

Intranasal applications of capsaicin to treat cluster headache. A case report.

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BACKGROUND AND OBJETIVE

The cluster headache is one of the most severe types of head pain. Intranasal medications for the treatment of headache have recently received increased attention. In the sense, capsaicin has been proven as a useful agent for the treatment of several painful diseases, but there are not inclusive information available about the effects of intranasal capsaicin in people with chronic cluster headaches. We describe the development of a formulation for a case of Horton's headache refractory to other treatments which was treated with capsaicin intranasal.

METHODS

A 59 years old woman presenting cluster headache refractory to conventional therapy (anticonvulsants, antidepressants and deep brain stimulation) since last four years. The treatment was authorised as compassionate use by the national regulatory agency on drugs.



Capsaicin acofarma.....	7,5 mg
NaCl 0,9%.....	8 ml
Tween 80.....	1 ml
Parafin oil.....	1 ml

The quality controls of organoleptics properties were made according to the good manufacturing practice. In the first week of therapy, we administered half doses to reduce potential adverse effects as reported in the bibliography. The stability of the finished product was one month.

RESULTS

Intranasal capsaicin produces an intense burning sensation, lacrimation, and rhinorrhoea that lasts for about 20 minutes, although these symptoms progressively decrease and disappear after 5-8 applications.

In this case, the nasal burning sensation was not tolerated by the patient and the treatment was discontinued.

CONCLUSIONS

We could not extract relevant data relating to efficacy treatment because of the development of side effect. There are not formal studies of optimal formulations or treatment regimens and further studies are needed to elucidate the role of capsaicin in treatment of cluster headache