
Chapter 4

Aims and Objectives

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4.0 Aims and Objectives

4.1 Aim of the study

- To scientifically validate the use of Ayurveda and Yoga in the management of migraine headache without aura.

4.2 Objective of the study

- To evaluate the body constitution of the subjects (prakṛti analysis) using Suśruta Prakṛti Inventory questionnaire to understand the predisposition to migraine
- To evaluate the influence of Ayurveda and Yoga therapy based treatment protocol on the symptom checklist
- To evaluate the influence of Ayurveda and Yoga therapy based treatment protocol on Migraine disability assessment score (MIDAS)
- To evaluate the influence of Ayurveda and Yoga therapy based treatment protocol on Perceived stress scale using the perceived stress scale-10 questionnaire (PSS10).
- To evaluate the influence of Ayurveda and Yoga therapy based treatment protocol on quality of life using Comprehensive headache related quality of life (CHQQ) questionnaire.
- To study the influence of Ayurveda and Yoga therapy based treatment protocol on Heart rate variability (HRV) parameters
- To study the influence of Ayurveda and Yoga therapy based treatment protocol on Frontalis muscle surface electromyography (sEMG).

4.3 Research Question

Does integrated approach of Ayurveda and Yoga therapy influence migraine related disability, perceived stress, symptom checklist, heart rate variability, muscle tension and quality of life.

4.4 Hypothesis

The integrated approach of Ayurveda and Yoga therapy reduces migraine related disability, perceived stress, symptom checklist, sympathetic tone, muscle tension and improves quality of life.

4.5 Null Hypothesis

The integrated approach of Ayurveda and Yoga therapy does not have any impact on Migraine related disability, perceived stress, symptom checklist, sympathetic tone, muscle tension and does not improve quality of life.