



DO NOT NEGLECT HEADACHE

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Frequent headache is a symptom of diseases occurring in the body. Here we are not talking about the common headache. Do not neglect the frequent unbearable headache. The cause should be known and treated immediately.

Headache due to stomach related problems

Headache occurs when the stomach and intestines become weak, due to indigestion, inflammation of the stomach and intestines, stress on the digestive system. If proper medication is not given to treat indigestion then headache continues repeatedly.

Treatment

- Strengthen digestion through Yog. Practice Uttanapadasana, Pavanmuktasana, Vajrasana, Shashakasana, Suptavajrasana.
- Practice Kapalbhati, Nadi shodhan, Agnisar kriya, and uddiyan bandh.
- Avoid eating food products made from refined flour, puris, paranthas, bread. Consume fruits and easily digestible food.
- 2-3 gm of hingvast, 60 gm of prabal bhasma, 30 gm of loh bhasma is advisable.

Headache due to cold – influenza

If cold – influenza occurs fre-

quently then the forehead and digestive system becomes weak and results in headache.

Treatment

- Mix 12 gm of wheat bran in half liter water. Boil for 15-20 minutes, filter it and add sugar and consume.
- To clean the stomach Triphala or Isabgol in hot milk.
- Practice Kunjal, Jalneti, and Kapalbhati to clean the body. Give rest to the digestive system by keeping the stomach empty. Take only warm water with lemon a number of times.
- Practice Tadasana, Katichakrasana, Suptavanmuktasana, Bhujangasana. It will give good results.
- Practice Suryabhedhi, Bhastrika pranayam along with Agnisar.

Headache due to insect bite

If the blood is infected by insect bite then severe headache occurs during nighttime.

Treatment

- Take 500 mg – 3 gm of the roots of swarnakshiri tree and dry it. Add 500 mg – 1000 gm neem leaves and consume it with fresh water twice daily.
- Take 125 -250 ml of fine powder of ritha fruit with water twice daily.

Head ache due to the swelling of the kidneys

Patient experiences severe pain in the lower part of the head and complaints of frequent urination during nighttime because of swelling in the kidneys. Sometimes white fluid is seen in the urine. This kind of headache is observed in aged people.

Yogic medication

- Practice Kapalbhati, Nadi – shodhan, Anulom-Vilom pranayam.
- Practice Suptavajrasana, Shashakasana, Gomukhasana, and Dhanurasana daily.

Natural medication

Take 20 gm of basil leaves, dry them in shade. Take 20 gm of Ajowan, 10 gm of black salt, mix and grind them well. Take 2 gm of this powder with warm water everyday to get immediate relief. This remedy relieves kidney swelling after a few days.

Headache due to malaria

Natural medication

Roast common salt deep brown in color. Store it in a bottle when it cools. It is a special medicine for malaria, poisonous fever etc. Take 6 gm of this powder with hot water before fever, after getting fever 6 gm of salt should be dissolved in the hot water and consumed. Fever will subside and never recur. If the fe-

ver occurs again continue the same medication in the prescribed manner.

Headache due to brain tumour

Severe headache is experienced in case of brain tumour; sometimes the patient's eyesight is also affected with it.

Yogic medication

Pranayam has the capacity to drive out any type of disease. Practice Kapalbhathi, Nadi shodhan, Bhastrika. Take proper medication along with it.

Headache due to fried food products

Sometimes headache occurs due to consumption of fried food products, like puris, paranthas made from clarified butter or butter. Headache is observed more during morning hours.

Natural medication

Add one or two drops of lemon juice in cold or hot water and consume it. The pancreas will get activated the oil gets digested and headache is relieved.

Yogic medication

- Practice stomach strengthening asanas everyday after taking bath Uttanapadasana, Pavanmuktasana, Shashakasana, Vajrasana, Ardhamatysendrasana daily.
- Kapalbhathi, Nadi shodhan and Agnisar kriya should be practiced daily.

Headache due to delay in blood clotting

When the blood does not get clot-

ted it causes headache. It reduces in the second half of the day. The patient complains of itching, eruptions, swelling on face and puffy eyes. This problem occurs more in women.

- If the blood becomes thin and there is heavy bleeding during menstrual cycle, or headache persists then add loh bhasma in pomegranate squash and consume twice or thrice daily.

Yogic medication

- Take Triphala powder or bran of Isabgol in hot water to avoid constipation.
- Practice Surya Namaskar. Paschimottasana, Ardhamatysendrasana, Vajrasana.
- Practice Nadi shodhan, Kapalbhathi.

Headache due to high blood pressure

Natural medication

- Take equal quantity of onion juice and honey regularly. Take 10 gm of it for blood pressure.
- Take 3 gm of fenugreek powder on empty stomach twice daily. Continue this procedure for 10 - 15 days.

Yogic treatment

- Practice Shavasana, Vajrasana.
- Practice Chandra bhedi pranayam.
- When the blood pressure is in control then practice Tadasana, Bhujangasana, Dhanurasana, Pavanmuktasana, Katichakrasana, and Shalabhasana.

Headache due to exposure to bright sunlight

Natural medication

- Patient should be allowed to rest in a room with the fan on.
- Let the patient smell perfume made of poppy seeds or drop pumpkin oil in nostrils or take seven seeds of Aloobhukhara or wash the tamarind and let the patient drink.

Headache due to excess flow of blood in the head

The head becomes heavy, painful and forehead muscles. In this case the patient experiences red flames in front of the eyes or black patches and pain in temple region.

Natural medication

- Head should not be massaged if there is excess blood flow in head.
- Passing stools relieves any type of headache. Take medicines to pass stools. Take hot water or hot milk with Triphala powder or Isabgol.

Yogic medication

- Practice Kunjal, Jalneti and Sutraneeti on empty stomach.
- Practice Surya Namaskar.
- Dhritaneti also gives relief.

Headache due to germs in head

If germs are present in the head then the patient will lack in smelling and will suffer from headache.

Natural medication

- Take 7 – 11 fresh basil leaves, 2 gm of ginger, 7 black pepper seeds (powdered), boil them in 200 gm water, place the lid for 2

minutes, filter it and add 100 gm of boiled milk, add two spoons of sugar candy powder and drink it hot. Cover bed sheet over the head and lie down. Headache due to this problem will reduce.

Headache due to excess of pitta

Head ache due to increase in pitta occurs because of the disturbance in liver, when a person consumes hot food products or hot drinks. There is severe headache, discomfort, and the taste buds also become sour. Pitta is controlled after motions or vomiting.

Natural medication

- Drop cold water on the head continuously.
- Drop 2-3 drops of Divya amritadhara on the sugar cakes

and eat.

- Add sandal and camphor and apply on the forehead and temples.
- Consume squash made of tamarind, Aloobhukhara or lemon.
- If the eyesight is weak then consult eye specialist for headache and wear glasses.

Headache due to low blood pressure

Natural medication

- Soak 32 raisins in 150 gm of water in porcelain cup for 12 hours and eat one raisin every day.
- Almond controls low blood pressure.
- Grate 7 almonds, soak it in water, in the morning grind it and

consume it with milk.

- Talk less. Sleep and turn to the left side. Headache can be controlled in sleep.
- If headache occurs due to over-eating and frequent eating then, tying turban on the head or carrying weight, lies in the hair or thick hair, tooth decay, drugs then proper treatment will relieve headache.
- 250 gm of pure sesame oil, 10 gm each of sandal and cinnamon oil. Mix and store in a bottle. Apply this oil when headache occurs. Put 4 drops in each ears.
- Make juice from lemon leaves. Smell it. Those who complain of headache regularly should follow it.

TIPS OF SWAMI RAMDEV TO BUILD A HEALTHY SOCIETY

Yog guru Ramdev has given tips to his disciples to be healthy. He said that if little adjustments are done in our life style then we can keep several diseases at bay. Many diseases occur due to negligence.

- Use plenty of green vegetables.
- Sprouted Moong should be consumed in plenty. Gas problem can be controlled permanently with this simple remedy.
- Consume fruits, papaya, apple, guava, bottle gourd juice, and carrot juice.
- Avoid tea if gas problem persists.
- Drink adequate water. Kidney problem and skin problem can be avoided with it.
- Do not consume water immediately after meals. Drink after 15-20 minutes.
- Cow milk cures most of the diseases.
- Cow urine reduces weight.
- Consume 3 spoons of cow urine and 3 basil leaves daily in the morning. Cancer will never occur.
- Basil leaves keeps away vastu related problems in houses and work places.
- Drink milk with dates to cure asthma.
- Take banana with milk and Shilajit to increase weight.