

QZU® IN THE DISSUASION OF THE MISUSE/ABUSE OF ANALGESICS IN A GROUP OF PATIENTS WITH CHRONIC MIGRAINE

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Background. One of the most interesting and studied properties of kudzu is its ability to alleviate addictions to smoking, alcohol and other substances thanks to the active ingredients contained in its roots.The aim of the study is to demonstrate the efficacy of QZU®, at a dosage of 2 capsules/day, in the prophylaxis of chronic migraine with improper use/abuse of analgesics.

Methods. Between January and June 2025, 12 patients (all women) with chronic migraine were treated with QZU® 2 capsules/day for 2 months, recruited from various neurological outpatient facilities; all patients completed the diary and the data collection form (ICHD-III criteria).Patients were evaluated at baseline and after 2 months of treatment for the number of attacks, migraine days and VAS (Visual Analogue Scale). Patient characteristics: 12 patients (mean age 37.8 (24-63) with chronic migraine (> 14 migraine days/month): the mean number of attacks/month was 7.2 (5-10), migraine days/month 17.4 (15-21) mean VAS 8.1 (7-10) and number of analgesics taken: 28 (18-40).

Results. QZU® was well tolerated: on a numeric scale of 1-10 the average score was 9.5 (8-10); patient compliance was excellent, no related side effects were reported. The results were significant: the average number of attacks/month was 3.6 (1-4), migraine days/month 9 (5-14), the average VAS 3.5 (2-5) and the number of analgesics taken 12 (6-14).

Conclusions. Our study, which confirmed preliminary data, clearly demonstrated the benefits, safety, and good tolerability of QZU® in the prophylaxis of chronic migraine.