

# Cet' Lekate Migraine (Bo\_ho\_k' Haso) Kho\_n Rukhia\_bo N'amkea

Migraine mit' lekan bo\_ho\_k' haso kana. Bo\_ho\_k' re ja~ha~ mit' ar.e kho\_nak'ge noa haso ehop'a. Migraine bo\_ho\_k' haso a.d.i gha.r.ic' do\_tahe~na. Okoe ak' nonkan et.ket.or.e~ menak'tako, Onko do bo\_ho\_k' haso sa~o be\_c' be\_c'ko at.kara. Noa haso a.d.i algate ban' maraok'a, thor.a din do\_ hasoa. Onate tina.k' hor.koak' noa haso menak', noa haso cet' kha.tirte ehop'a ona babotre bad.aejon' ja.rur. menak'a. Nonkate Migraine khonak' pharak'bo tahe~ dar.ekea.

## 1. Ren'gec'te tahe~n:

Ren'gec'te tahe~len khan Migraine bo\_ho\_k' haso ehop'a. Ente ren'gec'te tahe~nre gastric reak' muskil n'elogo\_k'a, oka do\_ bo\_ho\_k' haso d.her dar.eak'a.

## 2. Hoe-dak' bichna.u (abohaoa):

A.d.i ba.r.ti seton're na.curle khanho~ bo\_ho\_k' haso ehop' dar.eak'a. Ina.kate lo\_lo\_ seton' kha.tirte hoe dar.eak'a.

## 3. Mo\_nre uca.t.:

Okoe do\_ asambher. se\_ a.d.i ba.r.ti uca.t.teko ka.mikan, ar jo\_m-n'u rean' ja~ha~n nit. akan okto ba.nuk'tako se\_ ban'ko manaoet' kan, onkanko hor.ge ba.r.ti noa bo\_ho\_k' haso n'amet'ko kana.

End.ete nonkanak' mo\_nak' uca.t. dea gid.ikak' reak' kurumut.ui hoyok'a.

## 4. Ja~ha~nak' sad.e: kajak' rir.a.n' r.ar.an.te seren' an'jo\_m emanteak' kha.tirte Migraine bo\_ho\_k' haso n'an'ama. A.d.i rir.a.n' r.ar.an' kha.tir amdaj bar din dha.bic' haso tahe~ dar.eak'a.

## 5. A.d.i ba.r.ti ja.pit':

Okte na pitre ja pit' sanamko la git' a d i ja rur a. Ente oktere ban ja pit'le khan hor more aema lekan et ket o~r e~ n'elogo k'a. Okoe do jao hilok' 5-6 ghont a ko ja pit', Ackage mit' okte onkanko hor d herko ja pit' lekhan bo ho k' haso ehop' dar eakoa. Onate sanamko sontor ar aodhan tahe~n hoyok'tabona.