

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)