



MIGRAINE

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ABSTRACT

Migraine is a common disabling condition mostly in adult population and shows female predominance. Unilateral throbbing type moderate to severe intensity headache is a common manifestation of the migraine though it may present with varied presentation. Even though there is rapid advancement in the knowledge of path physiology leading to development of novel treatment, evidence based treatment for migraine specially in developing nations is still unmet needs. This article reviews the path physiology, diagnosis and evidence based approach for management of migraine.

KEYWORDS: Migraine, Clinical Features, Management.

INTRODUCTION

Headache disorders, characterized by recurrent headache, are among the most common disorders of the nervous system. Headache itself is a painful and disabling feature of a small number of primary headache disorders, namely migraine, tension-type headache, and cluster headache.^[1] Amongst these, the migraine headache is ubiquitous, prevailing, disabling and essentially treatable, but still under-estimated and under-treated.^[2]

Migraine is a common chronic headache disorder characterized by recurrent attacks lasting 4–72 hours, of a pulsating quality, moderate or severe intensity aggravated by routine physical activity and associated with nausea, vomiting, photophobia or phonophobia.^[3]

It has been termed the seventh disabler due to its considerable impact on the quality of life (QOL) of patient.^[4] It is the most frequent cause of headache in children and adolescents. The study of migraine in the pediatric population is critical because of its burden on children and their families and the diagnostic and therapeutic difficulties determined by varying phenotype and possible differential diagnosis.^[5]

PATHOPHYSIOLOGY

1. Vascular and Neurogenic theories

The cause of migraine headache is still not completely understood. Historically, two independent theories, the vascular theory and the neuronal theory, explaining the etiology of migraine headache were proposed. The vascular theory was introduced by Thomas Willis where he recognized that "all pain is an action violated" and

argued the pain from headache is caused by vasodilatation of the cerebral and meningeal arteries. The alternative neurogenic theory focuses on the cause of migraine pain and is currently linked to activation of the trigeminovascular system.^[6]

2. Cortical Spreading Depression

The alternative and widely accepted theory suggests that cortical spreading depression (CSD), a wave a neuronal hyperactivity followed by an area of cortical depression, accounts for the aura and that the headache depends on activation of the trigeminovascular pain pathway.

In Chronic Migraine (CM), atypical pain processing, central and peripheral sensitization, cortical hyper excitability, and neurogenic inflammation all have a role to play. Cortical hyper excitability is thought to be another major factor participating in transformation of EM to CM.^[4]

3. CORTICAL HYPEREXCITABILITY IN MIGRAINE

As is the case for many episodic disorders, the trigger for migraine attacks has not been precisely identified. Many clinical factors such as diet, alterations in sleep and stress are known to predispose individuals to attacks. It is particularly intriguing that photic stimulation can trigger both migraine attacks and epileptic seizures. How these factors bring on a migraine attack is not known. However, there is evidence for enhanced cortical responsiveness to diverse stimuli in migraineurs. The techniques that have been used to generate this evidence include psychophysical studies; visual, auditory, and

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