

Yogic management for migraine – A case study

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Abstract:

As migraine is one of the most common and neglected public health problems in both developed and developing countries. Complementary and Alternative medicines such as yoga are gaining in popularity as adjuncts to traditional medicine. Several studies indicate that yoga may be of benefit in treating migraines. There has been a recent trend toward using complementary and alternative therapies as adjuncts to conventional medicine such as yoga to treat migraines. According to several studies, this could lead to a significant reduction in migraine-related morbidities. Through this intervention, it has been indicated that migraines could be prevented. The patient was suffering for migraine and sleep problem, after six months of yoga therapy the frequency of migraine attack and intensity of pain is reduced, and patient is taking proper sleep at night.

Introduction:

Migraine may be an oftentimes enervating medical specialty condition that presents with moderate or severe headache, most of the time reportable to be unilateral and throbbing in nature. It's typically among sound sensitivity, light sensitivity, nausea, and inborn reflex. According to global Burden of diseases study in 2015, it had been classified because the seventh reason behind incapacity worldwide. Its calculable international prevalence is 16.6%, being 3 times additional common among females than males. In each sex, peak prevalence happens between the ages of thirty to thirty-nine years. Headache attacks are triggered by several factors, including emotional stress, shy or excessive sleep, odours, missing a meal, and catamenia. People with headache are

at higher risk of experiencing chronic medical conditions, chronic pain conditions, cerebrovascular accident, sleep disruption, depression, anxiety, and increasing level of stress.

Migraine which frequently begin in childhood, adolescence, or early adulthood, will progress through four stages. Prodrome, aura, attack, and postdrome. Not everybody undergoes all four stages.

Four stages of migraine: -

Symptoms of Migraine: -

Migraine which often begin in childhood, adolescence, or early adulthood, can

progress through four stages. Prodrome, aura, attack, and postdrome. Not everyone goes through all 4 stages.

1) **Prodrome:** -

One or two days before migraine, you might notice subtle changes that warn of an upcoming migraine, including,

- Constipation
- Mood changes, from depression to euphoria
- Food cravings
- Neck stiffness
- Increased thirst & urination
- Frequent yawning

2) **Aura:** -

For some people, aura might occur before or during migraines. Auras are reversible symptoms of the nervous system. There are usually visual but can also include other disturbances. Each symptom usually begins gradually builds up over several minutes and last for 5 to 60 minutes. Examples of Migraine Aura including,

- Visual phenomena, such as various shapes, bright spots, or flashes of light.
- Vision loss
- Pins and needles sensation in an arm and leg.
- Weakness and numbness in the face or one side of the body.
- Difficulty speaking
- Hearing noises or music
- Uncontrol jerking or other movements.

3) **Attack:**

A migraine usually lasts from 4 to 72 hours if untreated. How often migraine occur varies from person to person. Migraine might occur rarely or strike

several times a month. During a migraine you might have:

- Pain usually on one side of your head but often on both sides.
- Pain that throbs or pulses.
- Sensitivity to light, sound and sometimes smell and touch.
- Nausea and vomiting

4) **Post drome:** -

After a migraine attack

- you might feel drained, confused, and washed out for up to a day.
- Some people report feeling elated.
- Sudden head movement might bring on the pain again briefly.

General cause:

People who suffer from migraine can clearly identify triggers or headache causes. Potential migraine triggers include alcohol, a certain type of food items, allergies, and allergic reactions. Bright light, loud noises and certain odours or perfumes, physically or emotional stress, changes in sleep patterns or irregular sleep, missing meal, menstrual cycle fluctuations, birth control pill and hormone fluctuations during menopause onset.

Case Presentation: -

A 28 yrs. old married Hindu male suffered from migraine since 1-2 yrs. He has complaints of headache, nausea, and dizziness. Even he has sleep disturbance (improper sleep time & not take deep sleep) from last 1-2 yrs. He has anxiety problem from last 15-17 yrs. His weight was 102kg. He was on medication for migraine and sleeping problem. He had recurrent attacks of headache each with 1-

2 days. According to him pain was aggravating by routine physical activity and sometimes accompanied by nausea or vomiting.

Intervention: -

Patient practiced yoga therapy session of one hour for 5 days per week for around 6 months including loosening exercise, Asanas, Pranayama, Meditation and Kriya and with this he followed proper diet guided by dietitian.

Duration: Total 6 months

Frequency: One-hour yogic practices for 5 days a week followed by proper diet as advised.

Yogic intervention:

❖ **Loosening exercise:**

Wrist loosening, elbow loosening, shoulder loosening, neck loosening, forward backward bending, twisting - 5-7 mins

❖ **Surya Namaskar:** (6 Rounds Followed by 5 Min of relaxation) – 10 min

❖ **Kriyas:** - JalNeti, Kunjal – Weekly once

❖ **Yoga Asanas: - 15 mins**

1. Urdhva hasttanasnas
2. Ardh Chakrasana
3. Pavanmuktasana
4. Vjarasana
5. Ushtrasana
6. Vakrasna
7. Marjiryeasna
8. Gomukhasna
9. Matsyaasna

10. Bhujangasna
11. Shalabhasna
12. Makrasna
13. Shavasna

❖ **Pranayama:** - 10 mins

1. Nadishoddhan Pranayama
2. Ujjai paranayam
3. Bharmari Pranayama
4. Shitali Pranyama

❖ **Bandhas: - 2-3 Mins**

1. Jalandhara Bandh
2. Mool Bandh
3. Uddiyan Bandh

❖ **Meditation: - 5-7 Mins (slowly increase time)**

- Omkar Meditation or guided meditation and Nadanushandhan (alternately)
- YogaNidra once in week

❖ **Relaxation: - 10 Mins**

Deep relaxation technique (DRT)

❖ **Dietary Regimen: -**

Alkaline foods with less oil, salt, and spices.

❖ **Diet Menu: -**

- **Early Morning:** - Jeera, Dhana, Saufa seeds soak at night and make decoction and take on morning
- **Breakfast:** - Daliya, Upma, Poha, Fresh Fruit (No citrus) , low fat Milk (1 Glass) / Curd (1 Bowl) (Before 10 am)
- **Lunch:** - Boiled Vegetables (200 gm), Roti (2-3) dal, Rice, and butter milk (Before 1 pm)
- **Dinner:** - Soup, Daliya, Khichadi, once in week roti (Before 8 pm)

- **Note:** - Cow milk or low-fat milk should consume, and Curd is fresh and low fat

❖ **Eliminated some food from the diet:**

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- Sour, salty, and spicy food
- Fried and oily
- Preserved food and junk food
- Food high in added sugar
- Fruit Juices
- Non-Vegetarian food
- Alcohol
- Cold drinks and cold food
- Wheat bread as well as roti from Maida

❖ **Observation After 3 months:** -

- Previously he used to get piercing migraine pain that makes it difficult to manage his daily routine activities. In that case he used to feel pain in head and feel weakness.
- After following 3 months yoga module and diet as advised, he used to get bearable pain and frequency of migraine attack is reduced.
- Previously he used to take stronger medication for his pain management now he is slowly reducing the intake of medication.
- Previously he used to get awake 3-4 times at night but after following yoga and diet he is enjoying sleep at least 3-4 hrs at night.

❖ **Observation After 6 months:** -

- After 6 months of yoga and diet following his migraine pain is slowly reduces and the episode of migraine attack is very rare.
- Frequency and hours of pain persistent is also reduce, not that much need of medication.

- He is slowly reducing his medication and almost stop all allopathic medicine.
- Now he is enjoying quality night sleep around 5-6 hrs.
- He reduces 10-12 kg weight.

❖ **Discussion:** -

A 28-year-old married male patient working as businessmen came with the following problems such as headache only one side of head, throbbing pain, dizziness, sometimes nausea and vomiting, light and voice sensitivity, difficult in sleep properly, anxiety also. He was not able to tolerate pain and all situations, so he had taken allopathic medicine for all, but he wanted to reverse all problems without allopathic medication. After six months yoga therapy treatment and diet following, he heals his self.

❖ **Conclusion:** -

Patient practiced the yoga therapy treatment with diet for six months. Patient states that fatigue, yawning, lack of sleep at night, has reduced remarkably and muscles are relaxed too. Through the practice of certain yoga pose blood circulation is enhanced to the brain. Yoga practice improve the vagal tone and a decrease in headache severity, medication score, symptoms, and stress perception. Pranayama practices relives stress and anxiety by balancing sympathetic and parasympathetic nervous system. Meditation and Relaxation is also helpful in reducing pain and anxiety problem. Diet, which is full of fibres, rich in antioxidants, minerals and vitamins rich are easy to digest, also helps in reducing frequency of migraine.

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