

Migraine Pain-Opinion

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Migraine

According to older theories, researchers suggested that migraine pain is due to the fluctuations in the blood flow to the brain. Now many researchers realized that changes in blood flow and blood vessels do not initiate the pain, but it may contribute to headache. Individual migraine pains are moderate to severe in intensity

Present thinking about migraine pain has moved towards the source of the pain, as technology improved and researchers have paved the way for better understanding about the headache. Now-a-days, it is widely understood that chemical compounds and hormones, like estrogen and serotonin plays a vital role in the sensitivity for migraine pain sufferers.

In one of the aspect, migraine pain theory explains that migraine pain happens due to waves and groups of excitable brain cells activity. This activity triggers the chemicals like serotonin, to narrow blood vessels. Serotonin is a chemical which is necessary for nerve cells communication. It may cause narrowing of blood vessels throughout the body.

When estrogen or serotonin or levels fluctuate, the result for few people is migraine. Serotonin levels may affect both male and female, while fluctuating estrogen levels affect only women.

In women, naturally estrogen levels vary over their life cycle, increases during fertile period and afterwards gradually decreases. Women of childbearing age also experience monthly changes in estrogen levels. Women's are often associated with fluctuating hormone levels and explain why women are more likely to have migraines than men.

Some researchers suggest that when the levels of estrogen are ups and down, contractions in blood vessels may be set off which leads to the throbbing pain. The other data suggest that lower levels of estrogen make facial and scalp nerves more sensitive to pain.

People who are having migraine pain may be able to identify the triggers to kick off the symptoms. Some possible triggers include

- Emotions and stress
- Dehydration
- Hunger
- Environmental and biological and conditions, such as exposure to light, sounds, hormonal shifts or strong smells
- Fatigue
- Changes in sleeping patterns
- Glaring or flickering lights
- Change in weather
- Drinks like Alcohol
- Certain foods
- Menstruation

Migraines pain from severe, frequent or accompanied by neurological symptoms is treated preventively, with a dietary modification, changes in lifestyle, vitamins and daily prescription medications. In few patients, the migraine pain is severe and long-lasting — and may become chronic. If not managed properly or untreated, intermittent migraines essentially transform into a chronic daily headache, which periodically erupt into a "full-blown" migraine. Up to 25% of patients, migraine pain preceded by an aura, which is a temporary neurological syndrome slowly progresses and then typically resolves as the pain begins.

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