

Migraine

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**Migraine
headache**

For patient education



What is Migraine???

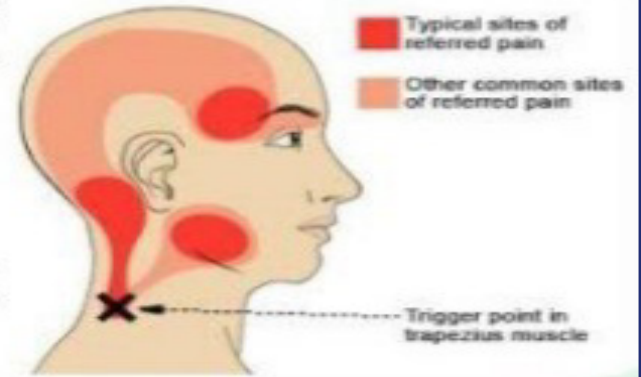
What is Migraine?

Treat the little pains of today
before they become constant
headaches of tomorrow



Definition of migraine:

- Migraine headache is throbbing pain that is often followed by repeated attack of serious headache. It affects usually one side of the head.
- It gives sensory warning signs such as nausea, vomiting, blind spot, extreme sensitivity to light and sound, tingling in the arms and legs.



Factors which triggers migraine:

Migraine Triggers



Lack of Sleep

Stress & Anxiety

Caffeine

Skipped Meals

Physical Exertion

Migraine-Inducing Foods



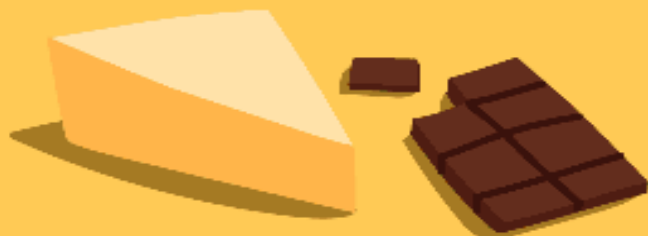
Caffeine



Nitrates



Tyramine



Phenylethylamine



Histamine

Symptoms of migraine:

Migraine Symptoms:

- Pain on one side or both sides of your head
- Pain that feels throbbing or pulsing
- Sensitivity to light, sounds, and sometimes smells and touch
- Nausea and vomiting
- Blurred vision
- Lightheadedness, sometimes followed by fainting

SYMPTOMS OF MIGRAINE



Sensitivity to Light



Nausea



Neck Pain



Sensitivity to Noise



Fatigue



Throbbing Pain



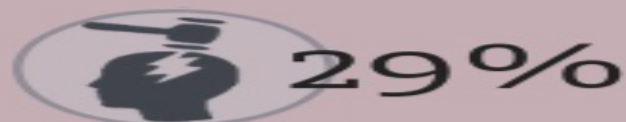
Pulsating Pain



Worse Pain if Moving



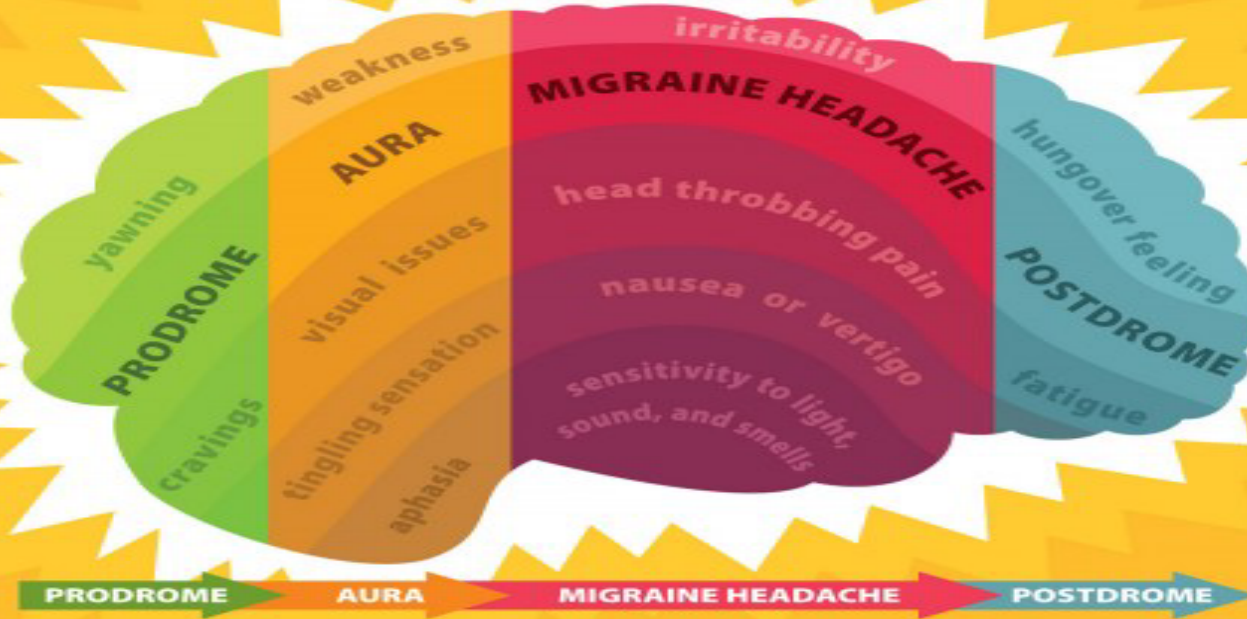
Nasal Congestion



Pounding Pain

Phases of migraine:

PHASES OF MIGRAINE



Presentation of migraine attack:



PREMONITORY STAGE

During this stage people can feel a variety of physical and mental changes such as tiredness, craving certain type of foods, mood changes (from irritability, depression to euphoria), feeling thirsty, neck stiffness and frequent yawning. These feelings can last from 1 to 24 hours.



AURA

Around a 1/3 of people with migraine go through this stage (although not necessarily every time). Aura occurs due to a spontaneous, slow-moving wave that passes over the surface of the brain temporarily affecting the functioning of the parts it travels over. The associated symptoms depend on which parts of the brain are affected.



THE HEADACHE OR MAIN ATTACK STAGE

This stage involves head pain, which can be extremely severe. The headache is typically throbbing, and made worse by movement, light or sound. The headache is usually on one side of the head but can be on both sides, or all over the head. Sickness and vomiting can happen at this stage. This stage can last from 4 hours to up to 3 days.



RESOLUTION

Most attacks slowly fade away, but some stop suddenly. Sleep seems to help many people. Even an hour or two of sleep can be enough to end an attack.



RECOVERY OR POSTDROME STAGE

This is the final stage of an attack which can best be described as a 'hangover' type feeling. This feeling can take days to disappear. Symptoms can often mirror symptoms from the premonitory stage. For example, if a person lost their appetite at the beginning of the attack, they might be very hungry now.

Copping mechanism of migraine:

In addition to finding the best medication to treat or prevent your migraine attacks, you can do various things to prevent or ease the management of migraine attacks when they do occur. Examples include:

1

Avoid factors that may cause an attack whenever possible.

2

Get adequate sleep every night and practice relaxation techniques.

3

Eat a well-balanced diet, and do not skip meals.

4

Establish a routine exercise regimen if possible.

5

Keep a migraine diary, and discuss the frequency and severity of attacks with your doctor.

6

If a migraine attack occurs, relax in a dark, quiet room—noise and light may worsen a migraine. Apply an ice pack to the head or temples to reduce pain if possible.

12 Foods

To Help Prevent Migraines

If you are prone to migraines, it is very important to include a variety of nutrient-dense foods into your diet, especially foods that are rich in omega-3 fatty acids, magnesium and vitamin B2. You should also be drinking plenty of water. Here are some beneficial food options for you:



Ginger



Olive Oil



Coconut Oil



Chia Seeds



Sesame Seeds



Brussels Sprouts



Swiss Chard



Pumpkin Seeds



Sweet Potatoes



Black Beans



Flax seeds



Spinach



Homoeopathic management of migraine:

MIGRAINE

REMEDY RESONANCE

www.ilovehomoeopathy.com

belladonna

This remedy is specially indicated in attacks accompanied by heat and redness of the face. It acts best on the right side, and when the pain is aggravated by light, heat and motion, particularly stooping.

sanguinaria

When the pains begin in the morning, increase during the day, and last till evening; when the head seems to feel that it must burst, or as if the eyes must be pressed out.

More Severe on the right side, followed by chills, nausea, vomiting of food or bile, forcing the patient to lie down and preserve the greatest quiet, as every motion aggravates the sufferings, which are only relieved by sleep."

gelsemium

Dimness of sight or double vision, or with great sensitive ness to all sounds, will be promptly relieved by it.

iris

Headaches beginning with a blur before the eyes, of a dull, heavy, throbbing character, accompanied with nausea and vomiting, and great depression of spirits.

bromium

Neuralgic headache, with pain over the left eye; darting pains through the left eye, with throbbing in the left eyelid, extending to the eyebrows, forehead and temple.

cyclamen

Violent left-sided headache, heat and throbbing in the head, glittering before the eyes, vision obscured, aggravated by motion, especially stooping, and in the afternoon and evening.

Under the guidance of Dr.Heena maam
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Medical College

Thank you