

Bölüm 20

GELENEKSEL VE TAMAMLAYICI TIP UYGULAMALARININ BAŞ AĞRISI VE MİGREN TEDAVİSİNDEKİ ROLÜ

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GİRİŞ

Alternatif tıp ve tamamlayıcı işlemler genellikle hastalıkların gelişimi ve tedavisi için geleneksel tıptan farklı modellere dayanan ve bu nedenle üniversitelerde öğretilmeyen tedavi yöntemleri olarak özetlenmektedir. Bu durum geleneksel olarak üniversitelerde öğretilen “geleneksel tıp”tan bir ayrım yapılmasına yol açtı. Ancak son birkaç on yılda durum önemli ölçüde değişti; tamamlayıcı prosedürler birçok fakültenin eğitim programlarına dahil edildi ve örneğin ağrının tedavisi tıbbi alanında kısmen dikkate alındı.

Baş ağrısı, insanların doktora başvurmasının en yaygın nedenidir. Her insan hayatında en az bir kez baş ağrısı yaşamıştır. Dünya Sağlık Örgütü'ne göre yetişkin nüfusun yaklaşık %10-15'i periyodik olarak bu durumdan muzdariptir ve %3'ünde kronik baş ağrısı vardır. Baş ağrısının topikal formlarından biri migrendir. Dünya Sağlık Örgütü'ne göre migren, 2000 yılında engellilik nedenleri arasında erkeklerde 19'uncu, kadınlarda ise 12'nci sırada yer alıyordu (1). Dünya Sağlık Örgütü'nün yeni verilerine göre gerilim tipi baş ağrısı ve migren, dünyada erkeklerde ve kadınlarda en sık görülen 2. ve 3. hastalıklar arasında kabul ediliyor; Migren, belirli engellilik nedenleri arasında (289 hastalık arasında) 7. sırada yer aldı ve başta gelişmiş ülkeler olmak üzere dünyanın 21 bölgesinin 14'ünde engelliliğe neden olan ilk 10 hastalık arasında yer aldı (2).

Özellikle ağrı tedavisinde alternatif tıbbi ve tamamlayıcı prosedürler sıklıkla kullanıldığından, bunların önemi baş ağrısı bozukluklarının tedavisinde de ilgi çekicidir. Bazı işlemler tedavi kılavuzlarında da önerilmektedir (3). Dayanıklılık

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