

Triptans are a class of medications that are commonly used in the treatment of migraine and cluster headaches. These medications work by binding to serotonin receptors in the brain, which can help to reduce inflammation and alleviate pain.

There are several different types of triptans available, including both short-acting and long-acting formulations, as well as subcutaneous injections, nasal sprays, wafers, and tablets.

Short-acting triptans are typically taken at the onset of a migraine or cluster headache and are designed to provide quick relief. They include:

- Sumatriptan (Imigran)
- Rizatriptan (Maxalt)
- Zolmitriptan (Zomig)
- Almotriptan (Axert)
- Eletriptan (Relpax)

Long-acting triptans are designed to provide longer-lasting relief and may be more effective for people who experience frequent migraines or cluster headaches. They include:

- Frovatriptan (Frova)
- Naratriptan (Amerge)

Subcutaneous triptans are delivered via injection and are often used when oral medications are ineffective or when the individual experiences nausea or vomiting. They are especially useful in the management of cluster headache due to their very quick action. They include:

- Sumatriptan (Imigran)
- Zolmitriptan (Zomig)

Nasal spray triptans are also available and can provide quick relief for individuals who experience nausea or vomiting during a migraine or cluster headache. They include:

- Sumatriptan (Imitrex)
- Zolmitriptan (Zomig)

Triptan wafers are designed to dissolve in the mouth and may be particularly useful for individuals who experience nausea or vomiting during a migraine or cluster headache. They include:

- Rizatriptan (Maxalt)
- Zolmitriptan (Zomig)

It is important to follow the dosage instructions carefully and to talk to your specialist about which type of triptan may be most effective for your specific symptoms.

While triptans can be effective in treating migraine and cluster headaches, they may not be suitable for everyone. People with certain medical conditions, such as heart disease, high blood pressure, or liver problems, may not be able to take triptans.

Additionally, these medications may cause side effects including:

- Dizziness
- Nausea
- Tingling sensations in the hands or feet
- Chest tightness

It is important to discuss any potential risks or side effects with a healthcare provider before starting a new medication.