

# Headaches

## The Tibb View on Headaches

According to Tibb, headaches are a sign of an underlying imbalance in the body. There are four main types of headaches linked to the four different temperaments - Bilius Headache, Sanguinous headache, Phlegmatic headache and Melancholic headaches. Each of these headaches result from qualitative imbalances that present with specific signs and symptoms.

## Bilius Headache/Migraine

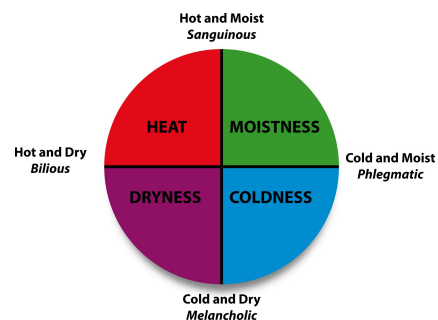
This headache starts from the left half of the cranium and left eye spreading throughout the head. This headache normally starts at sunrise and gradually increases in intensity by midday. The headache is accompanied by nausea and sometimes vomiting. There is also intolerance to noise and light. In the later part of the afternoon, some relief from the intensity of pain may be experienced.

## What Causes Bilius Headaches?

There are many factors that can contribute towards the development of a bilius headache. This includes: a hot environment or hot weather; inadequate sleep; excessive wakefulness; excessive intake of hot and spicy foods; and emotions such as stress, anger and irritability.

## The Tibb View on Bilius Headaches

Bilius headaches are due to **excess qualities of heat with dryness**. People with a dominant/sub-dominant bilius temperament are most likely to suffer with chronic bilius headaches/migraines due to their innate qualities of heat and dryness.



## Management of Bilius Headaches

Treatment and management is aimed at **reducing the excess heat with dryness** associated with bilius headaches, by implementing Tibb Lifestyle Factors that **increase the qualities of coldness and moistness**. Treating the underlying source of the headache, and avoiding certain food-triggers and gas producing foods in the diet should also be adopted. This assists Physis in addressing both the symptoms and causes of bilius headaches.

### Tibb Lifestyle Factors

#### Food and Drink

- Eat **mostly Cold & Moist foods** - such as carrots, cucumber, lettuce, watermelon and rice, **followed by Cold & Dry foods** - like yogurt, fish and citrus fruit and **Hot & Moist foods** - such as bread, pasta, sugar and cheese, and the **least amount of Hot & Dry foods like** - chicken, egg, garlic and onion.

#### Other Lifestyle Advice

- Practice good sleep hygiene to ensure adequate rest and sleep at night.
- A high-fibre diet should be adopted to promote regular bowel movements. The use of a gentle laxative may be used every two weeks.
- Avoid strenuous exercise. Partake in light exercises like yoga and Pilates. Swimming is also an acceptable form of exercise.

## Herbal Remedy

- Soak one tsp of lavender, two pinches of black pepper, ½ tsp coriander powder and about seven almonds in 150ml of hot water for 30 minutes. Liquidise and strain. Add 1tsp of honey and drink two to three times a day.

## Sanguinous Headaches

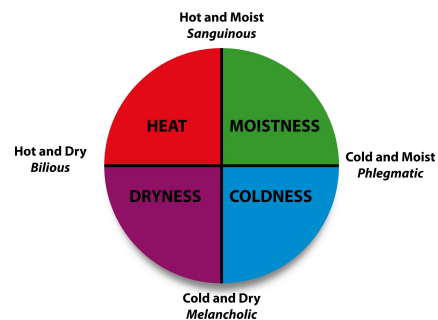
A sanguinous headache is the result from an increase in blood volume. The accumulation of this excess blood in the region of the head results in a sanguinous headache. Signs and symptoms include throbbing pain in the temple region; elevated blood pressure; dizziness; and heaviness behind the eyes.

## What Causes Sanguinous Headaches?

Hot and humid weather, improper diet and the excessive intake of hot and moist foods such as white flour products, sugar and salt, stress, and certain medications, such as oral contraceptives.

## The Tibb View on Sanguinous Headaches

Sanguinous headaches are due to an **excess of heat and moistness** resulting from an increase in blood volume that is common with sanguinous temperamental types. Sanguinous types are most likely to develop sanguinous headaches due to their inherent qualities of heat and moistness.



## Management of Sanguinous Headaches

Treatment and management is aimed at **reducing the excess qualities** associated with sanguinous headaches, by implementing Tibb Lifestyle Factors that **increase the qualities of coldness and dryness**. Treating the underlying source of the headache, and avoiding certain food-triggers and gas producing foods in the diet should also be adopted. This assists Physis in addressing both the symptoms and causes of sanguinous headaches.

### Tibb Lifestyle Factors

#### Food and Drink

- Eat **mostly Cold & Dry foods** - such as beef, potato, yogurt and citrus fruit, **followed by Hot & Dry foods** - like eggs, garlic, chicken and onion, and **Cold & Moist foods** – such as cucumber, carrots, pears and rice, and the **least amount of Hot & Moist foods** – like mutton, salt, sugar, bread and pasta.
- Eat mostly broccoli, garlic, green leafy vegetables, melons and squash. Eat grains like brown rice.
- Drink two litres of lukewarm water daily.
- Avoid all animal fats, bacon, beef, liver, corned beef, dairy products, pork, sausages and smoked or processed meats.
- Skinless chicken and mutton should be consumed in moderation only.
- Avoid foods such as avocado, chocolate, beans, pickled herring and sour cream.
- Avoid fried foods, coffee, black tea, fizzy drinks, alcohol and tobacco.

## Herbal Remedy

- Mix together 20g of lavender powder, 50g of cardamom powder, 20g of coriander powder and 10g of fine black pepper. Take 1g of this powder 3-4 times a day. During an attack, take 0.5g every 15 minutes for 4-6 doses.

## Phlegmatic Headache/Migraine

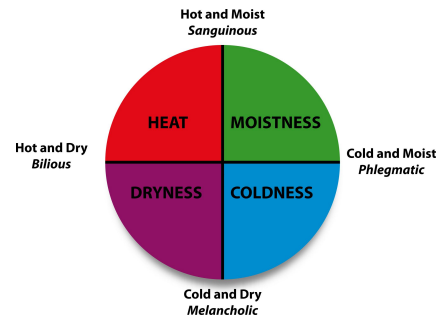
This headache starts above the eyebrows, moving horizontally all the way around to the back of the head like a band, and then spreads throughout the head. It starts in the late afternoon or early evening and worsens during the night. The intensity lessens after sunrise and during the day.

## What Causes Phlegmatic Headaches?

Causes may include a cold and rainy environment, winter seasons, excessive intake of cold and moist foods such as dairy products, and the use of air conditioning.

## The Tibb View on Phlegmatic Headaches

Phlegmatic headaches are associated with the **qualities of moistness with coldness**. People with a phlegmatic dominant/sub-dominant temperament are most susceptible to the development of phlegmatic headaches due to their innate qualities of coldness and moistness.



## Management of Phlegmatic Headache/Migraine

Treatment and management is aimed at **reducing the excess moistness with coldness** associated with phlegmatic headaches, by implementing certain Tibb Lifestyle Factors that **increase the qualities of heat and dryness**. Treating the underlying source of the headache, and avoiding certain food-triggers and gas producing foods in the diet should also be adopted. This assists Physis in addressing both the symptoms and causes of phlegmatic headache.

### Tibb Lifestyle Factors

#### Food and Drink

- Eat **mostly Hot & Dry foods** - such as chicken, chickpeas, avocado, and cinnamon, **followed by Cold & Dry foods** - like beef, tomato, potato and citrus fruit and **Hot & Moist foods** - such as white flour products, sugar, bananas and cheese, and the **least amount of Cold & Moist foods** - like milk, cucumber, rice and pears.
- Drink plenty of fresh warm water; Consume hot liquids like soups and herbal teas, which promote the elimination of phlegm.
- Eat plenty of fruit and vegetables.
- Eat food which is rich in garlic and horseradish. Also pepper-rich dishes, which contain capsaicin or cayenne. Eat plenty of protein, especially chicken, fish and meat.
- Avoid wheat, sugar-rich and salty foods, and ice-cold drinks.
- Restrict dairy or milky foods, except yoghurt.

#### Other Lifestyle Advice

- Avoid exposure to cold environments and rainy weather.
- Avoid day time napping.

### Herbal Remedies

Boil 2tsp of lavender, ¼ tsp of fenugreek seeds, ¼ tsp of cinnamon, 2 crushed cloves in 2 cups of water.

Boil down until one cup remains. Strain and add 1tsp of honey and drink while still warm. Repeat this two to three times a day, especially at the onset of an attack.

### Melancholic Headaches

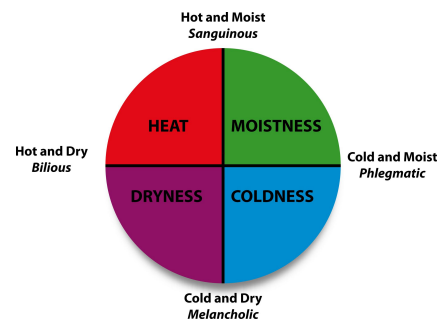
Melancholic headaches present with the following symptoms: pain at the back of the skull, with a pulling of the neck muscles; a dull feeling in the head; flatulence and stomach wind; indigestion; hiccoughs; constipation; or irregular liquid bowel movements.

### What Causes Melancholic Headaches?

These headaches are caused by an excessive intake of cold and dry foods like sour products, cold and dry weather, excess tea, coffee and alcohol. Fermentation of food in the gut produces gas due to insufficient heat in the body.

### The Tibb View on Melancholic Headaches

Melancholic headache is due to an **excess of the qualities dryness with cold**. People with a dominant/sub-dominant melancholic temperament are predisposed to developing this type of headache due to their innate coldness and dryness.



### Management of Melancholic Headaches

Treatment and management is aimed at **reducing the excess dryness with cold** associated with melancholic headache, by implementing certain Tibb Lifestyle Factors that **increase the qualities of heat and moistness**. Treating the underlying source of the headache, and avoiding certain food-triggers and gas producing foods in the diet should also be adopted. This assists Physis in addressing both the symptoms and causes of melancholic headaches.

#### Tibb Lifestyle Factors

##### Food and Drink

- Eat **mostly Hot & Moist foods** - such as banana, brown bread, sweet potato and mutton, **followed by Cold & Moist foods** - like carrots, butternut, rice and milk, and **Hot & Dry foods** - such as egg, bittergourd, avocado and garlic, and the **least amount of Cold & Dry foods** - like yogurt, beans, beef and lemon.
- Avoid the excessive intake of coffee, tea, smoking and alcohol.

##### Other Lifestyle Advice

- A cleansing enema should be used on a monthly basis, especially in cases of headache where constipation and indigestion occur as well.

#### Herbal Remedy

- Add 1 teaspoon of fennel seeds with one cup of boiling water. Drink after cooling and straining.



