

Published based on [Use Herbal Remedies for Headaches at Home](#)

# Use Herbal Remedies for Headaches at Home

Headaches are a common problem that many people face almost every day. There can be many causes ranging from stress to restricted blood flow to serious medical conditions. Fortunately, most headaches are simple tension headaches and there are many herbal remedies that can give you quick relief.

There are herbal [herbal headache remedies](#) from virtually every philosophy of medicine including Chinese herbal medicine, Ayurveda medicine (the traditional medicine in India), and homeopathic and herbal medicine.

A common herb used in Chinese medicine is ginger and it is one of the recommended treatments for headaches. You can brew a ginger tea or eat a small piece of fresh ginger. Ginger is now available at many health food stores and even in a lot of normal grocery stores.

There are a couple common treatments that are used in Ayurvedic medicine for headaches. The first uses warm mustard oil on a cloth. You apply this compress to your forehead to relieve pain. Another way to treat headaches is to add boiling water to some coriander seeds. When this mixture steams, you inhale the steam. Inhaling the steam can be helpful getting rid of sinus headache pain.

A popular homeopathic [herbal remedy for headaches](#) is warm tea made from rose hip, chamomile, or peppermint. Tension headaches can often be relaxed away with a nice cup of tea. You may also try valerian root which can be taken in capsules or as a tea. This one can make you drowsy though so be careful the first time you take it.

Let's close with a couple very enjoyable herbal remedies for headaches taken from the Aromatherapy philosophy of medicine. Lavender oil is the first remedy. You can put a couple drops of it under your nose or rub the oil into your temples (if somebody else can rub it in for you it is even more relaxing). You will often find the relaxing effect of lavender soothes your tension headache. Taking a hot bath with relaxing scents like chamomile or lavender is another good way to treat a tension headache. Both of these remedies are great to add to your daily relaxation ritual even if you don't have any headache pain.

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