



# INTERNATIONAL DAY OF YOGA

## 21st June 2022

COUNTDOWN: **60** Days to go

## 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)