

Headache: Causes and Types

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Description

Headaches are very common ailment that almost everyone will have at some point in their lives. A headache is characterized by a discomfort in the head or face. This can be a pulsating, continuous, sharp, or dull sensation. Medication, stress management, and biofeedback can treat headaches. One of the most common types of pain in the world is headache. In the last year, up to 75% of adults around the world have had a headache. Headaches are a leading cause of work and school absences. They have an impact on social and family life as well. Constantly battling headaches can make some individuals feel nervous and unhappy.

What are the types of headaches?

There are around 150 different forms of headaches. Primary and secondary headaches are the two types of headaches.

Primary headaches: Headaches that aren't caused by another medical condition are known as primary headaches. Cluster headaches such as migraine, consistent daily headaches and headache caused by tensions are included in this category.

Secondary headaches: Secondary headaches are related to another medical problem, such as head injury, hypertension (high blood pressure, infection, and excessive medication use, congestion in the sinuses, trauma and tumour. Severe health problems can cause secondary headaches. If a headache is severe or disruptive, persistent, occurs on a regular basis, does not improve with medicine, occurs with other symptoms such as confusion, a fever, sensory abnormalities, or stiffness in the neck, it is crucial to seek medical care. Many of us have experienced the throbbing, painful, and distracting agony of a headache in some form. Headaches come in a variety of forms.

Common types of headaches includes such as tension headache, headaches in clusters, headache migraine, ice pick headache hemicranias continuous, thunderclap headache caused by allergies or sinusitis, headache caused by hormones (also known as menstrual migraine), hypertension headache, headache in the spine etc.

Symptoms and causes

Headaches, in particular, have a tendency to run in families. Migraine sufferers are more likely to have at least one parent who also suffers from the condition. In fact, children whose parents suffer from migraines are four times more likely to suffer from them themselves. Headaches can also be triggered by environmental factors shared in a family's household, such as eating particular foods or substances like caffeine, alcohol, fermented foods, chocolate, and cheese, can all cause headaches in a family. Headaches can also be caused by allergy to allergens, exposure to second-hand smoke and strong scents from perfumes or household chemicals. Headache pain is caused by signals interacting between the brain, blood vessels, and nerves in the surrounding area. An unknown mechanism activates specific nerves that affect muscles and blood vessels during a headache. The brain receives pain signals from these nerves. Almost everyone has a headache every now and then. Depending on the type of headache, the reason, length, and intensity of the pain may differ. In some circumstances, a headache necessitates medical attention right away. If person have any of the symptoms such as a stiff neck, a rash, worst type of headache ever you had before, vomiting, bewilderment, slurred speech, temperature of 100.4°F (38°C) or greater, paralysis in any portion of the body and visual impairment etc. in addition to your headache, seek medical help right away.