

Migrain (Bo_ho_k' haso) Hoelen Khan Cet' Cet' Ko Cekae Hoyok'a

Migrain bo_ho_k' haso babotre sontor tahe~n reak' hapta 2021 n'utumte SKF bo_no_do_bo_s akan bises akhr.a 'Bo_ho_k' la_git' Bo_ho_k' Haso' reak' mo~r.e~ak' porbo rean' bisoi tahe~kana Migraine reak' cikit'sa ar ona kho_n ban'cao n'am. Un hilok' per.a hisabte set_ere tahe~kana National Institute Of Neuroscience And Hospital reak' Neurology bibhag ren sa~oten professor Dr. Abu Nayim. Noa akhr.a do_e a.yurleda Sushmita Shruti Chowdhury.

Aema lekan Bo_ho_k' Haso:

Dr. Abu Nayim do_e bad_ae ocokeda, Me~t' cetan khon da.bi dha_bic' noa bhag do_ bo_ho_k' kana. Ar bo_ho_k' tahe~len khan bo_ho_k' haso do_ tahe~ngea. Me_nkhan ja~ha~tin ja~ha~tinre nia bo_ho_k' haso kho_nge me~t', lutur ar sinus reak' muskil hoe dar_eak'a. Pa_hil porjai reak' bo_ho_k' haso re ja~ha~n karontet'ge ban' sendra n'amok'a. Ar 95 percent bo_ho_k' hasoge nonkanak' bo_ho_k' haso kana. Ar 2-5 percent re n'e_lok' kana, Bo_ho_k' haso sa~o me~t', lutur ar mu~ do_ jopor_ao menak'a. Noa ko bo_ho_k' haso reak' 70 percent arho~ a.d.i cinta. kho_n ho~ hoyogo_k'a. Noa do_ko metak' kana Tension Headache. Ar 30 percent do_ hoyok' kana Maigrain bo_ho_k' haso.

Cekatebo_n bujha_ukea je okt_ak' bo_ho_k' haso kana:

A.d.i at. cinta.te bo_ho_k' haso (Tension Headache) do_ mit' talaoge hasoa. E_t.ak' sec' Migraine bo_ho_k' haso do_ ja~ha~tinre hasoa. Haptare bar din, pe din; mas re bar din, pe din. Metak'me bo_cho_rre mit' dhao ho~ hoe dar_eak'a. Ar cinta.te bo_ho_k' haso (Tension Headache) do_ cando ha_surlen khang haso ho~ d.her idik'a. Migraine reak' haso

do_ nonka a_ika_uk´a, menkeam bo_ho_k´ bhitrire okoe con´ cet´teko ha_net´ kana. Pulse sa~ote noa haso ho~ tal mila_u kate rakap´ dar_eak´a. Ar Tension Headache do_ a_d_i kajak´gea. Bo_ho_k´ a_cur dar_eak´a, dudr_umge a_ika_uk´a. Bec´ bec´ at_karok´a. Seton´ reak´ ra~t ban´ sahaok´a, Katha ror_re ho~ muskil hoe dar_eak´a.

O_koe do_ Migraine bo_ho_k´ haso n´am dar_eakoa:

Ja~ha~e hor_koak´ge Migraine hoe dar_eak´a. Emanteak´ bo_ho_k´ haso leka maejiu ko ba_r_ti Migraine n´amet´koa. 16 bo_cho_r kho_n e_hop´ kate 45 bo_cho_r dha_bic´ noa bo_ho_k´ haso do_ tahe~ dar_eak´a. Nia laha- tayomre ho~ hoe dar_eak´a. Ba_r_tikaete n´e_logo_k´ kana, gogo-babawak´ tahe~kana. Ond_e kho_n ho~ hoe dar_eak´a.

Migraine karonak´te cet´ ja~ha~n muskilak´ hoe dar_ekea:

Ban´, Cinta_ reak´ ja~ha~n karonge ba_nuk´a. Secondary bo_ho_k´ haso hoelen khan thor_a cinta_ reak´ kangea. Me_nkhan pa_hilak´ re cinta_ reak´ karonge ba_nuk´a. Cedak´ je_, Bo_ho_k´ kho_n ehobok´ kan bo_ho_k´ haso do_ bo_ho_k´ reak´ cet´ ho~ bae loksana. Me~t´, mu~ ar lutur kho_n ehobok´ bo_ho_k´ haso thor_a sensitive. Lahate ko dharonat´ kan tahe~na Migraine sa~o Stroke reak´ ga_hir sompok menak´a. Me_nkhan, khond-rond (Gobesona) kate ja~ha~n pormange ban´ n´am akana. Migraine reak´ cikit´sa lekhan mon´jok´a. Me_nkhan aema o_kte ban´ mon´j uta_rok´a. Aema din ran jo_jo_m joyok´a. Migraine re me~t´ tayom nakha hasoa. Aema hor_ do_ me~t´ ren dactor t_henko senok´a. Cosma ko ho_ro_ga. E_nre ho~ thor_a do_ mon´jok´, nirdae do_ ban´ mon´j ut_arok´a.

Migraine reak´ cikit´sa:

Diagnosis ocoe hoyok´a. Ina_ chad_a ho~ gharon´j reak´ nagam tahe~n khan, jo_to_ cinha_ ko mila_u katec´ ale do_ thor_a ranle e_mogo_k´a. Mone re do_ho_e hoyok´a, Cando re judi bar-pe dhao nonka a_d_i kajak´ bo_ho_k´ haso hoyok´,

e_nd_ekhan e_t.ak´ ran do_le emakoa. Haso e_hop´ torage ran jo_m lekhan una.k´ do_ban´ hasoa.

Maejiu kodo_cet´ lekate Migraine ko sambr_aoa:

Bha_rti hor_mo tahe~n o_kte Migraine do_sabhabik ghot_na kana. Arho~ ale Migraine reak´ oka lekan ranle emako, ona do_bha_rti hor_mo tahe~n o_kte emok´ ban´ ganok´a. Nond_e mit´t_en ha_si reak´ ghot_na menak´a. O_koe koak´ do_laha kho_nak´ge Genuine Migraine tahe~n, bha_rti hor_mo tahe~n o_kte ona do_50 percent belare do_mon´jok´a. Ar o_koe koak´ Migraine reak´ nagam banuk´, Onkoak´ 16 percent belare do_bha_rti hor_mo okte Migraine hoyok´a. Arho~ gidra_janam tayom mon´jok´a.

O_koeak´ ghane ghane Migraine hoyok´, uniak´ judi Tension Headache hoyok´, unre?

Mit´ hor.ak´ nonkan bar lekan bo_ho_k´ haso hoe dar_eak´a. Unre okako ran do_bar lekan hasorey ka_mia, onkan rangele emakoa. Migraine bo_ho_k´ haso me_nak´tae rogi do_sabhabik leka bako ka_mi dar_eak´a. Je_mon Skul, College se_Office calak´, olok´ par_haok´- noako ban´ko dar_eak´a.

Hor_mo khat_aok´ sa~o sa~ote Migraine reak´ sompok:

A.d_i cinta. tahe~len khan, ja_pit´ ko_m hoylen khan, mit´ san´j ban´ jo_m lekhan, ackage ba_r.ti hor_mo khat_ao lekhan Migraine hoe dar_eak´a. Migraine kh_on sa_n´gin´re tahe~n la_git´ hor_mo ar mo_n niropon do_hoe ja_rur_a. Jaoge hor_mo khat_ao, tar_am, bhan´jao (beyam) ja_rur_a. Migraine do_bo_ho_k´ hatan´ reak´ rua_kana. Hatan´ reak´ cet´ ho~ bae loksana. Cikit´sa lekhan aema okte mon´j ho~ mon´j ho_do_k´a. Me_nkhan mon´j ho~ ban´ mon´j dar_eak´a. Ban´ mon´j lenkhan sambr_aote do_hoe hoyok´a. O_kte na_pitre ja_pit´ hoyok´a. O_kte na_pit´re jo_m hoyok´a. Dak´ n´u~i lagaok´a. Ar ona sa~ote thor_a hor_mo bhan´jao kate apnarte napae tahe~n ja_rura. Migraine se_bo_ho_k´ haso do_ja~ha~n maran´ muskilak´ cet´ ho~ ban´ kana.

Source: Prothom alo