



Loka Kesehatan Tradisional Masyarakat Palembang

Mengatasi Sefalgia (Sakit Kepala) secara Alami

Tips Sehat

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Pengertian Sefalgia



- sakit kepala
- rasa tidak nyaman atau sakit pada kepala, kulit kepala, dan leher
- sebab yang beragam
- persepsi subjektif
- faktor pembeda nyeri



Jenis Sefalgia

1. Primary headache (70%)

- Tension type headache
- Migrain
- Cluster Headache





2. Secondary headache (30%)

- Penyebab di dalam otak
- Penyebab di. luar otak

Gejala dan Penyebab Sefalgia



Gejala, Tanda dan Penyebab Sefalgia Primer

	Tension Type Headache	Migraine Headache	Cluster Headache
 Tanda	kedua sisi kepala, belakang mata, dan terkadang juga di leher	berdenyut, satu sisi kepala	timbul di satu sisi kepala saja
 Durasi	30 menit sampai beberapa hari	beberapa jam bahkan berhari-hari	secara tiba-tiba 1 menit hingga 30 menit
 Gejala Tambahan	nyeri ringan tdk ada gejala lain	mual, muntah	mata merah, bengkak, dan berair
 Gejala Khas	kepala sedang terlilit kencang oleh tali.	sensitif suara bising maupun cahaya.	belakang mata atau area sekitar mata
 Penyebab	pemicu stress, kurang istirahat	makanan: coklat, sosis, msg, dll	merokok, alkohol, dan riwayat keluarga.

Gejala, Tanda dan Penyebab Sefalgia Sekunder

Peeyebab di dalam Otak:

- Stoke
- Tumor
- Infeksi
- Trauma

Penyebab di luar Otak:

1. THT
2. Mata
3. Rongga Mulut
4. Leher
5. Penyakit Umum



Pengobatan Sefalgia secara Alami

Drink Water

- Don't go more than two hours without a glass of water.
- Water is important for your overall health, but it's especially important **if you get migraine headaches.**
- In one study, when people who get them added about **6 cups (1.5 liters) of water** to their usual amount, they said they got fewer headaches. They also said they had less pain when they did get headaches.



Magnesium



- Magnesium is an important mineral necessary for countless functions in the body, including blood sugar control and nerve transmission. Reference daily intake (RDI) of 400 mg
- Evidence suggests that magnesium deficiency is more common in people who get frequent migraine headaches, compared to those who don't
- Healthy foods that are high in magnesium: **Dark Chocolate, Avocados, Nuts, Legumes, Tofu, Seeds, Whole Grains, Some Fatty Fish, Bananas, Leafy Greens**

Riboflavin (Vitamin B2)

- Riboflavin (vitamin B2) aids **red blood cell formation and respiration, antibody production, and regulates human growth and reproduction**. It is essential for healthy skin, nails, hair growth and general good health, including thyroid activity.
- It reported that just over half of those who took **400 mg/day riboflavin for 3 months experienced at least 50% reduction in migraine**.
- It is found naturally in **Lean meats, eggs, legumes, nuts, green leafy vegetables, dairy products, and milk**. Breads and cereals are often fortified with riboflavin.



Coenzyme Q10



- Coenzyme Q10 is found inside the body's cells, has **antioxidant properties**.
- The first study found that among 31 patients who took 150mg of CoQ10 daily for three months, 61% of them reported at least a 50% reduction in the the number of days they had migraine attacks.
- **CoQ10** : Soybean, Chicken, Fish, Beef, Broccoli, Cauliflower, Orange, Strawberries, Boiled egg

Cold Compress



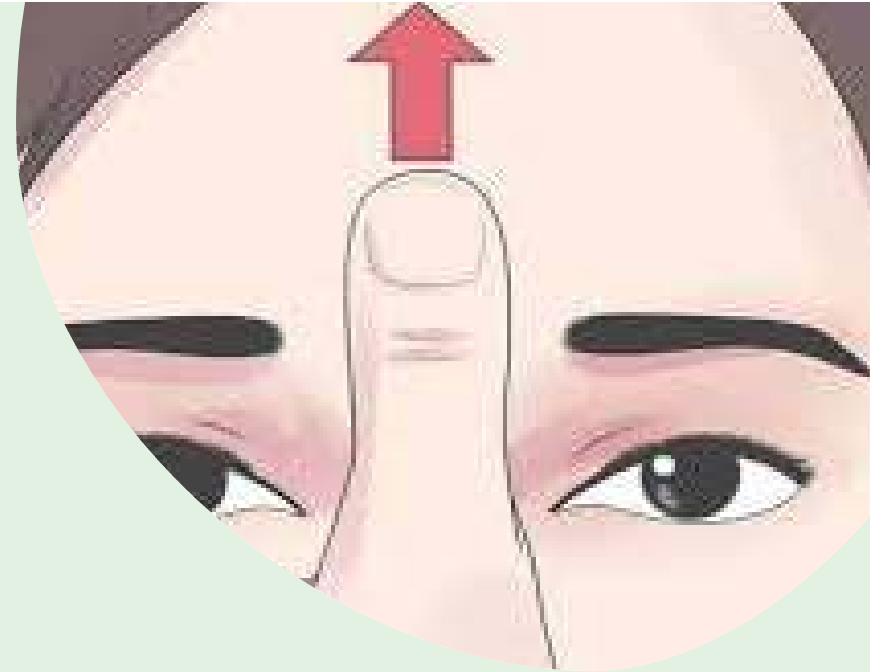
- **Using a cold compress** may help reduce your headache symptoms.
- Applying cold or frozen compresses to the neck or head area **decreases inflammation, slows nerve conduction and constricts blood vessels**, all of which help reduce headache pain
- **In one study in 28 women**, applying a **cold gel pack to the head** significantly reduced migraine pain
- To make a cold compress, **fill a waterproof bag with ice and wrap it in a soft towel**. Apply the compress to the back of the neck, head or temples for headache relief.

Cara Tradisional



- Herbal

- Akupresur



Pencegahan Sefalgia



Get Adequate Sleep

- Sleep deprivation may even **cause headaches** in some people.
- One study compared headache frequency and severity in those who got less than six hours of sleep per night and those who slept longer. It found that those who got less sleep had more frequent and **severe headaches**.
- **Getting too much sleep has also been shown to trigger headaches**, making getting the right amount of rest important for those looking for natural headache prevention.
- For maximum benefits, aim for **seven to nine hours of sleep per night**





Avoid Strong Smells

- **Strong odors** like those from perfumes and cleaning products can cause certain individuals to develop headaches.
- A study that **involved 400 people** who experienced either **migraine or tension headaches** found that strong odors, especially perfumes, often **triggered headaches**
- This hypersensitivity to odors is called **osmophobia** and common in those with **chronic migraines**
- If you think you may be sensitive to smells, avoiding **perfumes, cigarette smoke and strongly scented foods** may help decrease your chance of getting a migraine

Avoid Nitrates and Nitrites



- Nitrates and nitrites are common food preservatives added to items like **hot dogs, sausages** to keep them fresh by preventing bacterial growth.
- **Foods containing them** have been shown to trigger headaches in some people.
- Nitrites may trigger headaches by **causing the expansion of blood vessels**

Get Some Exercise

- One of the simplest ways to reduce headache frequency and severity is to engage in **physical activity**.
- One study in 91 people found 40 minutes of indoor **cycling three times per week** was more effective than relaxation techniques at reducing headache frequency. Another large study including more than 92,000 people showed that a **low level of physical activity was clearly associated with an increased risk of headaches**.
- There are many ways to increase your activity level, but one of the easiest methods is to simply increase the amount of **steps you take throughout the day**.



Relaxation Techniques



Rhythmic breathing



Deep breathing



Visualized breathing



Kapan Harus ke Dokter

- **Nyeri hebat secara mendadak**
- **Sakit kepala disertai demam**
- **Sakit kepala dengan nyeri di mata**
- **Sakit kepala yang disertai sulit bicara, dan mati rasa**

Aku Mandiri 3.3



Aplikasi Mobile

Asuhan Mandiri kesehatan tradisional pemanfaatan toga dan akupresur



Manfaat

Mengatasi keluhan ringan yang sering muncul dengan akupresur dan toga



Download Gratis !!!

Google Playstore: bit.ly/akumandiri





KEMENKES RI

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**Do You Have Any
Question?**

The image features a light green background with a large, dark green, irregularly shaped blob in the center. This central blob contains the text "Thank You" in a bold, white, sans-serif font. Surrounding the central blob are several smaller, solid green circles of varying sizes, positioned at the top, bottom, and right edges of the frame. The overall design is clean and modern, with a focus on geometric shapes and a monochromatic color palette.

Thank You