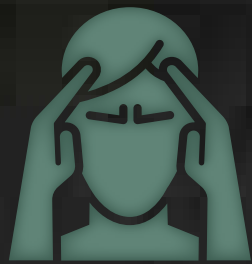


Fast Remedies for Migraine

These treatments don't stop the migraine process but may help ease symptoms until the headache is gone.

Medications



Muscle relaxants

Relax muscles that tense in response to pain, help you sleep



Antiemetics

Ease nausea



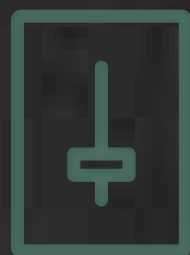
Pain killers

Over-the-counter NSAIDs, Butalbital compounds, acetaminophen

Self-Care

Turn off lights

Relax in a dark, quiet room



Caffeine

Narrows blood vessels to slow blood flow; helps you absorb pain meds faster and intensifies their effect



Ginger

In studies, as effective as triptan drugs: Take as a capsule or brew as a tea



Hot/Cold therapy

Cold dulls pain; heat relaxes muscles



SOURCES:

Migrainedisease.org: "Preventive, Abortive, & Rescue Migraine Treatments."

Phytotherapy Research: "Comparison between the efficacy of ginger and sumatriptan in the ablative treatment of the common migraine."

Mayo Clinic: "Migraine: Simple Steps to Head Off the Pain."

Southern Pain Society: "Migraine Treatment: A Comprehensive Guide."

Journal of Headache and Pain: "Altered muscle activity during rest and during mental or physical activity is not a trait symptom of migraine - a neck muscle EMG study."

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