



The Impact of Pain: Headache

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Blood Sugar + food –sleep-water= Headache

Headache is very common for daily going life. It's very painful sometimes that can't be difficult to describe but it is very common in all medical conditions mostly. During pain its effect on head, scalp, neck etc. Normal headaches are usually caused by dehydration, muscle tension, nerve pain, and fever, caffeine withdrawal, drinking alcohol, or eating certain foods. They may also happen as a result of toothache, hormonal changes, or pregnancy or as a side effect of medication.

A headache cause is divided in two sections by lifestyle, a first one is Primary and other is Secondary but luckily, Primary cause of headache can be managed with medication and lifestyle changes. The most common types of primary headaches are tension headaches, migraines, cluster headaches and chronic daily headaches. Secondary headaches are those that are due to an underlying medical condition. Examples of secondary headache causes include: Brain tumor, Cervicogenic headaches, Medication overuse headaches, Sinus, spinal headache etc [1].

Headache Symptoms

- tightness or pressure across the forehead that may extend to the sides or back of the head
- a pulsating feeling in the head
- nausea
- pain on one side of the head

- sensitivity to sound and light
- severe, throbbing pain
- vomiting
- irritability
- restlessness
- thunderclap

Headache Treatment

If medication is not give positive impact in pain during headache so, there is other remedies can help to prevent headaches: Biofeedback, Stress management classes, Cognitive behavioral therapy, Acupuncture, Mild to moderate exercise, Cold or hot therapy, Taking a hot bath or shower etc. However, most headaches aren't symptoms of serious medical conditions and can be successfully treated with over-the-counter medications, such as aspirin, acetaminophen (Tylenol), or ibuprofen (Advil) [1].

A genetic basis of headache: Migraine

Migraine is a complex neurovascular disorder with a strong genetic component. There are rare monogenic forms of migraine, as well as more common polygenic forms; research into the genes involved in both types has provided insights into the many contributing genetic factors [2].

References

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2. Heidi G Sutherland, Cassie L Albury, Lyn RG (2019) Advances in genetics of migraine. The J Headache and Pain 72.

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