

## CONTENTS

No.	TOPICS	PAGE NO
<b>1.0</b>	<b>INTRODUCTION</b>	<b>01</b>
1.1	Definition and Classification	02
1.2	Disease prevalence	03
1.3	Triggers of migraine	03
1.4	Pathophysiology	05
1.5	Influence of migraine	08
1.6	Treatment and Management of Migraine	09
1.7	Ayurveda and Yoga therapy	10
1.8	Need for the study	13
<b>2.0</b>	<b>REVIEW OF LITERATURE- TRADITIONAL</b>	<b>15</b>
2.1	Aims and Objectives	16
2.2	Materials and Methods- Source material	16
2.3	Review of Traditional Ayurveda texts	17
2.4	Review of Polyherbal combinations as per Ayurveda texts	28
2.5	Review of Traditional Yoga texts	31
<b>3.0</b>	<b>REVIEW OF LITERATURE- SCIENTIFIC</b>	<b>53</b>
3.1	About Migraine headache	54
3.2	Complementary and Alternate medicine (CAM)	55
3.3	Studies on Ayurveda	56
3.4	Studies on Yoga	57
3.5	Conventional Medicine Research	58

<b>4.0</b>	<b>AIMS AND OBJECTIVES</b>	<b>61</b>
4.1	Aim of the Study	62
4.2	Objective of the Study	62
4.3	Research Question	63
4.4	Hypothesis	63
4.5	Null Hypothesis	63
<b>5.0</b>	<b>METHODOLOGY</b>	<b>64</b>
5.1	Subjects	66
5.1.1	Inclusion Criteria	66
5.1.2	Exclusion Criteria	66
5.1.3	Sample Size	67
5.1.4	Ethical considerations	67
5.2	Design of the study	67
5.3	Assessments	69
5.3.1	<i>Prakṛti</i> Analysis	69
5.3.2	Comprehensive headache related quality of life (CHQQ)	69
5.3.3	Symptom Checklist	70
5.3.4	Visual Analogue Scale (VAS)	70
5.3.5	Migraine Disability Assessment (MIDAS)	71
5.3.6	Perceived Stress Scale 10 (PSS)	71
5.3.7	Autonomic Variables and Surface Electromyography (sEMG)	72
5.4	Intervention	74
5.4.1	Ayurveda and Yoga Therapy	74
5.4.2	Control group	92

5.5	Data Extraction and Analysis	92
5.5.1	Data Extraction	92
5.5.2	Data Analysis	98
<b>6.0</b>	<b>RESULT</b>	<b>99</b>
6.1	<i>Suśruta</i> Prakṛti Inventory	101
6.2	Comprehensive headache related quality of life (CHQQ)	101
6.3	Symptom Checklist	105
6.4	Visual Analogue Scale (VAS)	109
6.5	Migraine Disability Assessment (MIDAS)	110
6.6	Perceived Stress Scale 10 (PSS)	110
6.7	Autonomic Variables	113
6.8	Surface Electromyography (sEMG)	120
<b>7.0</b>	<b>DISCUSSION</b>	<b>123</b>
<b>8.0</b>	<b>APPRAISAL</b>	<b>133</b>
8.1	Strengths of the study	134
8.2	Limitations of the study	134
8.3	Future Recommendations	134
<b>9.0</b>	<b>CONCLUSION</b>	<b>135</b>
	<b>REFERENCES</b>	<b>137</b>
	<b>ANNEXURES</b>	<b>151</b>
1.	Informed consent form	152
2.	Prakṛti Analysis Inventory	155
3.	Comprehensive headache related quality of life (CHQQ)	162
4.	Migraine Disability Assessment (MIDAS)	166

5.	Symptom Checklist	167
6.	Perceived Stress Scale 10 (PSS)	168
7.	Publications	169

## LIST OF FIGURES

Figure No	Title	Page No.
01	Model of vascular-neural coupling	06
02	Anatomy of Trigemino-vascular system	07
03	Details of Conventional Pharmacological treatment	09
04	Depiction of concept of <i>Panchakosha</i>	12
05	Concept of <i>Adhija</i> and <i>Anadhija Vyadhi</i>	12
06	Etiological Factors	21
07	Samprapti (Pathogenesis) of <i>Ardhavabhedaka</i>	22
08	Process of manifestation of <i>Ardhāvabhedaka</i>	33
09	Stress contributing to <i>Prajnaparadha</i>	40
10	<i>Viparya</i> and <i>Prajnaparadha</i>	42
11	The food Pyramid: Quantity of food to be consumed to prevent and manage Migraine Headache	48
12	Yoga and Lifestyle	48
13	Yoga model for Migraine management	52
14	Role of Yoga in the management of Migraine Headache	59
15	Details of the subjects from the inception till the completion of the study	68
16	Ayurveda Intervention	74
17	Seven herbs in <i>Pathyakṣadhātryādi Kashaya</i>	84
18	CHQQ Calculator	93
19	Lab Chart depicting the data selected and the channels	96
20	Illustrative image of the changes in autonomic variables and sEMG recorded on Day1, Day 30 and Day 90	97

21	Graph representing physical domain of CHQQ	103
22	Graph representing mental domain of CHQQ	103
23	Graph representing social domain CHQQ	104
24	Graph representing total scores of physical, mental and social domains of CHQQ	104
25	Graph representing 5 or more migraine attacks	106
26	Graph representing maximum duration of attack	107
27	Graph representing severity of headache	107
28	Graph representing episodes of nausea and/or vomiting	107
29	Graph representing analgesic requirement	107
30	Graph representing values of Visual analogue scale	109
31	Graph representing MIDAS Scores	111
32	Graph representing perceived stress scale scores	112
33	Graph representing Respiratory rate	113
34	Graph representing low frequency component of HRV	115
35	Graph representing high frequency component of HRV	115
36	Graph representing LF/HF ratio of HRV	116
37	Graph representing SDNN component of HRV	116
38	Graph representing RMSSD component of HRV	117
39	Graph representing pNN50 component of HRV	117
40	Graph representing Heart rate	120
41	Graph representing Integral EMG	121
42	Graph representing RMS EMG	122
43	Proposed Mechanism	132

## LIST OF TABLES

Table No.	Title	Page No.
1	The 4-point grading system for Migraine Disability Assessment Questionnaire	71
2	Handout with description on diet and lifestyle modification during Virecana	79
3	Composition of Polyherbal combinations	80-85
4	Headache Diary	86
5	Yoga Therapy Module	87
	Results	
6	Demographic and clinical characteristics of subjects belonging to AY and CT groups	100
6a	The combination of the <i>Prakṛti</i> seen in all 60 subjects	101
6b	Comprehensive headache related quality of life questionnaire	102
6c	Changes in symptom checklist	105
6d	Changes in VAS measuring pain intensity	109
6e	Migraine Disability Assessment (MIDAS) and Perceived Stress Score (PSS)	111
6f	Frequency domain and Time domain measures of Heart rate variability recorded on Day 1, Day 30 and Day 90	114
6g	Heart rate and Respiratory rate recorded on Day 1, Day 30 and Day 90	119
6h	The Integral EMG ( $\mu\text{v}$ ) and RMS EMG ( $\mu\text{v}$ ) recorded on Day 1, Day 30 and Day 90	121