

## Migraine portals

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### Abstract

**Migraine[1-5], The most familiar word we come across at least once in a week. So, how did it all start? Everything started and is being continued since the evolution of the first human being[Homo Heidelbergensis]on the Planet. The book called “Ebers papyrus” written in 1500 BCE in ancient Egypt. It described the “visual aura preceding the headache[6-10] and a partial relief through vomiting[11-16]”. People who suffer Migraine have a severe recurrent throbbing headache that typically affects one side of the head and is often accompanied by nausea and disturbed vision. Here I have called migraine a portal, the reason will be revealed in the other parts of the article.**

**Keywords:** *Headache; Aura; Triggers; Genetic Migraines; Idiopathic Headache*

### Introduction

A normal headache is that, which is very common and can be relieved easily through simple medications [Natural remedies or prescribed Medications]. But, to cure a simplest migraine it takes cascades of procedures of medication. And the worst part is the cause. Because it's Idiopathic [Idiopathic refers to: Unknown cause].

Generally a disorder or a medical anomaly can't be treated without knowing the cause. If treated so, it may cause Idiosyncrasy and sometimes it becomes very hard to call out the word, No one is pretty sure about “what exactly is going on?” It's not as simple as we see it, sometimes it's a single headache very severe and unbearable and sometimes its many small headaches forming a cluster [16-20] whose outcome is migraine which is intense and extreme. Most of the migraines are originated in the Hippocampus cortex of the brain and then keep propagating until at least the half of the head starts to ache [21-26] like hell.

### History

The word migraine was derived from the Latin word “hemicrania” meaning “half” [hemi] “skull” [crania]. And this term was first used by Galenus of Pergamon

### Galenus of Pergamon, Statements

Galenus was a philosopher who developed the theories of Hippocrates and Medicine. Here is all he stated about migraine:

It is the pain felt across one side of the head

Pain originated in the meninges region and vasculature of the head

And he also stated that there is a connection between stomach and brain because of the vomitings he had during migraines

### **Causes of Migraine**

As we all know, the Etiology of migraine is unknown yet. But, Based on the previous issues, cases and the medical research, there can be two main reasons for Migraines. They are the Genetics of a person and the Migraine triggers[27-31] Yes, these two could be the primary things that cause migraines in most of the people.

### **Genetics of Migraine**

Studies show that the identical twins who share almost the same genetic material or DNA are likely to share Migraine if one of them has already got migraine. Even if the twins are non-identical or even if the person has the 34%-51% of the same DNA strands and genetic sequence which matches the DNA of their ancestor, who has migraine, is more prone to develop Migraines. Migraines with aura are more linked to genetic background and Hereditary than that of those in which Auras are absent or rarely observed.

### **The Triggers**

These are any change in the environment or physical act or external stimulus which triggers the migraine of one self. The Triggers are the key sources for the Migraine origins; These could be anything, which play a role in the day to day life of a person. It's a fact that these triggers enhance the probabilities of the migraines but, only to certain extent. Not all the Triggers are applicable to everyone. Each person has got their own, unique identity and his/her own biological DNA sequence, which matches none but him/her. In the same way, everyone has got their own triggers. Which means only they are prone to those triggers.

### **Neurological Complication induced Migraines**

These are very rarely observed in the patients suffering with Migraine. But these disturb the social life of the person.

### **Complications Include**

**Migraine induced OBE:** People suffering with Migraine induced OBE [Out of Body Experience], when the session of migraine starts gets over the level of his perceptions and then over imagination takes control. Due to which the person imagination escapes the reality and lives in a Parallel realm of his soul being out from his body. Such cases have also been recorded from various regions across the globe.

**Psychopathy:** In such conditions the person becomes intolerant of pain, Turns anti-social [for a meanwhile] until the Migraine is dropped down.

**Suicidal Realm:** Most of the people who cannot bear the pain show the tendencies of suicides .They commit suicides in order to relieve pain.

These I call the portals because they make the person feel like they have been ported to some other place, out of the body or porting the person into another person or another personality.

**The Triggers:** The triggers can be as follows:

Hormonal changes

Stress

Insomnia

Excess intake of Caffeine or reducing the dose

Somnambulism

Anaphylactic shock

Allergens

Medications

Alcohol

Tobacco, smoke

Changes in sleep timing

Foods, Drinks

Aspartame and MSG

### **Symptoms of Migraine**

Symptoms of Migraine are classified into Prodromal [32-38], Aura, Episode and Postdrome stages.

#### **Predrome**

People usually come across some warnings in their body a couple of days before the migraine episode. They include: Sinusitis, Frequent Yawning, Neck stiffness, over blushing, constipation etc.

#### **Aura**

These mostly occur during, before or after an episode. Where the person sees some strange lines or auras in his vision or sight. Lines could be zigzag straight or like energy or More like Chakra

#### **Postdrome**

This phase occurs after the migraine episode, where the symptoms include confusion, depression, Moodiness and weakness.

### **Treatment**

There are many methods to treat Migraine but treatment through Ergot [39-43] is widely used. Where ergot is a plant like weed, scientifically called "*Claviceps purpurea*".

Other methods to treat Migraine include, transcutaneous vague nerve simulation, Methysergide, Acupuncture, Herbal medications, Massages, Transcranial magnetic simulation, Botox etc.

### **Conclusion**

We now know that Migraine can be caused through any source and we even have chances and methods to treat it. None is accurate though, but it can be relieved anyhow. Various methods are being developed every day to cure or to reduce the Migraine. Many advances in science and technology help us to reduce the pain and Risk factors of this disease.

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