



The Frequencies of Food Allergies and their Associations with Migraine and Tension Headaches

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INTRODUCTION

Brain pain is one of the world's most well-known diseases of the sensory system. Previous studies have suggested a link between food intolerance and migraines. Therefore, this study examined the prevalence of food intolerance in patients with headache and stress migraine and its relationship with these problems. Headache-brain pain is probably the most common form of migraine, affecting approximately 15% of the population worldwide. It has been shown how by activating the afferent strand of the trigeminal nerve, a noxious receptive response in migraine occurs. Consequently, we evaluated the incidence of several food intolerances in Iranian patients with headache and cerebral stress pain and their potential impact on migraine amelioration. Follow-up of the current review revealed no significant differences in skin aversion to egg, wheat, fish, banana, and soy allergens between headache and CSD patients. Headache patients had significantly higher cutaneous aversion to nuts, milk, and nut allergens than those with pressure brain pain.

DESCRIPTION

Despite the fact that not many studies have shown a major effect of food allergens on headache improvement, some studies have highlighted the impact of food allergies on the occurrence of headache attacks, and conversely, others have, showing that dietary variations can be successful in both types of migraine. Some food intolerances have been shown to play an important role in ameliorating headache attacks. The most common of these allergens are wheat (78%), oranges (65%) and eggs. (45%), tea and espresso (40%), chocolate and milk (37%), meat

(35%) and corn (35%), sugar (35%), yeast (35%), mushrooms (35%), pears (28%). In another example focused on people with headaches, the most common food allergens that caused headaches were eggs, cheddar cheese, milk, wheat, tomatoes, casein, pork, and beans. Consistent with their effects on pain, some food allergens, such as wheat, increase headache recurrence but not severity. Past examinations on the connections of asthma and dermatitis with headache uncovered the expanded gamble of asthma event in youngsters whose mother had headache or asthma yet not so much for dermatitis. Different examinations have demonstrated that the headache in moms was connected with rhinitis in their children. Regarding the way that headache cerebral pains might connect with the drawn out enactment of nociceptors, sensitivities might partake in headache migraines through setting cytokines and vasodilators free from pole cells and other resistant cells in dura mater and consequently lead to vessel vasodilation in focal nerve framework and actuation of the trigeminal nerve afferent strands.

CONCLUSION

Taken together, the consequences of this concentrate alongside past investigations showed that some food sensitivities may be connected with headache migraine which analysis of them can assist with bettering control and treatment of sickness. Nonetheless, there are a few constraints connected with the current review, including assessment of the effects of other food allergens on headache and strain cerebral pains and the absence of an end diet including cow's milk, tree nut, and nut to decide its effects on medicines of headache migraine. In this manner, these impediments ought to be concentrated on in later examinations with bigger example sizes.

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