USE OF TRANSCRANIAL MAGNETIC STIMULATION FOR THE TREATMENT OF HEADACHE IN WOMEN OF FERTILE AGE

Abstract: Migraine is a common condition manifested as attacks of severe headache, which is often accompanied by sensory, autonomic and neurological symptoms. According to various reports, 12-15% of the world's population suffer from migraine, with 10% of migraine attacks occurring weekly (approximately 100 million people). As a result, 18% of women, 6% of men and 4% of children suffer from migraine. Among migraine patients, more than 85% of women and 82% of men report that the condition impairs their quality of life.

Introduction. Transcranial Magnetic Stimulation (TMS) is conventionally a systemic new method in medicine by which we can affect the human nervous system. The basis of action of the method of TMS - stimulation of the nervous tissue using an alternating magnetic field, capable of inhibiting or activating different areas of the cerebral cortex and cycling on the discovery of Faraday (1831) the law that "an alternating magnetic field induces the processing of current in a nearby conductor, The cause of the strength of the current is directly proportional to the frequency of change in the magnetic field".

Purpose of the study. To study the use of transcranial magnetic stimulation for the treatment of headache in women of fertile age.

Material and methods of research: The study included 89 women who underwent treatment, inpatient treatment in the city hospital, neurology department and private clinics of Karshi city, for the period 2021-2023. The whole main group was divided into two subgroups - 50 of which were diagnosed (according to the international classification of headaches type 3 2013), migraine headache without aura. The age of the patients ranged from 25 to 45 years, mean age 33±1 years. Exclusion criteria were severe somatic, gynaecological, psycho-neurological diseases detected during the initial examination and diagnostics stage. In addition, 26 healthy women without headache, selected during the preventive examination in urban polyclinics, were included for the purity of the study evidence.

Study outcome. According to the anamnesis and completed questionnaire-questionnaire, the duration of the disease, headache in the examined women was distributed as follows: from 1-2 years in 10%; 2-3 years in 15%; 3-5 years in 26%; pain 5 years - 49%.

In patients with migraine without aura, the presenting complaints of headache were with characteristic throbbing pain, nausea and vomiting, in some cases accompanied by light or sound
phobia. At the same time in patients with GBN the diagnosis was established (according to the international classification) on the basis of headaches with frequency episadic or chronic, besides the main complaints presented, the intensity of headache was determined with the help of scales-questionnaires, patients underwent palpation to identify the direction and soreness of muscles.

**Conclusions:** Thus, headache, the most common of all pain signs encountered in neurological practice is more than 80%, and a characteristic feature of gender identity among women.

**References:**