

INTERNATIONAL DAY OF YOGA 21st June 2022

COUNTDOWN: 60 Days to go

Do you know?

CIMR, AIIMS in association with the Department of Neurology, AIIMS, conducted a study which has shown that Yoga as an add-on therapy in migraine is superior to medical therapy alone.



Effect of yoga as add-on therapy in migraine (CONTAIN) A randomized clinical trial. Anand Kumar, Rohit Bhatia, Gautam Sharma, Dhanlika Dhanlika, Sreenivas Vishnubhatla, Rajesh Kumar Singh, Deepa Dash, Manjari Tripathi, M.V. Padma Srivastava. Neurology May 2020



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YOGA FOR MIGRAINE

MIGRAINE

One of the most common disabling primary headache disorders, affecting the young and productive age group population with a prevalence of 13% globally.

It is a risk factor for ischemic cardiovascular disease, psychological impairments and increased suicidal tendency.

A study was carried out at CIMR, AIIMS in association with Department of Neurology, AIIMS which showed effectiveness of yoga therapy in alleviating the symptoms of Migraine.

Yoga module formulated at CIMR

Breathing Exercises

Hands in and out breathing Hands stretch breathing Ankle stretch breathing Straight leg raise breathing Tiger Breathing Shashankasana breathing

Sukshma Vyayama

Fingers Wrists Elbows Shoulders Neck

Asana

Padahastasana Ardha-chakrasana Paschimottanasana Adhomukha-svanasana Setubandhasana Bhujangasana Vakrasana Ustrasana

Suryanamaskara

Pranayama

Kapalabhati Nadi shuddhi Bhramari Nadananusandhana Sitali/ Sitkari/ Sadanta

Relaxation

Instant relaxation technique Quick relaxation technique Deep relaxation technique/ Yoga nidra/ Shavasana

For more details, refer to the article below or visit CIMR (7th floor Convergence Block)

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