



Effects of Migraine and its Symptoms

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DESCRIPTION

Migraine is a neurological disorder that affects millions of people around the world. It is characterized by a chronic headache that can be moderate to severe and frequently accompanied by other symptoms such as sensitivity to light, sound, and smell, nausea, vomiting, and blurred vision. It is a complex disorder with multiple triggers and factors that can contribute to its development. These factors include genetics, environmental factors, hormonal changes, and lifestyle factors. The specific causes of migraine is undefined, but it is assumed to involve a combination of genetic and environmental factors that lead to the activation of the trigeminal nerve, which is responsible for sensation in the head and face.

Stress is one of the most common migraine trigger. Stress can cause the release of certain chemicals in the brain that can trigger a migraine attack. Other triggers include certain foods, such as chocolate, caffeine, alcohol, and cheese, as well as changes in sleep patterns, weather changes, and hormonal changes. For many people with migraine, identifying and avoiding triggers can help to prevent or reduce the frequency and severity of attacks.

The symptoms of migraine can vary from person to person, and it can be divided into two phases: The prodrome phase and the headache phase. The prodrome phase typically occurs a few hours to a few days before the onset of the headache and can include symptoms such as mood changes, fatigue, and sensitivity to light and sound. The headache phase is characterized by a moderate to severe headache that is usually one-sided and throbbing in nature and it can be accompanied by other symptoms such as dizziness, vomiting, and light and sound sensitivity.

There are different types of migraine, including migraine with aura, migraine without aura, chronic migraine, and menstrual migraine. Migraine with aura is characterized by visual disturbances such as flashing lights, zigzag lines, or blind spots that occur before the onset of the headache. Migraine without aura does not involve visual disturbances but may be associated by other symptoms such as dizziness, vomiting, and light and sound sensitivity. Chronic migraine is described as having 15 or more headache days per month, while menstrual migraine is associated with hormonal changes and occurs around the period of a woman's menstruation.

Migraine treatment is determined by the frequency and severity of the attacks. For mild to moderate attacks, over-the-counter pain relievers such as ibuprofen or acetaminophen can be effective. For more severe attacks, prescription medications such as triptans, ergotamines, and anti-nausea medications may be necessary. In addition, lifestyle changes such as regular exercise, stress reduction techniques, and avoiding triggers can also help to prevent or reduce the frequency of attacks.

In addition to the physical symptoms of migraines, the condition can also have a significant impact on mental health and wellbeing. According to analysis, people who suffer from migraines are more probable to suffer from depression, anxiety, and other mood disorders. To manage any mental health issues that may arise, it is critical to prioritize self-care and seek professional assistance when required. Migraines are common and frequently misinterpreted condition that can have a significant impact on quality of life. While there is no cure at the moment, there are various treatments and strategies available to help manage symptoms and reduce the frequency and severity of attacks.

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