



# HERBS IN THE KITCHEN FOR HEADACHES

Chinese medicine approaches illnesses in a holistic way, as our existence is strongly related to our environment. It searches for the roots of the diseases. This way, depending on the different accompanying symptoms, we can distinguish many types of headaches. The most common acute ones are usually caused by wind-heat or wind-cold obstructing the local

meridians. It usually happens when we catch a cold or a flu. The other types are usually chronic ones when liver yang is rising, qi & blood is deficient or stagnant, kidney is deficient or there is damp-phlegm obstructing functions in the body. Below you will find significant symptoms for each to be able to distinguish them. Taking care of the first signs and

using herbs in a proper way can help to ease the symptoms and restore balance to our body. The following herbs can be useful in cases of headaches and also the descriptions help you to differentiate the different causes. If you are not sure about identifying your headache, please contact your TCM practitioner before taking action.

*If your symptoms are severe and don't improve in a couple of days, you should see your local GP or TCM practitioner.*

## **Outside pathogens attacking head (wind-heat or wind-cold)**

Appears suddenly, usually because of weather conditions either in cold or hot weather. If you feel cold, don't sweat and prefer hot drinks, it's wind-cold, so you should drink GINGER tea. If you feel hot, sweat and prefer cold drinks, it's wind-heat, so you should have some MISO SOUP.



## **Damp-phlegm**

This usually occurs with overweight constitution, the pain is accompanied with a heavy, down pulling feeling. Also tiredness is common in this case and digestive problems. Regular consumption of ALGA and ALMOND or RADISH helps relieving the symptoms.



## **Qi & blood deficiency**

Tiredness, paleness, dull pain worsening when tired characterize qi and blood deficiency. The following are beneficial for this pattern: RICE, and BEEF will invigorate qi, LIVER and SPINACH will enrich blood.



## **Blood stagnation**

Stabbing, fixed pain, accompanied with dark, purple tongue. Take RED WINE or HAWTHORNE to help blood circulation and relieve the symptoms.



## **Kidney deficiency**

Usually goes together with weak constitution, tiredness, lower backache or tinnitus.

Cook BEEF NOODLE SOUP with GINSENG for at least 2 hours. You can add vegetables and spices according to taste.



## **Liver yang rising**

Accompanied with red face or eyes, irritability, restlessness. The straining pain is usually one sided or on the top of the head. MINT tea, OYSTER soup or CELLERY salad can calm the liver and relieve pain.