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Natrum Mur – Tension Headache

This is the classic tension headache brought on by stress, frustration, eyestrain, or in women, after a period. It's very likely if you need Natrum Mur for your headache that you've got an issue that is bothering you going round and round in your mind! Interestingly though, and this is one of the keynotes of the remedy, if you need Natrum Mur, you probably won't want any sympathy or consolation from others about either the problem or your headache, and you may even find this aggravating if it's offered!

In terms of the headache itself, the pain can feel blinding, or give you the sensation that thousands of tiny hammers are hitting your brain. You might also find that you wake up with the headache, it's worse during daylight hours, and that it only starts to ease towards evening. This is also the kind of tension headache that can develop into a migraine, where you go quite pale, feel nauseous and possibly even feel a tingling sensation in your head or experience a visual disturbance alongside the pain.

Nux Vomica –The over-done it headache!

Nux is the first remedy to go for if your headache has been caused by over-indulgence! This could be rich food, alcohol or tobacco, and you're likely to be feeling 'hangover' in one respect or another afterwards.

Irritability and sensitivity are the keynotes you're looking for with any Nux Vomica symptoms. So in the case of a headache, you yourself are likely to be feeling grizzly and irritable, and your headache will be made much worse for light, draughts, cold air, noise and mental exertion.

The pain is most likely to be situated over the eyes or at the back of the head, and another interesting indicator to watch out for if you need some Nux, is that it will probably feel better for applying firm pressure to the affected area. Other symptoms which also match the Nux Vomica picture are dizziness or light-headedness with the headache, a sense of pressure on the top of the head as if a nail were being driven in, and feeling better for having a nap.

Pulsatilla –Headaches from overwork

If overwork has left you feeling wrung out, emotional, headachey and in need of some sympathy and TLC, then Pulsatilla will be the remedy for you. The emotional aspects of this picture are a very important indicator for the remedy, so you may even be feeling in need of reassurance and very easily drawn to tears. For this reason, it can also be a great remedy for children who experience headaches when they simply become overwhelmed by a situation, schoolwork, or even excitement.

In terms of the pain itself, the Pulsatilla headache is quite a neuralgic one, and is very often one-sided or erratic, with the pain focussing on one side at a time, or shifting around the head.





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As a rule though, it tends to start around the right temple, before spreading to the front of the forehead or above the eyes. People needing Pulsatilla as a remedy very often find that their headache is better for walking slowly in the fresh air, and much worse for being in a warm, stuffy room.

Sepia – Menstrual Headache

Sepia is a great remedy for women who experience headaches as a result of hormonal changes around their periods. The Sepia headache tends to be quite violent, affecting the whole head, and leaving the person feeling quite sick or bilious too. You'll also be likely to feel quite sluggish, wanting to lie down quietly or have a good sleep.

Ironically, doing the reverse can also make Sepia headaches a lot better – vigorous motion or exercise out in the fresh air can help, but only until you start to warm up, then the pain starts to get worse again.

Staphysagria – Temper Headache

This is also one to mention quickly, as it has a real specific symptom that it covers. Staphysagria is the first remedy to try if your headache has been caused by pent up anger or indignation, or after losing your temper over something.

You'll probably find the headache makes your head feel numb, and the pain will be dull and focussed around either the back of the head or the forehead, with pains pressing inwards and outwards. Another keynote to look out for with a Staphysagria headache is that the pain will feel much worse for touch.

Where to buy these remedies and how to take them

All the remedies mentioned here are available from good local pharmacies and health food shops who carry a homeopathic range. In the early stages of a headache, take the remedy every 30-60 minutes, stopping once you feel an improvement. For more established symptoms, take one pill three to four times daily, again stopping once you feel things are improving – this is a sign of the remedy stimulating your own healing mechanism to do the rest. If you feel your symptoms returning, simply pick up with the remedy again.

If you take more than 3 doses of a remedy and nothing happens – this is a sign that it's not the right one for your particular symptoms. Time to look back over the keynotes and pick another one. If symptoms persist, or if your headaches become regular and frequent, seek further advice from your homeopath and GP.

Home use remedy kits for common ailments and first-aid are also available from Janine Whitfield MLCHom, MARH at New Path Homeopathy – visit www.newpathhomeopathy.com for more information.

