

Migraine:

Causes, symptoms, exercises
and emergency kit



What is a migraine?

A migraine is usually a severe headache, felt as a throbbing pain on one side of the head. It is much more than a bad headache. This neurological condition can leave you in bed for days!



Causes of migraine

1 Hormonal triggers

2 Emotional factors

3 Dietary reasons

4 Environmental

5 Medicinal Factors

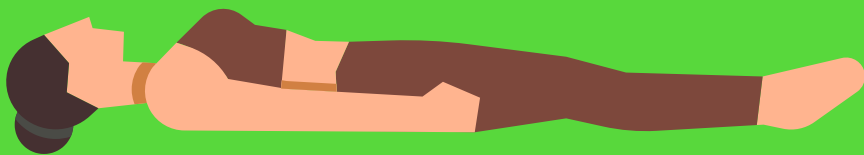
6 Other unknown causes

7 Temporary changes in the chemicals, nerves, and blood vessels in the brain

Symptoms of migraine

- + Headache on one side of the head
- + Pain may affect face and neck
- + Nausea
- + Sensitivity to light and sound
- + Loss of appetite
- + Sweating or cold chills
- + Dizziness and blurred vision
- + Tender scalp

Asanas for migraine headaches



Yoga nidra: Like meditation, can be helpful for days when you're in pain.



Hastapadasana (standing forward bend pose)



Chair Shavasana



Anulom vilom (alternate nostril breathing)

Migraine emergency kit for work

01

A bottle of water,
since dehydration
can be a trigger

02

Healthy snacks

03

Migraine
medication

04

A cooling pack for
your forehead

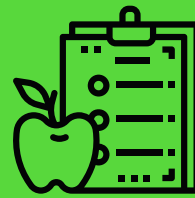
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