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Despite the lack of evidence, Daith piercings are a migraine savior for some

Added by **Katie Davert** on March 8, 2018

Saved under **Science news**

by Katie Davert

Emily Iannotti, a sophomore at Merrimack College, has suffered from migraines since her sophomore year of high school. Emily was suffering from a daily migraine that ranged from a dull throb to pain so bad she would throw up.

“The migraines were so bad at some points, I had to be laying down in the dark,” said Iannotti.

Migraines, while they are considered headaches, are much worse. It is caused by abnormal brain activity, which can be triggered by many things. Twelve percent of the population suffers from migraines, according to the [Migraine Research Foundation](#).

“I thought I was getting headaches because I needed glasses, but as the years went on I realized that wasn’t the case,” said Iannotti.

While there is no cure for migraines, there are different forms of treatments. Many of these treatments involve taking pain medications, either over the counter or prescription. These pain relievers are not always effective.

While there is an ample amount of research on migraine treatment, some is more unconventional than others, yet still effective. Acupuncture for migraine treatment is becoming more common. [In a 2009 study](#) involving 4985 people, evidence showed that acupuncture reduced the frequency of a headache by 50 percent or more in more than half the participants.

While there is no scientific evidence to support it, a new piercing trend has come about in regards to migraines and acupressure. The Daith piercing is a piercing through the smallest most inner fold of cartilage in the ear just above the ear canal.

The idea is that piercing that part of the ear supplies constant pressure to the acupuncture point that can relieve migraine pain. Despite the lack of evidence, many migraine sufferers have tried it, including Iannotti.

“I heard about getting the piercing from multiple people who had it done, and they raved about it so I thought I would give it a shot and I’m glad I did,” said Iannotti.

Since having the piercing done in January, she’s had only three bearable headaches. While the American Migraine Foundation calls it a placebo effect, the results for Iannotti are real.



(Photo: Emily Iannotti)