

## Paroxysmal Hemicrania

Paroxysmal Hemicrania is a type of headache that is characterised by severe, unilateral (one-sided) headaches that occur in cycles. The headache attacks are usually short-lived and can occur multiple times a day. The condition is more common in females than males.

The symptoms of paroxysmal hemicrania include:

- Severe pain on one side of the head that lasts for minutes to hours
- Pain usually located around the eye, temple, forehead or cheek
- Pain is accompanied by tearing, redness or drooping of the eyelid, and/or nasal congestion on the same side as the headache
- Attacks occur multiple times a day
- Attacks can be triggered by certain movements or activities such as bending over, coughing or sneezing

The cause of paroxysmal hemicrania is unknown. However, it is believed that the condition may be related to the trigeminal nerve, which is a major nerve that supplies sensation to the face and head.

The diagnosis of paroxysmal hemicrania is usually made based on the patient's symptoms and medical history. Your doctor may perform a physical exam to rule out other causes of headache. Imaging studies such as CT or MRI scans may also be requested to rule out secondary causes, although they are uncommon.

Paroxysmal hemicrania can be treated with nonsteroidal anti-inflammatory drugs (NSAIDs) such as indomethacin, which is highly effective in most cases. However, the response to treatment is usually rapid and symptoms can recur when treatment is discontinued. In some cases, other medications such as corticosteroids or anticonvulsants may be used.

- There are several things you can do to manage your paroxysmal hemicrania:
- Keep a headache diary to identify triggers that can cause an attack
- Avoid triggers as much as possible
- Take medications as prescribed by your doctor
- Practice relaxation techniques such as deep breathing, meditation or yoga
- Get plenty of rest and maintain a healthy lifestyle

You should see a doctor if you experience severe or recurrent headaches, especially if they interfere with your daily activities.

In conclusion, paroxysmal hemicrania is a type of headache that is characterised by severe, unilateral (one-sided) headaches that occur in cycles. It can be managed with medications and lifestyle modifications. If you experience severe or recurrent headaches, you should see a doctor to determine the cause and appropriate treatment.