How to treat a headache – naturally

Are all headaches the same? Is it Aspirin or Paracetamol the body is craving for? No. Then why do we give the same medicine for all headaches? Treatment is dependent on the causes and symptoms.

In Ayurveda we say there are three types of headache – Vata, Pitta and Kapha types. By identifying the type of headache one has the underlying cause(s) of the headache can be sorted out rather than resorting to pain killing tablets. If the headache persists medical supervision would be required – just in case there is a more serious underlying problem.

Vata type headache s**ymptoms:** The symptoms which causes the Vata headaches are fear, stress, anxiety, nervousness, constipation and physical over activity which can aggravate systemic Vata; this can cause headaches, due to the symptoms going in to the skeletal, muscular or nervous system. **Causes:** The causes of Vata-headaches tend to be in the occipital area (the back of the head) or on the left hand side.

Treatment: For Vata type headaches there are more various types of treatments. The list below shows the different types of remedies or treatments.

- Oil Massage. Use Coolherbals Vata Hair Oil to massage the tensed muscles in the neck and shouldersand then take a warm soothing shower, to relax the muscles.
- Night-time Foot and Scalp Massage- Gently rub Coolherbals Vata Hair oil on the head and the soles of the feet at night. This is one of the most effective ways to keep Vata in control.
- In case of dehydration- Vata is commonly linked with dehydration. Try this:
1. 1 table-spoon sugar
2. ¼ teaspoon salt
3. 10 drops of lime juice
4. ¼ teaspoon Nutmeg Powder
5. Add satisfactory amount of water
6. Mix in your palm;

Apply the paste on the forehead and leave it for half an hour then rinse it off. This should help relieve the Vata headache.

Pitta type headache s**ymptoms:** The symptoms for Pitta headaches can be shooting, burning, piercing, or penetrating pain. The person can get very

- Use this warming paste- Valerian and Ginger paste can be helpful for the headache. For making this paste you will need to mix;
- 1 teaspoon Coolherbals Valerian and Ginger Powder with sufficient amount of water to make a paste. Then apply the paste on the forehead. You can also apply on the bridge of the nose and over the cheek bones. Leave the paste on for half an hour and wash thoroughly with cold water.

- Oil Massage. Use [Coolherbals Pitta Hair Oil](#) to massage the tensed muscles in the neck and shoulders and then take a warm soothing shower, to relax the muscles.

  Kapha type headache

  Symptoms: The symptoms which causes the headaches to occur can be poor dietary, which can produce Kapha-producing diet, systemic Kapha in the stomach increases, enters into the general circulation, and can lodge in the sinuses and create Kapha-type sinus headaches.

  Causes: The causes of Kapha headaches are due to ear problems, eye problems, insomnia, food allergies, exposure to cold temperatures, tension in the neck, or working too long (on the computer), even using two pillows for resting your head can cause headaches.

  Treatment: For Kapha type headaches there are various types of treatments. The list below shows the different type of remedies or treatments:

- Use this warming paste- Valerian and Ginger paste can be helpful for the headache. For making this paste you will need to mix;
- 1 teaspoon [Coolherbals Valerian and Ginger Powder](#) with sufficient amount of water to make a paste. Then apply the paste on the forehead. You can also apply on the bridge of the nose and over the cheek bones. Leave the paste on for half an hour and wash thoroughly with cold water.
- Oil Massage. Use [Coolherbals Kapha Hair Oil](#) to massage the tensed muscles in the neck and shoulders and then take a warm soothing shower, to relax the muscles.

  Yoga Postures for Headaches In general to avoid or relieve headaches, certain types of yoga postures are helpful, such as Bow Pose and Palm tree (standing stretched like with arms out).

  Karen Wray