

Migraine: Causes, Symptoms, and Management

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Abstract: *Migraine, a neurological disorder that results in a chronic headache, is the second most common cause of years of disability worldwide. Globally, this illness affects more than a billion people. There are several negative effects as a result of its widespread prevalence and concurrent impairment. Numerous behavioral, ecological, and genetic factors can cause migraines. There are several different types of migraines, the most prevalent of which is migraine without aura. This article's goals are to identify the origins of migraine headaches, review the correct migraine diagnosis, and outline the various migraine headache management options. There are numerous migraine remedies on the market. Migraines are a neurological condition that can be inherited in some people and are one of the many different types. The mainstays of treatment include drugs like analgesics, triptans, ergot derivatives, and recently developed biologics. Since many aspects of daily life can cause migraines, lifestyle changes are also crucial. If enough consideration, care, medication, and guidance are provided, migraines can be effectively managed. Patients should not ignore their symptoms and should consult a doctor as soon as possible so that the proper course of action can be taken. headaches. It Analgesics, triptans, ergot derivatives, and recently developed biologics are some of the mainstays of treatment. Lifestyle changes are also essential because numerous aspects of daily life can trigger migraines. This paper provides a comprehensive overview of migraines, a prevalent neurological disorder that affects millions of people worldwide. It discusses the causes, symptoms, and management strategies for migraines, shedding light on the impact they have on individuals' quality of life and society as a whole.*

Keywords: Migraine, headache, neurological disorder, triggers, symptoms, pathophysiology, diagnosis, management, quality of life

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