She was born in Shiraz, Iran in 12/25/1961. She studied general medicine in Shiraz University and took her board certificate in neurology from Tehran University of Medical Sciences in year 1993 and started her academic position in Tehran University of medical Sciences in year 1995. She reached the professor degree of neurology in 2010. She teaches medical students and neurology residents and has received Avicenna, Hakim Jorjani award as one of the best university teachers in the field of education. The main clinical and research interests of Dr. Togha are diagnosis and management of headache and facial pain disorders. She has co-authored of 124 articles and 5 neurology books so far, and is among the most highly cited neurologists in Iran. She is also the editor of headache section of Iranian Journal of Neurology and the president of Iranian Headache Society.