

Migraine

Symptoms



- **Prodrome phase**

can have symptoms like yawning, neck stiffness, food cravings, mood changes.

- **Aura phase**

can have symptoms like vision loss, pins and needles, seeing bright spots, weakness in 1 part of the body

- **Attack phase**

can have symptoms like headache, nausea, vomiting, sensitivity to light and sound

Triggers



- Hormonal changes like during menses.
- Drinks like coffee.
- Inadequate sleep or staying awake till late night.
- Stress.
- Physical strain.
- Weather changes.
- Skipped meals.
- Medicines like OC pills.
- Bright light / loud sound / intense smell.
- Less water intake.

Treatment



- Look for the cause and treat the underlying cause.
- If occasional, then can take pain killers as and when required.
- If recurrent, can take long term daily basis medicines to prevent episodes.
- If the headache is persistent even after taking these meds, then show a neurologist for evaluation.

Prevention



- Regular yoga and exercise.
- Adequate sleep. Avoid remaining awake late at night.
- Avoid excess coffee.
- Eat at regular timings.
- Avoid places having bright light, strong odour or excessive noise.
- Avoid excessive physical exertion in the heat.
- Drink a lot of fluids.
- Manage stress.
- Take pain killers in advance if the migraine is precipitated by menses.
- Keep a migraine diary.