



## BENEFITS OF USING REFLEXOTHERAPY FOR TYPES OF HEADACHES

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**Abstract:** This article discusses the types of headaches, their frequency, causes, and methods of treatment. Nowadays, the symptom that bothers many people is a headache. Headaches have become a background of the disease, and when we have a headache, we are wary of many medications. The medications we take for a simple headache cause serious harm to our body organs. The medicine we take, first of all, affects the gastrointestinal tract, the liver, and even the most harmless drug, of course, causes significant damage to the kidneys. However, this problem can be eliminated without medication, by affecting the reflexes and using light massage techniques. More than 150 different types of headaches are divided into three main categories - primary headaches, secondary headaches, and cranial neuralgia.

**Keywords:** Pain, risk factor, Reflexology, frequency, treatment, cranial neuralgia, migraine, enema headache, prevention.

1. Primary Headache - A primary headache is not a symptom of an underlying medical condition, but rather a result of problems with the structures of the head and neck. Stress and sleep disturbances often trigger these headaches.

2. Secondary Headache - Secondary headaches usually have underlying medical conditions associated with them, such as sinus headaches, which occur when pressure or infection builds up in the sinuses. A migraine is a form of headache with throbbing pain that usually occurs on one side of the head. It is often triggered by stress, hormones, noise, the environment, and many other factors. Women are affected more often than men.

If the headache lasts for a long time and is accompanied by symptoms such as neck stiffness, fever, vomiting, vision changes, and numbness on one side of the body, it may be due to the development of a serious infection.

3. Cranial neuralgia: Pain that occurs in the face and other areas of the head is called a rebound headache. If a person takes too much medication, the patient may develop a headache. It occurs when frequent use of painkillers leads to persistent headaches.

Types of Primary and Secondary Headaches:

The common types of primary headaches include:

- Cluster Headaches - These headaches usually last between 15 minutes and 3 hours and can occur one to eight times a day. They can often come and go for 4 to 12 weeks. Cluster headaches usually occur at the same time every day.

- Migraine - A migraine is a severe throbbing or pulsating headache that can usually be felt on one side of the head.

New daily persistent headache (NDPH) begins suddenly and lasts for more than three months. It usually occurs in people who have had infrequent headaches before the onset of NDPH.

- Tension headache - causes mild to moderate pain and often develops over time.

Some types of secondary headaches include:

- Medication overuse headache - also known as rebound headache, occurs in people who take medications to treat their headaches frequently.



- Sinus headache - caused by a sinus infection that causes congestion and inflammation in the sinuses.
- Spinal headache - caused by low pressure or volume of cerebrospinal fluid. This is caused by a spontaneous leak of cerebrospinal fluid, spinal cord or spinal anesthesia.
- Thunderclap headache - is unbearable and begins suddenly. A thunderclap headache causes severe pain within 1 minute and lasts for at least 5 minutes.

**Objective:** To eliminate headaches without medication using reflexotherapy.

**Materials and methods:** Headache - pain in the head is one of the most common symptoms of various diseases. It occurs due to damage to the nerve endings in the brain and spinal cord and blood vessels. Severe fatigue, colds, nervousness, diseases of the paranasal sinuses, hypertension, circulatory disorders or tumors in the brain, infectious diseases, diseases of internal organs, injuries and other causes of headaches. In vascular diseases, the headache is aggravated by severe fatigue, alcohol, heavy smoking, as well as noise, unpleasant odors, bright light. In hypertension, patients feel heaviness in the head after falling asleep and the back of the head hurts. Usually, when sleeping in a ventilated room, the pain is relieved by light exercises in the morning. Migraine headaches are characterized by throbbing pain.

Also, when osteochondrosis occurs, the head muscles tense up during work, when reading, and when the head is held incorrectly, causing headaches. Eye strain when reading or writing in dim light, eye diseases, such as glaucoma, can also cause headaches. It may not be possible to completely get rid of headaches. There can be various reasons for this. For example, constant nervousness and stress. According to statistics, most headaches occur in people who do not know what rest is and cannot concentrate, and they also occur in a passive lifestyle. Sometimes just lying down in a quiet position is effective for headaches, because tension and nervousness cause pain. We offer you reflexotherapy methods that are much more useful than medications for headaches:

Take a deep breath. Place your palms on your forehead and tense your neck. In this position, you need to hold your breath for 5 seconds. Then exhale and repeat this movement 5 times. Massage the place where the thumb meets the index finger.

Spread your fingers to both sides, if you feel pain when pressing it, this is the active point. Massage for about 5 minutes, the headache will quickly subside.

Massaging the point above the nose helps reduce headaches, to determine this point, imagine the place where the eyebrow line and the nose line meet. There are two symmetrical points - these are the places where the eyebrows end, massage both at the same time.

Often, massaging the soft part of the ear is beneficial. Massage the points that are slightly bent from the hair growth with two fingers at the same time. The hair growth area of the neck, press the depressions on both sides of the cervical spine. To make this area easier, imagine that there is a shirt collar and find the cervical spine at the same height. When comparing the groups, it was observed that in both groups, ABO occurred in women and middle-aged people, that is, in those who were able to work. In ZBO, it was found that the duration of episodic headaches, the duration of chronic headaches, and the time of ABO onset were shorter than in Migraine. The number of headaches in 1 month was found to be higher in ABO due to ZBO than in ABO due to migraine.

**Conclusion:** From the above, we can say that in order to relieve our headaches, we should refrain from harmful drugs, enrich our lives with news, and try to be as stress-free as possible. And during headaches, let's benefit ourselves with simple massages that are not alien to us. It can also be said that the massages we have mentioned above give us more peace of mind than drugs.



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Our results showed that women of working age who complain of headaches, suffer from chronic migraines and ZBO, do not engage in mental work, and abuse combined painkillers may be a risk factor for the occurrence of ABO.