







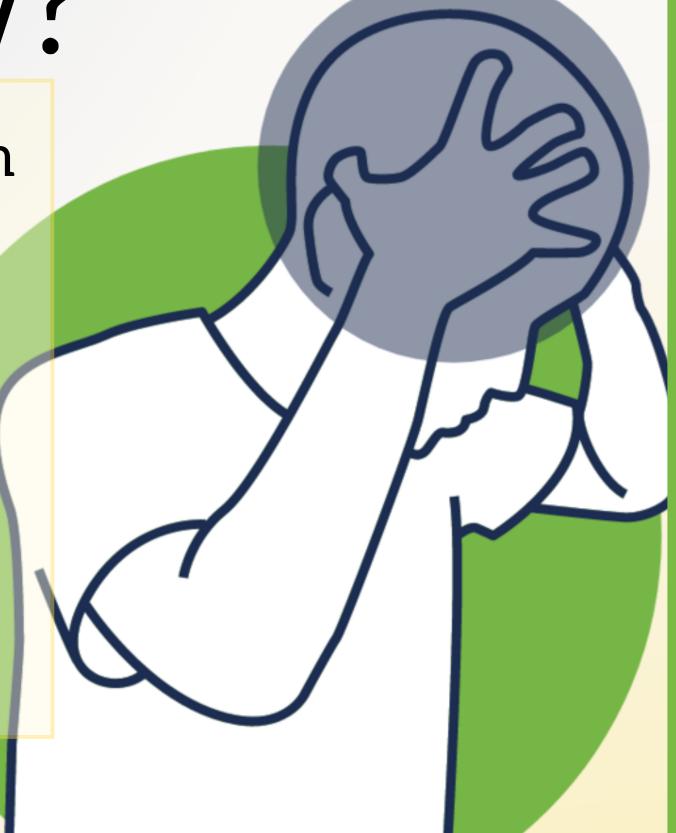


# INTERNATIONAL DAY OF YOGA 21st June 2022

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.















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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)