

## Sinus Headache Calls For Highly Personalized Treatment

The major problem underlying with headache is that there are many types of it. Unless the diagnosis is proper, there is every chance of your taking the wrong type of medication and blaming it for not curing your headache. Sinus headache is one such type of headache, where the diagnosis aspect plays an important role. Oftentimes, the migraine headaches are confused with sinus headaches. When there is pressure inside the sinus cavities of the head due to infection of the sinuses you have this special type of headache. The symptoms of this peculiar type of headache are persistent pain, continuous discharge from the nose and redness and swelling of the face. Sinus infection is the cause of the sinus headache. So, the correct approach to treat the sinus headache is to treat the cause of headache- the infection. The source could be a bacterial or fungal infection in the sinus cavities. Nose congestion is quite common in sinus. Even the throat is plugged by infection. So to maintain the health of the nasal cavities is the prime concern here. If the infection is eliminated, naturally the impact of the headache will also lessen. Sinus headache relief is a highly personalized treatment. The researchers are fairly unanimous in their conclusion that fungus is a likely cause of all cases of chronic sinusitis. As a rule, physicians will prescribe antibiotics for treating sinus. But it has been found that they do not work against fungus. For fungal sinusitis colloidal silver mineral supplement has been found to be a good treatment that has given positive results. The scientists and the researchers are still groping in the dark for the ultimate sinus remedy. But there are many at home and herbal remedies that can be of immense use to treat and bring the sinus condition under control. These are: inhaling steam, applying gentle heat over the inflamed area, putting the mustard oil in the nostrils, drinking grape juice, applying cinnamon paste over the affected area. The over the counter medications bring only temporary relief, and if taken for a long period might be quite harmful. Correcting the deviated septum by surgical procedures is another option that promises you a relief. Since sinus headache is due to sinus infection, your dietary control assumes lots of importance. Don't take any of the food items that contribute to the worsening of the sinus condition. Drinking chilled soft drinks and water is one of them. Even ice-creams are not permitted for sinus patients.

### About the Author

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