

# CLINICAL PROFILE OF HEADACHE FROM A TERTIARY CARE CENTRE IN EASTERN INDIA

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## ABSTRACT

### Background and Purpose

Headache is one of the commonest disorders presenting to the neurologists and causes significant morbidity. There is no definitive data about the prevalence and clinical profile of various headache types from our hospital which is a tertiary care referral centre for eastern India. The present study was conducted to study the etiological and clinical profile of various headache types using the second edition of International Classification of Headache Disorders (ICHD-2), and associated triggers in a tertiary care referral centre.

### Patients & Method

It's a retrospective study. Two thousand and forty three patients presenting with chief complaints of headache or facial pain to the Neurology Department at the Institute of Medical Sciences, Banaras Hindu University, Varanasi, India between September 2005 and August 2008 were enrolled.

### Results

Migraine was the commonest headache type (46%), followed by tension type headache (31.7%). In the migraine group migraine without aura (56%) was the commonest followed by chronic migraine (31%) and migraine with aura (10.5%). Chronic tension type headache (74%) followed by frequent episodic tension type headache (ETTH) was seen in the tension type headache (TTH) group. Females were affected more in migraine (M: F = 1:2.6) and tension type headache (M:F=1:2) group while in cluster headache (M:F=4:1) and trigeminal neuralgias (M:F = 1.2:1) males were affected more.

### Conclusions

Migraine including chronic migraine was the most common headache type followed by Chronic TTH. Stress was found as the most common precipitating factor followed by fasting.

**KEYWORDS:** Chronic Migraine, Chronic Tension Type Headache (CTTH), Episodic Tension Type Headache (ETTH), Cluster Headache, Trigeminal Neuralgias