The climatic changes which causes the seviour headache and affects the nerves.

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Abstract

People with migraine frequently mention certain environmental factors as the cause of their headaches, including changes in air pressure, bright sunlight, flashing lights, air quality, and smells. Workplace and indoor environmental factors may also contribute to migraine symptoms. Effective migraine treatment plans place a strong emphasis on being aware of and avoiding triggers as part of the therapeutic plan. Removing correctable environmental triggers may increase employee attendance and productivity among migraine sufferers because migraine has a significant economic impact. However, there aren't many controlled research that support the idea that migraine and headaches are influenced by the environment.

Keywords: Migraine, Light sensitivity, Nausea.

Introduction

A widespread issue with high morbidity and economic costs is migraine. The direct expenses of migraines climb sharply with the use of prescription medications and are closely correlated with how painful and immobilising they are. However, the indirect expenses exceed the expenditures of medical care, and the most significant factor affecting the economic effect of migraine is work-related incapacity. Preventive and symptomatic techniques are utilised in migraine management, and both pharmacological and non-pharmacological treatments are frequently used. People who suffer from migraines can determine the causes of their headaches. The treatment plan includes knowledge of and avoidance of particular migraine triggers to reduce a patient's frequency of migraine attacks. Numerous meals and drinks, stress or its release, and hormonal variables are all migraine triggers such as menstruation and pregnancy [1].

Medically recognised illnesses

Most claims of noise as a migraine trigger come from observational studies, and the few major studies have expressly included it. During the challenge phase, most of the people experience headaches. In a later experiment, participants were subjected to annoying white noise for varying lengths of time. Half of the subjects experienced headaches, and headache sufferers had a lower tolerance for noise and found the stimulus to be more unpleasant than headache-free controls. In the Large Analysis and Review of European Housing and Health Status (LARES) study, noise discomfort in residential areas was examined and linked to medically recognised illnesses, such as migraine. Traffic noise (from roads, trains, planes, and parked cars) and neighbourhood noise are two examples of typical sources of environmental irritation. Adults who experience acute and on-going discomfort from traffic and neighbourhood noise have a higher risk of developing migraines [2].

External environmental lighting and bright lighting

Bright sunshine exposure is a frequent migraine cause. Flashing lights are cited less frequently. More frequently than controls, women with migraines reported being sensitive to brightness, flashing, contrasting patterns, fluorescent lights, road stripes, and colours. Subjects with migraine With Aura (MWA) were more sensitive to any given source of stress. Chronic headache sufferers may be more sensitive to environmental lighting even when they are pain-free, and migraine sufferers may be more sensitive to light in general. These people have a lower threshold for brain activation, which makes them more susceptible to cortical activation, which may prevent brainstem neuronal discharge and promote trigeminovascular activation. It is hypothesised that migraine sufferers are less able to adjust to light stimulation, possibly as a result of frontal brain hyperexcitability or thalamus hyper excitability [3].

Visual stimuli in an air-conditioned room

Bright lights, fluorescent lights, glitter, flicker, computer screens, driving down a street lined with trees, neon lights, and hectic visual patterns are all present in the indoor environment. Fluorescent lighting and computer screen flicker are common complaints in office settings. In one case-control study of patients with chronic headaches, staring at a computer screen both caused and exacerbated headaches. It may be difficult to determine the precise contribution of isolated visual stimuli at work; among users of Video Display Terminals (VDTs), headaches may be influenced by the light source and brightness, flicker frequency, visual clarity, posture, and work-related

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stress.Headaches, musculoskeletal pain, and vision-related health issues. Another VDT user found that screen readability considerably influenced ocular pain and that vertical head motions significantly impacted headache symptoms over the course of five consecutive workdays while keeping a journal of their postural and visual complaints. In computer operators with neck or shoulder pain, occipital headaches, or both, the relationship between posture and headaches was highlighted. Long-term cervical hyperextension and constant head rotation appeared to be the source of their suffering [4].

Cacosmia appears to be inversely

Smells are identified as a migraine cause by patients Osmophobia; occur in a comparable percentage of migraine sufferers. On this subject, there is hardly much written material. The specific topics of osmophobia, odd taste, and perfume or odour as a migraine trigger were migraineurs. A "change in scent," whether perceived or experienced with or without the actual source of the smell being present, was described as osmophobia. It is affected about 25% of patients, while another had abnormal taste or odour. The public in general frequently has odour sensitivity. Cacosmia (chemical odour intolerance), or feeling sick from the smell of biologically active compounds, might present as headaches, itchy eyes, nasal congestion, a dry or sore throat, cough, dizziness, itching, or rash. Cacosmia appears to be inversely correlated with educational attainment and is more common in areas of greater socioeconomic class. It is a symptom of the Multiple Chemical Sensitivity and Sick Building syndromes and is frequently seen in office employees, college students, and labourers exposed to solvents [5].

Conclusion

There is evidence that a variety of environmental factors can cause headaches, including migraines. People who suffer from migraines are usually more sensitive to various environmental stimuli than people who do not. It's possible that aberrant activation in the brain stem and cerebral cortex is what's causing their increased sensitivity. Studies employing patient interviews and surveys make up the majority of the medical literature on migraine triggers, and they are prone to recall bias and selection bias. For example, the few studies that have investigated the relationship between migraine and weather using headache diaries and official weather reports suggest that patients overestimate the influence of weather as a migraine trigger. Other environmental elements, such as pollution, exposure to environmental allergens, indoor illumination, indoor air quality, and exposure to chemicals or odours, are potential confounders as they may cause headaches in people who are vulnerable.

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