

MIGRAIN



Centurion
UNIVERSITY

Shaping Lives...
Empowering Communities...

By

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MIGRAIN

DIFINITION:

Migraine is a headache or CNS disorder that can cause severe pain or pulsing sensation usually on one side of the head.

ETIOLOGY:

- **Hormonal changes in women**
- **Drinks or drinking of alcohol and consumption of caffeine and tobacco.**
- **Stress**
- **Sensory stimuli**
- **Sleep changes**
- **Physical factors**
- **Whether changes**
- **Medications**
- **Food**
- **Food additives**
- **Family history**
- **Age**
- **Sex(women more than men)**

PATHOGENESIS

- 1. Due to different etiological factor, it occurs.**
- 2. Migraine attack occurs due to waves of activity by group of excitable brain cells.**
- 3. These triggers or activates of some chemical such as serotonin.**
- 4. Serotonin is a chemical that is necessary for communication between the nerve cells.**
- 5. It can cause narrowing of blood vessels throughout the body.**
- 6. It also leads to changes in oestrogen level in women body.**

7. When serotonin or oestrogen level changes it leads to migraine.

CLINICAL MANIFESTATION:

The symptoms of migraine divided into three phases,

1. Aura
2. Attack
3. Post drome

AURA

- Virtual phenomena
- Visual loss
- Pins and needles sensation in arms and legs
- Weakness or numbness in the face or one side of the body
- Difficulty in speaking

ATTACK

- Pain usually on one side of the head but sometimes both side of the head
- Severe pain
- Nausea & vomiting
- Very sensitive to light & loud sound, strong smell

POST DROME

- Feeling drained
- Conclusion

CLINICAL EVALUTION

- Family history & physical examination
- MRI
- Blood test.
- CT scan

PHARMACOLOGICAL MANAGEMENT:

- Any pain relieving medications

- **Any preventive medications(blood pressure lowering medication, anti depressant, anti seizure drugs)**
- **Triptans**
- **Dihydroergotamine**
- **Lasmiditan**
- **CGRP antagonist**
- **Opioid medication**
- **Anti nausea & anti vomiting drugs- Ondansetron, Prochlorperazine.**

NON PHARMACOLOGICAL MANAGEMENT:

- **Lifestyle modification & use of home remedies.**
- **Maintain healthy lifestyle.**
- **Intake of nutritional diet.**
- **Avoid consumption of alcohol tobacco and caffeine.**
- **Don't take so much stress.**
- **Maintain a proper sleeping & easy pattern.**
- **Take plenty of fluid & adequate sleep.**
- **Exercise regularly.**
- **Medication & yoga.**
- **Intake of herbs vitamins and minerals.**