



# The Cause of the Morning Headache is A Violation of the Venous Outflow from the Head due to the Oncoming Flow

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## Short Communication

### Purpose

Official medicine cannot explain why a significant percentage of people often have morning headache. The doctors would rather believe that there are too many different reasons. But people, taking a recommended medication, mainly antispasmodics, continue to suffer from morning headaches. How to help?

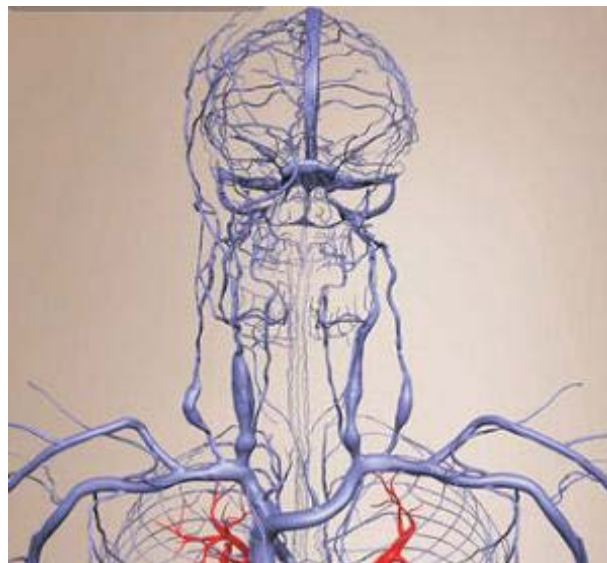
### Method

To study of numerous sources of information posted on the Internet. Discussion of proposed ideas at conferences.

### Result

It is believed that the causes of morning headaches are the following: dehydration, sleep pattern, sleep posture (sleeping position), snoring and sleep apnea, inflammation of the sinuses, teeth grinding while asleep, diabetes and hypertension, depression and anxiety, pregnancy, alcohol intake, stress, withdrawal symptom, allergies, menstruation, food intake, uncomfortable pillow, cold or flu, brain tumor [1]. Here are some typical examples [2-5]. Some people wake up refreshed in the morning. Others wake to a debilitating morning headache. Maurice M. Ohayon says in his research article on morning headaches that one in every 13 people are affected by morning headaches, and women are more prone than men. He also found those ages 45 to 64 had the greatest risk for morning headaches, as did those who were unemployed or homemakers. The key causes of morning headaches are depression and/or anxiety, sleep apnea or sleep bruxism. In addition, excessive alcohol consumption leads to morning headaches, says Ohayon. The effects of anxiety and/or depression have been analyzed. The preliminary conclusion of Maurice M. Ohayon: Anxiety and/or Depression. Based on a telephone questionnaire of nearly 20,000 people in the United Kingdom and other European countries, ages 15 years and older, Ohayon found the most significant factors correlating with morning headaches were anxiety and depression. Subjects with anxiety had about twice the risk of morning headache compared with those without anxiety. Those with major depressive disorder alone had 2.7 times the risk for morning headache. The risk was highest for those with both anxiety and depressive disorders, who had a 3.5 times greater risk for suffering from morning headaches. Interestingly, the use of sedatives increases the risk for morning headaches. Let us especially note this paradoxical observation (!). Let's first look at the characteristic age-related changes in the human venous system in violation of the outflow of venous blood from the brain Figure 1. In some people, the diameter of the veins as the blood flow approaches the right atrium can dramatically change its diameter. In the figure, the right atrium is located near the lower border of the picture. The blood flows into the right atrium both from above and from below through the upper and lower hollow veins, which unite their flow before entering the right atrium. In the figure, one can note that the sharp narrowing of the veins

is located approximately at the same height level in the lower part of the neck, above the superior vena cava. Somewhere in the figure you can see not one, but several narrowing of the veins. Speaking primitively, it seems that these constrictions complicate the flow of venous blood from the head. But then a question arises. Why does the body harm itself? What mysterious reason induces spasm of all the veins carrying blood away from the head? Some researchers suppose that if you remove the spasms of all the cervical veins, the problem will disappear. But you have to look at the root. And here the official medicine faces some problems. So what is it? In medicine, this issue has been intensively discussed for several decades. Actually it's believed that "venous Disgaea of brain" is a disease of bones, cartilage and blood vessels. It is expressed in the destruction of the veins, in the twisting and ring-shaped narrowing of the veins, in agenesia. This is a violation of the valves, partitions, membranes, which block or reverse the flow of blood through the veins. Thus, researchers are observing the phenomenon of reflection of mechanical waves from obstacles, but they cannot



**Figure 1:** Characteristic age-related changes in the human venous system in violation of the outflow of venous blood from the brain.

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understand what exactly they are observing and cannot solve a simple problem. It seems to me that in all medicine it is difficult to find a more remarkable mistake. In the near past, there were attempts to unblock venous spasms. For example, experiments to improve blood flow from the brain, performed by the Italian doctor Paulo Zamboni [6]. However, the final result in the treatment of multiple sclerosis was zero or even negative. Dr. Paulo Zamboni's method was banned. From the point of view of the "New Theory of CVD and cancer" [7-14] in the spasm of veins "guilty" opening and closing with more than required delay large arteriovenous anastomoses (AVA), placed near the liver, i.e., in a different place: not in the head and neck, but in the abdomen! AVA are opened because of stresses, disorders, loads, severe disorders. Opening AVA provoke sharply falls high blood pressure (BP) and the body saves itself from heart attacks and strokes from the arteries, AVA closed after a few seconds and blood pressure rises slowly again. This mechanism explains the notorious "jumps of BP". This is "Ermoshkin-Lukyanchenko syndrome" [7]. It is known that the AVA may not function optimally, and this can lead to excessive blood flow into the veins and to the imbalance of the volume of the arterial and venous basins, to partial blocking of capillary blood circulation in the brain. Apparently, this mechanism can help us to explain attacks of vegetative-vascular dystonia and to panic attacks. With hypodynamia, with prolonged pathology, in some people, AVA can remain gaping almost constantly. This AVA state is characterized by periodically reduced blood pressure, leakage of arterial blood, increased heart rate, mechano-induced arrhythmia, decline of energy, obesity, varicose veins, thrombosis, cancer, etc. Let's go back to the drawing. The overflow of the venous pool in the lower half of the body leads to an increase in venous pressure in the area of the right atrium. Excessive venous blood flows from the below upwards. In the right atrium, the venous pressure becomes slightly greater than the optimal 0-5 mm Hg, and this pressure can continue to increase, especially in the supine position. Excess venous blood can rise to the cervical spine and completely stop blood circulation in the brain. This can lead to a fatal event, because two streams of venous blood act towards each other! How to help patients with impaired outflow of venous blood from the head? At least, it is necessary to sleep on a slightly inclined position and the head should be above the trunk, and the pillow should be, but this is for those who suffer from venous fullness. In order to prevent the aggravation of the pathology, the organism regulation is activated. The veins above the right atrium undergo a spasm, and this leads to the damping of the mechanical impulses spreading from the bottom up. (But not top-down, as the section of science named "Phlebology" believes). The very fact of direct narrowing of the veins leaves a certain range of possibilities for the minimum permissible blood circulation of the brain. But the prolonged increase in venous pressure and irritation of pain receptors of the cerebral vessels continues to signal this "headache" in the occipital part. And finally, the main revelation the English researchers were asking for: "Why medical practice shows that the use of sedatives increase the risk for morning headaches?" Aware of the New theory of CVD, the answer comes itself. The sedative reflexively expand all vessels with a muscle layer, thereby relax and widen neck veins. But the expansion of arteries and arterioles cannot occur quickly, due to the equal volume of blood flow in small and large circles and under the condition of arterial blood deficit. The leads to the fact that the waves of venous pressure coming from below can spread through the veins above and above to the brain, blocking blood circulation above the neck and increasing pain. In this situation, the position of "lying" on a small pillow is the most unfavorable position for the patient, it increases the excess venous pressure in the neck and the head. As a result, not only the headache is increased, but, perhaps after years, the risk of stroke,

dyscirculatory encephalopathy and dementia are also increased. And this assumption is expensive. We need to study these phenomena more closely. And one more question and answer. Why can one have "knocks in the temples" during the morning headache? The New Theory answers: it is because of increased venous pressure which expands the lumen of many veins to the limit, the veins themselves become a good conductor of mechanical impulses running around in circles: the left ventricle-aorta-artery-liver-hollow vein-small veins-receptors of the brain vessels. How to maintain your health? Of course, by applying a proper and moderate diet, doing daily exercise, swimming in the sea being especially useful. It is necessary to extract the stagnant dirty venous blood from the lower half of the body with the help of breathing exercises with the maximum movement of the diaphragm upwards and from the head - with the maximum movements of the diaphragm downwards. These are the key procedures in yoga and qigong exercises. I will assume: extracting dirty venous blood from the stagnation zones and mixing it, apparently, adds blood pressure in the morning hours.

## Conclusion

1) It is necessary to treat and correct the functions of large anastomoses, AVA. But how? That's the question. There are a few ideas. I think that the medicine chiefs should discuss this problem very carefully. This Theory has been debated for more than 7 years in the Russian-language sector of the Internet, and more than 2 years in the English one. So far, no one has given any weighty arguments against the "New Theory of CVD and cancer." More than 20 articles have been published, and I am asked to publish new research every day. Of course, doctors don't want to recognize their more than a century of misconception, it's very difficult. But it is necessary for people.

2) What could be the innovations for the treatment of morning headaches, and other cardiovascular diseases? Such a decision arises: periodic removal, purification and transfusion of blood from the veins into the arteries in order to eliminate the imbalance of the volume of venous and arterial blood. Either it would be enough, a simple removal of dirty venous blood from stagnant zones: from the small pelvis and legs. By the way, apparently not without reason the usual blood donation very effectively supports the health of the donors.

3) So, the primary CVD problem was at the macro level: in hydrodynamics, in the theory of waves, in new medicine. I as the author of The New Theory, carefully studying this problem for more than 7 years, believe that the key to many human diseases has been found. So far taking into account the reaction of some medicine leaders I can unfortunately ascertain the some of them are not interested in it, while others are simply afraid of this Theory.

4) Sedatives can increase the headache, because a tide from below the venous blood can lead to a greater blockage of blood outflow from the head.

5) It is necessary to do physical exercises every day!

## Acknowledgement

Vladimir Ivanovich Ermoshkin completed his Graduation in Physics department at Moscow State University in 1978. He has worked at Russian New University (RosNOU) as Physicist. He has published about 20 articles on Cardiology in prominent magazines. Since 2012, Vladimir Ivanovich Ermoshkin have participated in several international medical conferences.

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