

- Persica and Rhubarb Combination (*Tao He Cheng Qi Tang*): to effect a purge if there is associated constipation and menstrual cramping in women with a strong constitution

**Recommended Western Herbs and Treatment:**

- One of the simplest herbs to try for a headache is **rosemary** in tea form. It has mildly stimulating, carminative and pain-relieving properties (it contains salicylic acid, the active ingredient in aspirin).
- A powder of **willow bark** is also effective for many headaches.
- According to naturopathic doctor, William Mitchell, two of the most effective herbs for migraine headaches are **feverfew** and **nettles leaf**.
- In general, nervine and antispasmodic herbs are effective for treating headaches, such as **valerian**, **skullcap**, **black cohosh**, **blue vervain** and **lobelia**.

**Figure 34.11: Headache Formula**

*In this formula, stimulant, antispasmodic and carminative herbs are combined to treat Blood Stasis in vascular headaches.*

angelica root	1 part
lobelia	¼ part
skullcap	1 part
rosemary	1 part

Make into a tea and give as often as needed to relieve or prevent headaches.  
An average dose is 1 cup, 3 times a daily.

**Recommended Ayurvedic Herbs and Treatment:**

- If the headache is caused by chill, then apply a hot paste of **cinnamon** powder and a little water directly to the head.
- A snuff can be made with powdered **pippali pepper** (or black pepper), rock salt and water for use as a sternutory (to cause sneezing). Another snuff is the mixture of **black pepper and calamus root** powders. Try only a small amount at first as this may cause sneezing, which if moderate is part of the therapy.
- Internally one can take a combination of equal parts **guggul and calamus root**, which can be taken in ¼-½ teaspoon amounts 3 or 4 times daily.