



# Migraine Treatment in Delhi

If you're suffering from frequent migraine attacks, you should know that there are numerous options for treating your condition. There are several treatments, but in many cases, a doctor's recommendation is the most effective. For example, a doctor at AIIMS can help you prevent [food allergies](#) and other triggers of migraine headaches. Another option for Migraine treatment in Delhi is [Dr. Rommel Tickoo](#), who practices neurology and has a high rate of success treating patients with migraine headaches.

[Migraine treatment in Delhi](#) may involve taking medication designed for epilepsy or depression. These drugs aim to prevent frequent migraine attacks by making them less likely to occur. However, these drugs don't cure the condition, so doctors usually prescribe them only for severe attacks. For some patients, hormonal therapy can be helpful. Women can also try biofeedback and relaxation techniques, which may help abort the migraine pain.

A doctor will be able to determine the underlying cause of your migraine. If it's the trigger for your migraine, your doctor will suggest a medication to help you control your symptoms. A migraine headache is characterized by intense pain on one side of the head, which can last anywhere from several minutes to a few days. The pain may also come with nausea and sensitivity to light or sound. For the most effective treatment, a doctor may perform a series of tests, including an electromyogram.

Medications used to control migraines include a combination of hormones. Although migraines are not strictly genetic, the condition often runs in families. The environment may also play a role. In addition to diet, hormone replacement therapies, and certain medicines can increase the risk of migraine. Menopause, shift work, and hormonal replacement pills may also trigger a migraine attack. A trained dentist can also give you the proper treatment for your migraine condition.

Biofeedback, a therapy that teaches people how to monitor their stress levels, has shown promising results. This technique is not an instant cure, but it does seem to reduce the pain associated with migraines. Cognitive behavioral therapy is another option. In this type of therapy, your doctor will teach you how to reduce your stress level and perceive pain. Certain vitamins and minerals may also reduce the frequency and intensity of your migraine.

A migraine headache can also be accompanied by an aura, or warning symptoms. These warning signs are usually visual. It is also possible to experience blind spots or flashes of light as well. Besides the blood vessels, certain chemicals in your brain increase activity. Scientists are still studying what triggers this change. But it is believed that stress and emotional triggers can set off a migraine attack. And for women, menstruation often triggers a migraine.

The primary goal of [Migraine treatment](#) is to prevent future attacks. Most patients are young, and non-specific anti-inflammatory drugs (NSAIDs) can help in mild or moderate attacks, while more specific medications (such as triptans) are used for severe and chronic migraine. However, non-specific medications can have side effects, and they won't work if the migraine has already started. Besides, some people are prone to medication overuse, which can cause a headache.

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