ABSTRACT
Globally, approximately 15% of people are affected by migraines. The headaches tend to start between the ages of 10 and 46 and may run in families. Migraines occur more often in women than men. Until the 1980s, scientists believed that migraines were due to changes in blood vessels within the brain. Today, most believe the attack actually begins in the brain itself and involves various nerve pathways and chemicals in the brain. This has been observed that, migraine attack can be triggered by stress, food, environmental changes, or some other factors. However, the exact chain of events remains unclear. Prevention can be done by avoiding smoking, caffeine and alcohol, exercise regularly, get enough sleep each night and meditation.
Common prescribing drugs include: Beta-blockers, Anti-depressants, Anti-convulsants, Calcium channel blockers. But the permanent improvement cannot be achieved. Yoga is an ancient technique that promotes holistic living through a combination of postures and breathing techniques. The best part of that, it is side-effect-free method to fight migraines. Practicing the yoga for a few minutes every day will help your body be ready for the next migraine attack:
With the uses of Yogic practices will correct the chemical disturbance in the brain. This will help to complete cure the disease.

KEYWORD: Migraines, Beta-blockers, Yogic practices.

1. INTRODUCTION
Migraine is a condition characterized by sudden bouts of throbbing headache often unilateral (pain localized to one side of the head). Migraine can last from a few hours to days. The pain may be accompanied by other manifestations like nausea, vomiting and visual disturbances.
Migraines are classified as either "with aura" or "without aura." An aura is a group of neurological symptoms, usually vision disturbances that serve as warning sign. Patients who get auras typically see a flash of brightly colored or blinking lights shortly before the headache pain begins. However, most people with migraines do not have such warning signs.

1.1 TRIGGERING FACTORS[1]

- Allergic reactions
- Bright lights, loud noises, and certain odors or perfumes
- Physical or emotional stress
- Changes in sleep patterns
- Smoking or exposure to smoke
- Skipping meals
- Alcohol or caffeine
- Menstrual cycle fluctuations, birth control pills
- Tension headaches
- Foods containing tyramine (red wine, aged cheese, smoked fish, chicken livers, figs and some beans), monosodium glutamate (MSG), or nitrates (like bacon, hot dogs and salami)
- Other foods such as chocolate, nuts, peanut butter, avocado, banana, citrus, onions, dairy products and fermented or pickled foods

1.2 SYMPTOMS[1]

Migraine headaches, which can be dull or severe, usually:

- Feel throbbing, pounding, or pulsating
- Are worse on one side of the head
- Last 6 to 48 hours

Symptoms accompanying migraines include:

- Nausea and vomiting
- Sensitivity to light or sound
- Loss of appetite
- Fatigue
- Warning signs (auras) that can precede a migraine include seeing stars or zigzag lines, tunnel vision, or a temporary blind spot.
Symptoms that may linger even after the migraine has gone away include:

- Feeling mentally dull, like your thinking is not clear or sharp
- Increased need for sleep
- Neck pain

1.3 COMPLICATIONS[1]
Migraine headaches generally represent no significant threat to your overall health. However, they can be chronic, recurrent, frustrating, and they may interfere with your day-to-day life.

Stroke is an extremely rare complication from severe migraines. This risk may be due to prolonged narrowing of the blood vessels, limiting blood flow to parts of the brain for an extended period of time.

2.0 TREATMENT
There is no specific cure for migraine headaches. The goal is to prevent symptoms by avoiding or altering triggers. When you do get migraine symptoms, try to treat them right away. Many of the prescription medications for migraines narrow your blood vessels. Therefore, these drugs should not be used if you have heart disease. Several studies are supporting uses of yogic practices for treating migraines.

2.1 FOR PREVENTION[1]

- Avoid smoking, caffeine and alcohol
- Exercise regularly
- Get enough sleep each night
- Learn to relax and reduce stress - try progressive muscle relaxation (contracting and releasing muscles throughout your body), biofeedback, or joining a support group.

2.2 ASANAS FOR MIGRAINES[2]

i) Shavasana: Shavasana rejuvenates the body by bringing it into a deep state of meditative rest. The yoga routine should be ended by lying down in this pose for a couple of minutes. Relaxes the whole psycho-physiological system.

ii) Makrasana: The Makrasana increases blood circulation to the brain and thus relieves headache.
ii) **Setu bandhasana**: This asana also helps keep your blood pressure under control, relaxes the mind, calms the brain and reduces anxiety. Apart from that while doing this asana your blood rushes to the brain helping in pain relief.

iii) **Balasana**: It gently stretches the hips, thighs, ankles, calms the mind and helps relieve stress and fatigue. The balasana also calms down the nervous system and effectively reduces the pain.

iv) **Pascimottanasana**: The pascimottanasana forward bend asana calms the brain and relieves stress and can relieve a headache.

v) **Hastapadasana**: The hastapadasana invigorates the nervous system by increasing blood supply and also calms the mind.

vi) **Marjariasana**: The marjariasana improves blood circulation, relaxes the mind, beats stress and helps you breathe better. The best part about this asana is that it helps relax tense muscles which is an effective way to get rid of pain.

vii) **Padmasana**: The Lotus pose relaxes the mind and alleviates headache.

2.2) **PRANAYAMA**

Pranayama is a technique to change or control the normal breathing process and to make the inhalation, retention and exhalation deep and slow. By the practices of Pranayama, impurities are destroyed and aspirant gets ability to concentrate the mind.

**Nadi Shodhan Pranayama**

All nadis become purified, Body becomes thin and glowing, Body becomes free from all diseases, Induces tranquility, clarity of thought and concentration, Increases vitality and lowers levels of stress and anxiety by harmonising the Pranas, Clears Pranic blockages and balances ida and pingala nadis.

**Chandra Bhedhan pranayama**

Chandrabhedana is excellent for purifying the cranium. It balance the vayu dosha and eliminates worms. It destroys decays and death, awakens the kundalini shakti and increases the bodily fire.

**Bhramari Pranayama**

It relieves stress and cerebral tension, It helps in alleviating anger, anxiety and insomnia, Bhramari induces a meditative state by harmonizing the mind and directing the awareness
inward, The vibration of the humming sound creates a soothing effect on the mind and nervous systems.

2.4) Meditation
2.5) Pshad Yoga
Jala neti, Kapalbhati.

3. CONCLUSION
Yoga Therapy for Migraine generally focuses on the prevention of the occurrence which includes stress reduction and avoidance of the various causes of the attacks. Yoga can also alleviate the headache by providing relief to sensory overload and relaxing the mind. A combination of Yoga poses, breathing exercises and relaxation may help reduce the frequency and intensity of migraines.

Migraine can be completely treated and prevented by use of yogic practices in spite of any modern chemical drugs. Don’t stop your medication till your doctor advises you to do so. Yoga is a means to make your resistance against migraine better and should not used as an alternative to medication.

4. REFERENCES
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