

## Tension Headache :-

Unit → 4th

203

Definition :- Tension headache are caused by muscle contractions in the head and neck regions. Ibuprofen or aspirin can be used to relieve tension headaches. However, these medications should be used sparingly. Tension headaches are usually mild or moderate, as compared to migraines, which cause throbbing pain on both sides of the head.

Content :- A tension headache is the most common type of headache. It can cause mild, moderate, or intense pain in your head, neck, and behind your eyes. Some patients say that a tension headache feels like a tight band around their forehead. The majority of people who suffer from tension headaches have episodic headaches, which occur one or two ~~times~~ times per month on average. However, tension headaches can also be chronic.

Cause :- A variety of foods, activities, and stressors can cause these types of contractions. Some people develop tension headaches after staring at a computer screen for a long time or after driving for long periods. Cold temperatures may also trigger a tension headache.

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## ⊘ Triggers for Tension Headaches ⊘



## → Primary Headache Types →

|                     | Migraine  | Tension                              | Cluster  |
|---------------------|---|--------------------------------------|--|
| Pain Description    | Throbbing, moderate to severe, worse with exertion. | pressure, tightness, waxes and wanes | Abrupt onset, deep, continuous, excruciating explosive |
| Associated Symptoms | Photo / phono-phobia<br>Aura                        | None                                 | Tearing, Congestion, Rhinorrhoea<br>Pallor, sweating   |

## ⊘ Location of pain ⊘

Sinus :- Pain is behind browbone and cheekbone.

Cluster :- Pain is in and around one eye.

Tension :- Pain is like a band squeezing the head.

Migraine :- Pain, nausea and visual changes are typical of classic form.

## ⊘ Symptoms ⊘-

Dull head pain

Pressures around  
the forehead

Pressures around  
the forehead and  
~~the~~ scalp.

## ⊘ Yogic Management ⊘

Shatkarma ⊘- Jal Neti, Sutra Neti, Sheetkram.

Asana ⊘ Bhujangasana, Tadasana, Triyak tadasana, Kati chakrasana, Padahastasan, Padmasana, Shashankasana etc.

Pranayama ⊘- Nadi-shodhan, Anulom-Vilom, Sheetalii, Seetkari, Chandrabhedii, Ujjayi etc.

Mudra ⊘- Shambhavi Mudra, Kaki Mudra, Gyan Mudra, Chin Mudra etc.

Bandh ⊘- Jalandhar, Uddiyan, Moolbandha.

Meditation ⊘- on Anahat chakra, Agya chakra, Soham Dhyana etc.

Relaxation ⊘- Yognidra, Shavasana, Makrasana etc.

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