

Introduction :- Migraine is one of the common cause of recurrent headaches.

- ⊙ According to IHS, migraine constitutes 16% of primary headaches.
- ⊙ Migraine afflicts 10-12% of the general population.
- ⊙ In India 15-20% of people suffer from migraine.
- ⊙ Migraine is under diagnosed and undertreated.

Definition :- "Migraine is a familial disorder characterized by recurrent attacks of headache widely variable in intensity, frequency and duration. Attack are commonly unilateral and are usually associated with anorexia, nausea and vomiting."

- Migraine Triggers :-
- ⊙ Disturbed sleep pattern
 - ⊙ Hormonal changes
 - ⊙ Drugs
 - ⊙ Physical exertion
 - ⊙ Visual stimuli
 - ⊙ Auditory stimuli
 - ⊙ Olfactory stimuli
 - ⊙ Weather changes
 - ⊙ Hunger
 - ⊙ Psychological factors.

Phases :-

- ① Prodrome
- ② Aura
- ③ Headache
- ④ Postdrome

① Prodrome :- Vague premonitory symptoms that begin from 12 to 36 hours before the aura and headache.

Symptoms :-

- ⊙ Yawning
- ⊙ Excitation
- ⊙ Depression
- ⊙ Lethargy
- ⊙ Craving or distaste for various foods.

Duration :- 15 to 20 min.

② Aura :- Aura is a warning or signal before onset of headache.

Symptoms :-

- ⊙ flashing of lights
- ⊙ Zig-zag lines.
- ⊙ Difficulty in focusing

Duration - 15 to 30 min.

③ Headache :- Headache is generally unilateral is associated with symptoms like.

- ⊙ Anorexia
- ⊙ Nausea
- ⊙ Vomiting
- ⊙ Photophobia
- ⊙ Phonophobia
- ⊙ Tinnitus

Duration :- 4-72 hours.

④ Postdrome :- following headache, patient complains of

- ⊙ fatigue
- ⊙ Depression
- ⊙ Severe exhaustion
- ⊙ Some patients feel unusually fresh

Duration :- few hours or upto 2 days.

Classification :-

According to headache classification---

Committee of the International Headache Society, Migraine has been classified as:

- ⊙ Migraine without aura (Common migraine)
- ⊙ Migraine with aura (Classic migraine)
- ⊙ Complicated migraine.

Causes :-

- ⊙ Hormonal changes.
- ⊙ Emotional stress
- ⊙ Certain foods
- ⊙ Skipping meals
- ⊙ Alcohol and caffeine
- ⊙ Sensory overload
- ⊙ Changes in your sleep pattern.
- ⊙ Physical strain
- ⊙ Changes in weather
- ⊙ Too much medication.

Yogic treatment :- Shatkarma :- Jal neti, Sutra neti

Asana :- Padmasana, Pashchimottanasana, Setu bandhasana, Padmasana, Marjariasana. etc.

Pranayama :- Nadi-shodhan, Anulom-vilom, ~~Sheetali~~, Seetkari, Ujjayi etc.

Mudra - Bandha :- Gyan Mudra, Chin Mudra, Mahabandha

Meditation :- Soham Dhyana, Ajapa Jap

Relaxation :- Yognidra, Shavasana, Makrasana etc.