

Headache, Migraine Understanding & Treatment

Sensing Headache: Headache is referred to the pain felt in the head. It is sensed through nerve centres available in head area. The nerves sense either the acidic nature (low pH, Low Blood Pressure) or alkaline nature (high pH, High Blood Pressure) of blood or low blood circulation due to blockage of blood capillary in the local area. A different type of tired feeling is sensed when blood pressure is too high. During the period of headache brain activity drastically reduces. The person's ability to think and learn gets perturbed during headache time.

Reasons of Headache: There may be following reasons of feeling headache:

1. Low blood pH may be one reason when the brain nerves feel needle pinches due to blood pH going acidic (less than 7). The healthy blood pH range is taken as 7.35-7.45 and the corresponding pH of urine is 5.8-8.0 which can be easily measured to check status of blood pH without any invasion.
2. Migraine is one such condition when needle pain is experienced in smaller part of the brain along with low body temperature and low blood pressure. In severe migraine condition, vomiting may also be experienced and relief may be achieved. This happens when body loses Sodium due to intake of some triggering agents sometime before. This condition is also called Hyper-kalemia or Hypo-natremia.
3. Headache may also be felt due to blockage of some brain capillaries either stopping blood supply to that part or resulting high pressure of accumulated blood in the part. Such a condition needs to be checked through detailed examination of head, say CT Scan or MRI.
4. Headache may also be due to continuous high blood pressure. When systolic blood pressure is more than 120mmHg and/ or diastolic is more than 90mmHg for a continuous period of time, the brain tissues feel pressurised and a different feeling of tiredness may be experienced. The person is not able to take any work load.

Treatment: Basically, headache is only a symptom for some problem somewhere in the body, it is not a disease in itself. Treatment of headache shall be guided by the reason behind the problem. A proper diagnosis is a must before going for any treatment. The lifestyle of a person, the eating habits, working habits etc. are to be taken into consideration. However following guidelines can be taken for permanent treatment of headache including migraine along with alternative and natural treatment:

- a. If Urine pH is below 5.8 and there is a continuous headache feeling, the person should increase pH by taking alkaline fruits and foods, such as pomegranate, papaya, banana, cucumber, atta biscuits, coconut water, sugarcane juice, alkaline water etc.
- b. If there is associated low body temperature, migraine condition, it means digestion has stopped. Then person has to analyse his food taken some time before. The person should simply avoid the sodium triggers in food such as lemon, acetic acid, black salt (potassium chloride), empty stomach position, low water intake, very hot and very cold ambient temperatures, etc. The avoidance of these items shall make the person free from headache in future. For immediate relief of headache, the person can take alkaline foods and fruits to increase pH immediately and absorb the acid already generated in the stomach. The person can take atta biscuits and cucumber for immediate relief. If there is vomiting feeling, vomiting can be induced by putting finger in mouth after taking one glass of water every time. After full acid is out, the above treatment can be followed to increase stomach pH.
- c. If the headache is due to high blood pressure, the complete blood test can be done to ascertain reasons for the high BP and treatment can be initiated for long term solution. For immediate relief, lemon water with black salt can be taken and also acidic fruits and foods can be taken on regular basis for long term solution to headache due to high BP.
- d. If headache is not cured by above measures, the reason may be blockage in paining part of the brain, for which CT scan or MRI can be carried out to diagnose the real issue and treatment may be initiated.

General: All efforts should be made to diagnose the real reason behind the headache so that the patient should be able to live a quality life.