

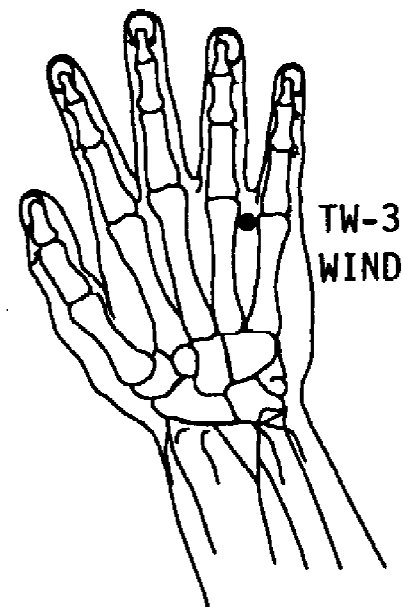
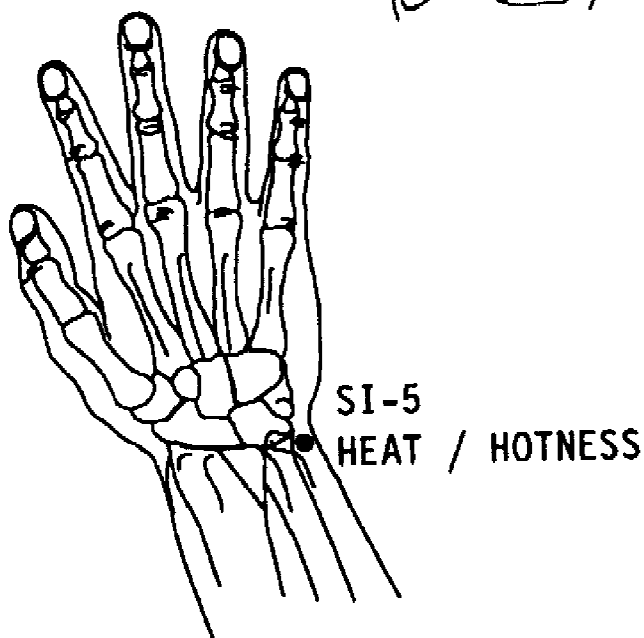
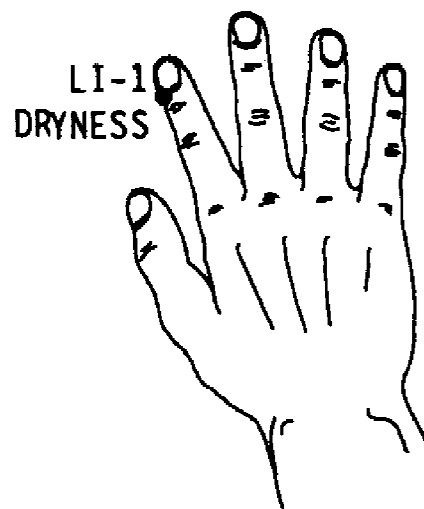
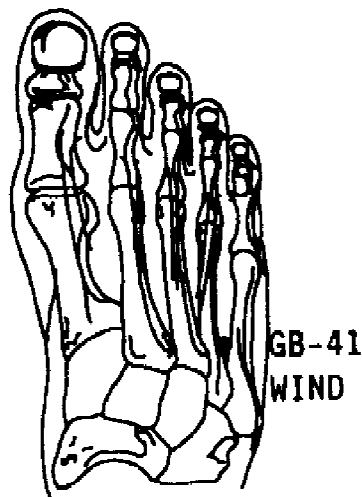
# Headache

It is the pain felt within the head, the site of which varies according to the cause of the headache. A headache is often a symptom of illness or disorder. It may be accompanied by other symptoms, such as nausea and vomiting.

Common causes are stress, tiredness, and feverishness accompanying an infection such as cold, an excess of intense work involving the eyes, indigestion and digestive disorders, over-exposure to sun, and hunger. Other serious causes like kidney failure, glaucoma, meningitis, and brain tumour, also cause headache. It is advisable to have a thorough medical check-up to rule out any serious problem in the body.

For sudden headache - Reduce Yang Wind

↓ GB-41   ↑ LI-1   ↓ SI-5   ↓ TW-3



# Migraine

This is a very severe, throbbing headache, usually on one side of the head and is accompanied by other symptoms. Early symptoms of a migraine attack may be nausea and disturbance of vision in the form of bright flickering lights. A severe, throbbing pain develops, often sited over one eye, nausea continues and there may be vomiting. The person is sensitive to light and sound, which makes the condition worse.

Migraine is a common condition and seems to be triggered by one or several factors. These include anxiety, fatigue, watching television or video screens, loud noises, flickering lights and some foods such as cheese and chocolate, and alcoholic drinks. There may be an inherited tendency for migraine and the most common time of onset is puberty.

Migraine responds very well to Acupuncture. Frequency and intensity come down within a few months. Migraine is mainly due to Yin Wind deficiency

For chronic headache (migraine) - Reduce Yin Wind

↓ Liv-1 ↑ Lu-8 ↓ H-8 ↓ P-9

