

Migraines

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Very tedious and sometimes disabling, migraines can be treated with adapted postures.

“A jackhammer pierces my skull when I wake up,” explains Armand, who comes to see me for migraines. “In general,” he resumes without my asking him any questions, “it wakes me up in the morning. I don't see anything coming the night before. I go to bed normally but as soon as I open my eyes, it's hell. If I don't take anything right away, it goes on all day, sometimes even the next day. More and more it forces me to stay in bed, in the dark, motionless. If I move, if I go into the light, it's unbearable. Now it doesn't happen anymore, but for a long time it was accompanied by nausea and vomiting. In fact, sometimes it was a sign that my headache was over. I have also noticed that certain foods, such as dairy products and white wine, trigger migraines.”

I'm asking him to point out where it hurts. Armand shows me with his hand wide open the whole right side of his head, encompassing the eye. “It hurts in depth.” I recognize his gesture. That's where the word migraine comes from, from “hemicrania” which evolved into “hemicraïne”, then migraine! It means that you have half of the skull in pain, nothing to do with a tension headache or a headache linked to high blood pressure or intracranial hypertension.

Migraines can really ruin life. They are neurovascular disorders that can be aggravated by neurovegetative imbalances and stress. The hereditary factors are undeniable. It is the most common neurological disease. While the advent of new drugs has revolutionized the lives of many migraine sufferers, it has not solved everything. Yogatherapy has found its place and is often prescribed in pain-management hospitals, as it is widely demonstrated that relaxation, breathing, mental suggestions, meditation and physical activity really help migraine patients.

While continuing my investigation, I learn that Armand suffers from chronic constipation and sleeps badly, waking up at 4 o'clock every night. This is an indication of liver dysfunction. It must no longer be functioning well, as our French tradition says, blaming migraines on liver attacks.

I propose to relieve Armand by improving his drainage. I define a protocol of yoga exercises which will include a reactivation of the proprioceptive movement between the pelvis and the skull and twisting to act on the meridian of the liver and the gallbladder (according to the acupuncture tradition). These gestures will be preceded by respiratory work: Kapalabathi breathing, to hyperventilate and reduce blood acidosis and Agnisara Kriya to massage and churn the belly. Immediately, we got onto the mat!



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The practice

Kapalabathi - Hyperventilation

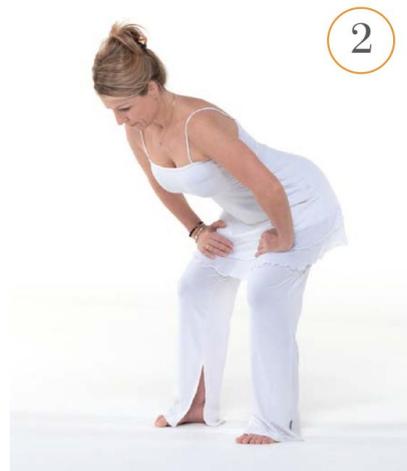


Sit in a stable and comfortable position. You will exhale quickly with your stomach, such as when you blow your nose hard. If the exhalation is active, the inhalation is passive, you exhale, but you let yourself breathe in. Follow with a second active exhalation. The ribs don't move, neither do the shoulders. Only the belly contracts quickly. With each exhale, imagine all the negative that is in your body coming out through the nostrils, being expelled away from you... Take a series of about ten breaths, to start. Then inhale deeply and hold the breath with full lungs. Imagine light entering through the nostrils and lodging in the

skull. Contract the muscles of the perineum, retract the belly and pull the chin towards the chest (photo 1). Stay in this apnea with full lungs as long as you feel comfortable. Then exhale slowly, distributing all the light throughout your body. As you get used to it, you gradually increase the number of breaths and the apnea time. If your head is spinning, it means you haven't held your breath long enough. Beware, if you have a tingling feeling, it means that you have practiced too many breaths in a row and that you need a pause in a suspension of breath with full lungs. You must always feel perfectly well.

Agnisara Kyra - Abdominal churning

Stand up, lean forward. With a false inhale, bring the belly up under the ribs (photo 2). Then slowly release the belly, but without taking a breath. Repeat this several times in a row, always with the same apnea: suck in the abdomen under the ribs and release it. Finish by breathing in gently on the release. Repeat the exercise two more times, then enjoy the sensations triggered by this workout.



Additional advice in yogatherapy

Take a mixture of liver-stimulating herbs to help "detoxify" your body in conjunction with changes in your diet. For example, you will find chromium, rosemary, milk thistle, dandelion, in Rosemarinex Chromium (2 phials per day for 3 weeks). You will find artichoke, boldo, combretum and turmeric in the Hepaclem (1 to 2 tablets 3 times a day). Finally desmodium adscendens 90 mg, milk thistle 55 mg, turmeric 50 mg, gentian powder 30 mg, chrisantellum americanum 45 mg in Desmomarie (3 to 6 capsules per day).

Majarasana - Pelvic tilt

Breathe in on all fours. The pelvis is in anteversion. Breathe out with your back round like a cat, tilting the pelvis in retroversion. The pelvis progressively drives the whole spine, joint after joint. Remain in suspension for a few moments (photo 3). Then breathe in while digging in the back, tilting the pelvis in anteversion; this movement draws with it the entire spine (fig. 4). Repeat this double movement six times, then exhale while sitting on your heels. The forehead on the ground. Inhale as you sit up on your heels.



Makarasana - Crocodile pose

Lie down on your back. Bend your legs and open your arms crosswise. Cross your left leg over your right leg (photo 5). Inhale into the posture, then exhale, tilting the left knee to the right, with the head turned in the opposite direction (photo 6). Inhale on the way back, leaning on your hands to help you. Hold your breath, change the position of your legs, and while exhaling carry the right knee to the left. Inhale as you come back, repeat the exercise three times on each side, dynamically. Then stay in the posture several breaths, as long as you are comfortable. Never force yourself. Breathe deeply.

Feel the massage, stretching, and the effects on the gluteal muscles, sacroiliac joints, stomach and waist, chest, shoulders, and legs. Then leave the posture and start again on the other side.

Matsyendrasana - Spinal twist

Sit down, legs extended out long. Bend your left leg, the foot on the other side of your right knee. Place your left hand back and support yourself by straightening your back. With your right arm, bring your left leg in. Inhale and exhale by turning your left shoulder back (photo 7). Pull your left thigh tight against your stomach. Breathe for twenty seconds. Come back on an inhale. Repeat on the other side.

