

4. Nonetheless, the true efficacy of these newer treatments and the exploration of reliable biomarkers for identifying suitable candidates for specific migraine therapies are ongoing challenges that require further investigation. Migraines are complex neurological conditions characterized by recurrent episodes of moderate to severe unilateral headaches, often accompanied by a range of symptoms including nausea, photophobia, and phonophobia (Gupta & S Gaurkar, 2022). Novel therapeutic approaches targeting CGRP and its receptors have emerged, showing promise in reducing migraine frequency and intensity with potentially fewer side effects. For instance, fluctuations in neurotransmitter levels, particularly serotonin and calcitonin gene-related peptide (CGRP), are thought to play critical roles in migraine attacks (Spekker et al., 2022). Research indicates that migraine is highly prevalent among individuals in their 20s and 30s, with socioeconomically disadvantaged populations being disproportionately affected. ???4.1. ?4.2. ?4.3. ?4.4.