

## Padmasana for curing headache



Padmasana helps you relax and clear your mind of tensions. The [Padmasana yoga pose relaxes the mind and alleviates headache](#).

Padmasana or Lotus pose is a cross-legged yoga posture which helps deepen meditation by calming the mind and alleviating various physical ailments. A regular practice of this posture aids in overall blossoming of the practitioner, just like a lotus; and hence the name Padmasana.

### How to do Lotus Pose (Padmasana)

- Sit on the floor or on a mat with legs stretched out in front of you while keeping the spine erect.
- Bend the right knee and place it on the left thigh. Make sure that the sole of the feet point upward and the heel is close to the abdomen.
- Now, repeat the same step with the other leg.
- With both the legs crossed and feet placed on opposite thighs, place your hands on the knees in mudra position.
- Keep the head straight and spine erect.
- Hold and continue with gentle long breaths in and out.

Practising these simple yoga postures will lessen the impact of a migraine attack and may eventually stop them permanently. So, roll out the yoga mat, repose for some time everyday and shut migraine out of your life for good!