# THE ROLE OF CHRONIC TENSION-TYPE HEADACHES IN MODERN NEUROLOGICAL PRACTICE

**Hotamov Bekzod Farhodovich**
Bukhara Innovative Education and Medical University.
Head of the Department of Clinical and Preclinical Sciences
bekzodhotamov@gmail.com

**Annotation.** Numerous scientific studies are being conducted globally to develop effective strategies for the prevention and treatment of psychovegetative changes and postural disorders associated with primary headache forms. Multidisciplinary research across various countries indicates that, in tension-type headaches, alterations in the immune and autonomic nervous systems present differently over time and are accompanied by a distinct symptom complex.

**Keywords:** neuropsychological, headache, headache in tension, psychovegetative changes, anxiety.

Approximately 50% of the adult population in Europe, and at least 90% at some point in their lives, report experiencing headaches. The disease has been recognized by the World Health Organization as one of the top 10 causes of disability. The high disability rates associated with headaches are often linked to a range of comorbid conditions. These include mental disorders, neck pain, vestibular symptoms, balance disturbances, and cerebellar pathologies commonly observed in migraine. [1]

Having complete information about the disease and understanding the mechanisms of pathological process formation provides an opportunity for optimal treatment. The pathogenic mechanisms of tension-type headaches (TTH), including autonomic dysfunction and postural changes, are still being studied and remain a topic of discussion. Recent epidemiological studies have shown that signs of autonomic dysfunction are present in up to 80% of the population. Psychosocial factors are considered the main cause of psychovegetative disorders.

These include prolonged emotional stress, fatigue, somatic illnesses, extended periods of starvation, low mood, and increased irritability. [2]

Among these factors, changes in endocrine-humoral regulation (such as puberty and menopause) and sleep disturbances play a significant role. In such cases, the body activates its adaptive functions, which are regulated through the limbic-reticular system of the brain. [3]

Adaptability is the process through which the organism establishes an interaction with the environment. In various pathological conditions, the organism's ability to adapt becomes impaired.[4]

As a result, emotional disturbances develop. Psychovegetative disorders are diverse and can include irritability, dissatisfaction, frustration, tension, and anxiety. Dysfunction of the autonomic nervous system’s segmental apparatus is observed in somatic diseases, various neurological disorders, prolonged stress, and hormonal disturbances, as cited by authors. In ICD-10, psychovegetative disorders are classified as “Autonomic Nervous System Somatoform Dysfunction.” Typically, the psychovegetative syndrome is secondary and has a dynamic nature. It can manifest in two forms: permanent (long-lasting) or paroxysmal (episodic, attack-like). Autonomic disturbances are diverse and have a polysystemic character. [5,6]

Neuroendocrine disorders, sleep disturbances, anxiety, and asthenic conditions have been associated with autonomic dysfunction, as cited by authors. Autonomic dysfunction is characterized by cardiovascular, gastrointestinal, and respiratory disturbances. The primary feature of psychovegetative dysfunction is anxiety, which is accompanied by internal tension and irritability. Anxiety manifests as the body's protective reaction to prolonged stress. Numerous studies have shown that anxiety accounts for 30% of all functional pathologies. [7,8]

**Conclusion.** In summary, headaches, particularly tension-type headaches, are a significant global health issue, affecting a large portion of the population. These disorders are frequently linked to a range of comorbid conditions, including

mental health issues, neck pain, vestibular symptoms, and balance disturbances, which complicate the overall clinical picture. Understanding the pathogenic mechanisms of these conditions, including autonomic dysfunction and postural changes, is crucial for developing effective treatment strategies. Recent studies highlight the high prevalence of autonomic dysfunction, with up to 80% of the population affected, and underscore the role of psychosocial factors, such as stress and fatigue, in the development of psychovegetative disorders. Additionally, endocrine changes during life stages like puberty and menopause, as well as sleep disturbances, are significant contributors to these disorders.

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