

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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