

**Ayurveda management of chronic headache: a case report**

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**Abstract**

Chronic headache is termed as a headache experiencing for fifteen or more days per month. It is estimated that chronic headache affects 4% to 5% of general population. A 58 - year old working woman visited for Ayurveda management with the complaint of headache with insomnia. Her history and clinical examinations revealed that she was having history of being unable to sleep and headache for last 4 -5 years. She was being treated at Modern Medical Institute, New Delhi for last 3 -4 years. Sedatives and pain killers had been prescribed to her and had taken since the treatment started from modern hospital. Being within the age group of menopausal age, she was given counseling and Ayurvedic management based on Ayurveda principles. Within weeks of Ayurveda management she received relief and all the allopathic medicines were gradually withdrawn.

**Keywords:** Chronic headache, insomnia, menopause, Ayurveda management

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