

**COENZYME Q10 AS PREVENTIVE
MIGRAINE**

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ABSTRACT

Migraine are severe, disabling headaches which have many variants ,often making its diagnosis difficult. It is believed to be related to mitochondrial disorder. Coenzyme Q10, it is an essential element of the mitochondrial transport chain, so, Co Q10 is an excellent choice as an initial therapy to prevent migraine and is found to be safe and without significant side effect. Migraine is one of the disabling disorders which gives a big impact on quality of life. So, by having preventive migraine, it has been shown not only to reduce the headache frequency, intensity and duration, but also to improve the quality of life. This review include the clinical evidences of Co Q10 as preventive therapy for migraine. Search from two databases (PubMed and Cochrane) was done and final five articles were selected for analysis. Results of the studies showed that Co Q10 appeared to be effective in the treatment of preventive migraine and with no severe side effect.