

MIGRAINE



क्यों होते हैं
माइग्रेन
का सरदर ?

Other medical conditions

Genetics

caffeine

Gender

Smoking

Stress level

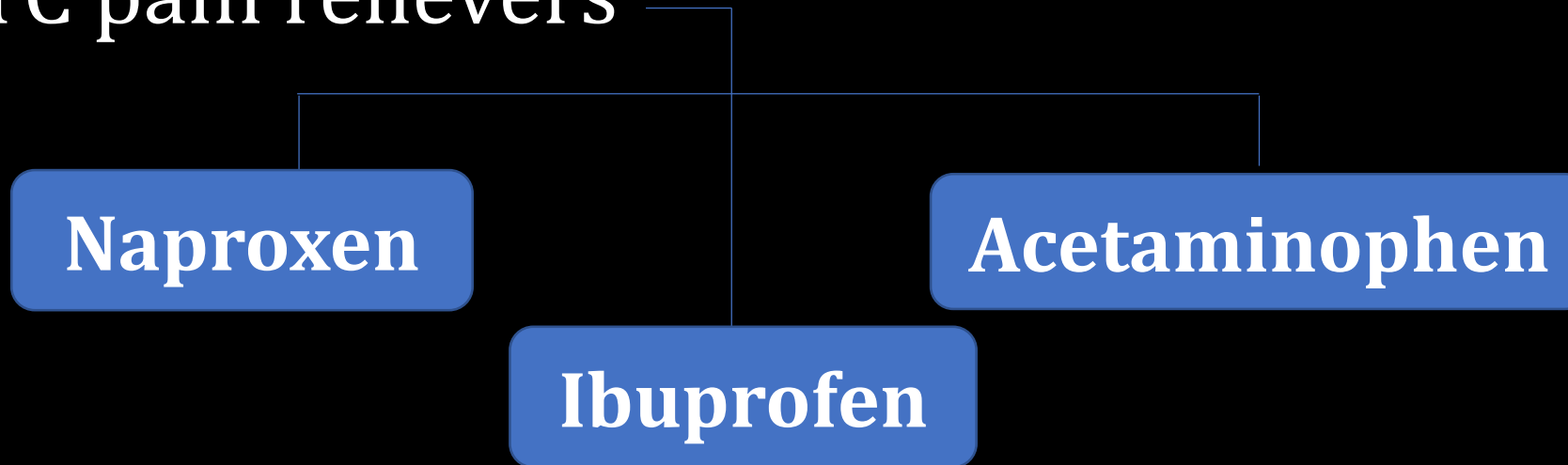


SYMPTOMS

- ❖ Sensitivity to light, noise and odors
- ❖ Nausea and vomiting, upset stomach and abdominal pain
- ❖ Loss of appetite
- ❖ Feeling very warm (sweating) or cold (chills)
- ❖ Feeling tired
- ❖ Dizziness and blurred vision
- ❖ Diarrhea
- ❖ Fever

TREATMENT

- **Sumatriptan (Imitrex, Tosymra)**
- **Rizatriptan (Maxalt, Maxalt-MLT)**
- **OTC pain relievers**



PREVENTION

- Eat regular meals
- Limit stress
- Yoga / Meditation
- Stick to a Sleep Schedule
- Stay Hydrated
- Limit Caffeine Intake
- Avoid loud music, noisy places
- using flexible cold packs or masks



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MEDICINE DICTIONARY

(Complete A TO Z Information)

पाइये दवाइयाँ से सम्बन्धित
सम्पूर्ण जानकारी



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