HEALTHY TIPS

Top 5 Folk & Natural Remedies for Headaches, Dizziness, and Nausea

By bestfolkmedicine · 22/02/2023 · 3 min read



A lot of people struggle with headaches. This condition can affect any age and both men and women. Although we all have the occasional headache, for some people, headaches are a common struggle.

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Actually, statistics notes that approximately 40 percent of people on the planet experience tension headaches while 10 percent suffer from migraine.

Some types of headaches require proper medical therapy. However, in other cases, they may not be necessary. Sometimes, we can alleviate a headache at home with folk remedies.

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Below, check out a list of the five top natural ways to relieve a headache at home without using meds.

5 Top Natural Remedies for Headaches

1. **Ginger**

For a long period of time, ginger has been used as a herbal medicine. It's praised as one of the best folk remedies to heal nausea and vomiting, which are common with headaches and migraine.

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In a 2013 study, ginger powder's power was compared to that of the drug Sumatriptan for the treatment of migraine. Ginger's effects were found to be almost as potent as that of the drug.

Ginger caused fewer side effects than the lab-made drug. To try it for your headaches, boil several thinner pieces of ginger in three cups of water for 10 minutes.

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Strain the content and add lemon juice and honey. You can also find ginger in powder form which is a convenient way to benefit from this powerful plant.

2. **Clove**

This traditional spice is a common food preservative, but we mustn't forget that it also offers impressive healing characteristics.

One of them is the ability to reduce pain thanks to a compound in it called eugenol and its anesthetic properties.

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The best way to benefit from this tea in case of headaches and migraines is to drink a cup of nourishing clove tea. To make it, boil one to four cloves in a cup of water for three to five minutes.

Strain the content into a cup and enjoy it with honey and lemon juice.

3. **Water**

Very often, people experience headaches due to dehydration or lack of fluids in the body.

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In the US, most individuals don't achieve the RDA of 2.7 liters of fluids (women) and 3.7 liters (men).

Even mild dehydration may trigger a headache and other symptoms like poor focus and concentration, dizziness, tiredness, and confusion.

Dehydration is a common culprit for headaches due to brain contractions and pressure on the nerves.

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When you drink a sufficient amount of fluids, you help reduce the pressure and consequently the pain and discomfort.

4. **Essential oils**

According to studies, aromatherapy with essential oils may help decrease pain and discomfort.

Therefore, when you're down with a headache, try to relieve it by massaging a drop or two of the oil onto the temples, neck, and chest.

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Breathing in the scent through a diffuser may also help in alleviating headaches and migraines. The three best essential oils when it comes to headaches and migraines are peppermint, lavender, and eucalyptus.

Peppermint is beneficial for tension headaches and studies have found it almost as effective as paracetamol. The menthol in peppermint has a soothing and cooling effect, which may also be of aid to nausea and dizziness during migraines.

Lavender has calming properties and offers a soothing scent that will help you relax and rest.

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If you're looking to alleviate sinus headaches, opt for eucalyptus oil. This oil cleanses the nasal passages from mucus and possesses analgesic characteristics.

5. **Acupressure**

This traditional Chinese medicine practice is a lot like acupuncture, but there are no needles involved.

It’s a popular alternative method for better health, reduction of pain, and body balance.

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The pressure is applied on specific body points. And, it may help you deal with migraines and headaches

Namely, in a 2011 review of 43 studies, it was concluded that acupressure helped reduce nausea and vomiting during pregnancy, during chemotherapy, and after surgeries.

It was also found beneficial in relieving tiredness and insomnia.

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Sources:

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