



*International Journal of  
Physical Education and  
Sports Sciences*

*Vol. VII, Issue No. XIII,  
July-2014, ISSN 2231-3745*

## **A COMPARATIVE EVALUATION ON YOGA FOR MIGRAINE TREATMENT**

AN  
INTERNATIONALLY  
INDEXED PEER  
REVIEWED &  
REFEREED JOURNAL

# A Comparative Evaluation on Yoga for Migraine Treatment

Kurtakoti Manjunath

Research Scholar, CMJ University, Shillong, Meghalaya

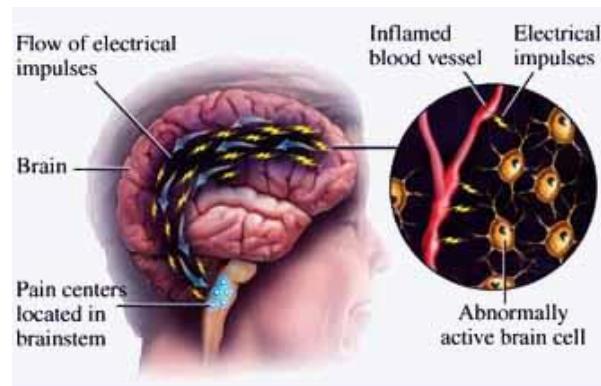
**Abstract – Triggers for MIGRAIN attack vary for each individual. Among the factors include stress, certain food, weather changes, light, smells or odors, change in sleeping habits, some medications, and hormonal fluctuations. Treatment includes pain relievers, stress reduction, exercise, and avoidance of the factors that trigger the attack such as alcohol, oral contraceptive, and smoking. Stress reducing poses can also help in preventing Migraine. Another point in Yoga Lifestyle which is getting plenty of sleep will also help decreasing your risk factors for Migraine**

## INTRODUCTION:-

Migraine affects more than 28 million Americans, and about 75% are women. Migrain is a Vascular Headache caused by the inflammation and irritation of the nerve endings resulting from the expansion of the blood vessels of the surface of the brain. It is often accompanied by nausea, vomiting, mood changes, sensitivity to light and/or sound, tunnel vision or seeing spots, or dizziness. Pain may be felt on one or both sides of the head, at the back of the neck, around the eyes, on the face, or in the sinuses. The pain can be severe and can debilitate you from four to 72 hours if untreated. The pain is often preceded by a sensory warning sign or an aura such as blind spots or flashes of light. A tingling in the arm or leg may also serve as warning. There is still no found cure for MIGRAIN, however, medications can reduce the frequency of Migraine attacks and stop the pain.

Triggers for MIGRAIN attack vary for each individual. Among the factors include stress, certain food, weather changes, light, smells or odors, change in sleeping habits, some medications, and hormonal fluctuations. Scientists also think that imbalances in brain chemicals such as serotonin and magnesium may trigger Migraine attack. Fluctuation in estrogen and progesterone also seem to cause Migraine attack in Women. Most Women Migraine patients report its occurrence before or during their periods and during menopause or pregnancy. Contraceptives and Hormone Replacement Therapy (HRT) may also worsen MIGRAIN HEADACHES. Caffeinated beverages, alcoholic drinks, nuts, smoked or pickled food, aspartame, monosodium glutamate, and other food are also reported to cause Migraine headaches. Hunger can also trigger Migraine. Migraine may also be caused by some physical factors such as too much or too little sleep, sexual activity, stress or intense

physical exertion. Other causes of Migraine headaches include bright light and sun glare, unusual or unpleasant smell and odor, change in weather, change in altitude level, and change of time zone.



Treatment includes pain relievers, stress reduction, exercise, and avoidance of the factors that trigger the attack such as alcohol, oral contraceptive, and smoking. Stress reducing poses can also help in preventing Migraine. Another point in Yoga Lifestyle which is getting plenty of sleep will also help decreasing your risk factors for Migraine. Yoga Therapy for Migraine generally focuses on the prevention of the occurrence which includes stress reduction and avoidance of the various causes of the attacks. Yoga can also alleviate the headache pain by providing relief to sensory overload and relaxing your mind.

The following are the Yoga Poses that can help prevent Migraine attacks. You may also practice the Yoga Session for Tension-Type Headaches at the first sign of Migraine attack or during mild attacks. Remember that you should not practice Yoga during severe attacks.

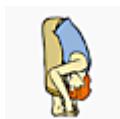
## BASIC YOGA SESSION I



Kapalabhati – Kapalabhati is a Breathing Technique used specifically for cleansing. If you have a lot of mucus in the air passages or feel tension and blockages in the chest it is often helpful to breathe quickly. This article will introduce you to this breathing techniques and show you its its benefits.



Mountain Pose (Tadasana) – The Mountain Yoga Pose promotes the experience of stillness, strength, relaxed power, and immovable stability associated with mountains. This yoga posture, and coming back to this stillness after other poses, is one of the ways of becoming acquainted with stillness.



Hands to Feet (Pada Hastasana) - The Hands to Feet Pose or Pada Hastasana gives many of the same benefits as the Forward Bend - trimming the waist, restoring elasticity to the spine, and stretching the ligaments of the legs, especially the hamstrings. Learn how to do the Hands to Feet Pose in this section.



Crescent Moon Pose – The Crescent Moon Pose stretches and strengthens the arms and legs, increases stamina, improves balance and concentration, and can also relieve backaches. If you are suffering from diarrhea, high blood pressure or neck problems, you should take extra caution practicing this pose.



Stand Spread Leg Forward Fold - Practicing the Standing Spread Leg Forward Fold can strengthen and stretch your inner and back legs and your spine. People with lower back problems should avoid doing the full forward bend. For beginners, you may use props like a folding chair to support your forearms.



Triangle Pose (Trikonasana) - In Hindu art, the triangle is a potent symbol for the divine principle, and it is frequently found in the yantras and mandalas used for meditation. The Trikonasana or Triangle Pose concludes the Yoga Postures in our basic session.



Standing Side Stretch Pose – The Standing Side Stretch is another Yoga Pose with two lines of energy radiating outward from your center. This is a simple Yoga Posture with a wonderful stretch in which one line of energy reaches upward from your belly and outward through the arm, and one line travels downward through the legs.



Tree Pose (Tadasana) – The Tree Pose helps strengthen your thighs, calves, ankles and back. It can also increase the flexibility of your hips and groin. Your balance and concentration can also be improved with constant practice. This Yoga Pose is recommended for people who have sciatica and flat feet.



Lotus Yoga Pose (Padmasana) – The Lotus Yoga Pose is usually done in Meditation. It is a classic seated posture which strengthens your ankles and knees, enhances concentration, and improves flexibility of your legs. Know how to perform the Lotus Pose in this section.



Single Leg Raises – This Yoga Pose is performed in order to prepare the body for other exercises. It benefits the legs, lower back muscles, and abdominal area. In practicing the Single Leg Raise, one leg is raised while the other one stays on the floor.



**Double Leg Raises** – A Double Leg Raise is similar to a Single Leg Raise, only this time, you will raise both legs. In doing this Yoga Pose, make sure that the full length of your back is resting on the floor and your shoulders and neck are relaxed. This section covers the steps and guidelines on how to do this pose properly.



**Cobra Pose (Bhujangasana)** – This Yoga Pose improves spinal flexibility and strengthens the muscles in the arms and back. In addition, it is effective in relieving menstrual irregularities and constipation. Learn how to perform the Cobra Pose in this section.



**Child Pose** – The Child Pose is a gentle way of stretching your shoulders, hips, thighs, ankles, and back muscles. It is a relaxation posture which is done to normalize the circulation after performing the Headstand and to serve as counterpose after Backbends.



**Leg Reclining Lunge (Single and Double)** – The Leg Reclining Lunge is part of the series of Yoga Exercises which target the leg muscles. When done properly, this Yoga Pose can strengthen and tone all muscles in your legs. Learn how to perform the Single and Double Leg Reclining Lunge.



**Seated Forward Bend (Paschimothanasana)** – Relax your body and mind, stretch your hamstrings, shoulders, and spine, relieve stress, and improve your posture and concentration by practicing the Seated Forward Bend. Learn how to do this properly and achieve maximum results.



**Sage Twist Yoga Pose (Marichyasana)** – Also called Marichi's Yoga Pose, the Sage Twist Pose benefits the abdominal organs and spine. Avoid doing this pose if you have chronic spine or back injury. Also, perform this only under the supervision of a Yoga instructor. Learn how to do the Sage Twist in this section.



**Wind Relieving Pose (Pavanamuktasana)** – The term Pavanamuktasana comes from the Sanskrit word 'pavana' which means air or wind and 'mukta' which means freedom or release. The Wind Relieving Pose works mainly on the digestive system. Specifically, it helps in eliminating excess gas in the stomach.



**Yoga Exercise - Final Corpse** For you to appreciate the benefits of relaxation, you should first be familiar on how it is to be tense. This is what happens when you do the Final Corpse. Everything related to that position including suggestions on how to do it is discussed in further detail in this article.



**Relaxation Pose** – There are three parts to proper relaxation - physical, mental and spiritual relaxation. Relaxation Yoga Pose relaxes your body and mind, and makes you feel refreshed after doing the asanas and the pranayamas. This is why it is an essential part of Yoga practice.



**Anuloma Viloma** – Anuloma Viloma is also called the Alternate Nostril Breathing Technique. In this Breathing Technique, you inhale through one nostril, retain the breath, and exhale through the other

nostril. Learn how to do this technique for beginners by following the steps found in this article.



**Simple Meditation Technique** – This Meditation process is good to induce relaxation response and promotes a peaceful and relaxed mind. Meditation has also been scientifically proven to have health benefits such as lowering blood pressure and aiding the asthmatics in their breathing.

## BASIC YOGA SESSION II



**Kapalabhati** – Kapalabhati is a Breathing Technique used specifically for cleansing. If you have a lot of mucus in the air passages or feel tension and blockages in the chest it is often helpful to breathe quickly. This article will introduce you to this breathing techniques and show you its benefits.



**Mountain Pose (Tadasana)** – The Mountain Yoga Pose promotes the experience of stillness, strength, relaxed power, and immovable stability associated with mountains. This yoga posture, and coming back to this stillness after other poses, is one of the ways of becoming acquainted with stillness.



**Sun Salutation (Surya Namaskar)** – The Sun Salutation or Surya Namaskar is a Yoga Pose which limbers up the whole body in preparation for the Yoga Asanas. It is a graceful sequence of twelve Yoga positions performed as one continuous exercise. Learn how to practice Sun Salutation in this section.



**Triangle Pose (Trikonasana)** – In Hindu art, the triangle is a potent symbol for the divine principle, and it is frequently found in the yantras and mandalas used

for meditation. The Trikonasana or Triangle Pose concludes the Yoga Postures in our basic session.



**Stand Spread Leg Forward Fold** – Practicing the Standing Spread Leg Forward Fold can strengthen and stretch your inner and back legs and your spine. People with lower back problems should avoid doing the full forward bend. For beginners, you may use props like a folding chair to support your forearms.



**Crescent Moon Pose** – The Crescent Moon Pose stretches and strengthens the arms and legs, increases stamina, improves balance and concentration, and can also relieve backaches. If you are suffering from diarrhea, high blood pressure or neck problems, you should take extra caution practicing this pose.



**Lotus Yoga Pose (Padmasana)** – The Lotus Yoga Pose is usually done in Meditation. It is a classic seated posture which strengthens your ankles and knees, enhances concentration, and improves flexibility of your legs. Know how to perform the Lotus Pose in this section.



**Boat Posture** – Perform the Boat Pose to strengthen your abdominal area and hip flexor, tone muscles in the midsection, improve digestion, and relieve stress. You can use a Yoga Strap to aid you in holding the pose longer or if you cannot keep your legs straight.



**Fish Pose (Matsyasana)** – Doing the Fish Pose relieves stiffness of the neck and shoulder muscles and improves flexibility of your spine. It is the counterpose of the Shoulderstand. Hold the Fish Pose for at

least half the amount of time you spent in the Shoulderstand in order to balance the stretch.



**Locust Pose (Salabhasana)** – If the Cobra Pose works mainly on the upper back, the Locust Pose targets the lower part. This posture also strengthens the abdominal area, arms, and legs. Another thing that makes it different from many poses is that it entails rapid movement. Check out how it is done in this section.



**Shoulder Stand (Sarvangasana)** – In the Shoulder Stand, your body is resting on your shoulders. This Yoga Pose improves circulation, strengthens the abdominal area, and stimulates the thyroid gland. In this section, learn how the Shoulder Stand is performed.



**The Bow** – The Bow maintains elasticity of spine, improves posture, increase vitality, reduces ABDOMINAL FATS, and keeps the digestive and reproductive system healthy. This posture combines the movements of the Cobra and Locust, and counters the Plough and the Forward Bend once you raise both halves of the body.



**Cat Pose (Bidalasana)** – The Cat Yoga Pose teaches you to initiate movement from your center and to coordinate your movement and breath. These are two of the most important themes in Yoga practice. Keep in mind that the Cat Pose may not be advisable if you have any chronic or recent back pain or injury.



**Half Spinal Twist (Ardha Matsyendrasana)** – If done properly, the Half Spinal Twist lengthens and

strengthens the spine. It is also beneficial for your liver, kidneys, as well as adrenal glands. Practice this Yoga Pose under the supervision of a Yoga instructor. In this section, learn how to perform the Half Spinal Twist.



**Wind Relieving Pose (Pavanamuktasana)** – The term Pavanamuktasana comes from the Sanskrit word 'pavana' which means air or wind and 'mukta' which means freedom or release. The Wind Relieving Pose works mainly on the digestive system. specifically, it helps in eliminating excess gas in the stomach.



**Relaxation Pose** – This is an essential part of Yoga Practice. It relaxes your body and mind, and makes you feel refreshed after doing the asanas and the pranayamas. In this section, learn how to relax your body and mind through this Yoga Pose.



**Yoga Exercise - Final Corpse** For you to appreciate the benefits of relaxation, you should first be familiar on how it is to be tense. This is what happens when you do the Final Corpse. Everything related to that position including suggestions on how to do it is discussed in further detail in this article.

## RESULT

Yoga is a science that has been practiced for thousands of years. It consists of Ancient Theories, observations and principles about the mind and body connection which is now being proven by modern medicine. Substantial research has been conducted to look at the Health Benefits of Yoga - from the Yoga Postures (Asanas), Yoga Breathing (Pranayama), and Meditation. The information on Yoga Poses & Benefits are grouped into three categories- physiological, psychological, biochemical effects. Furthermore, scientists have laid these results against the benefits of regular exercise. The following are the Yoga Poses that can help prevent Migraine attacks. You may also practice the Yoga Session for Tension-Type Headaches at the first sign of Migraine attack or during mild attacks. Remember

that you should not practice Yoga during severe attacks.

## REFERENCES

1. Monier-Williams, Sir Monier (1899). A Sanskrit-English Dictionary. Oxford Clarendon Press, p. 159
2. Jump up s:Hatha Yoga Pradipika/1#Asanas
3. Jump up "Patanjali Yoga sutras" by Swami Prabhavananda , published by the Sri Ramakrishna Math ISBN 81-7120-221-7 p. 111
4. Jump up Verse 46, chapter II; for translation referred: "Patanjali Yoga Sutras" by Swami Prabhavananda , published by the Sri Ramakrishna Math ISBN 81-7120-221-7 p. 111
5. Jump up to: Feuerstein, Georg (1996). The Shambhala Guide to Yoga. Shambhala Publications, Boston. pp. 26
6. Jump up to: Patanjali (± 300-200 B.C.) Yoga sutras, Book II:29
7. Jump up Syman, Stefanie (2010). The Subtle Body: The Story of Yoga in America. Macmillan. p. 5. ISBN 0374236763. "But many of those aspects of yoga—the ecstatic, the transcendent, the overtly Hindu, the possibly subversive, and eventually the seemingly bizarre—that you wouldn't see on the White House grounds that day and that you won't find in most yoga classes persist, right here in America."
8. Jump up Arya, Pandit Usharbudh (aka Swami Veda Bharati) (1977/1985). Philosophy of Hatha Yoga. Himalayan Institute Press, Pennsylvania.
9. Jump up to: Swami Prabhavananda (Translator), Christopher Isherwood (Translator), Patanjali (Author) (1996, 2nd ed.). Vedanta Press.
10. Jump up Feuerstein, Georg (2003). The Deeper Dimensions of Yoga: Theory and Practice. Shambhala Publications, Massachusetts.
11. Jump up Rama, Swami (1980). Living with the Himalayan Masters. Himalayan Institute Press, Pennsylvania; India.
12. Jump up Menuhin, Yehudi; Iyengar, B. K. S. (1979). Light on yoga: yoga dipika. New York: Schocken Books. ISBN 0-8052-1031-8.