



Usefulness of yoga asanas in tension headache

Sandesh Jain¹, Usa Khandelwal², Ajay Dubey³

¹ Department of Yogic Science, Eklavya University, Damoh, Madhya Pradesh, India

² Professor, Department of Yoga and Naturopathy, Eklavya University, Damoh, Madhya Pradesh, India

³ Professor, Department of Yogic Science, Eklavya University, Damoh, Madhya Pradesh, India

Abstract

The main objective of this research is to find out how we can benefit from yoga in the treatment of stress-related disorders. Meditation is a process under yoga, which is important for controlling our brain. By practicing meditation in daily life at a fixed time every day, the negative thoughts in our brain decrease and positive thoughts start coming in the brain, and the stress in the brain decreases. Meditation has been a part of the tradition of our human life since ancient times. The center point of our body is the brain, which makes us feel happiness and sadness. The main reason for stress is the sadness of the mind, which can be calmed by meditating.

Keywords: Yoga and education, yoga asanas, tension

Introduction

Almost everyone has had a headache at some point in their life. But most of us get this headache repeatedly. Headaches occur due to many reasons. But one-third of headaches, especially in teenagers, professional workers and women, are caused by stress, which is the most common cause of headaches. Which is caused by anxiety disorder in the front or upper part of the head. Some headaches are mild and can be cured by rest. But when headaches start occurring frequently and the pain becomes severe, our daily activities are affected.

Causes

Doctors have not yet been able to fully explain that headache occurs due to any one reason. Nor is there any one cause for any headache. There are many reasons for it such as stress, head injury, infection, blood clot, infection in the body, not getting enough sleep, weak digestion, physical inactivity, lack of water, working too much on mobile computer etc.

But headache caused by anxiety without any disease or reason is caused by inflammation or reduced blood flow in the tissues around our brain and blood vessels in the brain. The idea that anxiety is the cause of anxiety has been in use since ancient times. According to Kadhopa Nishad 6:10-11, "The power of the senses has been tested by yoga in the form of restraint. When we are in meditation posture, our mind becomes completely calm. The mind is filled with joy and our consciousness filled with happiness destroys the disorder of thinking." Identifying tension headaches:-

Tension headaches, which are caused mainly by muscle tension or strain, do not cause vomiting, dizziness or sensitivity to light. Tension headaches are a persistent or long-term pain that is heavy on the head, it occurs throughout the head or in the upper part of the head.

This happens often.

General symptoms

1. Slow onset of headache
2. Pain on both sides or top of the head
3. Usually the frequency of pain is slow and it feels like there is tension in the head.
4. It can occur in the head as well as the neck. First aid

After identifying the headache caused by tension, we can help prevent it by reducing stress and making the mind happy, but it is not necessary to go to the doctor every time to know the cause of headache, below are the remedies.

Only on the basis of cause, we can identify this type of headache, which occurs due to stress.

For tension headache, we should practice the five asanas and pranayama of yoga as per the instructions daily, which along with giving very effective results, also awakens a very new consciousness within you. Along with physical strength, you also get mental strength which gives you new awakening. -

Before doing yoga we should follow some rules

1. Wake up every morning till Brahma Murhat (4pm- 2. Pranayama for 30 minutes in the morning in clean air.
2. Have balanced breakfast, milk and fruits in the morning after yoga asanas.
3. Eat food at the appointed time and do not remain hungry for too long.
4. Consume only milk before dinner and before sunset and at bedtime.
5. We have to find out what causes headache, why it occurs more due to eating. You will have to stay away from factors that trigger headaches.
6. Daily head massage to reduce stress.
7. Complete prohibition of Vyasano, intoxication.

Pranayama/Yogasana

1. Anulom-Vilom

This pranayam strengthens our respiratory system and works to deliver pure oxygen to the brain. Almost everyone should practice Anulom Vilom. Morning time is best for this. This Asana Pranayama can be done in any open space where there is sufficient air circulation.

Is. If there is shortage of space then it can be done anywhere. First of all we have Dwarf in straight simple Mudha. In Japan, the breath has to be taken in by closing one nostril with one hand and the air has to be exhaled through the other nostril, holding the air for some time and then this is repeated with the other nostril. The breath is released from the other nostril. After this, this is done again with the nose at this distance.

Benefit

By doing Anulom-Vilom 20-25 times continuously for a month, the oxygen level of our brain increases, which gives great relief to our nerves and headache.

2. Bhamri Pranayam

This pranayama is done to reduce our anxiety. You can do Bhramari Pranayam 5-10 times at any time, anywhere in peace. You will sit in meditation posture by placing a seat where there is flow of oxygen or fresh air. You have to close your eyes for some time and cough deeply and hold your breath for a few moments. At the same time, put the index finger of your hand on your ears and exhale slowly while humming the sound in your mind.

Benefits

We can cure headaches caused by stress only through Bhramari Pranayama. Its wide-ranging effect takes our brain and mind to a calm state, which rapidly reduces stress and provides relief from anxiety.

3. Tadasana

In Tadasana, we stand straight like a tree, keep both our legs open, now join both our hands in a namaskar posture and slowly move them from the front of the mouth to the top of the head.

While doing it, we raise our neck and look towards the sky and at the same time take the body completely on the toes and raise the heels. After stopping for a while, slowly bring the hands down and come to normal position.

Benefits

By doing Tadasana, our spinal cord and shoulder muscles are strengthened. The nerves get relief from the pain caused by the strain on our muscles and brain nerves. Along with this, this yogasana is also very useful in back pain.

4. Shirshasana

We should be very careful while doing Shirshasana. This is a yogasana that requires practice and we can do it only by doing it slowly every day. Start it only under the guidance of a yoga teacher. Patients suffering from serious and other diseases should not do this.

Initially keep minimum weight on your head. Spread cotton or thick carpet on a flat place and sit in Bajasan. Bending forward, rest the elbows of both your hands on the ground. Join the fingers of both hands tightly and place your head between them and gently support it with your hands. Now gently place the head between both the palms, keep breathing normal. Then come up on the toes, your body will be in triangle posture. Slowly move your feet forward, so that your back becomes straight and a 90 percent angle is formed between the ground and the back. Such a position has to be made. In this way, when the back becomes straight, slowly put the weight of the body on the branches of your hands and try to take the body upwards.

Benefits

Shirshasana is considered a very effective posture in our scriptures. Which gives strength to our brain, it protects from tension headaches and also gives strength to our brain and also improves the flow of oxygenated blood to the veins and muscles of the head, which helps in reducing the risk of blood disorders in future and prevents clot formation.

Apart from other benefits, it is also beneficial in dizziness, neck pain and blurred vision. Apply it on the eyelids and slowly open your eyes.

Some benefits provide peace to our mind and release chemicals and hormones that make our mind happy. This asana is very helpful in reducing anxiety, depression, stress, etc.

5. Objective and Importance

The objective of the proposed research is to identify headaches caused by stress and to investigate the effect of meditation, asanas, pranayama and their possible use as medical treatment.

Through future research we will see how effective these plans are in reducing headaches.

Its main objective is to emphasize how yogasana, pranayama and meditation can be incorporated in modern medicine from the perspective of holistic treatment. These types of treatment methods should be rigorously tested and their benefits and results should be scientifically studied so that human life can also get alternative treatment.

Future results of the proposed research-

We can hope that in the future combined therapies based on various yoga postures can prove to be effective in treating pain and stress in a new and effective way. This article can be an attempt to explain the importance of yoga for health by carefully analyzing the various dimensions of yoga. This article can be an attempt to explain how the ancient Indian yoga tradition can be enriched and incorporated into daily life. This can be highlighted as a positive possibility.

This article becomes a special study because it deeply examines the complex and new aspects of the effect of yoga that can pave the way for a more optimistic and positive lifestyle for individuals.

Summary

An extensive research study conducted by Kulkarni and Khare (2017) thoroughly investigated the potential benefits of Prana Mudra (Pranayama), with a special focus on its ability to reduce stress levels. The findings of the study revealed that Pranayama practice indeed has a significant effect in reducing stress levels.

Due to this tension headache becomes a serious daily problem, so from our study we can say that tension headache can be cured by pranayama yogasanas.

From the findings obtained in the article on yogasanas, regular practice of all the five asanas for 30-45 minutes every morning will pave us a very effective therapeutic way in reducing tension headache which can be included in the current medical system.

Implications

1. It helps make sure that treatment is safe and effective,
2. According to the 2016 report of the National Health Interview Survey, people who practice yoga regularly believe that yoga is effective in reducing stress levels.
3. It is excellent for improving immunity
4. Practicing yoga reduces stress and also improves mental health.
5. The main purpose of yoga is to relax the body and calm the senses.

Conclusion

Headache is a common problem among people. Which has a very bad effect on your lifestyle. Due to headache you have to face many health problems. During headache, problems like lack of sleep, stress, not eating and dehydration etc. occur. To treat headache, you need to make some changes in your lifestyle. Yoga has been a part of Indian culture since ancient times. There are many health benefits of doing yoga.

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