

A holocranial [headache](#) refers to a type of headache that is felt throughout the entire head. It is characterized by pain that is evenly distributed and affects all areas of the skull, including the front, sides, and back of the head. Holocranial headaches can vary in intensity and may be accompanied by other symptoms such as sensitivity to light or sound, nausea, or dizziness. The underlying causes of holocranial headaches can be diverse, including tension headaches, migraines, sinusitis, or other medical conditions. Proper evaluation and diagnosis by a healthcare professional are recommended to determine the specific cause and appropriate treatment for holocranial headaches.

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