

Ayurveda - Health notes

Migraine

Question: I get migraine headaches when I am in the bright sun, hot weather, bright light or heat. What is the reason behind it and how can it be controlled? During summer, I cannot go outdoors at all. During winter, I can't stand the heat in the house.

Answer:

I've seen this type of heat-related Pitta headaches with other clients. It's always best to see an Ayurvedic physician. Also try these self-care recommendations in your diet and daily routine:

- * Follow a Pitta-pacifying diet. Favor sweet, bitter, astringent, cool, heavy and dry foods. Reduce or avoid foods that are pungent, sour, salty, hot, light and oily.
- * Take the Herbal Aci-Balance^a formula.
- * Don't skip meals.
- * Before bed, drink cool milk (after boiling) blended with a couple of dates.
- * Don't overwork. Take enough rest and leisure time.
- * Avoid the hot sun and hot temperatures. Stay cool.