

## Headache

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Sunday, 29 July 2012 13:32

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Discomfort felt in one or more portions of the head. There are many causes of headaches including tension headache, migraine headache, cluster headache, occipital neuralgia or trigeminal neuralgia (specific nerve related pain syndromes). Most headaches are treated with medical therapy.

**Cayenne (capsicum)- Internal Purposes:** Cayenne is thought to start the release of endorphins by the brain. Endorphins are chemicals that alleviate pain and has been found helpful in treating cluster headaches. It is also said to improve blood circulation and thins the blood.

**Chamomile- Internal Purposes:** This natural sedative soothes nerves, relieves tension and soothes muscles.

**Ginger, Peppermint Oil, and Wintergreen- External Purposes:** These three herbs make a wonderful, soothing rub that relieves tension headaches. When topically treating migraines, gently massage potion made from these herbs on the affected areas. Also useful in treating sinus headaches, just massage the potion across the sinus area.

**Ginkgo biloba- Internal Purposes:** Increases the circulation of blood and oxygen to the brain and is thought to be beneficial in treating headaches.