

Homeopathy for Headaches

Simple tips to manage pain during times of stress

by Nicole Duelli

Headaches tend to appear when you least need it—usually when there's too little time and far too much to do. But from a natural standpoint, a headache could well be telling your body to slow down and pay attention. So listen—slow down—and if you need the help, follow the instructions below.

Headache remedies

Homeopathic medicine is impressive in acute situations like headaches and it's not expensive to give it a try—a vial typically costs less than \$10 and lasts for many treatments. The natural medicines typically help alleviate pain and shorten the duration of the headache, but it won't work exactly like a painkiller—rather it helps your body cope, so that you feel better sooner. Even Dr. Oz and Oprah are on to homeopathic remedies.

Five simple remedies

In homeopathy, the closer the symptoms match the medicine, the better it will work, so always make your selection according to the characteristics you experience. Since homeopathic remedies are without side-effects and the results are quickly noticeable when the symptoms fit, you can experiment safely with any of the remedies below, but be sure to



stop taking the remedy as soon as you feel better. In the natural world, less is always better than more.

Belladonna has been recommended as “a wonderful acute remedy for a headache following either exposure to heat or cold” by Dr. Blackie, who was the Queen of England’s medical doctor back in 1968. This means that if your headache develops after going outside on a cold day with wet hair—or if you’ve been out in the sun too long—Belladonna is likely your remedy. You’ll find it useful for those pulsing, congested headaches that come on fairly quickly and are made worse by bending over or moving around and better with hard pressure, applying cold, sitting up or lying very still. Choose Belladonna if your headache is intense and throbbing, and feels full and congested.

Bryonia is another great acute headache remedy when it feels like the head will burst

The closer the symptoms match the homeopathic medicine, the better it will work.

from movement. Choose Bryonia when the least motion aggravates the pain, even just moving the eyes. Similar to Belladonna, Bryonia works when pressure and cold applications feel good, but unlike Belladonna, typically the pain comes on slowly and builds over time to a dull, heavy or sharp ache. Another difference is that Belladonna often works better for right-sided—Bryonia for left-sided—pain. The person needing this medicine may feel irritable or just want to be left alone, and may be stuffed up with a cold. Choose Bryo-

nia if the main symptom is worse with any movement.

Colubrina—also known as Nux vomica—is excellent in times of stress, when overwork, lack of sleep or too much alcohol have caused a headache—and the person may find themselves exceedingly irritable and sensitive to everything; noise, light—and conversation. The pain may begin in the morning on waking. It is the main remedy for a hangover, but it’s even good when too little sleep, too much work or overindulging in food is the cause. Choose Nux vomica if the headache is clearly from overwork and is irritating, but not severe.

Cocculus is another remedy for stress headaches due to loss of sleep, but in this case excess worry and lack of sleep cause a nervous type of headache, with weakness, even dizziness. If you’ve been caring for a sick family member and your nerves are strained, Cocculus will relieve.

Gelsemium is a good choice when exhaustion is the overwhelming characteristic associated with your headache. The pain typically feels tight, begins at the back of the head and may continue around to the forehead. Gelsemium is useful for a headache that builds slowly—when weakness and exhaustion stand in the forefront. As with the other headache remedies, motion aggravates, but sleep helps.

If none of the above fit your symptoms, other remedies for