

Migraine

Symptoms:

Migraine can progress through 4 stages:

Common symptoms of migraine stage-wise include:

- Prodrome – Constipation, mood changes from depression to euphoria, food cravings, neck stiffness, increased thirst and urination, frequent yawning.
- Aura – visual phenomena such as seeing bright spots, vision loss, pins and needles sensation in an arm or leg, weakness or numbness on one side of body, difficulty speaking, hearing noises.
- Attack – pain usually on one side of head, sensitivity to light, nausea and vomiting.
- Post-drome – feeling drained, confused and washed out for up to a day.

Treating Migraine:

Examples of possible treatments for migraine include:

- Ibuprofen
- aspirin + acetaminophen + caffeine
- acetaminophen
- dihydroergotamine
- zolmitriptan
- sumatriptan + naproxen
- Lasmidtan, and many

Home remedies:

- Practicing yoga
- Inhaling and applying lavender essential oil may ease migraine pain
- Try acupressure
- Look for feverfew (a flowering herb looks like a daisy)
- Apply peppermint oil
- Use ginger more