



Effect of Enlightening Psycho Neurobics Exercises on Migraine Patient

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ABSTRACT

Migraine is a highly prevalent and disabling neurological disorder. A migraine headache is caused by abnormal activity in brain. This activity can be triggered by number of things. But the exact chain of events remains unclear. Most medical experts believe that the attack begins in the brain and it involves nerve pathways and chemicals. The changes affect blood flow in the brain and surrounding tissues. Migraines pains are a recurring type of headache. It can cause a type of headache that may occur with symptoms such as nausea, vomiting, sensitivity to light; sometimes the vision is affected (fuzzy colored lights), numbness in the body, and hyper-sensitivity on the skin as well as unpleasant odors. In many people, a throbbing pain is felt only on one side of the head. Based on the International Headache Society (IHS) guidelines, migraine is classified as episodic (EM) or chronic (CM), with CM defined having 15 or more headache days of which at least 8 meet the criteria for a migraine for at least three months (IHS Classification ICHD-III) Migraine is about three times more common in women than men, affecting roughly 18 % of women and 6 % of men in the United States [2–8]. Migraine prevalence estimates are fairly comparable across the world, with 11.5 % of adults meeting criteria for a migraine on average. This research paper is centred around Effectiveness of Psycho -Neurobic Meditation research uncovering a positive effect of Enlightening Psycho- Neurobic Meditation on curing migraine. Psycho Neurobics helps in creating vibrations in the body using certain colours, sounds and mudras. A large portion of the research has focused on controlling the Migraine by Practicing Enlightening Psycho Neurobic Meditation. Having run over positive advantages on bringing down the Migraine attacks, the goal for the present study is set up. In short, we can characterize Psycho-neurobics as-Procedure of taking astronomical vitality present in the universe by the intensity of brain (the source is GOD) and after that exchanging it to brain and neurosystem' we can mend any sort of illness by psycho-neurobics and actuate our seven vitality focuses present in the body. The word psycho remains for 'mind' as we take the vast vitality through the intensity of brain. There are three sorts of neurobics LIGHT NEUROBICS, SOUND NEUROBICS AND EASY NEUROBICS in Psycho-neurobics we incorporate all the three neurobics. Pran Mudra with indigo colour is used for Migraine pain along with 'O' sound. They relax the trigeminal nerves branching off the brain stem which is the suspected starting point of the migraine attack, leading to dilation of inflamed blood vessels and irritated nerves. Enlightening psycho neurobics has ability to relax the Transnervous system and produce heat in the body and excess of earth elements comes to ends. This research paper is a study analysis on psycho neurobics methods for curing Migraine Pain. An experiment was conducted with participants of all age groups and the results were tabulated and analysed. The methods were implemented on study group and results were obtained. The experiment was performed daily over a period of 45 days and proved successful. Migraine Pain was asked after 45 days. It was found that there was significant difference in Number of attacks, its intensity, and Medication intake and in migraine symptoms after the psycho neurobics sessions of individuals. Psycho neurobics is proved to be an easy method to cure Migraine.

KEYWORDS: #PsychoNeurobics #Dr Shailj Aagarwal #stress #Drbinny #anxiety

1. INTRODUCTION

WHAT IS MIGRAINE?

A migraine is a strong headache that often comes with vomiting, nausea, and sensitivity to light. It may last for hours or days. Migraine is the second most cause of headache and the most common headache related and neurologic cause of disability in the world. The name 'migraine' comes originally from the Greek word 'hemicrania', it means 'half of the head', it represents one of the most important features of the condition, that in many of the cases, the pain will affect half of the head only. However sometimes the pain is felt bilaterally, either at back or front of the head and sometimes rarely all over the body and face ('migrainous corpalgia') Migraines are different in everyone. It is usually in one side of the head and in many people, they happen in stages. It has symptoms like

- Nausea
- Being sensitive to light
- Fatigue

- Being sensitive to sound, or smell
- Food cravings or it can be lack of appetite
- Irritation or Mood changes
- Vomiting
- Bloating
- Constipation or diarrhoea
- People describe migraine pain as:
- pulsating
- throbbing
- perforating
- pounding
- debilitating

Migraine headaches

14% PREVALENCE

Migraines are the second most common headache, with a global age-standardized prevalence of around 14%. Often preceded by auras, migraines can cause a throbbing sensation and nausea.



More common in women (19%) than in men (10%)



Experienced on one or both sides of the head



Pain experienced is moderate to extreme



Attacks last from four hours to three days

DEALING WITH MIGRAINE

Psycho Neurobics Exercise For Migraine

Psycho-neurobics is the science and method of producing the right vibrations in the body based on specific concepts and technology. By actualizing some intercession techniques and activities utilizing explicit styles, colours, sounds, and mudras, we can create the recurrence of the subliminal of our own and draw in divine energy. Subsequently Psycho-neurobics encourages us to improve our psychological quality and resolve. It is a method of taking cosmic powers that is known to mankind by the force of brain and after that trading it to intellectual capacities and neuro framework. The human body consists of Chakras which are the sources of energy in our body. These chakras often get blocked and fail to perform their functions, hence leading to stress. Psycho neurobics exercises focus towards unblocking these chakras and converting passive energy to more active forms of energy. This not only restores the human body balance, but also maintains it further. This also improves blood circulation, balances secretion of hormones and helps in staying healthier.

LIGHT NEUROBICS

Light Neurobics with "colours of light (VIBGYOR)"

Shading is a type of vibrational vitality that has assumed a critical job in wellbeing and mending for a huge number of years. The old Egyptians fabricated corridors of shading in their incredible sanctuaries at hebes and different spots, where they researched the impacts of light and shading. Each shade of the range is related with a scope of wavelengths, which implies that there are several unpretentious subtleties of shading. Not these are noticeable to the human eye, since hues vibrating at similar rates look particularly indistinguishable. Violet wavelengths are the shortest, extending from around 380 to 450 nanometres (nm.). Red wavelengths are the longest, traversing 630 to 760 nm.

Diverse hues influence the brain, body and soul in various ways and most societies connect hues with specific characteristics, sentiments, et cetera. Shading is one of the nine fundamental 'fixes' connected in Feng Shui, the Chinese specialty of divination and coordinating vitality (qi) to make conditions that are helpful for wellbeing, satisfaction, and favourable luck. Some fundamental ideas about various hues are:

Indigo: - This hue is related with intellect, wisdom, knowledge, intuition and self-love.

Leonardo da Vinci asserted that the intensity of reflection could be improved ten times affected by violet beams going through the recoloured glass windows of a peaceful church. In quieted tones, this shading can be useful for treating migraines, mental issues, and certain types of schizophrenia and dementia.

Science proposes relationship of hues for remedial purposes

Science proposes that there is a reason for these affiliations. Studies have demonstrated that shading can impact disposition, impression of temperature and time, and even the capacity to focus. It is being utilized progressively in doctor's facilities, workplaces, mental wellbeing centres and detainment facilities to make a positive domain.

Red light has been found to accelerate the dissemination and raise circulatory strain, while blue has a quieting impact on these procedures. The impact is the equivalent regardless of whether the patient is blindfolded, which suggests that shading does not need to be believed to apply its belongings. Daze individuals can see diverse hues through their third eye, so it appears to be almost certain that we react to various shading vibrations by means of the unpretentious life structures, the unobtrusive bodies, atmosphere and chakras.

How a shading treatment functions?

There are different ways to deal with recuperate with shading. Some shading advisors trust that every vertebra is related with one of the seven phantom hues and being identified with a specific organ or part of the body. These hues are rehashed in sequence down the vertebra, expanding in shading thickness from the neck to the base of the spine. Picturing distinctive hues through third eye actuates the individual unobtrusive vitality focuses on the body, which thus guide the stream of vitality to the systems of body with the end goal to purge and expel blockages and make them solid. The accompanying table and pictures clarify the shades of ideals, unobtrusive vitality focus and the particular body systems.



Psycho Neurobics that helps to minimise and cure migraine attacks is Enlightening Psycho Neurobics. Enlightening Neurobics is the exercise of installing the emotions of truth, realization of universal knowledge and wisdom. Stress, Anxiety, and Depression etc emotions and the other mental health of the human are the main cause of Migraine. Hence by performing Enlightening Neurobics the Six major chakra can be energized and balanced. As Agya Chakra is associated with indigo colour that translates the feelings of truth, realization of universal knowledge and wisdom and reduces the Anxiety, stress, worries and depression. Hence by visualizing indigo colour directed towards the Agya chakra, it can distress and release the blocked energy.

EASY NEUROBICS (Hastamudra)

Our body is made from five components - earth, water, air, fire and ether (sky). These five components additionally shape our universe. These five components have allocated works in our body to keep it solid. After serious research, Indian sages have discovered that Hasta-mudras (hand signals) are imperative, for keeping parity in the vitality that stream among the five components. Each of the five fingers directs the five components of body. These are as per the following:

(a)	Thumb	Fire component
(b)	Index finger	Air component
(c)	Middle finger	Space or ether component
(d)	Ring finger	Earth component
(e)	Little finger	Water component

Consequently, hasta-mudras are useful in keeping up great wellbeing and getting alleviation from illnesses too. Joining the tips of the fingers or squeezing by thumb, control, and equalization particular components in the body. Its day-by-day practice can keep oneself solid forever. It has colossal healing force and whenever rehearsed appropriately; all real sicknesses can be restored. It likewise offers satisfaction and otherworldly accomplishments.

Enlightening Psycho Neurobics is performed using "Pran Mudra". Pran Mudra is performed by joining the little and ring fingertip with the thumb while keeping the other two fingers straight at rest. Practice it for 20-30 minutes consistently. It is useful for evacuating eye and nerves related issues. It empowers the body and parities nutrients in the body.

The Prana is derived from the Sanskrit, which means 'Life-force'. Lack of Prana can cause headaches. Pran Mudra regulates the flow of prana in the body. Pran Mudra involves the joining of the seat of earth, water, and fire elements of the finger. Practicing this mudra stimulates and balances the respective elements concerned with various health-related problems responsible for migraine headaches.



SOUND NEUROBICS

Figure out how to heal yourself with Sound Neurobics

What is sound neurobics?

Present day sound specialists propose that sickness happens when energies identifying with brain, body and soul vibrate at inaccurate frequencies. Subsequently, the entire vibrational being leaves tune. They trust that there is a characteristic note which resounds with every person and also with every zone of the body. Sound can be utilized from various perspectives to energize healing. Most stable treatment includes utilizing the voice, tonal sounds and music, some of the time each of the three. A few strategies, for example, cymatics include utilizing a machine that transmits particular vibrations. Sound neurobics ranges from the basic reiteration of supernatural words to the more intricate rhythms and game plans of notes, which can modify our dispositions and movements, soften physical tensions, direct natural procedures and raise conditions of awareness.

Sound purposes vibration

Sound is a type of vibration. When you cull the string of a melodic instrument, it makes the air around it be packed and afterward grow. These offers ascend to sound waves which travel through space at around 330 meters for every second. The rate at which the wave vibrates is known as its recurrence and is estimated in Hertz (Hz). Distinctive tones are created by change in frequencies of vibration. The higher recurrence of the tone, the higher is its pitch. Human have a sonic range (scope of hearing) which stretches out from 20 to 20,000 Hz. Sounds over 20,000 Hz are alluded to as ultrasonic. We react to sound with more than our ears. The whole human vitality system reacts to the sound waves in our condition.

Healing sound synchronizes body, psyche and soul

Ayurvedic prescription uses certain primordial sounds which potently affect the psyche, body, and soul. Quietly presenting, the fitting sound over the span of a mantra-initiated meditation stills the psyche and backs the breathing appropriate off. Studies demonstrate that such sounds have the ability to repress the multiplication of malignant growth cells.

Sound waves increment trim creation

Sound waves and amicable vibrations are utilized together with a plant splash containing common supplements, and hormones and conventional composts, for example, fertilizer and excrement to give a more secure option in contrast to synthetic compounds.

Winged creature melody additionally influences the wellbeing and growth of plants. Amid the last 15 years, Canadian researchers have been building up an eco-friendly approach to support edit creation.

Frequencies that open the entryway of the Invisible specialist

A few logical researches uncover that stacking the brain with the frequencies likened to alpha and theta waves may hold the way to moment meditation and imaginative knowledge, which opens the entryway of the Inner doctor (undetected specialist).

Some high frequencies go about as characteristic painkillers. Frequencies in the locale of 2000 Hz are fit for setting off the creation of endorphins in the brain, which inspire sentiments of ecstasy, and the dull impression of torment.

The high recurrence waves radiated by dolphins clarified the inspiring impacts.

Tone of healing sound changes the vibrations of each cell of the human body Conditioning is the vocal arrival of a vowel sound on a solitary note. Easy to learn and to a great degree incredible, the sound adjusts the vibrations in each cell in the body. In the wake of conditioning, individuals get themselves deep down quiet and regularly unfit to talk, as though in a gentle stupor, feel settled and re-established. The sound of somebody conditioning resounds through the climate and influences every one of those present. The standard routine with regards to conditioning can discharge enthusiastic injury, ease physical inconvenience, advance mental lucidity and arouse otherworldly love.

You can explore different avenues regarding vowel sounds, for example, 'eeee', 'oooo', 'aaaa', 'iiii', and 'uuuu', expressing the sound while breathing out and holding it for up to 15 seconds.

Consonants, for example, 'm' and 'n' are now and again added to the start or end of a tone or articulated alone. Old Hindu spiritualists utilized the 'mmmm' tone which influences the 6th chakra, or third eye, to open and upgrade instinct, animate the pituitary and pineal organ to invigorate the brain. The call to petition heard five times each day in Muslim nations joins reciting with conditioning Native Americans utilizes similar sounds in their conventional serenades and tunes.

Healing Mantra of Invisible specialist

A mantra is a graceful psalm, petition, spell or the expressing of sacrosanct sounds. Mantras are an essential piece of each religious or profound ceremony. Christian mantras are alluded to as psalms. In Hinduism, it is trusted that the sound approximating to the first 'word' ('before all else there was the word, and the word was God'), is 'Om Omkar Japa is a Vowel Chanting for Vibrational Healing Reciting of vowels makes unadulterated vibration inside the brain. That is the reason a large portion of the mantras in all religions are made with vowel blends. "O" is the main vowel, which is the mix of A and U (first and the last vowel).

Enlightening Neurobics by reciting of "O" makes vibration in the five components of physical body and in "Agya" chakra. We create a healing vibration in the body by creating sound – 'O' by chanting. The effect of vowel sound vibrations is so powerful that almost every religion has been using this sound. It is the most widely chanted phrase across religion and cultures. Some popular chants with 'O' resonating are Tibetan mantra om mane padme hum, jain mantra 'Namo Arihantam Namo Namo' and Sikh mantra 'Ek Omkar Satnam' or 'Allah O—Akbar' in Islam. This is basic trinity of sounds and the whole music of life grows out of this.

Advantages:

It balances out the brain and body to start with and reinforce the soul as the last outcome. The reason for reciting is to make your mind still and tranquil and take you past the domain of super cognizance. Reciting gives passionate energy and raises mystic capacity to an exceptionally extraordinary

dimension.

"Reciting likewise makes your BP ordinary, your breathing quiets down and there are changes in the oxygen substance of your body. Your heart thumps with an alternate rhythm, alpha waves are made, and you feel calm and revived." Chanting of "Oooo" and "Mmmm" (HUMMING) with visualisation is the best of the Sound Neurobics, which is the core of all Pranayams Visualize the maritime focus in yellow shading and see a hover turning at the maritime focus and emanating yellow shading all through the stomach. Synchronize the visualization with the reciting of "O".

Imagine the Ajna chakra with an indigo circle turning and emanating indigo shading. Synchronize the visualization with the reciting of "O".

Picture the Ajna chakra amidst the temple with an indigo circle turning and transmitting indigo shading (You can contrast the radiation of light with a night light of dark blue shading). Synchronize this visualization with reciting of "Mmmmm".

This exercise is done after all different Pranayams have been performed. "Ooo" and "Mmm" sound can be consolidated together with breathing out example and can be synchronized with shading visualization of the individual Chakras.

Focus the brain on the demonstration of breathing and think about the mantra, "Om ". With each demonstration of breathing out, mentally continue rehashing the "Om" mantra. Practice gradually with the goal that a phase must be achieved when one demonstration of breath takes one moment. Doing sound neurobics makes the recurrence of 2000 Hz in all cells and tissues in our body, which thusly trigger the generation of endorphins in the brain, which summon sentiments of ecstasy, as well as the dull impression of torment. Om Meditation is otherwise called "Udgita" pranayam Chant "Om" and envisions a shower of merry beams of violet shading on your head (the crown chakra). Feel the showers as though you were washing in them. You can connect it with the memory of a shower and include violet shading. Simple neurobics Neuro strong combination exercises

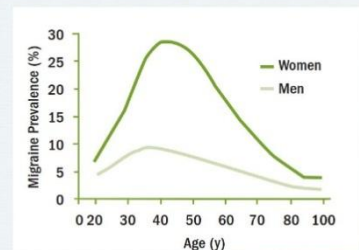
Different "Hastamudra" (hand motions), and a couple of "Pranayama" (Breathing exercises) fall under neuro strong exercises. Alongside hasta-mudras for solid body, two superb neuro strong joining exercises, for muscular strength, lungs and shoulders, are amazing breathing and upbeat relaxing.

IMPORTANT NOTE

For prompt outcome, Hast-mudras must be done every day with light neurobics to re-establish sound vibrations in the body for least 30 minutes. Notwithstanding if Hast-mudras preferred standpoint of neuro solid and neuro respiratory exercises (Easy neurobics)

1. At the point when neuro strong joining and neuro respiratory exercises are performed as a team with the psyche and appropriate breathing, the impact is quick. A healthy inclination develops in the body.
2. The intensity of concentrated idea is great to the point, that once we realize how to guide it to each piece of the body, it will assist us with animating and rejuvenate the entire life form and its everything capacities might be brought under the control of cognizance.
3. The fundamental question of neuro solid joining and neuro respiratory exercises is to acquire authority of the crucial powers acting inside the body. It additionally guarantees the excitement and freedom of the inert clairvoyant vitality in the creature.
4. With the guide of neuro strong combination and neuro respiratory exercises, we can change grandiose vitality into human vitality, along these lines keeping up the balance of power inside the body. These exercises are valuable, not exclusively to resuscitate the body, reinforce the sensory system and recover the organs, yet in addition to fix physical and mental sickness. They bring the human body under total control of the spirit, through the brain.
5. Neuro solid joining and neuro respiratory exercises are a viable method for advancing the amicable improvement of the body, a productive and ground-breaking instrument of otherworldly advancement. Standard routine with regards to these exercises joined with control of the psyche will battle negative components, for example, obliviousness, sluggishness, latency, and over-fervour, and additionally expanding the self-control.
6. To prepare and build up the body to its full degree is just conceivable with the assistance of a progression of neuro strong coordination and neuro respiratory exercises. The system is known as activity based neurobics.
7. This simple technique is very one of a kind; it demonstrates to us generally accepted methods to recover and store the biggest measure of Prana, empowers us to disseminate Prana similarly all through the entire body and guarantees the correct working of the considerable number of systems of the living being. They are exceedingly valuable to wellbeing, and the part played by them in the conservation of the crucial power is indisputable. At the point when rehearsed routinely, balance, perseverance, extraordinary imperativeness, and protection against disease is the outcome. They wipe out tiredness and quiet the nerves, with the goal that rest turns out to be really serene.
8. They likewise bring mental parity by keeping the psyche from separating its considerations. At the point when the psyche and body cooperate agreeably through neurobics, we can discover quiet and significant serenity in each minute.

Age- and Gender-Specific Prevalence of Migraine



What are Mind, Memory, Brain, and Intellect?

Psyche (mann) is one of the mystical piece of Brain (mastishk or demag) and different parts are memory (known as smriti or yaddasht) and astuteness (known as buddhi)

Difference between Mind & Brain

MIND (SOFTWARE)	BRAIN (HARDWARE)
It is Metaphysical Part of the body.	It is Physical piece of the part.
Mind's considerations resemble programming.	It is the equipment of human PC.
There are three resources of the spirit. These are mind, acumen and impressions.	There are two sections of the brain (left and right). Left part is utilized for examination and right part is utilized for innovativeness.
It is weightless.	Its weight is approx. 2% of the body weight.

2. LITERATURE VIEW

Migraine is a serious neurological condition associated with recurrent and debilitating headaches of moderate to severe intensity that can affect the ability to perform daily activities. Migraine is the second highest cause of years lived with disability worldwide and the highest among women aged 15-50. Evidence from various countries shows migraine peaking around the ages of 25-50 (see Figure). Generally speaking these are the years when people are at their most productive and – significantly – furthering their careers. Studies have shown that migraineurs experience lower quality of life than the general people and that attack frequency is inversely related to quality-of-life. Studies have also shown that effective treatment of migraine has a positive impact on health-related and quality of life. Other studies have described the cost-effectiveness of migraine treatment. Several of the publications that met the inclusion criteria for this review of workplace productivity also described results from quality-of-life. The current study focuses on the impact of migraine and migraine treatment. Our literature review confirms that migraine attacks and its intensity can be reduced by the practice of Enlightening psycho neurobics. Estimates of the burden of migraine suggest that the average impact of migraine on loss in working capacity is approximately 1-2 workday per month. With 1 exception, all published studies that compared psycho neurobics treatment with pranayama found a significant reduction in the hours or days of work lost in patients.

3. OBJECTIVES

1. This aims to study the effect of Enlightening Psycho Neurobics to reduce the among migraine attacks in individuals.
2. To frame a protocol to help the individuals to manage intensity of attack, number of attacks, reduction in migraine symptoms and loss of working days per month with the help of enlightening psycho-neurobics exercises.

4. METHODOLOGY

The study was performed to fifty individuals irrespective of age. The intensity of migraine attacks, number of attacks, medicine intake, and loss of working days due to migraine attack were taken in Prequestionnaire. Psycho Neurobics was performed for 45 days for duration of one hour every day. At the end of 45 days post questionnaire was taken from the participants to observe the difference in migraine symptoms, attacks etc.

Participants having migraine were chosen.

The consent of the participants was taken before the study was designed.

All those participants who experiences migraine attacks were listed and fifty individuals were chosen among them.

A daily schedule for Psycho Neurobics was provided by the participants, which was to be strictly followed over a course of 45 days.

Enlightening Psycho Neurobics was practiced every day for duration of one hour. This was continued for 45 days regularly.

Enlightening Psycho neurobics activates the Agya Chakra, also called Third eye. Its affirmation is 'I am a truthful soul; Gods indigo colour energy is enlightening my mind and empowering my intellect. My mind is completely at peace now; my intellect is full of knowledge now. Universal knowledge that I am a soul and my father is incorporeal god in the form of brightest star. This knowledge is now realised by my intellect now and I feel that I am a soul; I am a ruler and controller of mind, sense organ and motor organ of my body. I am an enlightened soul now. This was performed using Pran mudra.

The Prana is derived from the Sanskrit, which means 'Life-force'. Lack of Prana can cause headaches. Prana Mudra regulates the flow of prana in the body. Pran Mudra involves the joining of the seat of earth, water, and fire elements of the body. Practicing this mudra stimulates and balances the respective elements concerned with various health-related problems responsible for migraine headaches.

These above-mentioned Psycho neurobics were strictly followed by the sample population.

This research is an empirical form of research; hence, the response from the sample population was taken in the form of a questionnaire.

The questionnaire was filled by all participants once in the beginning of the experimental study, and once at the end of it.

Each questionnaire consisted of approximately 48 questions which monitored all aspects and variables of an individual's life and there Migraine.

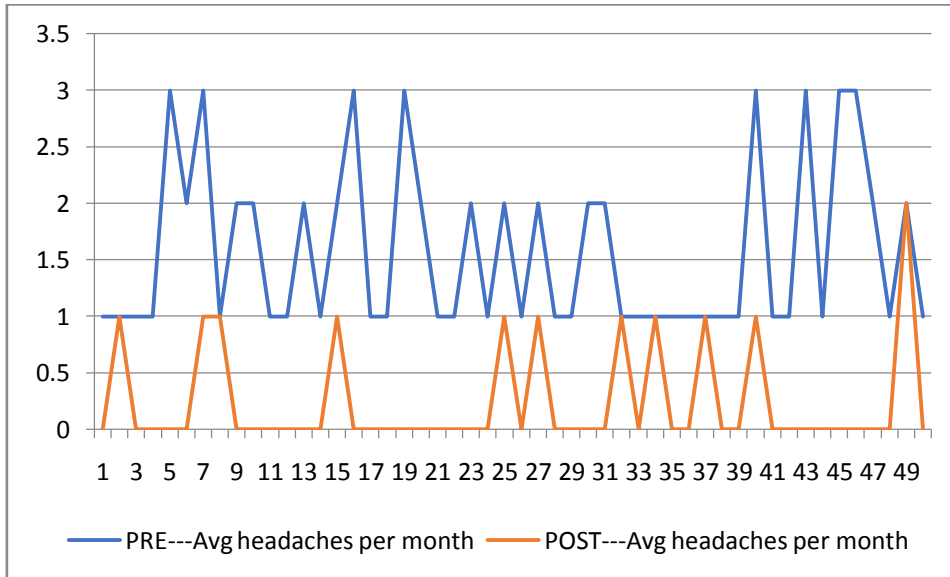
The responses were collected from all the participants and categorized further for proper data analysis. The data of both, before the study and after the study have been clubbed together to obtain results.

5. DATA ANALYSIS

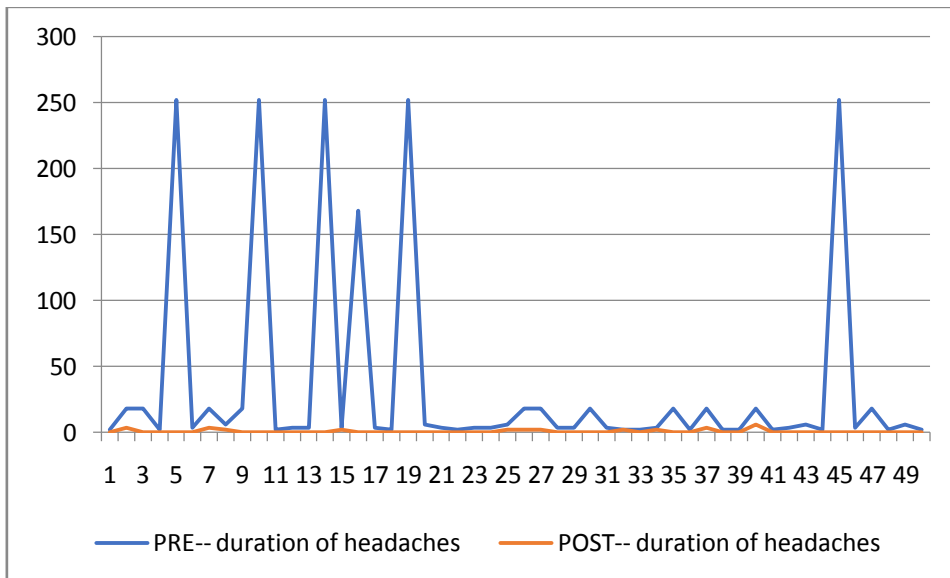
For this study, a group of 50 participants was taken, along with a group of 50 nonparticipants. These participants were subjected to variable Psycho Neurobics Exercises.

This variable was tested on the selected group of 50 participants and the results obtained and tabulated on the basis of variable as mentioned above. After this, the Pearson’s Chi Square Test was performed on this variable and their data to check for the effectiveness of the variable and its impact on the lives of the participants.

Nature of metric: LOWER THE BETTER



Nature of metric: LOWER THE BETTER



Nature of metric: LOWER THE BETTER

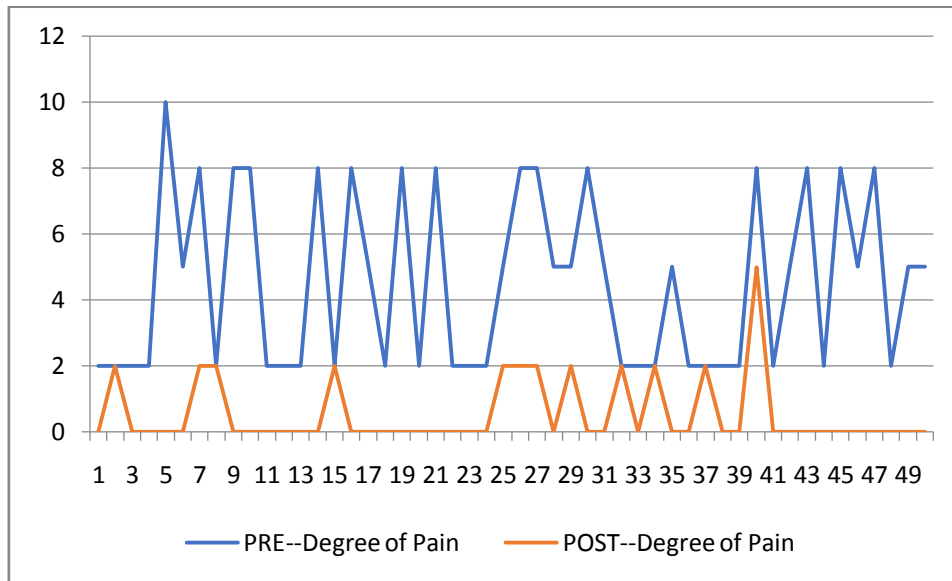


Table Analyzed	Data 1
Column B	-
vs.	vs.
Column A	Data Set-A
Wilcoxon matched-pairs signed rank test	
P value	<0.0001
Exact or approximate P value?	Exact
P value summary	****
Significantly different (P < 0.05)?	Yes
One- or two-tailed P value?	Two-tailed
Sum of positive, negative ranks	0.000 , -1225
Sum of signed ranks (W)	-1225
Number of pairs	50
Number of ties (ignored)	1
Median of differences	
Median	-3.167
How effective was the pairing?	
rs (Spearman)	0.1866
P value (one tailed)	0.0973
P value summary	ns
Was the pairing significantly effective?	No

6. RESULTS AND CONCLUSION

The value obtained by statistical test, it is found that practice of psycho neurobics reduce number of attacks, symptoms, intensity of attack without any side effects. Effect of psycho neurobics supports us in various forms of self-healing. Psycho Neurobics in reducing migraine attack and curing migraine have taken notice just because there are no medications that cause side effects involved in this self-healing.

7 LIMITATIONS OF STUDY

With the limitations of the study, the following conclusions were drawn from the study of Psycho Neurobics in reducing migraine attack and curing migraine:

The main drawback of the study is that there are chances that the respondents will not be able to continue with the daily practices of psycho-neurobics strictly, which may have an insignificant impact on migraine attacks.

The sample size will be selected on random basis, which will not help in generalizing the results of the study.

There is no guarantee that the subjects may continue practicing this therapy lifelong, hence the results (even if achieved successfully) may revert over a long duration.

The experiment was performed daily over a period of 45 days and proved to be successful. All two Hypotheses assumed have been verified by the Chi Square test and clearly indicate that Psycho Neurobics is very effective in dealing with migraine attacks. These are very easy to perform regimes and cause long terms benefits, if done regularly.

8. SCOPE OF STUDY

Given the promising evidence that psycho neurobics exercise have shown, this is effective in migraine attack and minimizing other health risks also. The scope of study was very limited in this condition due to time constraints, number of participants and many other reasons. There is insufficient data and research done to prove this method as a more effective approach; we suggest that a longitudinal study must be carried out with random controlled interventions and follow up periods of at least two years.

9. CONCLUSION

Psycho-NEUROBICS are Mind Control exercises to enact your Brain, Mind and Memory and keep our body fit with the assistance of Breathing, Hand Gestures and Colour visualization procedures to live calm and cheerful life. Remaining sound in the present occasions is progressively a matter of positive reasoning and solid way of life than popping pills and going for restorative mediation. Present day science has recognized the job of mind, contemplations and feelings in activating solid and undesirable reactions in the body.

At whatever point we hold something 'negative' in our awareness, it obstructs the stream of life vitality in the neuro-endocrinal pivot prompting numerous illnesses. "Wellbeing is Happiness" is one of the greatest facts which the sooner we understand better it is for us. Wellbeing and Happiness together in life will undoubtedly transform everything we could ever want into a REALITY.

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