Headaches and the Acupuncture Method to Treat Various Heaches

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Acupuncture may be useful for the treatment of various headaches. Acupuncture is known to 1) control pain, 2) reduce inflammation, 3) restore autonomic nervous dysfunction and 4) improve psychiatric problems. Background of acupuncture concept is 1) Yin/Tang-theory-Yin presents parasympathetic nervous system while Yang presents sympathetic nervous system. Migraine headache is due to the parasympathetic nervous dysfunction and cluster headache is due to sympathetic nervous dysfunction. 2) Yang meridian and Qi circulation. Tension headache is due to the disturbance of Qi circulation in Yang meridian. 3) Energetic five phases disturbance-Coffee induced headache and liver fire headache 4) Organ related headache-nasal, ocular, dental and TMJ induced headaches 5) Neuralgia headache- Post-herpetic neuralgia and trigeminal neuralgia. Distal sympathetic switch acupuncture points and parasympathetic switch points are used to treat headaches due to autonomic nervous dysfunctions. Tender Yang acupuncture points are also used to treat muscle tension headaches. Five phased energetics are used to treat liver fire and coffee induced headaches. Neuralgia headaches are treated with neuroanatomic acupuncture points. In conclusion, acupuncture can be used to treat various headaches. Acupuncture seems to be a part of multi-modal method to treat headaches.