A headache is pain felt in the head. There are different types and causes of headaches.

**Sinus Headache**
A sinus headache causes pain in the front of the head and face. The pain is caused by swelling in the sinus passages that are behind the cheeks, nose, and eyes. The pain is worse when bending forward and first waking up in the morning. You may have nasal drainage or a sore throat.

**Tension Headache**
A tension headache is caused by muscle tension in the head and neck. Signs of a tension headache include a dull or constant throbbing pain above the eyes and across the back of the head. The pain may spread to the whole head or move into the neck and shoulders. The muscles in these areas may feel tight.

**Migraine Headache**
A migraine headache is caused by the swelling of blood vessels in the brain. Things that may trigger a migraine include:

- Bright or flashing lights, loud noises, or strong smells
- Certain foods or drinks such as:
  - Hard cheese
  - Processed meats such as bacon, hot dogs, and deli meats
  - Wheat bread or grains with gluten
  - Additives such as artificial sweeteners or MSG
  - Caffeine found in coffee, tea, soft drinks, and chocolate
  - Red wine or other alcoholic drinks
- Certain foods or drinks such as:
  - Bright or flashing lights, loud noises, or strong smells
  - Certain foods or drinks such as:
    - Hard cheese
    - Processed meats such as bacon, hot dogs, and deli meats
    - Wheat bread or grains with gluten
    - Additives such as artificial sweeteners or MSG
    - Caffeine found in coffee, tea, soft drinks, and chocolate
    - Red wine or other alcoholic drinks

**Tanavale hune Tauko Duxhai**
Tanavale hune tauko duxhai gardo tauko duxe samshu hunch. Tanavale hune tauko duxhai ko laksaranrumpa aoxakoi madhi ko taukokoi pashandaliko sainsa margahto su CHANGE PHRASE IN HANDWRITING. Tauko puri taukokoma feilin sakho ga phuti ko kothma jana sakho. Yeh kresthurumko maoqishuru kada mahasurhunch sakho.
• Changes in the weather or air pressure
• Eye strain
• Hormone changes in women, such as during a menstrual period
• Medicines such as birth control pills
• Oversleeping or not getting enough sleep
• Skipping meals or going too long without eating
• Smoking or being around smoke
• Stress

Migraines cause severe pain, vision changes, and nausea or vomiting. Light, noise, or some smells may worsen these signs. The pain may begin around the eye or temple and tends to be on one side of the head, but it may spread.

There may be warning signs before a migraine called an aura. Warning signs may include:
• Sudden tiredness or frequent yawning
• Visual changes such as blind spots, blurred vision, or seeing bright lights, lines, or other things that are not there
• Tingling in an arm or leg

Cluster Headache
A cluster headache causes severe head pain. The headaches occur in groups or clusters. They happen 1 or more times a day over a cycle of weeks or months. At the end of a cluster cycle, the headaches will suddenly stop. They often do not come back for 6 months to a year or longer. It is not known what causes a cluster headache, but some things may trigger one, including:
• Changes in the amount of daily sunlight during the spring and fall
• Glare from light
• Alcohol
• Smoking

• मौसम वा हावाको चापमा परिवर्तन
• आँखा तनाव
• महिलाहरूको हर्मिन परिवर्तन, जस्तै महिनावारी को समयमा
• गभनिरोधक चक्की जस्ता औषधिहरू
• धेरै सुलु वा पार्षदत्त निद्रा नलिनु
• खाना छाँटनु वा नझाँझनु धेरै लामो समयसम्म बस्नु
• धुम्रपान गर्नु वा धुवाँ वर्पर हुनु
• तनाव

माइग्रेनले गम्भीर दुखाइ, दृष्टि परिवर्तन, र वाक्काको बाना निस्पाट बन्ने। उद्योग, दाता वा केही मध्येले यी संकेतहरू विघ्न बन्न सक्न। दुखाइ अँख वा निथारको वरिपरी सुरु हुन सक्न र टाउको एक छेउमा हुन सक्न, तर यो फैलिन सक्न।

और भनिने माइग्रेनले हुनु अथि चेतानी विन्हहरू हुन सक्न। चेतानी संकेतहरूमा निम्नलाई समावेश हुन सक्नन:
• एकाकी धकान वा बारम्बार हाई आउनु
• दृष्टिगत परिवर्तनहरू जस्तै ब्लाइंड व्हाट, ध्वमलो दृष्टि, वा उद्योगले बस्तोहरू, रेखाहरू, वा नभएका अन्य चैजेरहरू देख।
• हात वा खुट्टामा झुँझाउनु
Your Care

Your doctor will do an exam. Your care will be based on your symptoms and type of headache. As a part of your care, you may need to:

• Take over the counter medicines such as acetaminophen, aspirin, or ibuprofen for headaches, as your doctor orders. Do not give aspirin to children. If over the counter medicines do not help your pain, talk to your doctor about prescription medicines.
• Apply heat or cold to your neck or head.
• Get plenty of sleep and exercise.
• Relax, reduce stress, and use good posture.
• Eat a healthy diet and do not delay or miss meals.
• Avoid smoke and alcohol.
• Keep a headache diary or calendar to help find and avoid things that trigger your headaches.
• Limit caffeine by not drinking too much coffee, tea, or soda. Do not quit caffeine suddenly because that can also give you headaches.

• तेही खानाहरु
• तेही औषधिहरु
Call your doctor right away if:

- Your headache occurs with a head injury.
- You have slurred speech, change in vision, problems moving your arms or legs, loss of balance, confusion, or memory loss.
- You have a headache with a fever, stiff neck, nausea, and vomiting.
- Your headache is sudden and severe.
- Your headache gets worse over 24 hours or lasts longer than one day.
- Your headache is severe and is near one eye with redness in that eye.
- You have a history of headaches, but they have changed in pattern or intensity.

Talk to your doctor or nurse if you have any questions or concerns.

आफ्नो डक्टरलाई तुरुन्तै कल गर्नुहोस् यदि:

- तपाईको टाउको दुखाई टाउकोमा चोट लागेर भएको छ भने।
- तपाईंमा अस्पष्ट बोली, दृष्टिमा परिवर्तन, आफ्नो हात वा खुट्टा चलाउन समस्या, सन्तुलन गुमाउनु, भ्रम, वा स्मरणशक्तिमा कमी छ भने।
- तपाईलाई ज्वरो आउने, घाँटी दुख्ने, वाकवाकि लाप्रे र बान्ता हुने सैंग टाउको दुख्ने समस्या छ।
- तपाईको टाउको दुखाइ अचानक र गम्भीर छ।
- तपाईको टाउको दुखाइ 24 घण्टामा झप्पा खराब हुन्छ र एक दिन भन्दा बढि रहन्छ।
- तपाईको टाउको दुखाइ गम्भीर छ र ल्यो आँखा रातो भएको एक आँखा नजिक छ।
- तपाईंसँग टाउको दुखाइको इतिहास छ, तर तिनीहरू ढाँचा वा तीव्रतामा परिवर्तन भएका छनौ।

यदि तपाईको कुनै प्रश्नहरू वा सरोकारहरू छन् भने आफ्नो चिकित्सक वा नर्ससँग कुरा गर्नुहोस्।