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# Chapter 9 Conclusions

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## **9.0 Conclusion**

Ayurveda and Yoga therapy as combined intervention reduces symptoms and improves quality of life in patients with migraine headache. The integrative approach also reduces migraine related disability by reducing perceived stress, improved autonomic balance and reduced muscle tension. The inference of this study is therefore, promising to look at synergistic integration of two or more systems of medicine for better clinical outcome