Understanding the nature of migraine pain

Health & Medicine

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Although the symptoms of migraine pain are easy to identify, there should be a proper clinical diagnosis of the disease in order to outlook the possibility of any other disease and proper treatment of migraine pain.

Migraine is a chronic disease with visible severe headache attacks. Migraine is distinguished from normal or tension headache on the basis of factors or reasons behind its generation. It is important to understand that migraine is not typical fluctuation in blood pressure or increased intracranial pressure. Migraine attacks may contribute to neurosis, one-time or permanent. It affects the neuroendocrine system (including adrenal and thyroid gland), which is responsible for the generation of neuroses in the body. The constant production of stress hormones, including adrenaline, leads to vasoconstriction. It is not possible to clearly identify the specific cause behind the emergence and development of migraines. There have been cases in which it is found that the migraine is genetically transferred to people. However, there are peculiar reasons for migraines in every case (Thakar, Anjaneyulu, and Deka, 2001).

Migraine patient also suffers from photophobia and phonophobia (light and zvukoboyazn). Bright lights and any sharp sound can cause an excruciating throbbing headache. There is increased irritability and sudden mood swings. The sharp smell can also act as irritants, causing nausea, vomiting, dizziness, loss of orientation in space. The patient may experience severe pain not only in the head, but also in the neck, eyes, and upper jaw (Cutrer, ODonnell, and Sanchez, 2000).

Before diagnosing the patient with migraine pain it is important to evaluate the history of the patient's clinical and evolutionary process, ruling out diseases that can mask the symptoms of migraine. For this purpose,

physicians can use the brain scan through Cranial CT scan and magnetic resonance imaging (MRI) (Thakar, Anjaneyulu, and Deka, 2001).