

Evaluation of Migraine among Young Males of Age Group (18-25) Years

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Abstract:- The most frequent cause of severe headaches that repeat is migraine. The pain is usually throbbing in character, and movement of any kind, even light movement, usually exacerbates the agony. Although there is a genetic component to the propensity to have migraines, individual attacks can be brought on by internal or external factors, or they might occur spontaneously for no apparent reason. This study was carried out at the Sree Ramakrishna Medical College of Naturopathy and Yogic Sciences Hospital in Kulasekharam, Tamil Nadu, India, to evaluate migraine in young boys in the 18–25 age range. The goals of the study were outlined in order to get verbal consent. There were thirty people that took part. There are 30 questions on the survey. The questionnaire's parameters encompassed the following: drugs, stomach pain, stress, skin infection, and any infections. According to the results of this study, the majority of men experience discomfort after consuming large amounts of food, as well as other symptoms like blurred vision, dizziness, stomach problems, cervical complaints, lack of interest, fatigue, melancholy, and impatience at work. Their routines of daily living are not up to par. Men therefore need to be more conscious of the significance of their personal hygiene, water consumption, sleep, and nutrition. To enhance the general health and well-being of young men, focus on these areas.

Keywords:- Personal Hygiene, Sleep, Migraine, Disturbed Sleep.

I. INTRODUCTION

The most frequent cause of severe headaches that repeat is migraine. Although there is a genetic component to the propensity to have migraines, individual attacks can be brought on by internal or external factors, or they might occur spontaneously for no apparent reason. The Greek term "hemicrania," which means "half of the head," is where the word "migraine" originated and refers to one of the

condition's most notable characteristics: the fact that pain frequently only affects one half of the head. The most frequent cause of severe headaches that repeat is migraine. More than 20% of women and more than 10% of males have experienced it at some point. Although there is a genetic component to the propensity to have migraines, individual attacks can be brought on by internal or external factors, or they might occur spontaneously for no apparent reason. The Greek term "hemicrania," which means "half of the head," is where the word "migraine" originated and refers to one of the condition's most notable characteristics: the fact that pain frequently only affects one half of the head. On the other hand, pain is typically experienced on both sides, at the front or rear of the head, less frequently in the face, and even less frequently across the body. The pain is usually throbbing in character, and movement of any kind, even light movement, usually exacerbates the agony. In addition to the pain, migraines can cause nausea, vertigo, heightened sensitivity to lights, sounds, and odors, anorexia, and irregular bowel movements.

II. PATHOPHYSIOLOGY

The primary mechanisms underlying the pathophysiology of migraines are either neurological or vascular. There are four stages of migraine: premonitory, aura, headache, and postdromal. Premonitory phase: This stage begins prior to the onset of a migraine. About 72 hours pass before the headache phase begins. Irritability, food cravings, mood fluctuations, exhaustion, stiff neck, and phonophobia are some of the symptoms. These symptoms show that the premonitory phase and the hypothalamic origin are related, as they continue throughout the aura and even the headache phase. Aura phase: Thirty percent of migraineurs experience this phase. The primary pathological mechanisms linked to the aura phase are cortical depolarization and the formation of a transient wave. Retinotopic propagation in the visual cortex suggests that migraine may be involved. Phase of headache: This stage is characterized by unilateral, pulsating pain ranging in

intensity from moderate to severe. The neurovascular theory, which postulates that earlier activity in higher intracranial centers like the hypothalamus and thalamus triggers the activation of the trigemino-vascular system, provides an explanation for this pain. Sensitized nociceptive fibers, which derive from the trigeminal ganglion and innervate the dura mater's vascular supply, release inflammatory mediators like the substance P and calcitonin gene-related peptide. Signals along the trigemino-vascular pathway are started by these mediators. The upper neck pain is explained by the synapse formed by the afferent nerve fibers from the trigeminal ganglion and the afferent from the skin and muscles of the neck on second-order neurons in the trigeminal cervical complex. The expression of pain is caused by ascending fibers from the brainstem, thalamic, hypothalamic, and basal ganglia nuclei, which then transmit signals to various cortical regions. Postdromal phase: The least researched phase in the literature is this one. Patients typically ignore it and choose not to report it. Patients may experience symptoms such as fatigue, weakness in their muscles, mood swings, difficulty focusing, and decreased appetite and the ongoing activation of diencephaly and the brainstem during and after the pain stimuli are processed.

The activation of vascular networks causes meningeal vasodilation and inflammation, which in turn causes headaches. Migraine pathophysiology involves controlling pain that arises from damaged brain networks. The trigeminovascular system, which is made up of afferent neurons that supply information to the trigeminal nucleus caudalis and efferent neurons that supply vascular networks, is controlled by the brain stem and diencephalic nuclei. Because these networks are activated, head pain is perceived as meningeal inflammation and vasodilation. Serotonin is one neurotransmitter that is essential to both the pathophysiology and management of migraines. Excitatory or inhibitory neurotransmission is brought on by an intracellular network cascade that is started by serotonin. Serotonin receptors are distributed throughout the brain, including those found in cranial blood vessels and pain-signaling circuits.

III. MATERIALS AND METHOD

The study is being carried out at the Sree Ramakrishna Medical College of Naturopathy and Yogic Sciences and Hospital in Kulasekharam, Tamil Nadu, India, among males in the 18 to 25 age range. Once the purpose of the study was explained, verbal consent was obtained. 30 people took part in this investigation. The questionnaire consists of thirty questions. The questionnaire's parameters encompassed the following: medications, gastrointestinal discomfort, stress, skin infection, and any infections. Male participants who were unwilling or uncooperative were not allowed to continue with the study.

IV. RESULT

The male respondents fell into the 18–25 age range. 30 women are present. According to Table 1.1, Pain happens when eating a lot of food 73.33% and 26.66% of people did not experience any pain after eating a large meal. 83.33% of people report having headache pain on one side, while 16.66% report no symptoms. 40% of people with migraines in tears, whereas 60% do not get tears at all. 63.33% of people report having pain in the morning, while 36.66% report no symptoms. 30% have no irritation over their eyes and 70% have irritation over their eyes. 36.66% of patients experience vomiting during pain, while 63.33% do not get pain. 96.66% of patients report worsening pain when moving their heads, while 3.33% report no symptoms. 33.33% of the population reported having cervical complaints, while 66.66% reported not having cervical complaints. 40% of the family has a cervical complaint, while 60% do not have these symptoms. Of those in pain, 60% have severe pain, while 40% do not have severe pain. 60% of people experience pain when blinking, whereas 40% do not have this symptom. 63.33% of people report feeling dizzy when in pain, whereas 36.66% report not feeling dizzy during pain. Vision 36.66% and absence of this symptom 63.33%. Possess any traumatic experiences, 83.33% and 16.66% have never experienced trauma. 30% of sleep has not been disturbed and 70% of sleep has been disturbed. 30% report no difficulties at all and 70% report difficulty when traveling. 63.33% of the sample is sensitive to light, while 36.66% is not. Obtain painkillers 43.33% and 56.66% do not take painkillers. 33.33% of people have any stomach issues, while 66.66% do not have stomach issues. 33.33% of people report no pain relief after sleep, whereas 66.66% report pain relief after sleep. 36.66% of people have sound sleep, whereas 63.33% do not have sound sleep.

Table 1: shows migraine among young males of age group (18 - 25 years)

S.NO	CONTENT	YES(%)	NO(%)
1	Pain occur during consumption of heavy food	26.66	73.33
2	Pain on one side of the head	83.33	16.66
3	Tears are produced during migraine	40	60
4	Have pain in early morning	63.33	36.66
5	Any irritation over the eyes	70	30
6	Any vomiting sensation during pain	36.66	63.33
7	Pain aggravation while moving the head	96.66	3.33
8	Have any cervical complaints	33.33	66.66
9	Have cervical complaints complaint in the family	40	60
10	Having severe pain	60	40
11	Feel the pain while blink the eyes	60	40
12	Feel any dizziness during pain	63.33	36.66
13	Blurred vision	36.66	63.33
14	Have any past traumatic	16.66	83.33
15	Have disturbed sleep	70	30
16	Have any difficulty while travelling	70	30
17	Sensitive to light	63.33	36.66
18	Have medications for pain	43.33	56.66
19	Have any gastric trouble	33.33	66.66
20	Pain subside after sleep	66.66	33.33
21	Have sound sleep	36.66	63.33
22	Have head shower daily	43.33	56.66
23	Have any allergy	40	60
24	Consume more fatty foods	36.66	63.33
25	Using headphones regularly	60	40
26	Irritated when you hear any sound	86.66	13.33
27	Pain occurs during any stressful condition	90	10
28	Have any abdominal discomfort	40	60
29	Pain subsides after vomiting	30	70
30	Have any irritation while seeing certain colours or certain smells	63.33	36.66

Of those who take a daily shower, 43.33% and 56.66% do not take a daily shower. 40% of people have allergies, and 60% do not have this symptom. Eat more foods high in fat, 36.66% and 63.33% do not eat more foods high in fat. 60% of people regularly use headphones and 40% don't use headphones. Irritated at the sound of anything, 86.66% and 13.33% do not become agitated upon hearing noises. 10% experience no pain at all during stressful situations, and 90% experience pain during stressful conditions. 40% report having any stomach discomfort, while 60% report not having any stomach discomfort. 30% experience pain after vomiting, and 70% do not experience pain after vomiting. Experience any irritability when exposed to specific colors or scents 63.33% and 36.66%, this symptom is absent.

V. DISCUSSION

More men (26.66%) report experiencing pain after eating large meals. 83.33% of them report having pain mostly on one side of their head. 40% of men report tears during a migraine. The majority of men experience pain in the morning (63.33%) and ocular irritation (70%). Sensation of vomiting during pain is 36.66%. 96.66% of males report that moving their heads causes their pain to worsen. Cervical complaints are rare (33.33%). Have 40% of family members with cervical complaints. 60% of men report being

in excruciating pain. Dizziness during pain is more common in men (63.33%), hazy vision (36.66%), possess a history of trauma (16.66%). 63.33% of males have trouble traveling, and 63.33% are light-sensitive. Have painkillers in 43.33%. 33.33% of men have stomach problems. Pain decreases 66.66% more in men after sleeping. 63.33% of men do not get enough sleep. Head shower on a daily basis 43.33%. 40% of people have any allergies. Eat 36.66% more foods high in fat. The majority of men become agitated 86.66% of the time at the sound and 90% become pained in stressful situations. 40% report having any stomach discomfort. 30% of the pain goes away after vomiting. More males have any irritation while seeing certain colours or certain smells, 63.33%.

VI. CONCLUSION

The majority of men experience pain when consuming large amounts of food, sleep disturbances, lack of interest, fatigue, depression, and irritability at work. They also frequently experience blurred vision, vertigo, stomach issues, and cervical complaints. Their habits of daily living are not up to par. Men therefore need to be more conscious of the significance of their personal hygiene, water intake, sleep, and nutrition. To enhance the general health and well-being

of young males, future treatments should focus on these areas.

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