Headache

Headache is a sharp, steady pain on one side of the head. It is a feeling of pain behind the eye.

Types of headaches:

Migraine Chronic Headache

Migraine is a headache with pain that can last from 4 hours to 3 days.

- Pain is usually moderately to severely intense, pulsating, and often occurring on 1 side of the head.
- Telltale signs of migraine may be nausea and /or vomiting, and sensitivity to light and sound.
- Changes in vision or hearing, called aura, may come just before or just as the migraine begins.

Migraine can be defined by how often headache.

- One type of migraine occurs fewer than 15 headache days per month, some of them being migraine. This is called episodic migraine.
- The second type of migraine is when headaches occur 15 or more days per month with headache lasting 4 hours or longer for at least 3 months, some of them being migraine. This is called chronic migraine.

Tension-type headache

- This is the most common type of primary headache, affecting anywhere between 30% and 78% of general population.

Cluster headache

- This is a headache as an attack of severe pain on one side of the head, lasting 15 minutes to 3 hours, and occurring from once every other day to 8 times a day. A cluster headache may be associated with forehead and facial sweating, restlessness or agitation, nasal congestion, and other symptoms.

Other primary headache

- Headache in this category include stabbing headache, coughing-related headache, headache brought on by physical exertion, thunderclap headache, and other headaches that cannot be described as migraine, tension, or cluster.

The cause factors of Chinese medicine theory:

Headache is the common clinical symptom of the developing or chronic diseases. Based on the theory of the channels and collaterals, the three yang channels of hand and foot along with Du vessel reaches the head. The essence of the five zang organs and clear yang also reaches the head to nourish the channels. It is said that: "*the head is the converging place of all yang qi", "it is the palace of clear yang" and "the clear orifice".* The various kinds of headache result from exogenous or endogenous pathogenic factor which obstruct the upper orifice and produce a lack of nourishment to the brain

Acupuncture is one of the most effective treatments for headache:
The most treatable headaches for acupuncture were migraine chronic headache, tension-type headache, cluster headache. Acupuncture could help to reduce the frequency of the headache, to short the lasting time of headache, the degrees of the headaches.
Suggestion: visiting for twice a week about two to three weeks, if the result good, then once a week for maintenance the result.