

**(MUSCLE CONTRACTION HEADACHE)****DEFINITION**

1. **Tension headache** is a symptom which has a psychogenic origin as opposed to being secondary to identifiable organic disease.

**CLINICAL MANIFESTATIONS**

2. Tension headache is one of the commonest complaints causing a patient to consult a doctor and constitutes 70 per cent of referrals to a headache clinic. Most people have experienced one or more attacks.
3. Chronic tension headache is very much more common than the acute syndrome. The pain may be diffuse or variable located to the forehead, vertex, or neck. It tends to be a daily occurrence in contrast to the periodic and paroxysmal attacks which characterise migraine. Most patients manage to carry on their work with tension headache.
4. Latent depression may occasionally present as tension headache.

**AETIOLOGY**

5. The condition is of psychogenic origin.
6. There may be obvious preceding cause, such as overwork, lack of sleep, or an emotional crisis. Often, however, the underlying cause is difficult to trace.
7. Symptoms are worse when the sufferer is tired or under pressure at work and they are more troublesome in the face of personal or domestic stresses.

**CONCLUSION**

8. **Tension headache** is a condition which has a psychogenic origin. The cause may be obvious in some cases and more difficult to detect in others. Tiredness and emotional or mental stress exacerbate the condition.

**REFERENCES**

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