
Chapter 8 Appraisal

8.0 Appraisals

8.1 Strengths of the Study

- First open labelled matched controlled trial combining Ayurveda and Yoga in the management of Migraine headache
- EMG, HRV were used as objective assessments along with conventional disability scores, perceived stress, quality of life questionnaire and visual analog scale
- Traditional *pañcakarma* was given to AY group on a daycare basis, while earlier studies were on poly-herbal combinations.

8.2 Limitations

- Self-selection of intervention by the subjects
- Smaller sample size
- Non-randomized trial with no blinding
- Shorter follow up period
- Assessments couldn't explain the underlying mechanisms

8.3 Future Recommendations

- Randomized controlled trial with four arms (Ayurveda, Yoga Ayurveda+Yoga, and Conventional medicine as control)
- Long term follow up study (minimum of one year)
- Studies with bigger sample size (preferably multi centric trial)
- Gene expression studies along with selected bio-chemical markers for Migraine to understand the cellular mechanisms.