



## Pharmacological Treatment of Headache

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### Introduction

Headache, or cephalgia, is a common health issue affecting millions of people worldwide. There are various approaches to treating headaches, including the use of medications. This summary discusses pharmacological strategies for the treatment of headache, highlighting the most common types of drugs and their efficacy.

### Objectives

The aim of this summary is to examine the pharmacological treatment of headache, emphasizing the different types of medications used, their mechanisms of action, and their effectiveness in relieving headache pain.

### Methods

We conducted a systematic literature review based on research in the PubMed database, using the descriptors "headache," "pharmacological treatment," and "headache medications." Filters were applied to select review articles and randomized clinical trials with full-text availability. We obtained 150 articles from the PubMed database, of which 15 were selected, and 6 were used for this summary.

### Results

There are several classes of medications used in the treatment of headache, including analgesics, non-steroidal anti-inflammatory drugs (NSAIDs), triptans, ergotamines, and preventive medications. Analgesics such as acetaminophen are often used to relieve mild to moderate headaches. NSAIDs, such as ibuprofen, can be effective in treating tension-type headaches and migraines. Triptans, such as sumatriptan, are specific for migraine treatment and work by causing vasoconstriction and reducing cerebral inflammation. Ergotamines are also used in migraine treatment, although they have limited efficacy and can cause side effects. Additionally, preventive medications like topiramate and propranolol are prescribed for patients with chronic or recurrent headaches to reduce the frequency and severity of attacks. The choice of medication depends on the type of headache, the severity of symptoms, and the individual patient's medical conditions.

### Conclusion

Pharmacological treatment of headache is an effective approach to relieving headache pain and improving patients' quality of life. Medication choice should be individualized, taking into consideration the type of headache and the patient's medical conditions. It is also important to monitor side effects and treatment response over time to adjust therapy as needed. Ongoing research is necessary to develop new medications and enhance pharmacological treatment options for headache.

**Keywords:** Treatment; Headache; Medications.