

# Nutrition for migraines

*Tkacheva Natalya*, herbalist, nutritionist

*Eliseeva Tatyana*, editor-in-chief of the EdaPlus.info project

*E-mail:* eliseeva.t@edaplus.info, tkacheva.n@edaplus.info

**Abstract.** According to statistics, about 15% of the world's population experiences migraine attacks. Moreover, women encounter this pathology 3.5-4 times more often than men. This condition negatively affects the quality of life and is typical for the age category of 35-40 years. After age 50, migraines usually regress.

**Key words:** migraine , description , causes occurrence , types and symptoms , complications , prevention , treatment, useful products , folk dangerous means \_ products

## Causes

The reasons for the development of pathology are not fully understood. The following factors can trigger a migraine attack:

- eating disorder;
- mental and emotional stress;
- hormonal – pregnancy, menstruation, menopause, oral contraceptives;
- lack or excess of sleep;
- excessive physical activity;
- alcohol abuse, especially red wine;
- changes in weather; <sup>[5]</sup>
- a tightly gathered ponytail or braided braid for women;
- changing time zones while traveling;
- aggressive external stimuli - bright light, strong smell, loud noise;
- smoking;
- rachiocampsis;
- severe stress;
- head injuries;
- genetic predisposition;
- taking medications;
- insufficient water consumption.

## Migraine symptoms

Translated from French, migraine means “half the head,” so the distinguishing feature of this pathology from a regular headache is intense throbbing pain in one half of the head, which can move from the eye area to the temple and to the back of the head. Usually the pain syndrome is accompanied by nausea, and after vomiting the patient briefly feels relief.

In most cases, the harbinger of this neurological disease is an aura, which lasts from 10 minutes to 1 hour. The aura manifests itself as a visual impairment - everything floats before the eyes, flickering lines may appear, it is impossible to read text, as well as numbness in one part of the head or eye. Sometimes there may be incoordination, speech, hearing or vision problems.

Migraine auras, depending on their manifestations, are classified into:

1. The classic version of the aura is considered **visual** , when sudden flashes of light appear before the patient's eyes in the center of the field of vision, objects, unusual spherical images or figures flash. This aura lasts no more than 60 minutes. At this time, an increasing headache appears; <sup>[4]</sup>
2. **retinal** aura is also associated with visual impairment in the patient. This is a rare type of aura in which the patient experiences dark or "blind" areas in front of the eyes, and there may also be temporary blindness in one eye (usually in the side of the head where the pain is focused). It is believed that it develops due to spasm of the central retinal artery;
3. **auditory** aura with epileptic activity in the cerebral cortex. This type is manifested by sound hallucinations - the patient may feel a ringing or buzzing in the ears, and in some cases even voices or music;
4. **speech** aura affects the speech centers of the brain. In this case, the patient, with an absolutely clear consciousness, cannot speak normally (he wants to say one word, but says another, unconsciously rearranges syllables and letters in words);
5. **vestibular** aura is manifested by dizziness of varying intensity, while the patient quickly gets motion sickness if he is in a vehicle;
6. The vegetative aura is manifested by a sensation of goosebumps, a feeling of chills or heat, pallor or redness of the skin.

The aura of migraine is quite dynamic, at first the symptoms appear increasing, and then completely disappear. In 80% of cases, the headache begins to increase during the aura. If the patient takes a pill at the first sign of an aura, the attack can be stopped. However, migraine attacks without an aura are possible.

A migraine attack without an aura or with an aura manifests itself in the same way. The patient is bothered by severe throbbing pain in one half of the head, which can even be focused in the eyeball. Loud noises or bright lights intensify the pain. A migraine attack can last from 3-4 hours to 2-3 days. In this case, the patient is unable to lead a normal life. The patient needs to retire to a dark room with good sound insulation. Often, an acute headache goes away after sleep, even a short one. <sup>[2]</sup>

A migraine attack does not go away without consequences; the patient may feel overwhelmed, apathetic and exhausted for another 1-2 days. The intensity of attacks can vary from 2-3 times a week to once every several years.

## Complications

Migraine is not considered a life-threatening disease, but it significantly affects the patient's quality of life. Severe pain leads to sleep disturbances and reduces performance. In some cases, serious complications may develop - **status migraine** or **migraine stroke** .

migraine is characterized by frequently recurring attacks, each of which can last up to several days. The pain becomes unbearable, accompanied by numbness in the legs and arms, vomiting, severe dizziness, even fainting. In this case, hospitalization cannot be avoided.

Migraine stroke is an acute ischemic circulatory disorder. The possibility of migraine complications with stroke increases if the following risk factors are present:

- nicotine abuse;
- genetic predisposition;
- excessive alcohol consumption;
- taking hormonal contraceptives;
- frequent migraine attacks accompanied by an aura;

- obesity;
- excessive emotionality of the patient; <sup>[1]</sup>
- mental and physical fatigue;
- intense visual stress.

## **Forecast**

Severe and debilitating headaches reduce performance. But there are modern treatment methods that alleviate symptoms, help cope with pathology and improve the patient's quality of life.

## **Prevention**

In order to reduce the frequency of attacks, it is necessary to remove the main factors that provoke migraine, and for this:

1. observe work and rest schedules;
2. sleep at least 8 hours;
3. quit smoking and alcohol;
4. take hormonal drugs only in case of urgent need;
5. avoid prolonged physical fatigue; <sup>[6]</sup>
6. avoid stressful situations;
7. Consult a doctor in time for diseases that disrupt the functioning of cerebral circulation: atherosclerosis and osteochondrosis of the cervical spine;
8. adhere to the drinking regime, drink at least 2 liters of water daily;
9. spend more time outdoors;
10. play sports without intense cardio exercise - swimming, Pilates , yoga or just walking down the street, but take at least 10 thousand steps a day.

Preventive measures include sanatorium-resort therapy and travel without changing time zones and sudden climate changes.

## **Treatment of migraine in official medicine**

In order to stop an attack, you need to take a painkiller as soon as possible, it is advisable to do this at the first manifestations of an aura. People suffering from migraine should understand that this is not a simple headache, and even if there is no specific aura before the attack, an impending attack can be predicted by the following signs:

- sudden severe fatigue;
- an irresistible desire to eat something specific;
- inability to concentrate attention on any object;
- stuffy nose in the absence of a runny nose;
- frequent yawning;
- unreasonable anxiety;
- excessive excitability;
- changes in mood. <sup>[3]</sup>

The appearance of these signs in the absence of an aura is the ideal moment to take medication to stop the attack. In this case, the duration of pain will be no more than 2 hours. In order to stop the attack, the following drugs are recommended:

1. **painkillers** : ibuprofen, aspirin, analgin, paracetamol. However, it should be remembered that in order to avoid addiction, you should not drink more than 10 tablets of analgesics per month;
2. **Triptans** are special drugs for the treatment of migraines that activate serotonin receptors and, thus, interrupt the attack mechanism. Drugs in this group are not recommended for use during pregnancy and cardiovascular pathologies. They are available in the form of capsules, tablets, and even as a nasal spray, which is convenient to use during nausea. Triptans are addictive if used in more than 10 doses per month;
3. **antiemetics** such as metoclopramide, which is produced in the form of tablets and injections.

Establishing a diagnosis is based on an analysis of the patient's complaints, his description of the nuances of the attacks, the nature and intensity of the pain. In some cases, a neurologist prescribes examinations: MRI, blood test, cardiogram, ultrasound of neck vessels.

In addition to stopping a migraine attack, preventive therapy aimed at reducing the number of attacks is indicated. Preventive treatment involves the planned use of drugs:

- **beta blockers** such as anaprilin , which reduce the heart rate and eliminate the symptoms of hypertension;
- **antidepressants** – help increase serotonin in nervous tissue and reduce the risk of an attack. They are usually taken at night as they can cause drowsiness;
- **anticonvulsants** - some antiepileptic drugs have an antimigraine effect. However, anticonvulsants have unpleasant side effects such as decreased concentration and decreased appetite;
- **botulinum toxin** is a discovery of the last decade for the treatment of migraines; it relieves spasms of the neck muscles and is administered in microdoses to the most painful points of the head, neck and shoulders.

To prevent spasms of the neck muscles, physiotherapeutic procedures are indicated: light massage of the cervical-collar area, acupuncture, electrosleep, therapeutic exercises.

### Useful foods for migraines

To minimize the number of attacks, you should eat at least 3-4 times a day, you should absolutely not go hungry and adhere to intermittent fasting. The diet should be balanced and include the following products:

- corn, sunflower and olive oils;
- poultry meat;
- cucumbers [7], broccoli [8,9], celery, beets [10] and pumpkin [11] fresh and baked;
- sea fish of fatty varieties;
- dates [12] , bananas [13] , figs, raisins;
- cottage cheese [14], curd cheese, low-fat milk, feta cheese;
- boiled chicken [15] and quail eggs;
- oat [16] and buckwheat [17] cereals, brown rice;
- flax and sesame seeds;
- green apples [18] , cherries [19] , peaches [20] .

### Folk remedies for the treatment of migraine

There are a number of cases when taking painkillers is contraindicated, so folk remedies are used to relieve attacks:

- ginger decoction [21], to prepare it, grind a small piece of root, add water and cook for 7-10 minutes, add lemon juice [22] and honey [23], drink like tea;
- Chamomile has long been famous for its calming and anti-inflammatory effects [24]. 2 tablespoons of dried chamomile flowers, pour 300 ml of water, boil for at least 5 minutes. Drink a decoction with the addition of lemon juice and a spoon of honey; <sup>[6]</sup>
- add 2 tablespoons of natural apple cider vinegar [25] to a glass of water at room temperature; you can add a little honey to improve the taste;
- add 1/3 tsp to a glass of boiling water . lavender oils and breathe in the fumes. To consolidate the effect, you can lubricate your temples with lavender oil;
- a bath with the addition of a decoction of valerian roots will help to stop an incipient attack [26];
- Cool a piece of wet cloth or towel in the freezer for 10-15 minutes and apply to the affected side of the head. <sup>[7]</sup>

### **Dangerous and harmful foods for migraines**

Patients suffering from migraines should exclude trigger foods that may provoke attacks:

- alcoholic drinks, especially beer and red wine;
- smoked meat and fish;
- smoked and raw smoked sausage;
- fatty pork;
- aged cheeses such as brie, cheddar, roquefort;
- nuts;
- offal - liver, kidneys, heart, brains;
- sauerkraut [27] ;
- kvass, Coca-Cola, energy drinks, coffee, black tea;
- citrus;
- onion [28] , garlic [29] and mustard;
- cocoa and chocolate.

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Received 08/07/2021

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Eliseeva Tatyana, editor-in-chief of the project EdaPlus.info

Tkacheva Natalia, phytotherapist, nutritionist

E-mail: eliseeva.t@edaplus.info, tkacheva.n@edaplus.info

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