

Non pharmacological treatment for headache in children

Abstract

One of the important factors that affect the children life is headache. There are either acute medical and non-medical causes of headache. Migraine is one of the causes that is a challenge for diagnosis and treatment. The severity of the headache can be tolerated or not tolerated by different patient. The headache of migraine is almost sever and cannot be tolerated by children and result in deterioration in the school performance. There are many different types of medication are used. Either for the neurotransmitter inhibitor or medication that prevent the aura that happened during the attack. However, there are many contraindication and many side effect for this medication. This will effect on the prognosis of controlling the problem. Therefore, there is a new method that was applied by the prophetic medicine that regulate the way of treatment and make complete cure of the patients.

The FDA approved for the use of remote electrical neuromodulation (REN). However, the three point headache relief (TPHR) method has a great advance by releasing calcitonin gene receptor peptide (CGRP) monoclonal antibodies locally in the skin. This local action result in a remote central effect by inhibit the trigeminal nucleus caudate. The net result inhibition of migraine and relief of pain.

Keywords: prophetic medicine, cupping therapy, headache, migraine and children

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Introduction

Condition pain stimulation is a term used in the early 20th century. This explain a method of pain inhibiting pain.

The physiological experiment was done in laboratory animal known as Diffused Noxious Inhibitory Control (DNIC) to confirm this method.¹ The three point headache relief (TPHR) method is a process in which the headache pain is inhibited by pain induced at the skin. The light skin manipulation stimulate the neuronal skin that ascend to the spinal neuron projection pass to the brainstem pain processing system. The descending inhibition pass to the dorsal horn of the spinal cord and the trigeminal nucleus caudalis (TNC).^{2,3} The descending inhibition will loaded by endogenous opioid like epinephrine, serotonin and dopamine result in inhibition of pain.^{4,5}

Another advantage for prophetic medicine by using three point headache relief (TPHR) is acting on the calcitone gene peptide substance. The blockage of this substance result in relief of pain done by two ways. The first one is blocking of calcitone gene peptide to act on the receptor of the skin. This is done by skin scarification that result in block the action between this peptide and the three receptors on the sensory nerve. The other method of action is the activation of formation of monoclonal antibodies locally in the skin after the cupping therapy.

The net result for cupping therapy is relieving the patient suffering and improvement in the quality of life as about 70 % of children are affected by migraine.⁶⁻⁸ Most of the patients are females.^{9,10} Most of the adulthood patients have chronic migraine this due to difficulty in elimination of acute condition in the childhood.⁶ Therefore, the use of three point headache relief will improve the quality of life.

The method for three point headache relief (TPHR) involve:

Localization of the three points is done by using the applied anatomy.

Steps are illustrated in the following figures.

The three points are:

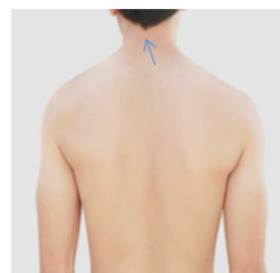
- I. Kahil Figure 1
- II. Respiratory Windows Figure 2
- III. Gall bladder (GB 21) Figure 3

Kahil is detected by three steps:

First step: localization of the cervical C7 spine as the most mobile area at the base of the skull. This point is marked and used for the next step (Figure 1A).

Second step: a cup with size 4.3 cm is used. The cup is adjusted by fixing the middle of the cup upon the point marked before (Figure 1B).

Third step: repositioning the cup by moving it distally by about one finger breadth (Figure 1C).



A



B

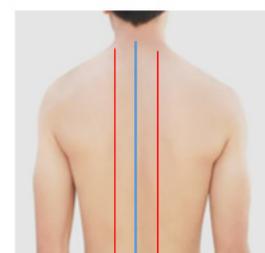


C

Figure 1 Figure 1A - the arrow points to the cervical vertebra C7 spine. This point is the center for the mid cup of 4.3 cm to be placed upon as in Figure 1B. The position of the cup is shifted distally by one finger breadth below to be fixed in the last position as in Figure 1C. This point is the kahil area used for treatment of headache localized on the mid line of the head.

Respiratory window

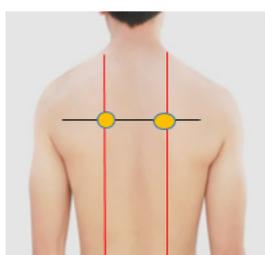
To detect the respiratory window 3 lines: two vertical and other one horizontal cut in two points. For vertical lines as in figure 2A are lined parallel to a distance equal 3 fingers width of the patient. The horizontal line is drawn at the mid distance between the shaft of the scabula and the scapula angle.



A



B



C

Figure 2 The three steps used to detect the respiratory windows used for headache on the temporal. In figure 2A two red lines away from the mid-line by the width of three fingers of the patient are drawn. The black line that seen in figure 2B will cut the red line in two area. This black line drawn in the mid-distance between the spine and the angle of the scapula (green line). These 2 areas are the respiratory window (orange colored circles).

Gall bladder 21

Is the point detected midpoint between the cervical C7 spine and the acromium process (Figure 3).

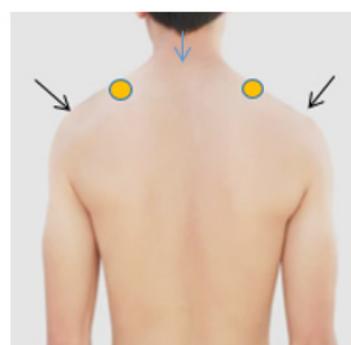


Figure 3 The gall bladder (GB 21) point is the yellow circle is detected at the mid distance between the cervical vertebra C7 spine (blue arrow) and acromium process (black arrow). This point is used for cupping in patient suffering from headache on the partial area.

Discussion

Headache is one of the causes that affect the personal life. The diagnosis and treatment of different causes of headache is challenging. Most cases if not treated, more deterioration in the adult life.¹¹ There are many recent ways that approved by FDA. The use of a non-invasive remote electrical neuromodulation (REN) device for therapy of migraine and other headache disorders in adults and adolescents over age 12.^{12,13}

The three point headache relief (TPHR) method is widow term can be used for specific area of headache in comparison by REN. The protocol for our research is doing the cupping therapy on any point of the three points according to the place at which the headache is seen. These areas are: the kahil or the respiratory windows or the gall bladder 21.

For headache in the mid-line the best point to do is the kahil point. For headache in the temporal area the best point to do is the respiratory windows. The last point is the gall bladder 21 is a specific point for the headache on the partial area. There are many advantages for three point headache relief (TPHR) method. The cupping therapy can be done in the pediatric age group. No side effects or tolerance as seen in medication.

Another advantage for prophetic medicine by using three point headache relief (TPHR) is acting on the calcitonin gene peptide substance. The blockage of this substance result in relief of pain done by two ways.

The first one is blocking of calcitonin gene peptide to act on the receptor of the skin. This is done by skin scarification that result in block the action between this peptide and the three receptors on the sensory nerve. The other method of action is the activation of formation of monoclonal antibodies locally in the skin after the cupping therapy.

Conclusion

Cupping therapy is one of the established method for prevention and treatment of different causes of headache.

The peripheral skin scarification will result in improvement of the central symptom of headache. There is a miracle from prophetic medicine and advice from Prophet Mohammed may Allah's peace and blessings be upon him.

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None.

Conflicts of interest

The authors declare that there are no conflicts of interest.

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