

CAUSES AND ADVERSE EFFECTS OF ANEMIC HEAD ACHE

DR. SHABIR AHMAD MIR

M.O. J&K Govt. Health Services Jammu-180001

E-mail: mirshabir02@gmail.com

INTRODUCTION

In this disease due to weakness of brain causes head ache. Due to anemic head ache there is inadequate blood supply to brain. And the brain cannot function properly, the patient is not able to think properly, because this disease decrease the quantity of blood in our body, those patients feels stress, lack of proper vision and lack of proper concentration, in this disease the response time of patient is very low, if we ask any normal question to patient, the patient will give answer to question after 2-3 mints which shows that anemic headache is describing the patient. Cannot concentrate properly.

CAUSES

1. Lack of proper blood supply to brain
2. Stress on brain
3. Brain hemorrhage
4. Epitasis
5. Hemorrhage Like piles , Menorrhageia
6. External injury to any part of body which effects the brain
7. General weakness

SYMPTOMS

1. Stress on brain due to simple work caused head ache
2. Irritation cased more head ache
3. Insomnia
4. Palpitation

5. Dyspnoea
6. Vertigo
7. Facial puffiness
8. Lack of concentration
9. Excessive sweating of hands & palm

IMAGE OF ANEMIC HEAD ACHE



ADVERSE EFFECTS

The main adverse effect of anemic head ache is lack of proper supply of blood to brain, due to low supply of blood to brain the patient cannot think properly what to do are what to not do. It causes vomiting, vertigo, lack of proper vision, general weakness, and lake of response in some patients.

BIOCHEMISTRY INVESTIGATION

- H.B
- CTBT
- BSR
- CTHEAD
- CBC

TREATMENT

Allpopathic

1. Uses of brain tonics
2. Sedatives sometimes needed
3. Peracetamol
4. Iron tonic

Ayurvedic

1. Quris Musleas
2. Ittrifil kashnize
3. Kushte fulhad
4. Apply locally on head roginelubob saba , put three drops into nose & ear
5. Use qursa nukra murakab one tablet & khambir abrisham 7 gram at bed time

DITE SHEET

- Normal Diet
- Fruits & vegetables
- Carrot , Bpinach , Beetroot, Apple

CONCLUSION

It has been found from the study that anemic head is a common disease mostly found in women's , during pregnancy most of patients become victim of this disease , decrease the level of blood in our body, which cause most effects , vomiting , several headache, lack of proper concentration , tiredness etc.

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