

EFFECT OF ENLIGHTENING PSYCHO NEUROBICS EXERCISES AND PRANAYAM ON MIGRAINE PATIENT

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ABSTRACT

Migraine is a highly prevalent and disabling neurological disorder. A migraine headache is caused by abnormal activity in brain. This activity can be triggered by number of things. But the exact chain of events remains unclear. Most medical experts believe that the attack begins in the brain and it involves nerve pathways and chemicals. The changes affect blood flow in the brain and surrounding tissues. Migraines pains are a recurring type of headache. It can cause a type of headache that may occur with symptoms such as nausea, vomiting, sensitivity to light; sometimes the vision is affected (fuzzy colored lights), numbness in the body, and hypersensitivity on the skin as well as unpleasant odors. In many people, a throbbing pain is felt only on one side of the head. Based on the International Headache Society (IHS) guidelines, migraine is classified as episodic (EM) or chronic (CM), with CM defined having 15 or more headache days of which at least 8 meet the criteria for a migraine for at least three months (IHS Classification ICHD-III) Migraine is about three times more common in women than men, affecting roughly 18 % of women and 6 % of men in the United States [2–8]. Migraine prevalence estimates are fairly comparable across the world, with 11.5 % of adults meeting criteria for a migraine on average.

This research paper is centred around Effectiveness of Psycho -Neurobic Meditation research uncovering a positive effect of Enlightening Psycho- Neurobic Meditation on curing migraine. Psycho Neurobics helps in creating vibrations in the body using certain colours, sounds and mudras. A large portion of the research has focused on controlling the Migraine by Practicing Enlightening Psycho Neurobic Meditation. Having run over positive advantages on bringing down the Migraine attacks, the goal for the present study is set up. In short, we can characterize Psycho-neurobics as-'Procedure of taking astronomical vitality present in the universe by the intensity of brain (the source is GOD) and after that exchanging it to brain and neurosystem' we can mend any sort of illness by psycho-neurobics and actuate our seven vitality focuses present in the body. The word psycho remains for 'mind' as we take the vast vitality through the intensity of brain. There are three sorts of neurobics LIGHT NEUROBICS, SOUND NEUROBICS AND EASY NEUROBICS in Psycho-neurobics we incorporate all the three neurobics.

Pran Mudra with indigo colour is used for Migraine pain along with 'O' sound. They relax the trigeminal nerves branching off the brain stem which is the suspected starting point of the migraine attack, leading to dilation of inflamed blood vessels and irritated nerves. Enlightening psycho neurobics has ability to relax the Trans nervous system and produce heat in the body and excess of earth elements comes to ends. This research paper is a study analysis on psycho neurobics methods for curing Migraine Pain. An experiment was conducted with participants of all age groups and the results were tabulated and analysed. The methods were implemented on study group and results were obtained. The experiment was performed daily over a period of 45 days and proved successful. Migraine Pain was asked after 45 days. It was found that there was significant difference in Number of attacks, its intensity, and Medication intake and in migraine symptoms after the psycho neurobics sessions of individuals. Psycho neurobics is proved to be an easy method to cure Migraine.

Keywords: Psychoneurobics, Drshailjaagarwal, Stress, Drbinny, Anxiety.

I. INTRODUCTION

1.1 WHAT IS MIGRAINE?

A migraine is a strong headache that often comes with vomiting, nausea, and sensitivity to light. It may last for hours or days. Migraine is the second most cause of headache and the most common headache related and neurologic cause of disability in the world. The name 'migraine' comes originally from the Greek word

'hemicrania', it means 'half of the head', it represents one of the most important features of the condition, that in many of the cases, the pain will affect half of the head only. However sometimes the pain is felt bilaterally, either at back or front of the head and sometimes rarely all over the body and face ('migrainous corpalgia') Migraines are different in everyone. It is usually in one side of the head and in many people, they happen in stages. It has symptoms like.

- Nausea
- Being sensitive to light
- Fatigue
- Being sensitive to sound, or smell
- Food cravings or it can be lack of appetite
- Irritation or Mood changes
- Vomiting
- Bloating
- Constipation or diarrhoea

People describe migraine pain as:

- pulsating
- throbbing
- perforating
- pounding
- debilitating

Migraine headaches



Migraines are the second most common headache, with a global age-standardized prevalence of around 14%. Often preceded by auras, migraines can cause a throbbing sensation and nausea.



More common in women (**19%**) than in men (10%)



Experienced on one or both sides of the head



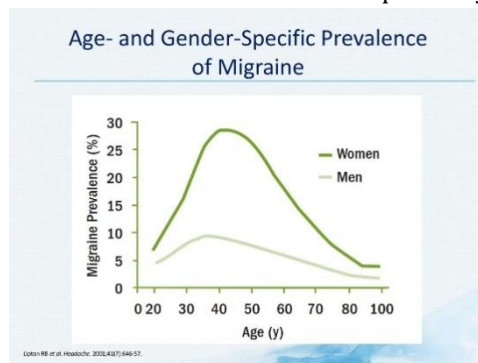
Pain experienced is moderate to extreme



Attacks last from four hours to three days

1.2 DEALING WITH MIGRAINE PSYCHO NEUROBICS EXERCISE FOR MIGRAINE

Psycho-neurobics is the science and method of producing the right vibrations in the body based on specific concepts and technology. By actualizing some intercession techniques and activities utilizing explicit styles, colours, sounds, and mudras, we can create the recurrence of the subliminal of our own and draw in divine energy. Subsequently Psycho-neurobics encourages us to improve our psychological quality and resolve. It is a method of taking cosmic powers that is known to mankind by the force of brain and after that trading it to intellectual capacities and neuro framework. The human body consists of Chakras which are the sources of energy in our body. These chakras often get blocked and fail to perform their functions, hence leading to stress. Psycho neurobics exercises focus towards unblocking these chakras and converting passive energy to more active forms of energy. This not only restores the human body balance, but also maintains it further. This also improves blood circulation, balances secretion of hormones and helps in staying healthier.



II. LITERATURE VIEW

Migraine is a serious neurological condition associated with recurrent and debilitating headaches of moderate to severe intensity that can affect the ability to perform daily activities. Migraine is the second highest cause of years lived with disability worldwide and the highest among women aged 15-50. Evidence from various countries shows migraine peaking around the ages of 25-50 (see Figure). Generally speaking these are the years when people are at their most productive and – significantly – furthering their careers. Studies have shown that migraineurs experience lower quality of life than the general people and that attack frequency is inversely related to quality-of-life. Studies have also shown that effective treatment of migraine has a positive impact on health-related and quality of life. Other studies have described the cost-effectiveness of migraine treatment. Several of the publications that met the inclusion criteria for this review of workplace productivity also described results from quality-of-life. The current study focuses on the impact of migraine and migraine treatment. Our literature review confirms that migraine attacks and its intensity can be reduced by the practice of Enlightening psycho neurobics. Estimates of the burden of migraine suggest that the average impact of migraine on loss in working capacity is approximately 1-2 workday per month. With 1 exception, all published studies that compared psycho neurobics treatment with pranayama found a significant reduction in the hours or days of work lost in patients.

III. OBJECTIVES

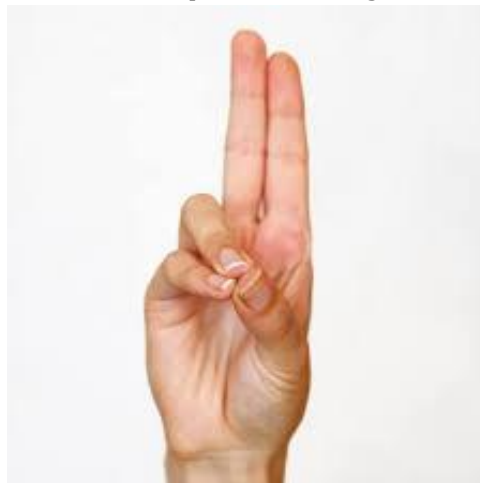
1. This aims to study the effect of Enlightening Psycho Neurobics exercises and pranayam to reduce the among migraine attacks in individuals.
2. To frame a protocol to help the individuals to manage intensity of attack, number of attacks and Medicine Intake per month with the help of enlightening psycho-neurobics exercises and Pranayam.
3. To assess the change in migraine attacks and its severity level among subjects after Psycho neurobics exercises.



IV. METHODOLOGY

The study was performed to fifty individuals irrespective of age. The intensity of migraine attacks, number of attacks, medicine intake, and loss of working days due to migraine attack were taken in Prequestionnaire. Psycho Neurobics was performed for 45 days for duration of one hour every day. At the end of 45 days post questionnaire was taken from the participants to observe the difference in migraine symptoms, attacks etc.

- Participants having migraine were chosen.
- The consent of the participants was taken before the study was designed.
- All those participants who experiences migraine attacks were listed and fifty individuals were chosen among them.
- A daily schedule for Psycho Neurobics was provided by the participants, which was to be strictly followed over a course of 45 days.
- Enlightening Psycho Neurobics was practiced every day for duration of one hour. This was continued for 45days regularly.
- Enlightening Psycho neurobics activates the Agya Chakra, also called Third eye. Its affirmation is 'I am a truthful soul; Gods indigo colour energy is enlightening my mind and empowering my intellect. My mind is completely at peace now; my intellect is full of knowledge now. Universal knowledge that I am a soul and my father is incorporeal god in the form of brightest star. This knowledge is now realised by my intellect now and I feel that I am a soul; I am a ruler and controller of mind, sense organ and motor organ of my body. I am an enlightened soul now. This was performed using Pran mudra.



- The Prana is derived from the Sanskrit, which means 'Life-force'. Lack of Prana can cause headaches. Prana Mudra regulates the flow of prana in the body. Pran Mudra involves the joining of the seat of earth, water, and fire elements of the body. Practicing this mudra stimulates and balances the respective elements concerned with various health-related problems responsible for migraine headaches.

- A large portion of the mantras in all religions are made with vowel blends. "O" is the main vowel, which is the mix of A and U (first and the last vowel). Enlightening Neurobics by reciting "O" makes vibration in the five components of physical body and in "Agya" chakra.



A set of Pranayama was also conducted along with Psycho Neurobics exercise. These including the following:

Pranayama is simple science that consists of several breathing techniques work on our bad breathing habits, so we breathe correctly. By breathing naturally correct, we can avoid many causes of migraine.



Anulom vilom pranayama: Nadi Shodhan Pranayam 10-12 Rounds

This pranayam work on balancing the left & right lobes of the brain. These pranayams techniques let one breathe through alternative nostrils to balance the oxygen level in both lobes. This pranayama releases any blockages present in nadis (energy channels), which are contributing to migraine headache.



Bhramari Pranayama: The Humming Bee Breath - 10-12 Rounds

Bhramari is a Sanskrit term (भ्रमरी) which derives its name from 'Bee', as exhalation sound produced in this pranayama resembles the 'Humming Sound (hmmm)' of a bee. This pranayama will relax your body & mind. It's most beneficial when the headache is happening because of working in a stressful environment and anxiety has surrounded you.



Bhastrika pranayama: For 1 minute

This pranayama is a fast breathing, which is helpful in migraine when it's happening because of digestive disorders.



Udgeeth Pranayama:

The Sanskrit word Udgeeth literally means '**deep and rhythmic chant**'. Udgeeth Pranayama involves chanting of 'OM'. Udgeeth Pranayama is the purest form of silence. This Pranayam increases the oxygenated blood supply to the head. This fulfils the need for nutrients and water (dehydration, one of the causes for the headache) to the tissues. They relax the facial muscles and can reduce any anxiety you may be having. They also relax your body & mind.

- These above-mentioned Psycho neurobics were strictly followed by the sample population.
- This research is an empirical form of research; hence, the response from the sample population was taken in the form of a questionnaire.
- The questionnaire was filled by all participants once in the beginning of the experimental study, and once at the end of it.
- Each questionnaire consisted of approximately 48 questions which monitored all aspects and variables of an individual's life and there Migraine.
- The responses were collected from all the participants and categorized further for proper data analysis. The data of both, before the study and after the study have been clubbed together to obtain results.

V. RESULTS

HA = Psycho Neurobics is effective in reducing migraine attack and curing migraine have taken notice just because there are no medications that cause side effects involved in this self-healing.

HA = Pranayam is effective in reducing migraine attack and curing migraine have taken notice just because there are no medications that cause side effects involved in this self-healing.

This indicates that the sample population was majorly affected by the impact of these two variables over a period of 45 days.

The value obtained by CHI Square Test, it is found that practice of psycho neurobics and pranayama reduce number of attacks, intensity of attack and medicine intake without any side effects. Effect of psycho neurobics supports us in various forms of self-healing...

VI. LIMITATIONS OF STUDY

With the limitations of the study, the following conclusions were drawn from the study of Psycho Neurobics in reducing migraine attack and curing migraine:

- 1) The main drawback of the study is that there are chances that the respondents will not be able to continue with the daily practices of psycho-neurobics strictly, which may have an insignificant impact on migraine attacks.
- 2) The sample size will be selected on random basis, which will not help in generalizing the results of the study.
- 3) There is no guarantee that the subjects may continue practicing this therapy lifelong, hence the results (even if achieved successfully) may revert over a long duration.

The experiment was performed daily over a period of 45 days and proved to be successful. All two Hypotheses assumed have been verified by the Chi Square test and clearly indicate that Psycho Neurobics is very effective in dealing with migraine attacks. These are very easy to perform regimes and cause long terms benefits, if done regularly.

VII. SCOPE OF STUDY

Given the promising evidence that psycho neurobics exercise have shown, this is effective in migraine attack and minimizing other health risks also. The scope of study was very limited in this condition due to time constraints, number of participants and many other reasons. There is insufficient data and research done to prove this method as a more effective approach; we suggest that a longitudinal study must be carried out with random controlled interventions and follow up periods of at least two years.

VIII. CONCLUSION

Psycho-NEUROBICS are Mind Control exercises to enact your Brain, Mind and Memory and keep our body fit with the assistance of Breathing, Hand Gestures and Colour visualization procedures to live calm and cheerful life. Remaining sound in the present occasions is progressively a matter of positive reasoning and solid way of life than popping pills and going for restorative mediation. Present day science has recognized the job of mind, contemplations, and feelings in activating solid and undesirable reactions in the body.

At whatever point we hold something 'negative' in our awareness, it obstructs the stream of life vitality in the neuro-endocrinal pivot prompting numerous illnesses. "Wellbeing is Happiness" is one of the greatest facts which the sooner we understand better it is for us. Wellbeing and Happiness together in life will undoubtedly transform everything we could ever want into a REALITY.

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