

## MEDICATED PHOTOPROTECTIVE ANTICEPHALGIC MASK

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A pre-medicated mask would serve not only as a delivery system for benign topical medication, but simultaneously provide photo relief and exert external pressure which may alleviate vascular headaches by collapsing painfully distended extracranial arteries and reducing peripheral sensitization. Thirty-three patients were given masks and tubes of topical medication containing the bryonia and rhus toxicodendron. They were instructed to apply the medication to their frontalis and/or temporalis regions in the event they should suffer a headache and apply a photoprotective mask. Furthermore, they were instructed to take their usual oral or parenteral medications if required for the relief of the headache. They subsequently filled out forms rating the degree of relief which they attributed to the topical medication and the mask using a 0-10 scale. At the interview following the completion of their participation in the study, the patients were also simply asked if this form of treatment helped or not. Thirty out of 33 patients stated the medication and the mask were effective over and above the normal degree of relief they were receiving from their oral and/or parenteral medications. This study demonstrated a significant efficacy rate (91%) in the treatment of migraine and/or tension headache with the anticephalgic mask in conjunction with a topical cream containing bryonia and rhus toxicodendron.

**Conclusions:** This study demonstrated a significant efficacy rate in the treatment of migraine and/or tension headache with the anticephalgic mask in conjunction with a topical cream containing bryonia and rhus toxicodendron.