

headaches



A remarkable 70% of people suffer from headaches. Tension headaches account for about 90% of these with a typical constrictive sensation, soreness and painful knots in tense neck and scalp muscles. Migraine and cluster headaches occur in about 10% of the population, affecting women three times more than men.

There are many possible causes of headaches including eyestrain, hormonal imbalance, nutritional deficiencies, toxicity, sleep loss, digestive disturbances and emotional stress such as grief, worry and anger. Many migraines also involve food allergies and chemical sensitivities.

From the perspective of choosing a homoeopathic remedy the type of headache is not the crucial factor – matching the symptoms of the headache to the remedy produces good results regardless of diagnosis. It is common to find that a different remedy is needed for acute care as opposed to a long-term solution. For example a person needing **Nat mur** to reduce the repetition of headaches often find **Bryonia** to be more effective for the actual acute symptoms.

Taking the correct remedy at the first sign of a headache may prevent it developing further. If the pain has become established the repetition may need to be hourly for several doses. The following remedies may help a simple headache. A long lasting or severe headache with fever requires a professional opinion.

Arnica: Bruised, achey feeling especially after a bump to the head. Sharp pain worse from stooping.

Belladonna: Throbbing and congestion, pupils dilated, face flushed. Worse in the sun or from jarring or sudden movement.

Bryonia: Bruised, sharp, stabbing pain. Much worse from movement, even just the eyes. Better from pressure and lying quietly in a dark room.

Gelsemium: Dull, congestive headache and a heavy, drowsy feeling. Tight band around the head especially across the forehead.

Glonoine: Sudden bursting, throbbing headache after exposure to hot sun.

Kali bic: Sinus headache. Pain over the eyebrows or under the eyes, especially the right side. Bones of the head sore. Worse for cold and better for pressure.

Kali phos: Headache from study, stress and overstrain of the nervous system. A great tonic for students, school children and intellectual types.

Nat mur: Hammering headache with tears and watery discharge from the nose. Misty vision or zig-zag lights accompany the headache.



Nux vomica: Frontal headache with piercing pain and tension in the neck especially after over-work, late nights or over-indulgence.

Headaches In Children & Teens

As well as the previously described causes and remedies there are additional considerations when children are experiencing headaches. Have their vision tested and if the following remedies don't help seek constitutional care.

Calc phos: At times of rapid growth. There may be fatigue, tummy aches and leg pains. May be whiny, bored and discontented and crave salty foods.

Kali phos: With humming in the ears. A good tonic when studying hard.

Nat mur: Hammering headaches preceded by misty vision or zig-zag lights. Especially suited to reserved children who are averse to company and consolation.

Phos acid: Rapid growth in height with extreme exhaustion and apathy. After eye and mental strain.