

The role of meditation in reducing the anxiety component of migraine patients – study of 50 patients

Prof Emeritus Dr R Pazhani, Pazhani Neuro Centre, The Tamil Nadu Dr MGR Medical University

Background and Aims

Some of the migraine patients, additional anxiety component is a troublesome feature. The meditation technique helps in reducing anxiety and it helps to relieve the migraine significantly in addition to regular therapeutic measures.

Methodology

Fifty patients with recurrent migraine, getting two and more episodes per month, with GAD-7 anxiety score of 0-4 were taken for the study. Twenty-four were male and twenty-six were female in the age range of 20-50 years.

All of them were given prophylactic medications and acute treatment measures. The anxiety component was one of the precipitating factors in all the patients.

All fifty patients were taught four meditation techniques, Om-Ah-Hum, Kechari mudra, Bhramari pranayama and silent breathing meditation techniques.

They were practicing it five minutes in the morning and in the evening. The GAD-7 anxiety score was assessed one month and three months after the practice.

Results

Fifty patients of migraine with minimal anxiety the GAD-7 score of 0-4 felt free from anxiety with out anxiolytics, one month and three months after the meditation practice. All of them were taking migraine prophylactic medications and the migraine was under significant controle.



Shanmukhi mudra with
Bhramari Pranayama



Meditation

Discussion

Om-Ah-Hum chanting silently represent body, speech and mind. Kechari mudra is a kind of meditation where the tip of the tongue was touching the roof of the palate and intermittent vibration was given. Bhramari pranayama is also a kind of meditation where humming bee sound was produced with Shanmukhi mudra. The final meditation technique taught was placing one hand in the palm of other hand at navel level and doing slow deep breathing in and out.

Conclusion

The meditation techniques reduced the minimal anxiety score to nil in this study population. It is useful to consider meditation as an additional measure in migraine patients to reduce anxiety.

References

Enhanced mindfulness-based stress reduction in episodic migraine-effects on sleep quality, anxiety, stress, and depression: a secondary analysis of a randomized clinical trial – Shana A R Burrowes – Pain 2022, march 1, 163(3)

Migraines and Meditation – Does Spirituality matters
Wachholtz AB, Pargament KI.J Behav Med. 2008 Aug;31(4):351-66. doi: 10.1007/s10865-008-9159-2. Epub 2008 Jun 13

Effect of a Mindfulness-Based Intervention for Chronic Migraine and High Frequency Episodic Migraine in Adolescents: A Pilot Single-Arm Open-Label Study.

Grazzi L, Grignani E, Raggi A, Rizzoli P, Guastafierro E.Int J Environ Res Public Health. 2021 Nov 9;18(22):11739. doi: 10.3390/ijerph182211739