



CAUSES OF MIGRAINE

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Abstract:

Conditions observed in migraine, causes of the disease, methods of their intensive treatment, symptoms of the disease.

Key words: intensive care, localization of pain, pulsation of pain, hemicrania.

Migraine is a long-lasting, intense, sometimes unbearable severe headache. The disease often occurs in women. This is mainly caused by a disorder of the nerve that controls blood-vascular tone, susceptibility to blood-vascular diseases, which is often in the family and offspring.

Migraine is a disease that reduces a person's sleep, rest, personal life and quality of life. Many of us wonder how to eliminate this pathological condition.

Migraines begin in puberty in some patients. An attack of the disease usually occurs due to nervousness or extreme fatigue. The duration, cause, and severity of an attack change with age. The way this condition changes depends on the patient's lifestyle, rest regime, proper diet, and working conditions.

Migraine symptoms

Migraine is a pathological condition manifested by pain in all areas of the head. However, headaches caused when a person is tired or caused by hypertension are very different from the pain observed in migraine.

Pain localization. The location of the pain reflects the name of the disease: migraine is derived from the French language (hemicrania) which means half of the head. The pain observed in a migraine is usually felt in one hemisphere of the head or in a certain area of it. In ancient Greek medicine, migraine is referred to as "splitting of the head", which is not far from the truth.

Character of pain. In migraine, the pain has a constant pulsating (throbbing) character. Many patients describe the pain of a migraine as similar to that of a toothache.





The power of pain. Migraine attack lowers a person's labor activity, the level of a person's useful work decreases. This condition can be accompanied by a fear of light or noise, meaning that bright lights and loud noises make the headache worse.

Although migraines have been known for a long time, the cause of pain has not yet been fully understood. Migraine pain is not associated with increased intracranial pressure, increased arterial blood pressure, brain tumors, and brain injuries. Some theories suggest that migraines develop after a stroke.

In the current field of modern medicine, there are a number of theories that explain the development of migraine, all of which put forward problems related to blood vessels in the brain. It is for this reason that the nature of pain observed in migraine is pulsating (throbbing).

Pain is caused by spasm of blood vessels of the brain, that is, blood circulation is disturbed in a certain part of the brain, which is why the pain observed in migraine has a specific localization.

Migraine Causes and Predisposing Factors

Long-term follow-up and data collection of migraine sufferers has revealed a number of factors that cause headaches.

They are as follows:

Neurological factors. The role of stress, fatigue, tension and strong excitement in the development of migraine is great.

Nutritional factors. Nuts, chocolate, cheese, and fish are the most dangerous food triggers for migraines. Also, drinking alcohol can cause severe headaches.

Hormonal preparations. Migraine often occurs when taking hormonal contraceptives.

Violation of normal sleep patterns. Not getting enough sleep can also cause headaches.

External factors. Migraine attacks can also be triggered by changes in weather, changes in atmospheric pressure, and travel to other regions.

Types of migraine

Migraine is classified according to the International Classification as follows:

Simple migraine (migraine without aura) is localized pulsating pain. Being the most common type of migraine, most patients do not seek medical attention and treat it as a common headache (headaches caused by tension).

Classic migraine (migraine with aura) - in which certain symptoms appear before the onset of pain. Aura symptoms are individual and vary, such as visual changes (waves in front of the eyes, various spots, strong light in front of the eyes), sound changes (ringing in the ears), nervous system symptoms (dizziness), changes in smell and





taste. In rare cases, balance disorders, inability to distinguish the shape and size of visible objects, defects in determining the distance to them (Alis syndrome). Sometimes the aura is accompanied by a feeling of anxiety.

Migrainous status is a pathological state of constant pain, which does not go away even after sleep and rest, sometimes lasting for days.

Complicated migraine is a type of migraine that often presents with fainting, nausea, vomiting, and epilepsy (seizures). In rare cases, a migraine attack can be complicated by rupture of blood vessels in the brain (stroke) (migrainous stroke).

Specific migraine - this type of migraine attack is characterized by the rare retinal migraine (a spot in one or both eyes), ophthalmoplegic migraine (pain in the optic nerve), and other symptoms.

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