

MIGRAINE: ESSENTIAL TREATMENT AND PREVENTION PRINCIPLES

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Abstract

Migraine is a disease manifested by attacks of severe headaches. Often, the pain is one-sided, pulsating, increases with physical exertion and may be accompanied by nausea and hypersensitivity to light, sound and smells. The precursors of migraines last from a few minutes to an hour. During this period, a person's balance, sensitivity, coordination of movements, speech and vision may be disturbed. Migraines usually begin during puberty and weaken after 50 years. Tension migraine is an incorrect term that is sometimes used to refer to tension headaches. Tension headaches are associated with stress or musculoskeletal neck problems. This type of headache is characterized by squeezing or squeezing pain, as from a tight bandage around the head. The pain may start from the neck or spread to it.

Keywords: Migraine, headache.

Introduction

Migraine is a disease manifested by high — intensity headache attacks that complicate daily activity, of a pulsating nature, periodically recurring, localized mainly in one half of the head, mainly in the orbital-frontal-temporal region, in most cases accompanied by poor tolerance of bright light (photophobia), loud sounds (phonophobia), nausea, vomiting, lethargy after an attack. Almost all people (according to world statistics, 75-80%) have suffered a migraine attack at least once in their lives. Migraine affects women more often, in a ratio of 3:1. The typical age of migraine onset is 18-33 years. However, there are descriptions of migraine attacks in children aged 5 years, which is much less common. After the age of 50, migraine as an independent disease is quite rare, but in the literature there are descriptions of cases of typical migraine that occurred in patients older than 60 years. At the same time, it is noted that migraine in older people occurs in almost equal numbers of cases in both men and women. However, when typical signs of migraine occur in patients over 50 years of age, the diagnosis of migraine should be a diagnosis of exclusion and can be established only after a thorough neurological examination and exclusion of other causes of headache (tension headache, brain tumors, vascular diseases of the brain, arteriovenous malformations). Hereditary factors play a significant role in the occurrence of migraine: migraine occurs much more often in relatives of patients than in the population; in the presence of migraine



in both parents, the risk of children's disease reaches 60-90%), while the leading role belongs to the mother: the risk of children's disease is 72%. There is an opinion about the inheritance not of the disease itself, but of a predisposition to a certain type of response of the vascular system to various stimuli. In the Modern International Classification of Diseases (ICD — X) 1988 there are migraines without aura (previously — a simple migraine), which occurs in 70% of cases, and migraines with aura (associated), in which a pain attack is preceded by neurological symptoms (visual, sensory, motor disorders). Migraine with aura is much less common (30% of cases). It is divided into subtypes depending on the aura: typical (previously classical ophthalmic migraine), with a prolonged aura, with an acute onset of aura, migraine with an aura without subsequent headache, while the aura is often represented by visual disturbances and alternates with typical migraine attacks. Also, there are forms of migraine: ophthalmoplegic, retinal, basilar, etc.

The purpose of the work:

To study and summarize the available literature data on the prevalence of migraine in women

Materials and methods

The author of this article conducted a practice in the clinic «CITY MED» among patients suffering from migraine.

The main part

Migraine is a neurological disease. It manifests itself in seizures, which can occur with varying frequency — from 1-2 times a year to several times a month. The main manifestation of a migraine attack is a headache, which can be very severe. Other common manifestations include nausea and vomiting, as well as intolerance to light and sounds. If during the head

If you are sick, irritated by light or sound and a headache disrupts your usual activity, then most likely it is a migraine. Why does migraine occur? The cause of migraines lies in the brain. Migraine pain is associated with disorders in the structures that are responsible for conducting pain and other sensations. There is a hereditary predisposition to the development of migraines: that is, you can inherit it from one of your parents. Who has a migraine? Migraine affects every seventh adult, so the disease is quite common. Women have migraines three times more often than men. Usually the disease begins in childhood or adolescence. In girls, migraine usually begins during puberty. Since there is a hereditary predisposition to the development of migraines, this disease is transmitted from generation to generation. How does migraine manifest itself? All migraine symptoms occur during an attack, which has four stages of development, although not all of them can be fully represented. Between attacks, most people with migraines feel good.

The phase of the precursors of migraine (prodrome) occurs before all other symptoms of the attack and in no more than half of the patients. If you have a prodrome, then you may feel irritability, depression or fatigue for several hours or even a couple of days before the headache develops. Some, on the contrary, may notice an unusual increase in activity. Some people may have an increased appetite, some "just know" that they will develop an attack. The aura, if there is one, is the next phase. Only a third of migraine patients have ever noticed an aura, and it may not develop in every attack. Aura is a reflection of a certain process (transient and not dangerous to health)



occurring in the brain and associated with the mechanism of a migraine attack. It lasts 10-30 minutes, but it can be longer. Most often there is a visual aura. You can "see" blind spots, flashes of light or a multi-colored zigzag line extending from the center of the field of view to the periphery. Less often, sensitive symptoms occur — a tingling sensation or numbness that occurs in the fingertips on one side, spreads up to the shoulder, sometimes passes to the cheek or tongue on the same side. Sensitive symptoms are almost always accompanied by visual disturbances. In addition, during the aura there are difficulties in speech or difficulties in choosing words. The headache phase is the most severe for most people, it lasts from several hours to 2-3 days.

Migraine headache is usually very severe, more often occurs in one half of the head, but it can take over the entire head. Most often, pain occurs in the frontal or temporal region, although it can be localized in any part of the head. Usually it is a throbbing or bursting pain, which increases with movement and physical exertion. Nausea and even vomiting often occur, which subjectively relieves the headache. During an attack, light and sounds can be unpleasant, most patients prefer to stay alone in a quiet and darkened room. The headache phase is followed by the resolution phase. During this period, you may again feel tired, irritable or depressed, it is difficult for you to concentrate. These symptoms may persist for a day before you feel completely healthy. What causes migraines? There are a lot of causes of migraines and they are very diverse: Diet: some foods (and alcohol), but only in some patients; much more often, an attack can be caused by skipping meals, inadequate nutrition, caffeine withdrawal and insufficient water intake Sleep: changing sleep patterns, both lack of sleep and excessive sleep. Other life factors: intense physical activity, long journeys, especially with the change of time zones. External: bright or flickering light, pungent odors, weather changes.

Psychological: emotional tension or, oddly enough, relaxation after stress. Hormonal factors in women: menstruation, hormonal contraceptives and hormone replacement therapy. One of the common causes of migraines is hunger or insufficient food intake. This is especially true for young patients — children suffering from migraines should not skip breakfast! In women, a significant potential cause is hormone fluctuations associated with the menstrual cycle. What treatment can be used? Medications that are used to relieve an existing migraine attack are called migraine relief drugs. Properly selected medications can be very effective if taken correctly and in small quantities. These drugs include over-the-counter analgesics, most of which contain aspirin, ibuprofen or paracetamol; among them, paracetamol is the least effective. Soluble forms of these drugs, for example, in the form of effervescent tablets, act faster and better.

Conclusion

The obtained data makes it possible to recommend the study of the neurological structure of the skull to clarify the issues of the pathogenesis, the features of the neurological course and the prognosis of chronic migraine diseases.



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