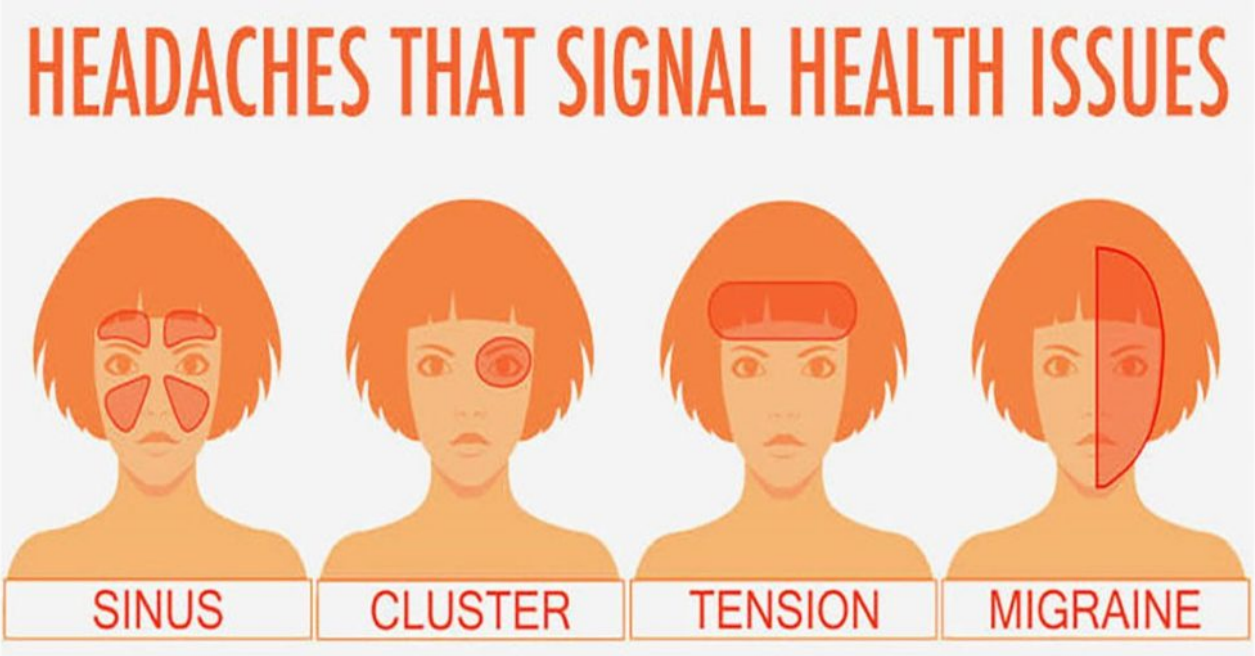
HEALTHY TIPS

This Is How Headaches Reveal what Is Wrong with Your Health

By bestfolkmedicine · 04/08/2018 · 2 min read



According to Daily Health Post, headaches are the most common types of pain and they are one of the major reasons why people miss day/s from school or work and why they tend to drink a lot of painkillers. As noted by the National Headache Foundation, around 28 million American citizens suffer from migraines (severe form of headache).

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Since they can be caused by a variety of reasons, from catching a cold to PMS, it is often difficult for sufferers to understand that there are different types of headaches and how to best address their health problems according to the type.

Below, check out the major types of headaches and their symptoms.

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Most Common Types of Headaches

1. **Sinus headaches**

As the name itself suggests, this type of headache happens when the sinuses become clogged or inflamed and it results in a strong pain behind the cheeks, eyes, and nose and it tends to worsen when the person bends forward or when they wake up from sleep. The main reasons for this type of headaches can be an allergic reaction, an infection, or a tumor.

2. **Neck headaches**

Also known as cervicogenic, this headache impacts the neck and shoulder blades, but people usually think it originates in the back part of the head or the skull's base. The underlying reason for it may be a muscle knot, a pinched nerve, muscle damage, bone growth, tumor, swollen tissue, and joint issues. You can alleviate this type of headache by getting a professional massage, physiotherapy, acupuncture, or chiropractic treatment.

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3. **Tension headaches**

In most cases, this headache is triggered by excessive anxiousness and stress. The headache is known to lead to pressure and contractions in the scalp and temples due to the muscles tightening in the neck, jaw, and shoulders. It may last between several minutes up to a couple of days. Usually, it is caused by insufficient sleep, missing out on meals, stressful periods of life, too many emotions, and alcohol.

4. **TMJ headaches**

This headache happens as a consequence of jaw, jaw joint, and lower facial muscle issues that usually develop as a result of teeth clenching or grinding, jaw tension, dislocated jaw joint, or arthritis. A lot of sufferers do not experience the pain solely in the joint, but in other areas such as the cheeks, ears, temples, as well as the neck and shoulders.

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5. **Cluster headache**

This is a sharp and severe headache that may be happening on an off and on basis several times per day for a period of several months. It is followed by headache-free periods that may last up to six months. Most sufferers experience no warning for the headache cycle and the pain is usually felt in one side of the head (above the eyes and near the temples) and the individual may also have a runny nose and a bloodshot eye.

Sources:

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