

Early trial results show reduced frequency and intensity of migraine attacks after single dose of psilocybin

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Psilocybin, the active ingredient in psychedelic mushrooms, shows

promise for the transitional treatment of episodic migraines in early clinical trials, according to a review from Yale School of Medicine's Emmanuelle Schindler, M.D., Ph.D.

In the first and only clinical trial of a psychedelic for migraine, Dr. Schindler and colleagues found a roughly 50% reduction in weekly migraine days, as well as significantly reduced attack intensity, for two weeks following administration of a single, low (non-psychedelic) dose of psilocybin. No serious or adverse events were reported.

Dr. Schindler notes that psychedelics also have acute and preventive effects—but the risks may outweigh the benefits for these applications. The transitional use of psychedelics—involving a short-term intervention with lasting [therapeutic effects](#)—warrant further study and may have important clinical applications.

More information: Emmanuelle A. D. Schindler, The Potential of Psychedelics for the Treatment of Episodic Migraine, *Current Pain and Headache Reports* (2023). [DOI: 10.1007/s11916-023-01145-y](https://doi.org/10.1007/s11916-023-01145-y)

Provided by Yale School of Medicine

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