

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 niropo 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