

## Review Article

# Management of Tension Headache with Homoeopathy

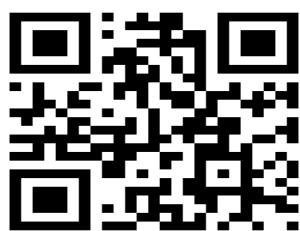
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### ABSTRACT

Headaches are one of the highest 10 most disabling conditions and about 50% people get tension headaches. Migraines involve the brain and are usually worse (but not always), tend to throb just one side, and cause some stranger symptoms. There are many other sorts of headaches and a firm diagnosis is almost impossible. Any unusually severe, persistent, sudden, headache require medical investigation. Tension headaches have dozens of possible causes, but are related to stress, fatigue, and neck pain, and are probably mainly caused by pain spreading from sensitive structures within the neck, face, jaw, and scalp, especially the sub occipital muscle group. Self-massage there's the foremost neglected easy treatment option.

**Keywords:** Headache, treatment, Homoeopathic Medicine



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## INTRODUCTION

A headache or cephalgia is pain anywhere within the region of the top or neck. It may be an indication of variety of various conditions of the top and neck. The brain tissue itself isn't sensitive to pain because it lacks pain receptors. Rather, the pain is caused by disturbance of the pain sensitive structures round the brain. Several areas of the head and neck have too much pain sensitive structures. So it is an attempt to treat these discomfort individuals having the same malady with varied intensities, sensations & locations.

After taking a careful history & performing the appropriate neurological examination, it is often not necessary to perform further investigations. The patient can be reassured & provided with homoeopathic treatment.

### Common headaches and facial pain syndromes

Tension Headache

Migraine

Cluster Headache

Raised Intracranial pressure

Benign paroxysmal Headaches

Trigeminal Neuralgia

Atypical Facial Pain

Post Herpetic neuralgia

### Classification of headache

The following cases for headache come from various historical sources.

Bilious Headache

Sometimes mentioned as “sick” headaches, bilious headache is linked to problems with the gall bladder or liver. Bilioussness is “a symptom of a disordered condition of the liver causing constipation, headache, loss of appetite, and vomiting of bile” associated with more than bile which will be accompanied by fever.

Gastric or Dyspeptic Headache

Also sometimes called “sick” headache, gastric headache may overlap with

biliousness, however the first emphasis is on stomach dysfunction

### Reproductive System Headache

This type of headache has many cases associated which include pelvic, menstrual, ovarian, uterine, and womb. The common theme is reproduction system dysfunction (usually in women) which will be linked to hormonal imbalance or structural problems within the pelvic area.

### Nervous Headache

Nervous headache is additionally sometimes mentioned as neurasthenic, neurotic, stress headache, hysterical headache. Nervousness or general debilitation may be involved. Psychosomatic aetiology may also be a factor.

### Congestive Headache

Congestive headache is perhaps a sort of vasomotor disturbance wherein an excessive amount of blood is allowed to accumulate within the head or face. This type of headache may also be referred to as headache due to hyperaemia.

### Constipation Headache

Constipation was cited in several historical medical texts as a cause of headache produced by “torpor of bowels”

### Anaemic Headache

Anaemia was cited as a cause of headache in several old texts.

### Sinus Headache

Sinus headache related to infection and nasal catarrh was mentioned in various texts.

### Nerve Reflex Headache

Nerve reflexes were cited in almost all of the old osteopathic manuals as a primary factor in headache other systems of healing also recognized this etiological pattern.

### Eye strain Headache

Eye strain was mentioned in some old texts as an explanation for headache.

### Uremic Headache

Uremic headache is associated with high levels of uraemia in the blood resulting from kidney dysfunction.

### Modern classification

International Headache Society

Classification of Headache.

Migraine

Migraine without aura

Migraine with aura

Ophthalmologic migraine

Retinal migraine

Childhood periodic syndromes which will be precursors to or related to migraine

Migrainous disorder not fulfilling above criteria

Tension type headache

Episodic tension-type headache

Chronic tension-headache

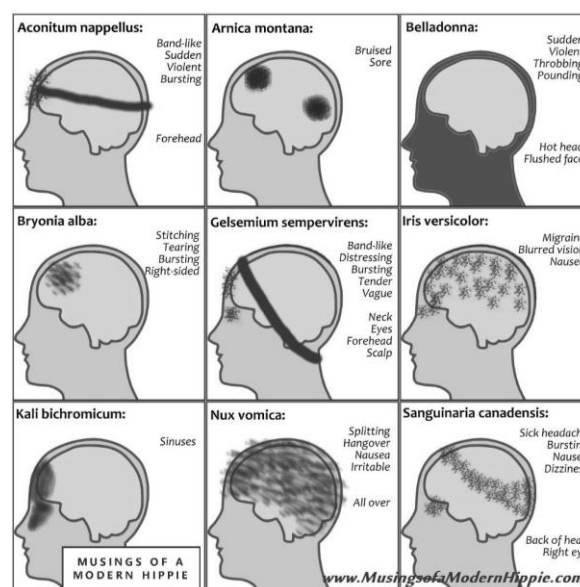
histamine headache and chronic paroxysmal hemicrania histamine headache Chronic paroxysmal hemicrania

External compression headache Cold stimulus headache Benign cough headache

Benign exertional headache

Headache related to sexual intercourse

### Homoeopathic remedies for headache



**Belladonna:** This homeopathic medicine is ideal for the treatment of migraine, in which throbbing headache is the primary feature. The patient experiences a sense of fullness in his head. The headache worsens with exposure to sunlight. This remedy is also used for treating migraine headaches that occur because of catching a cold or from exposure to cold, damp air.

**Nux Vomica:** Nux Vomica is an effective homeopathic treatment of migraine headaches, which occur because of gastric issues. Migraines developing from

congestion in the head. The patient feels that his head has become bigger and will burst. He feels heat around his head, along with protruding eyeballs. This homeopathic medicine is commonly used for treating migraine headaches, which occur from exposure to the sun for a long time.

Features	Episodic tension type headache	Chronic tension type headache	Migraine/No Aura
<b>Duration</b>	30 mins – 7 days	15 days/month	4 – 72 hours
<b>Nausea/Vomiting</b>	Rare nausea	Occasional nausea	Nausea/Vomiting
<b>Pain</b>	Bilateral/pressing, tight tearing, mild to moderate	Bilateral/pressing, tight tearing/moderate	Unilateral/pulsates/moderate to severe
<b>Worse on activity</b>	No	Occasionally	Yes
<b>Age Onset</b>	Usually over 18 yrs	Usually over 18 yrs	25% before 10 yrs
<b>Onset on wakening</b>	Uncommon	Common	Common
<b>Medication Overuse</b>	No	Occasionally Opiate-Barbiturate	No
<b>Prevalence</b>	Upto 80%	2 – 4%	11%

indigestion, piles, and constipation are cured using this homeopathic medicine. It is an effective remedy and provides quick relief in cases when the headache worsens after eating rich food or drinking alcohol.

**Spigelia:** This homeopathic remedy is primarily used for treating migraine headaches, which are present on the left side of the head. It is known as left-sided migraine. The headaches are experienced over the head's left temporal area, the forehead, and eyes. The sensation of a tight band tied around the head is felt or

experienced.

**Sanguinaria Canadensis:** This is an effective homeopathic medicine for migraine headaches, which is used for the treatment of migraine headaches felt on the right side of the head. The pain and throbbing are experienced on the right side, starting from the back of the head and settling over the right eye. This medicine is also used for treating migraine headaches that occur in the morning and worsen during the day. It is good for migraines in women after menopause.

**Glonoinum:** This effective homeopathic medicine is used for curing migraine headaches, which occur from excessive.

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