

# Yoga may cut migraine frequency

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Yoga therapy may reduce the frequency of headaches for people with migraine, according to a meta-analysis scheduled to be published in the May issue of the *Journal of Clinical Neuroscience*.

Qi Wu, from the First Hospital of Changsha in China, and colleagues conducted a systematic literature review to identify randomized controlled trials assessing the efficacy of yoga therapy for migraine attack.

Based on five [clinical trials](#) (356 participants), the researchers found that yoga therapy was associated with substantially reduced headache frequency (standard mean difference,  $-1.43$ ; 95 percent confidence interval,  $-2.23$  to  $-0.64$ ;  $P = 0.0004$ ) and a reduced Headache Impact Test-6 score (standard mean difference,  $-2.19$ ; 95 percent confidence interval,  $-4.09$  to  $-0.28$ ;  $P = 0.02$ ). There was no significant association observed between yoga and migraine pain intensity (standard mean difference,  $-1.37$ ; 95 percent confidence interval,  $-2.76$  to  $0.01$ ;  $P = 0.05$ ) or the McGill Pain Questionnaire (standard mean difference,  $-2.09$ ; 95 percent confidence interval,  $-6.39$  to  $2.22$ ;  $P = 0.34$ ).

"Yoga is one common complementary and alternative medicine therapy, and is increasingly practiced worldwide," the authors write. "Adjuvant [yoga](#) therapy may provide additional benefit to reduce the headache frequency in patients with migraine attack."

**More information:** [Abstract/Full Text \(subscription or payment may be required\)](#)

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