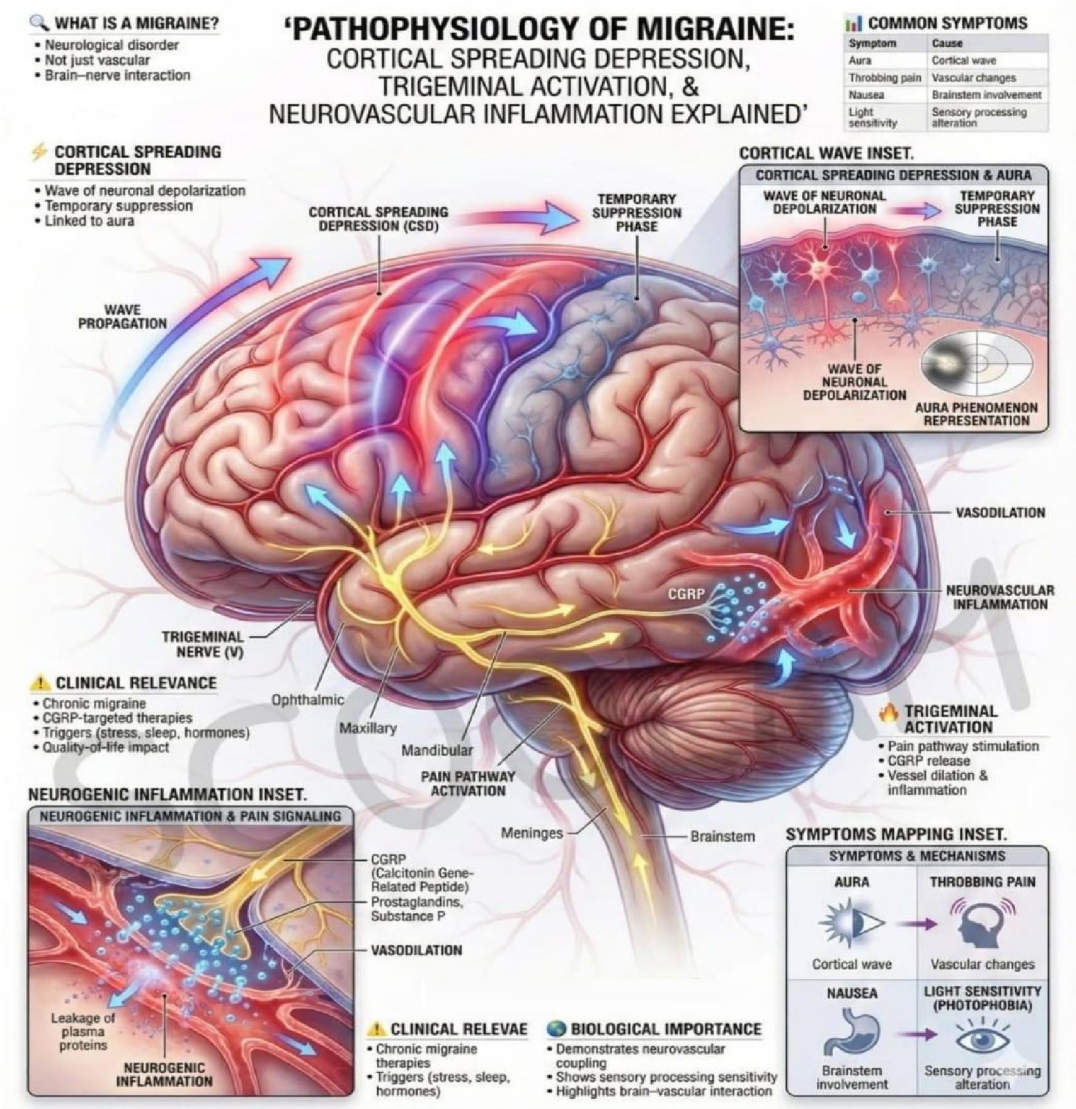
International Open-Access, Double-Blind, Peer-Reviewed, Refereed, Multidisciplinary Online Journal
ISSN: 2581-9429
Volume 6, Issue 2, June 2026
Impact Factor: 8.2



 Classification of Migraine :- Updated version International Classification of Headache Disorders (ICHD Beta 2013
 Classical migraine (migraine with aura) – visual or sensory symptoms precede or accompany headache. Common migraine (migraine without aura) – no visual or sensory features.
 Episodic migraine : occurs on less than 15 days per month ,can be further subdivided into low frequency (1–9 days per month) and high frequency (10–14 days per month)
 Chronic migraine: occurs on 15 or more days per month.
 Migraine without aura
 Atleast 5 attacks.
 Duration: 4 to 72 hours
 At least 2 of the following characteristics:
 Unilateral
 Pulsating

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 Moderate or severe pain intensity
 Aggravated by physical activity
 During headache at least 1 of:– Nausea and/or vomiting
 Photophobia and phonophobia
 Migraine with aura
 ⩾2 attacks fulfilling criteria B and C
 Criteria B: ⩾ 1 of the following fully reversible aura symptoms: Visual, sensory, speech and/or language, motor, brainstem, retinal
 Criteria C: At least 2 of the following; At least one aura symptom spreads gradually over 5 minutes, and/or two or more symptoms occur in succession Each individual aura symptom lasts 5-60 minute At least one aura symptom is unilateral The aura is accompanied, or followed within 60 minutes, by headache
 Not better accounted for by anotherICHD-3 diagnosis, and TIA has been excluded.[(50,51)]
 Management: Maintain adiary of attack
 Mild migraine : fewer than one attack per month, throbbing in nature, lasting upto 8 hrs, does not incapacitate the individual. Analgesics with or without antiemetic.
 Moderate migraine: one or more attack per month throbbing in nature ,lasts upto 6-24 hrs, nausea/vomitting and other feathers are prominent & patient is functionally impaired NSAIDs combinations / a triptan/ergot alkaloids (+antiemetic)
 Severe migraine: 2-3 or more attacks per month of severe throbbing headache lasting 12-24 hrs, accompanied by vertigo, vomiting & subject is incapacitated during attack.
 A triptan/ergot akaloids (+antiemetic) + prophylaxis
 Triggering Factors Avoidance
 Avoid triggers like: Stress , exertion, anxiety, excitement, fatigue, anger.
 Foods containing vasoactive amines(tyramine) – chocolate, cheese and alcohol.
 Bright lights, loud noise.
 Food Allergy.
 Hypoglycemia.
 Oral contraceptives
 Step 1 AcuteTreatment: Simple oral analgesic ± anti-emetic:
 Soluble Aspirin 600-900mg orally STAT OR
 Ibuprofen 400mg (Maximum of 4 doses over 24 hours) AND/OR Paracetamol 1g orally every 4 hours (Maximum of 4 g over 24 hours) for non-incapacitating headache Efficacy of analgesia may be improved by giving a pro-kinetic anti-emetic to promote gastric emptying with:
 Metoclopramide 10-20mg orally
 Domperidone 10-20mg orally.
 For nausea and vomiting (if required): Prochlorperazine 5mg orally or Prochlorperazine 25mg suppository Do
 CStep 2 AcuteTreatment: Prescription NSAID (± anti-emetic as described in step 1)
 Naproxen 500mg-750mg with a further 250mg- 500mg in 6 hours if required (Maximum dose =1250mg/day) OR Diclofenac 50-100mg (maximum 200mg /day). Diclofenac 100mg suppository (maximum 100mg BD)
 Analgesics inhibit release of prostaglandin & kinin release due to neurogenic inflammation . Metoclopramide besides being antiemetic enhances absorption of analgesics.
 Pharmacology of specificantimigraine drugs: Triptans: Selective 5-HT1B/1D agonists
 • Activation of 5-HT1B/1D receptors mediates cerebral vasoconstriction of dilated cranial blood vessels especially the arterio-venous shunts in carotid artery and inhibits release of 5HT(autoreceptor) from forebrain serotonergic neurons.

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 • Blocks trigeminal nerve transmission, constricts dilated extracranial blood vessels, suppresses neurogenic dural plasma extravasation and release of inflammatory neropeptides from nerve
 triptans
 SUMATRIPTAN:
 •Rapid oral absorptionbut 84% presystemic elimination , so oral bioavailability is 15%
 •Sumatriptan for acute attacks of migraine (25-100 mg)
 . •No more than 200 mg per 24 maximum 300 mg in 24h, Repeat 2h(shortest). •Intranasal spray 5-20 mg, maximum 40 mg in 24h, Repeat 1h.
 •SC bioavailability 96%, Better result with Subutaneous Sumatriptan 8mg , 12 mg in 24h.
 •Not more than 2 injections per 24 hours. Highly efficacious.
 triptans
 Sumatriptan - ADRs
 Malaise,fatigue, muscle weakness,
 dizziness, vertigo, sedation.
 Nausea, vomiting. •Paraesthesia
 Feelings of chest pressure, tightness and pain.
 Coronary vasospasm; risk of myocardial infarction.[(52,53)]
 triptans
 Sumatriptan - Contraindications
 Prophylaxisof migraine.
 H/o Myocardial Infarction.
 Ischaemic heart disease.
 Variant angina.
 Uncontrolled hypertension.
 Concomitant ergotamine.
 Within 2 weeks after stopping MAOIs.
 Triptans
 Eletriptan: 20-40mg sinle dose, maximum 80 mg per day, has maximum plasma protein binding while sumatriptan has minimum
 Zolmitriptan
 Bioavailability is 40% following oral ingestion.
 1.25 -2.5 mg single dose, maximum 10mg per day
 Converted to an active N-desmethyl metabolite having several fold higher affinity for 5-HT1B and 5- HT1D receptors than does the parent drug.
 Both the metabolite and the parent drug have half-lives of 2 to 3 hours.
 triptans
 Naratriptan
 Administeredorally 1-2.5 mg single dose,maximum 5 mg per day
 Bioavailability of about 70%.
 Longer duration • Half-life 6 hours.
 Frovatriptan :longest acting ,onset of action is slowest among all.
 Rizatriptan
 Oral bioavailability45%
 5-10 mg single dose, maximum 30 mg per day
 The principal route of metabolism of rizatriptan is via oxidative deamination by MAO-A.

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 Fastest acting
 C/I: HT, IHD, Prinzmetal's angina, Lactation, Within 2 weeks of MAOIs, Within 24 hrs of treatment with another 5-HT agonist or ergotamine.
 Lasmiditan isa serotonin receptor agonist that selectively binds to the 5-HT1F receptor subtype.
 No activity for 5-HT1B and 5-HT1D The lack of affinity for these receptors might result in fewer side effects related to vasoconstriction compared to triptans in susceptible patients, such as those with ischemic heart disease, Raynaud's phenomenon or after a myocardial infarction Newer Triptan: Lasimiditan
 Ergotamine
 Partial agonistat α-adrenoceptors .
 Partial agonist at serotonergic receptors.
 Constricts all peripheral arteries.
 Tablets 1 mg crushed before swallowing.
 Initially 1-2 mg, maximum 4 mg in 24h.
 Rectal suppositories of 2 mg preferred.
 Ergotamine tartrate, 0.5-1.0 mg sublingually may abort headache if taken as soon as visual symptoms are felt, Effect persists for 24 hr.
 No More than 12 mg in a week.
 Caffeine 100mg taken with it enhances absorption [(54)]
 Ergotamine
 CONTRAINDICATIONS: Vascular &Valvular disease, Hepatic disease Collagen diseases, pregnancy and sepsis
 ADRs: Muscle cramps. Stiffness. Tiredness. Nausea, Vomiting. Diarrhoea.
 Caution about rebound, dependence
 ERGOTISM: repeated doses cause cumulative toxicity, Severe peripheral vasoconstriction, hypertension, gangrene of extremities, anginal pain.
 Stepped Treatmen
 Acutesevere migraine attacks should be treated with most effective drug triptan – Sumatriptan. Headache may return in 6-36 hr in 1/3rd patients, then use second dose. If used early More effective in mild/moderate pain, caution about rebound that is medication overuse headache.
 Ergotamine 1-2 mg used if other treatments failed, but not within 12h of the last dose. Effective but less use due to side effects • Do not give triptan until 24h have elapsed after stopping ergotamine.
 Intranasal butorphenol is used in patients with Coronary Artery Disease in whom triptans/ergotamine is contraindicated
 Migraine Prophylaxis
 Indicatedin patients with
 >2 migraines per month for severe migraine – Attacks lasting for several days per week for chronic migraine
 Severity/frequency that critically impacts patient's daily lif
 Abortive therapies are contraindicated, ineffective, overused, not tolerated
 Uncommon migraine type (hemiplegic, basilar, prolonged aura, migrainous infarction)

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Migraine Prophylaxis toreduce Frequency

Antihypertensive drugs:

 Beta Blockers: blockade of beta receptor result in inhibition of arterial dilatation, may block sticky elements of blood from adhering together & releasing substances, may be central mechanism in brain 'turning off' the generation that causes migraine.

 propranolol 40-80 mg 8 hrly is most commonly used. other are: nadolol, atenolol, metaprolol, timolol

 Calcium Channel Blockers: commonly used is Flunarizine (equally effective to propranolol): weak butcerebroselective also blocks sodium channels, reduces calcium overload due to cerebral hypoxia Other are : nimodipine & verapamil

 Migraine Drug Prophylaxis

 Antihypertensivedrugs:

 Clonidine:alpha 2 adrenoceptor agonist , reduces cerebral blood flow, exact mechanism not known 4. Candesartan :16 mg per day as a prophylactic in episodic or chronic migraine

 Anticonvulsants: –Topiramate 25-50 mg approved for prophylaxis, less effective than propranolol – others are: valproate, gabapentin, zonisamide

 Antidepressants: 5HT uptake blocking property is related to prophylactic effect, amitriptyline is used 25-100mg at night,

 others are : nortriptyline, venlafaxine

 Migraine Drug Prophylaxis

 5HT2A Receptor antagonist: Cyproheptadine :it also blocks histamine & muscarinic receptor (Methysergide: Partial agonist/antagonist at 5 HT 2 Receptor, earlier was used, went into disuse because it caused abdominal, pulmonary & endocardial fibrosis)

 Riboflavin (vitamin B2) 400mg daily :reduction in migraine frequency & number of abortive anti migraine tablets reduced

 Magnesium glycinate: 400mg bid

 Melatonin : Ramelteon 8 mg Migraine 29

 Migraine Drug Prophylaxis BotulinumToxin:

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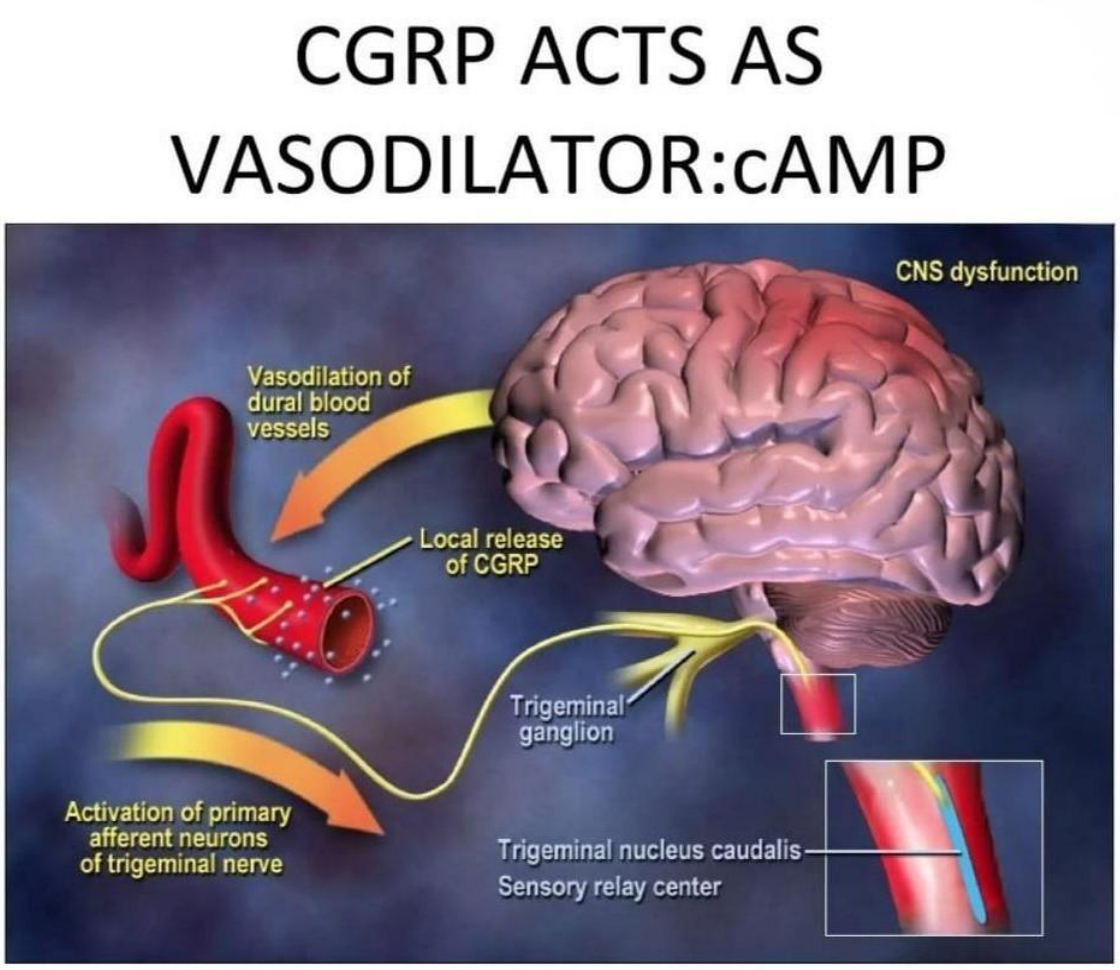
 (Onabotulinum toxin A): recently approved for chronic migraine in whom medication overuse has been addressed, given as multiple injection around head , administered every 12 weeks or 14 days in a month

 CGRP Receptor antagonist : Erenumab: fully humanized monoclonal antibody , 70 mg S.C.

 Calcitonin gene-related peptide (CGRP):

 CGRP is a member of the calcitonin family of peptides, which in humans exists in two forms, α- CGRP and β-CGRP. CGRP is a 37-amino acid peptide and is formed from the alternative splicing of the calcitonin/CGRP gene located on chromosome 11

 Two receptors: Calcitoninreceptor-Like Receptor(CLR) and Receptor Activity-Modifying Protein (RAMP) needed for the receptor to function



 Calcitonin gene-relatedpeptide (CGRP) is a molecule that is synthesized in neurons (nerve cells in the brain and spinal cord)

 It has been implicated in different pain processes, including migraine, and functions as a vasodilator — that is, it relaxes blood vessels. Once scientists identified this target molecule, they began trying to develop ways to stop it from being activated at the start of migraines, as a kind of abortive treatment. The CGRP antagonist :Oral peptides did work to decrease migraine pain based on certain measures like

 Telcegepant: withdrawn due to serious side effects including liver toxicity

 Olcegepant: very low bioavailability …CGRP

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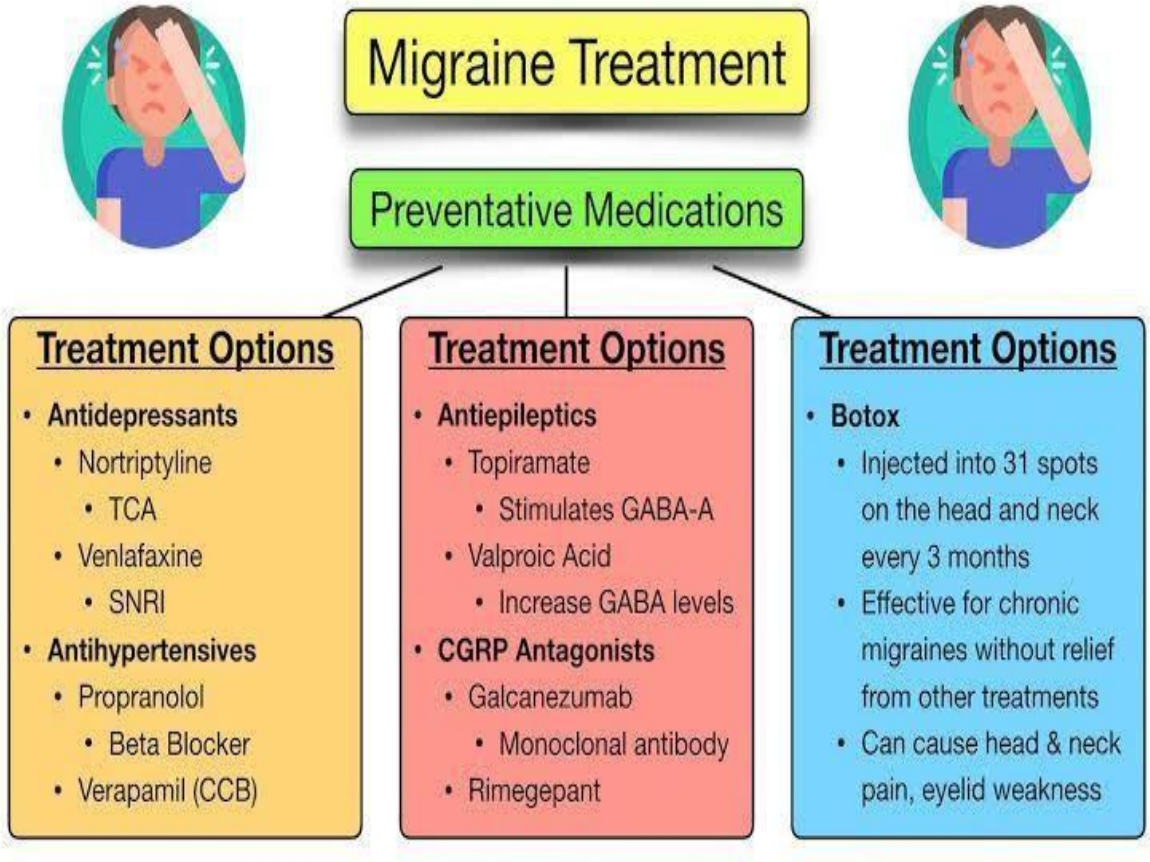
- CGRP receptor antagonistmonoclonal antibodies: approved in 2018
- As Oral peptides did work , CGRP antagonist: monoclonal abtibodies were developed.
- Frestanezumab HumanizedIgG2 similar to erenumab, CGRP receptor antagonists approved for migraine prevention
- Galcanezumab :Humanized IgG4 CGRP receptor antagonists approved for Migraine and cluster headache prevention

CGRP receptor antagonist monoclonal antibodies: approved in 2018

- Other options formigraine headache:
- Vagus Nerve Stimulation: - by acupuncture
- Spring TMS – Transcranial magnetic stimulation
- Skull cap :Cefaly – Tens-like unit[(55)]



Quality of Life (HRQoL) and Patient-Reported Outcomes Overview and Significance

The significance of quality of life (hrqol) and patient-reported outcomes cannot be overstated within the broader context of health economics and neurological care. As healthcare systems globally grapple with constrained budgets, understanding the intricate dynamics of this area provides the necessary evidence base for rational decision-making. This section explores the foundational principles and the evolving landscape associated with these parameters, drawing upon extensive clinical trials, real-world observational studies, and robust macroeconomic modeling.

Furthermore, the intersection of clinical efficacy and economic viability is a dynamic equilibrium. Regulatory bodies and payers demand rigorous, empirical justification for formulary inclusion and reimbursement tiering. By analyzing longitudinal data cohorts and applying stochastic probabilistic sensitivity analyses, researchers can project the long-term societal implications of therapeutic interventions. The inherent uncertainty in clinical forecasting necessitates

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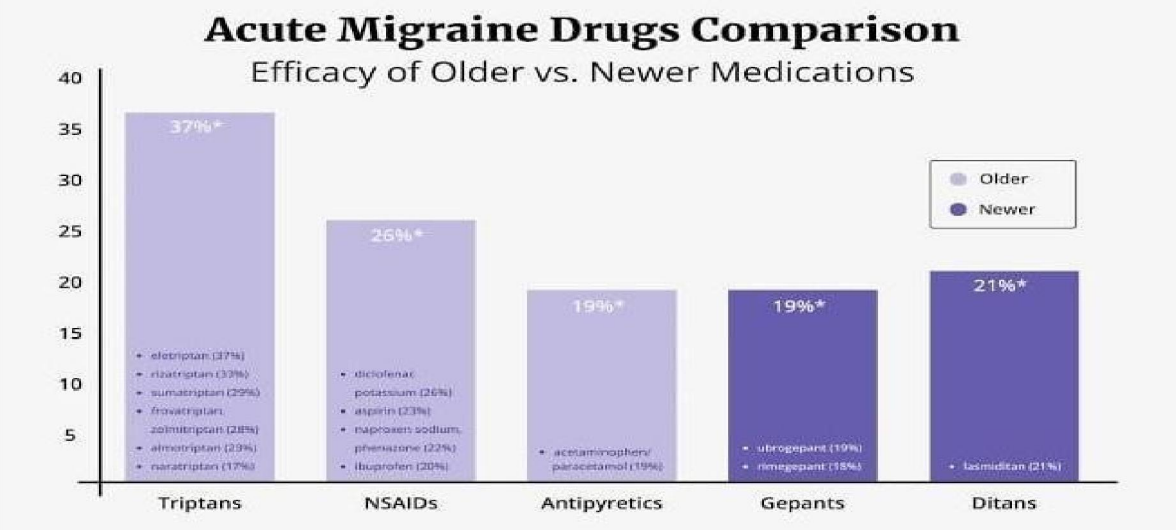
robust methodological frameworks to ensure that patient access to innovative therapies is maintained without compromising the financial sustainability of the healthcare infrastructure.[(56)]



It is also essential to recognize the heterogeneous nature of the patient population. Stratification based on disease severity, psychiatric comorbidities (such as major depressive disorder and generalized anxiety disorder, which are highly prevalent in chronic migraineurs), and socio-economic status fundamentally alters the baseline cost trajectory.
An intervention that appears cost-prohibitive on a population level may demonstrate profound cost-effectiveness when targeted at highly refractory subgroups. Consequently, personalized medicine and health economics are becoming inextricably linked disciplines.[(57)]

Future scope.

The future of migraine care is shifting from generalized trial-and-error treatments to mechanism-based therapies. Advancements in AI, wearable neuromodulation, and novel drugs targeting pathways like PACAP and TRP ion channels aim to provide hyper-personalized, rapid-acting, and completely curative relief.The landscape of migraine research and treatment is advancing rapidly along a few key fronts:Precision Medicine & AI: Artificial intelligence is currently being evaluated in clinical trials to predict exactly which acute or preventive medication will work for an individual patient, effectively eliminating the current trial-and-error approach.Next-Generation Therapeutics: Building on the success of CGRP blockers, clinical research is targeting different peptides and ion channels to help patients who do not respond to existing medications. Emerging pathways include:PACAP Antagonists: Drugs targeting the Pituitary Adenylate Cyclase-Activating Polypeptide (PACAP) are in clinical trials to inhibit the vasodilation and neuronal activation that trigger attacks.TRPM & Potassium Channels: New selective antagonists like BHV-2100 are being studied for targeted, acute pain relief without adverse cardiovascular effects.Advanced Neuromodulation: Drug-free wearable technologies, such as Remote Electrical Neuromodulation (REN) devices (e.g., Nerivio), are growing in popularity. These devices harness the brain's natural ability to shut off pain signals.Targeted Pediatric Care: Pediatric migraine pipelines are expanding rapidly. Therapies like fremanezumab (brand name Ajovy) have proven successful in cutting monthly migraine days in children and adolescents.Long-Term Focus on Disease Modification: The future focus extends beyond just stopping an active attack. Providers are increasingly utilizing evidence from resources like the American Migraine Foundation to develop collaborative partnerships with patients. This emphasizes lifestyle adaptation and the use of optimized acute therapy to prevent episodic migraines from becoming chronic.[(58)]

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II. CONCLUSION

The pharmacoeconomic landscape of migraine therapy is vast, complex, and rapidly evolving. Migraine is not merely a clinical challenge; it is a profound socioeconomic burden that drains billions of dollars from the global economy annually, primarily through lost workplace productivity and human potential. Historically, the undervaluation of this intangible and indirect burden led to significant underinvestment in migraine-specific therapies and restrictive access to care.

The advent of advanced targeted therapies, including CGRP monoclonal antibodies, gepants, and ditans, has revolutionized the clinical prognosis for millions of sufferers. However, their high acquisition costs present a formidable challenge to healthcare budgets. As demonstrated throughout this comprehensive report, robust pharmacoeconomic analysis is the linchpin for resolving this tension. By rigorously applying Cost-Utility Analyses and integrating societal perspectives, we can objectively quantify the immense value generated by restoring patients to full functionality.

Moving forward, the successful management of migraine will depend on precision medicine—identifying the right drug for the right patient at the right time. Value-based contracting and innovative reimbursement models will be critical in ensuring equitable access to these transformative therapies while maintaining the financial integrity of healthcare systems. Ultimately, investing in optimal migraine care is not just a medical imperative; it is a sound economic strategy that yields substantial dividends in societal health and productivity.

This systematic review is an update of the recent trends in the pharmacological treatment of chronic migraine, highlighting significant findings from several RCTs. Our study found that eptinezumab resulted in a greater reduction in headache days, frequency and severity of headache episodes, and acute medication usage compared to placebo in the treatment of chronic migraine. The present findings investigated that onabotulinumtoxinA is effective in reducing headache symptoms compared to placebo for treating chronic migraine. Fremanezumab is effective for chronic migraine prevention and reduces headache impact in patients with comorbid depression. The findings of our study demonstrated that treatment with galcanezumab significantly reduced both migraine medication overuse and MMDs compared to placebo in treating patients with chronic migraine. Overall, the findings of our systematic review underscore the effectiveness and safety of newer treatments such as eptinezumab, galcanezumab, and onabotulinumtoxin A in managing chronic migraine, illustrating notable improvements in both clinical outcomes and quality of life of patients.[(59,60)]

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IJARSCT
International Journal of Advanced Research in Science, Communication and Technology
International Open-Access, Double-Blind, Peer-Reviewed, Refereed, Multidisciplinary Online Journal
ISSN: 2581-9429 Volume 6, Issue 2, June 2026 Impact Factor: 8.2

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