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Migraine : Evolution of a Common Disorder

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ABSTRACT

MIGRAINE is a common, chronic, incapacitating neurovascular disorder, characterized by attacks of severe headache, autonomic nervous system dysfunction, and in some patients, an aura involving neurologic symptoms. In one-third of patients the headache is preceded by transient neurological symptoms that are most frequently visual but may involve other senses and speech [migraine with aura (MA)]. Migraine is extremely prevalent [affecting 17% of females and 8% of men], very expensive ($18.5 billion Euros per year in Europe], and disabling [one of the World Health Organization's top 20 most disabling disorders]. It is consequently a public fitness hassle of exceptional effect on each the man or woman and society. Most migraine assaults begin with inside the mind, as advised through (a) the premonitory signs (e.g., issue with speech and reading, expanded emotionality, sensory hypersensitive reaction) that during many sufferers are exceptionally predictive of the attack, even though such signs arise as much as 12 h earlier than the attack, and through (b) the character of a few usual migraine triggers which includes stress, sleep deprivation, oversleeping, hunger, and extended sensory stimulation. Psychophysical and neurophysiological research have supplied clean proof that with inside the duration among assaults migraines display hypersensitive reaction to sensory stimuli and odd processing of sensory information, characterized through expanded amplitudes and decreased habituation of evoked and event-associated potentials. It is usually believed that migraine headache relies upon at the activation and sensitization of the trigeminovascular ache pathway and that cortical spreading depression (CSD) is the neurophysiological correlate of migraine aura. CSD may be precipitated in animals through focal stimulation of the cerebral cortex and includes a slowly propagating (2–6 mm min−1) wave of robust neuronal and glial depolarization; the mechanisms of initiation and propagation of CSD continue to be unclear. The mechanisms of the number one mind dysfunction(s) main to the onset of a migraine attack, to CSD susceptibility, and to episodic activation of the trigeminovascular ache pathway continue to be in large part unknown and the

predominant open problem with inside the neurobiology of migraine.

Keywords: MIGRAINE, CSD, MO, Vasospasm, Ion Calcium Channel.

I. INTRODUCTION

Migraine is a disorder marked by recurrent headaches, although patients also have additional symptoms such as dizziness and hearing loss, which can be the sole symptoms in only certain cases. Because most patients associate migraine with headache, persuading them that migraine causes symptoms other than headache can be challenging. It will be difficult to educate patients and clinicians about the association between migraine and neurologic symptoms until we understand the pathophysiology of migraine. Migraine is a frequent, persistent, incapacitating neurovascular condition characterized by severe headache episodes, autonomic nervous system dysfunction, and, in rare cases, an aura involving neurologic symptoms [1, 2]. Recent advances in basic and applied clinical neuroscience have led to the development of a new class of selective serotonin (5-hydroxytryptamine [5-HT]) receptor agonists that activate 5-HT1B and 5-HT1D (5-HT1B/1D) receptors and are known as the trip tans; these agents have changed the lives of countless patients with migraine. Despite such progress, migraine remains under diagnosed and the available therapies underused. In this article, we review the current understanding of the epidemiology, pathophysiology, and treatment of migraine.

Migraine is a serious public health issue that affects both patients and society. In Western nations, the overall migraine prevalence is 6–8% in males and 15–25% in women. According to estimates, roughly 5% of the general population suffers from at least 18 days of migraine each year, and at least 1% — or more than 2.5 million people in North America — suffer from at least one day of migraine every week. One of the most debilitating chronic illnesses is acute migraine. The annual cost of migraine-related lost productivity is enormous. Migraine episodes are characterized by a strong, pulsing headache that lasts 4–72 hours and is frequently accompanied by nausea, photophobia, and photophobia (migraine without aura; MO). In at least 20% of patients, the attacks are preceded by transient (usually less than 60 min duration) neurological symptoms (migraine with aura; MA). Auras are most frequently visual, but can involve other senses, or occasionally cause motor or speech deficits. Migraine has a significant genetic cause (up to 50%), which is greater in MA than MO, with a likely multifactorial POLYGENIC inheritance. A migraine threshold is determined by genetic load, which is regulated by external and internal variables (migraine triggers). Although several susceptibility loci have been reported in chromosomes 1q, 4q24, Xq24-28 and 19p13, causative genes have not yet been identified, except for familial hemiplegic migraine (FHM) — a rare, Autosomal dominant subtype of MA. Here we review recent experimental evidence mainly from brain imaging and neurophysiological studies that, despite leaving many open questions, have advanced our understanding of migraine towards a unifying pathophysiological hypothesis to explain this disease. Some migraine symptoms have been linked to convincing mechanistic theories. The discomfort is assumed to be caused by activation of the trigeminovascular system (TGVS), whereas cerebral spreading depression (CSD) appears to be the cause of the aura symptoms. Important questions that remain include the primary cause of migraine, leading to activation of the TGVS, and the mechanisms of pain generation after its activation. We will discuss these questions in the context of the discovery that Cav 2.1

Ca2+ channel dysfunction causes FHM. Neurobiology of migraine headache we will discuss recent advances in the neurobiology of migraine headache in the framework. Within the skull, pain sensitivity is primarily restricted to the meningeal blood vessels, which are densely innervated by the nociceptive sensory afferent fiber of the ophthalmic division of the trigeminal nerve. It is generally recognized that the development of migraine headaches depends on the activation of these afferents.

II. PATHOPHYSIOLOGY OF NEUROLOGIC SYMPTOMS WITH MIGRAINE

Migraine is best described as a fundamental brain condition [1]. It's a type of neurovascular headache in which neuronal events cause blood vessels to dilate, causing pain and increased nerve activity [2]. A main vascular event does not produce migraine. Migraine episodes are episodic and differ from patient to patient. The core biologic issue in migraine may best be explained by examining the failure of an ion channel in the aminergic brain-stem nuclei that typically controls sensory input and exerts neural impacts on cranial arteries [1]. In patients with familial hemiplegic migraine, missense mutations in the a1 subunit of the voltage-gated reposed pathophysiological mechanisms in P/Q-type calcium channel have been identified [3]. Since the familial-hemiplegic-migraine locus has only been connected to instances of migraine with aura, it's plausible that additional ion-channel mutations play a role in migraine without aura [4]. Thus, it appears that the aura of migraine is distinct from the headache [5], with aura susceptibility genes serving as its determinant [6]; the pain and accompanying aspects of migraine may be determined by a different gene or genes.

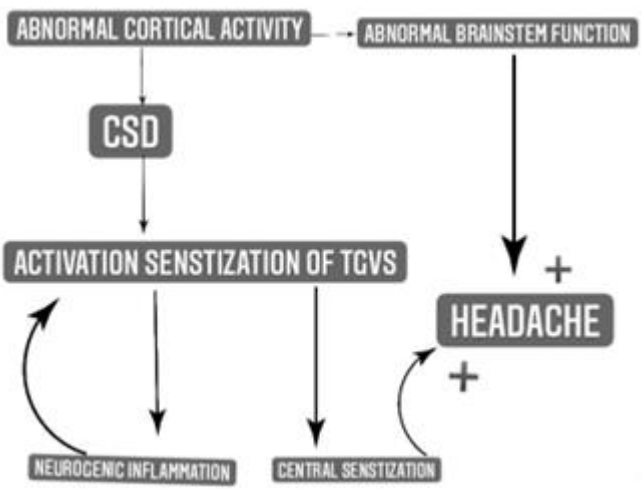

Figure 1: Proposed pathophysiological mechanisms in the generation of migraine headache. Current evidence indicates that cortical spreading depression (CSD) is the most probable primary event in trigeminovascular system (TGVS) activation in migraine with aura and, perhaps, also migraine without aura. Dysfunctional brainstem nuclei involved in the central control of pain might exert a permissive role by favoring central trigeminal hyper excitability. Abnormal cortical activity might lead to CSD when enhanced activation coincides with other triggering factors. The relationship between abnormal cortical activity and abnormal brainstem function remains hypothetical and unclear.

Vasospasm — vasomotor abnormalities have lengthy been taken into consideration with inside the pathophysiology of migraine symptoms. Vasodilatation of extra cranial vessels accompanies the everyday migraine headache. Vasospasm happens in a few intracranial vessels with migraine, despite the fact that there's controversy concerning its function with inside the manufacturing of symptoms [12]. For example, vasospasm is related to the classical migraine visible charisma; however there's convincing proof that the visible charisma outcomes from a metabolic disorder lowly spreading throughout the cerebral

cortex (spreading wave of depression) and that the related vasospasm is secondary to the hypo metabolism [12]. Vasospasm is much more likely a number one motive of retinal migraine [13]. Some sufferers enjoy temporary episodes of monocular blindness and whilst tested in the course of those episodes, there's vasospasm of retinal arteries [14]. Furthermore, such sufferers respond to antispasmodic agents. Sudden episodes of listening to loss and vertigo related to migraine may be defined on the premise of vasospasm of the cochlear and vestibular branches of the inner auditory artery.

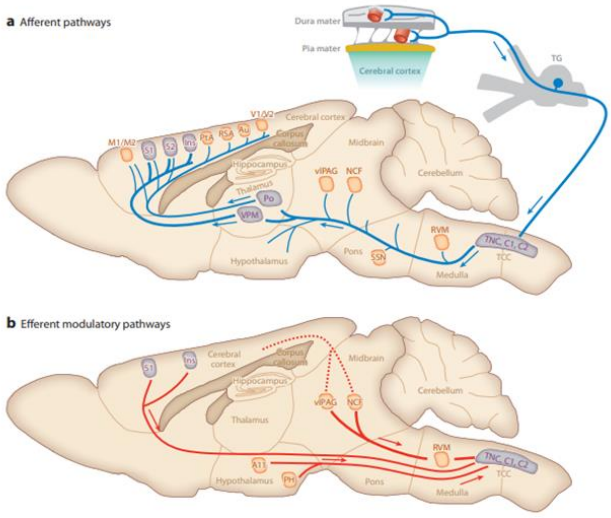

Figure2: Main neuronal structures and connections in the trigeminovascular pathways involved in migraine pain: (a) afferent pathways and (b) efferent modulatory pathways. This schematic of the pathways within a rodent brain shows only the nuclei and connections mentioned in the text. The arrows indicate the direction of the information flow. Abbreviations: A11, dopaminergic hypothalamic nucleus; Au, auditory cortex; Ins, insular cortex; M1/M2, motor cortices; NCF, nucleus cuneiform is; PH, posterior hypothalamus; Po, posterior thalamic nuclear group; PtA, parietal association cortex; RSA, retrosplenial cortex; RVM, rostral ventromedial medulla; S1 and S2, primary and secondary somatosensory cortices; SSN, superior salivatory nucleus; TCC, trigeminocervical complex (comprising the C1 and C2 dorsal horns of the cervical spinal cord and the caudal division of the spinal trigeminal nucleus); TG, trigeminal ganglion; TNC, trigeminal nucleus caudal is; vlPAG, ventrolateral periaqueductal gray; VPM, ventroposteriomedial thalamic nucleus; V1/V2, visual cortices. Hypothalamic nucleus, a modulation that was reversed by a D2 receptor antagonist (41). Lesioning of the A11 nucleus resulted in facilitation of dura-evoked firing, suggesting that the A11 nucleus provides descending tonic inhibitory modulation of trigeminovascular nociceptive traffic (41). The TCC also receives descending cortical projections from layer 5 pyramidal cells of the contralateral S1 cortex (innervating mainly neurons in deep laminae III–V) and caudal ins cortex.

Ion Channel Disorder — One manner to give an explanation for the heterogeneity of inherited migraine syndromes is to postulate a set of defects in genes that code for an own circle of relatives of proteins with comparable homes and functions [12]. An own circle of relatives of ion channels is appealing, due to the fact the various migraine syndromes proportion the scientific capabilities of the recognized inherited ion channel disorders. With the locating of an extraordinary voltage-gated calcium-channel gene in FHM and EA-2, mutations in different calcium-channel genes are high applicants for different migraine syndromes which include MO and MA. These channels are remarkably several of their conductance and gating mechanisms and maximum neurons specific numerous subtypes which are characterized through specific useful and pharmacologic homes (**Figure2**). A faulty calcium channel should give an explanation for the neighborhood buildup of extracellular potassium that initiates the spreading wave of melancholy in migraine. As calcium enters neurons, potassium exits. Since ion channels with inside the internal ear is vital for preserving the potassium-wealthy endolymph and neuronal excitability faulty ion channel.

Clinical Features of Known Inherited Ion Channel Disorders

- Autosomal dominant inheritance ·
- Reduced penetrance
- Periodic signs and symptoms decided through in which extraordinary channels are expressed
- Episodes prompted through stress
- May or won't have interracial findings
- Response to acetazolamide

III. DIAGNOSIS

As with migraine headaches, remedy of vertigo because of migraine may be symptomatic or prophylactic. An extensive variety of ant vertiginous and antiemetic capsules are beneficial for suppressing signs and symptoms [5]. Promethazine (25 or 50 mg orally or thru suppository) is especially powerful due to its blended ant vertiginous and antiemetic properties. The sedating impact of Promethazine is typically appropriate in an ill affected person who's keen to sleep.Dimenhydrinate and meclizine pills, which are less sedating, are best for treating milder bouts of vertigo and managing movement sickness. Metoclopramide facilitates manage the nausea and vomiting related to each headache and vertigo. The lower in gastric motility that regularly happens all through migraine assaults can lower the absorption of oral capsules in addition to make contributions to the nausea and vomiting. Metoclopramide promotes regular gastric motility and might enhance absorption of oral capsules. It is essential to preserve in thoughts that each one of those capsules require at the very least 20 to half-hour to go into the blood, and that they do now no longer attain height ranges for 1 to two hours. Specific remedies for headache, inclusive of ergotamine's or sumatriptan, are probable of little advantage for the remedy of migraine-related vertigo, despite the fact that there had been no mentioned remedy trials with those capsules. Prophylactic remedies are suitable whilst episodes of vertigo are happening often or whilst the severity isn't always safely managed through symptomatic remedy. The equal prophylactic medicinal drugs used to deal with headaches [5, 6] additionally manage vertigo spells [5]. These are the simplest capsules that are probably beneficial for controlling migraine-related listening to loss [10]. Three major lessons of medicine had been used: β-blockers, calcium-channel blockers, and tricyclic amines. However, there had been no managed trials of those medicinal drugs in treating neurologic signs and symptoms with migraine. Furthermore, the mechanism of action of such capsules for reducing migraine symptoms and indicators is uncertain. Beta-blocker and calcium-channel blockers may also save you vasospasm of arteries to the internal ear simply as they save you vasospasm of retinal arteries in retinal migraine. However, with the current discovery of an ordinary calcium channel in sufferers with FHM and EA-2, those capsules may also stabilize the simple underlying mobile metabolic defect. One normally begins with modest dosages and gradually increases the amount of healing variety. To determine effectiveness, a month-long experiment is required. The first evidence of an impact is a decrease in the frequency and severity of attacks on the inside. Acetazolamide is a drug that merits wider attention as a migraine prophylactic. We have determined it to be especially powerful in controlling vertigo and movement illness in sufferers with migraine [14]. It is widely known to suppress mountain illness, a circumstance that typically happens in migraines. Its dramatic impact in EA-2 is probably because of modifications in cerebellar pH which facilitates stabilizing the faulty calcium channels [15]. Assuming different migraine syndromes are because of ion channel defects with inside the mind and internal ear, and then acetazolamide is probably powerful for an extensive variety of migraine disorders [18-19].

Table1: Survey report: Survey conducted in a particular area.

Characteristic	Physician Diagnosis of Migraine (%)	No Physician Diagnosis of Migraine (%)
Sex		
Female	79.4	71.7
Male	20.6	20.3

Age, y		
<12	4.4	5.4
18-29	12.8	19.8
30-39	25	26.8
40-49	28	25.4
50-59	19	14.3
>60	10.9	8.2
Symptoms		
Nausea	80.6	67.7
Vomiting	40.7	18.8
Unilateral pain	66	57
Pulsatile pain	88.4	88.5
Photophobia	89.4	72.3
Phonophobia	82.2	71.5
Blurred vision	54.8	32.7
Aura	44.6	24.1
Neurological signs	14.2	7.1
Severity of head pain		
Extensive Serve	45.9	21.8
Serve	43.8	50.3
Moderate	9.7	26.1
Mild	0.6	1.7
Frequency of severe headache		
Daily	0	0
2-6 per daily week	14.9	13.9
1-Per Week	10.6	11
1-3 Per Month	35	38.3
1-12 per year	39.4	36.4
Highest level of impact		
Function normally	4.3	11
Some impairment	30.4	45.2
Several impairment	14.3	12.3
At bed time	50.4	27
Duration of activity restrictions, d		
0	10.5	26.8
<1	47.2	50
1&2	37.2	21
2&3	4.1	1.6
>6	1	0.5

Table2: Most common Medicines used by the patients. With their common side-effects generally seen in them

DRUG	DOSE	SIDE EFFECTS
Propranolol	40-120mg twice daily	Reduced energy, tiredness , contraindicated in asthma patients
Metoprolol	100-200mg daily	Reduced energy, tiredness , contraindicated in asthma patients
Amitriptyline	25-75mg at bed time	Drowsiness
Valproate	400-600mg twice daily	Drowsiness, hair loss, weight gain, tiredness, hematology, Parkinson, depression
Flunarizine	5-15 mg daily	Leg cramps , fibrosis , weight gain , hair loss
Methysergide	1-6mg daily	Constipation , leg Swelling, Insomnia
Verapamil	160-329mg daily	Tiredness , dizziness
Topiramate	25-200mg daily	Confusion , weight loss

IV. THE FUTURE OF MIGRAINE TREATMENT

Although the trip tans constitute an essential advance, they're useless in a few sufferers. A vital development could be a remedy for acute assaults that had no vascular outcomes — in different words, an ant migraine remedy with completely neural movement. If the speculation that neurogenic infection brought on the ache became correct, selective neuronal energetic compounds with peripheral movement must be powerful [16]. Unfortunately, antagonists of neurokinin-1 receptors (which mediate the biologic movements of substance P), an endothelia antagonist [26], a neurosteroid, and particular inhibitors of the extravasations of plasma protein (CP122, 288136 and 4991W93137) have proved useless in medical trials. The selective 5-HT1F–receptor agonist LY33437098 became powerful; however it is able to act on each peripheral and significant trigeminal target [10]. However, merely neural compounds do work. The a-amino-3-hydroxy-5-methyl-4-isoxazole prop ionic acid–kainite antagonist LY293558138 and GR79236, a selective Adenosine-A1–receptor agonist [17], proved powerful in acute assaults of migraine. Another nonvascular technique could be to dam the outcomes of calcitonin gene–associated peptide, and appropriate compounds that achieve this at the moment are available [21]. Another technique is blockade of nitric oxide synthesis, which has proved powerful in a single initial study [22]. There are novel medical-trial designs and quit factors which might be predicted to mirror medical exercise extra accurately. These quit factors encompass efficacy over the route of a couple of assaults (intrapatient consistency), sustained freedom from ache over a 24-hour period, and the desire of the patient. Furthermore, so called ASAP (as quickly as possible) trials, wherein sufferers are allowed to deal with their assaults as quickly as they're certain migraine is developing, will higher replicate the character of migraine remedy in actual life [15]. Finally, sufferers decide upon now no longer to have assaults at all. Current prophylactic cures for migraine are notably nonspecific, their efficacy is moderate, and that they have tremendous aspect outcomes [22]. Studying the mechanisms worried with inside the onset of migraine and the predisposition to attacks is probably to result in extra particular, extra efficacious, and higher-tolerated prophylactic drugs. We are very constructive approximately the destiny for men and women with migraine [25].

V. CONCLUSION

Most of the current evidence points to CSD, the phenomenon that underlies the migraine aura, as the maximum likely number one reason of activation of the TGVS and consequent headache. Direct proof that CSD can prompt the TGVS has been acquired in animals. Whereas the prevalence of CSD in MA sufferers has been established, the proof of its prevalence in MO sufferers isn't always so strong, and in addition imaging facts appear to be important to affirm the speculation that CSD in clinically silent regions of the cerebral cortex reasons MO. The opportunity view that migraine charisma and headache are parallel instead of sequential tactics additionally lacks enough experimental support. It stays doubtful whether or not brainstems nuclei which can be concerned with inside the crucial manipulate of nociception are dysfunctional in migraineurs. The mechanisms for the initiation and propagation of experimental CSD stay incompletely understood, and the molecular and cell mechanisms that cause CSD vulnerability in migraineurs stay unknown. The dating among CSD vulnerability and the periodic changes in cortical excitability measured in migraineurs is likewise doubtful. Whether the cortex of migraineurs is hypo- or hyper excitable

remains a rely of debate, even though maximum of the constant findings factor to hyper excitability, and the hyper excitability speculation appears higher proper to give an explanation for vulnerability to CSD. The mechanisms that underlie the cortical hyper excitability and its periodicity stay unknown and are probably multifactorial. The discovery of causative genes for migraine might be essential to direct destiny studies looking to solution those essential open questions. The identity of the gene for FHM1 has brought a brand new angle into the location of migraine studies through characterizing migraine additionally as a channelopathy. As maximum channelopathies are issues of cell excitability, this discovery stresses the significance of changes in neural excitability within side the pathogenesis of migraine. Our information of the molecular foundation of FHM helps the concept that migraine is a multisystem disease of neuronal hyper excitability. The changes in CaV2.1 channel characteristic which can be produced through FHM1 mutations factor to cortical hyper excitability as the premise for CSD vulnerability. In leaner mice, lack of CaV2.1 channel characteristic reduces glutamate launch and cortical community excitability, and makes the cortex extra immune to CSD. The contrary gain-of-characteristic unmarried-channel phenotype of FHM1 mutants must growth glutamate launch and cortical community excitability, making the cortex extra vulnerable to CSD. The identical impact must end result from lack of characteristic of the α2-isoform of the Na+/K+ATPase which can be related to FHM2. Knock-in mice sporting FHM1 mutations are starting to turn out to be to be had and could permit verification of those predictions. These mice can be invaluable, now no longer best to recognize how the changes in channel characteristic reason FHM and its usual episodic symptoms, however additionally to recognize the pathophysiology of migraine in general. They will permit us to check the speculation that dysfunctional antinociceptive brainstem nuclei are concerned within side the pathogenesis of migraine headache. Current proof helps the view that peripheral and crucial sensitization has a key position within side the technology of migraine pain; however the cell and molecular mechanisms of crucial sensitization and its renovation stay in large part unknown. The gain-of-characteristic unmarried motion phenotype of FHM1 mutants may want to suggest hyper excitable trigeminal pathways, which might make FHM1 knock-in mice a great version for analyzing the neurobiology of migraine pain.

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