

# What Happens In Your Body During A Migraine

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## How Headaches Affect The Body

Do you feel a pounding sensation in your forehead? Do your eyes seem to become dilated and sensitive to light? Do both arms or hands seem to lock up and have a pins-and-needles sensation that feels uncomfortable?

These signs and symptoms are various forms of headaches affecting the head. The head helps protect the brain from damage as the neuron signals from the central nervous system are connected to the cervical regions of the spine. When factors like lifestyle habits, dietary food intake, and stress affect the central nervous system, they begin to co-mingle to form various forms of headaches. Each form of headache continuously shifts in many suffering individuals to never sit still for their clinicians to capture their specific profile. Some of the multiple headaches include: Tension headaches Migraines Stress headaches Sinus pressure Clustered headaches When headaches begin to affect the neck and head, research shows that these headaches cause a convergence between the cervical sections of the spine and the skull base. This becomes a mediator for the neck and head to develop referred pain. Referred pain is known as pain that occurs in one section of the body than where it is located. For example, say someone has been through a traumatic injury that causes them to have whiplash in their neck; that pain in their neck muscles can mimic a headache affecting one side of their head. Additional information has mentioned that migraine headaches can cause chronic inflammatory issues in the gut-brain axis, causing dysfunctional autonomic and enteric nervous systems and affecting the body.



# How The Body Deals With Migraines



The severe pounding of a migraine headache can last for hours or even days. But pain isn't the only symptom. Migraines can affect other parts of your body too. Scientists now believe migraines are caused by a wave of stimulation on the brain's surface. During a migraine attack, the trigeminal nerve is also stimulated, releasing chemicals called neuropeptides and causing inflammation in the meninges, the membrane that covers the brain. One chemical called CGRP is thought to play a major role in worsening migraines and prolonging their effects. CGRP causes blood vessels to dilate and triggers additional inflammation, which results in pain and sensitivity. The trigeminal nerve also stimulates the thalamus, which reacts like the brain's relay station, sending messages to other body parts. The thalamus controls the body's sensitivity to light, sound, and movement. Auras can occur as a warning before the migraine strikes, triggering flashes of light or wavy zigzags and blurred vision. Auras may also cause tinnitus or ringing in your ears. Some people may even lose their ability to see or hear normally. A migraine attack can also affect your digestive system, causing nausea and vomiting; the physical effects can linger when a migraine finally subsides. Muscle weakness, dizziness, confusion, and light and noise sensitivity can last up to 24 hours.



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