



A SCIENTIFIC STUDY FOR ROLE OF YOGA IN MENOPAUSE.

¹Dr. Aman Pramod Rai* and ²Professor Dr. Sanjay G. Gavane

¹Postgraduate Scholar in Prasutitantra Evum Streeroga Tilak Ayurved Mahavidyalay Pune.

²MD, PhD (Prasutitantra Evum Streeroga) Tilak Ayurved Mahavidyalay Pune.

***Corresponding Author: Dr. Aman Pramod Rai**

Postgraduate Scholar in Prasutitantra Evum Streeroga Tilak Ayurved Mahavidyalay Pune.

Article Received on 05/10/2020

Article Revised on 26/10/2020

Article Accepted on 15/11/2020

ABSTRACT

Menopause means stoppage of menses. Each and every woman have the phase of menopause in her life. Naturally, menopause is diagnosed after twelve consecutive months of amenorrhea. It occurs after 45-50 years of age. During this phase woman experiences many problems related to health such as, hot flush, osteoporosis, emotional changes etc. which badly affects her health. Hormonal level in her body get imbalanced which in turn develops the symptoms of menopause. In India, many women are unaware of menopausal symptoms, which affect the physical mental and family health. Now a days, hormonal replacement therapy (HRT) is used to suppress the menopausal symptoms. On the other hand, many studies show that HRT has their own limitations. The present need is to explore natural therapy for the management of menopausal symptoms. Yoga is a natural therapy, which aims to improve the body, mind and day-to-day life of individuals. Yoga practices are performed by *Aasanas* (posture), *Pranayam* (controlled breathing) and *Dhyan* (meditation). *Aasanas* of Yoga can relax the central nervous system and improve hormonal fluctuations. Yoga is a natural therapy. It do not have any health related problems. Integrated approach of Yoga therapy can improve hot flush and night sweats. Yoga is also known to maintain the physical and mental health and increasing evidences suggesting that even the short-term practice of yoga can decrease both psychological and physiological risk factors for cardiovascular disease (CVD). Studies conclude that age-old therapy i.e. Yoga is fairly effective in managing menopausal symptoms.

KEYWORDS: *Yoga*, Meditation, Menopausal symptoms, *Aasan*, *Pranayam*, *Dhyan*.

INTRODUCTION

Menopause is a greek word which means “meno” – menses or month and “pause”- stop or cease i.e. stoppage of menses.

Menopause is clinically diagnosed retrospective after 12 consecutive months of amenorrhea. Which indicate end of reproductive life.

Menstruation, Ovulation are controlled by oestrogen and progesterone hormones respectively produced in ovaries. “Perimenopause” begins when ovaries produce less amount of these hormones. Approximately 20% of the women suffer from severe menopausal symptoms, 55% suffer from mild symptoms and 25% may have no symptoms at all. Symptoms during menopausal phase are hot flush, bloating, acnes and pain, headache, mood swings, tiredness, night sweat, weight gain, irritability, depression, lack of concentration, urinary frequency, sexual problems and vaginal dryness. Symptoms vary from person to person depending upon their character and severity; So as to improve the quality of life of these women, health workers are searching for different ways to manage.

Menopausal discomfort and inconvenience during menopausal transition. However, Hormonal replacement therapy is more effective but also it has been associated with an increased risk of breast cancer, uterine cancer, thromboembolic heart disease, stroke NCVD; hence, the use of HRT has decreased. Due to the limitation of HRT, There is need of explore other options for the management of menopausal symptoms in the form of non- hormonal drug therapy and non-pharmacological measures.

MATERIALS AND METHODS YOGA

It is derived from Sanskrit word Yuj, means to join. Yoga means union of the individual consciousness/soul with universal consciousness/ spirit. It is an ancient art based on harmonizing system of development for the body, mind and spirit. Regular practice of Yoga promotes strength, endurance, flexibility and facilitates characteristics of friendliness, compassion, and greater self-control, while cultivating a sense of calmness and well-being. During menopause women experiences emotional and physical fluctuations throughout their lives as a part of natural aging process. Yoga can serve as useful tool to help to regulate hormones. Yoga

postures, Pranayama and meditation are effective techniques to release stress.

Yoga is recognized, as a form of mind-body medicine that integrate individual is physical, mental and spiritual components to improve aspects of health, particularly stress related illness. Yoga practitioners can tend to have higher pain tolerance. Attention on breathing and position of tongue to the roof of palate during practice allows mind to become more calm and stabilized. It may reduce hot flashes like symptom. It reduces blood pressure and promotes oxygenation and blood circulation in body. Yoga has been proven to help people suffer from problems associated with joints, such as arthritis. Regular Yoga practice stretches and tones the body muscle and make them strong.

YOGA USEFUL IN MENOPAUSAL SYMPTOMS

- 1) *Suryanamaskara* (Sun Salutation): It stretches the muscle of whole body. It is combination of twelve graceful poses practiced as one continuous exercise. It helps to increase flexibility in joints and relives general ache.
- 2) *Shalabhasana* (Locust Pose): This exercise energizes the entire female reproductive tract, thyroid, liver. It is useful for women with dysfunctional bleeding, as well as menopausal symptoms. It improves circulation and oxygenation to the pelvic region.
- 3) *Dhanurasana* (Bow Pose): This exercise helps relieve menopause related fatigue and lack of vitality, elevating mood and improving stamina.
- 4) *Tadasana*: It makes stronger and toned thighs, ankles and arms. It is good for better circulation, lowers tension and stress levels.
- 5) *Uttanasana* (Standing Forward Bending Pose): A mild inversion pose, this is commonly used to combat osteoporosis and for better sleep. It calms the brain and helps to relive stress and mind depression. It is beneficial in headache and anxiety.
- 6) *Paschimottasana* (Seated Forward Bend Pose): This pose could help for better sleep. It also wards off fatigue and prepares you to deal with menopause issues in a better way. It calms down mind. It helps for alleviating stress and mind depression and can also relive menstrual pain, fatigue and insomnia.
- 7) *Balasana* (Child's Pose): Relax like child with your forehead resting on the mat while your hands relax alongside your body. It is an essential pose advocated to induce a sense of calmness and relaxation. It relives lower back and neck pain occur due to osteoporosis.
- 8) *Ardhapanasana* (Half Wind Relieving Pose): It is powerful, gentle stretch offered to the mind and lower back as well as hips. The entire muscle of that region get a good massage and stretch, soothing out the back ache. It eases menstrual discomfort.
- 9) *Bhujangasana* (Cobra Pose): It strengthen and tones the back muscle and tissues along the vertebrae, therefore relieving any tension aches and pains in lower back.
- 10) *Shavasana* (Corpse Pose): It is not just a relaxation pose, but it allows you to create an awareness about your body and breathing pattern. It trains the mind, minimize the tension, awakens creativity, and enhances memory.
- 11) *Baddhakonasana* (Cobbler Pose): It stimulates abdominal organs, ovaries and bladder. It smoothens menstrual discomfort. It stimulates heart and improve general circulation. It helps to relive mind depression, anxiety and fatigue.
- 12) *Adhomukh Svanasana* (Downward Facing Dog Pose): It energizes the body, stretches the shoulder, hamstrings, calves, arches and hands. It helps to prevent osteoporosis. It improves digestion, relives insomnia, headache, back pain.
- 13) *Halasana* (Plow Pose): This *Aasana* helps to combat anxiety and irritability by calming the mind.
- 14) *Utrasana* (Camel Pose): The arching posture is helpful for relieving backache that may be caused by menopause. The camel pose cam ward of menstrual pain, anxiety and fatigue.
- 15) *Setu Bandha Sarvangasana* (Bridge Pose): An excellent spine- elongating pose that is more gentle than the full whole pose. The bridge is an excellent way to relive stress and target many symptoms of menopause in one pose. It stretches the back; relive fatigue, insomnia, anxiety.
- 16) *Supta Badha Konasana* (Reclining Bound Angle Pose) & *Supta Vajrasana* (Reclined Thunderbolt Pose): It allows the abdomen to soften and any tightness in the chest is release. It helps to relive hot flashes.

DISCUSSION

Each and every woman in this world has the phase of menopause in their life. Out of which 70-80 % of women experience the menopausal symptoms. Generally, women face this problem due to hormonal replacement therapy and psychological factors in their reproductive age, which require an alternative option to overcome from the symptoms.

Yoga is an effective and non-invasive therapy, which should be recommended to all women in their menopausal age.

Yoga is effective in our day today life. Yoga helps to improve physical as well as mental health related problems. It makes as energetic and also stress free. It can be also beneficial in symptoms related tom menopause.

CONCLUSION

In the world of modernization the life style of mankind has been changed which is the cause of various diseases. Many advance techniques are available to cure but they had some limitations and life threatening side effects. Yoga is an ancient holistic art of living which includes

physical, mental moral and spiritual phases which improves body mind and day to day life of an individual.

Thus from above discussion we can conclude that yoga does potential to overcome a menopausal symptoms which leads to better menopausal life.

REFERENCES

1. www.webmd.com/.../menopause.basics / WebMD Menopause Center / [12/02/2017].
2. www.webmd.com/.../menopause.basics / WebMD Menopause Center / [12/02/2017].
3. www.webmd.com/.../menopause.basics / WebMD Menopause Center / [12/02/2017].
4. www.medicalnewstoday.com/.../15565.php / Menopause: symptoms, causes, and treatments / [12/02/2017].
5. www.medicalnewstoday.com/.../15565.php / Menopause: symptoms, causes, and treatments / [12/02/2017].
6. www.medicalnewstoday.com/.../15565.php / Menopause: symptoms, causes, and treatments / [12/02/2017].
7. D. C. Dutta, Textbook of gyneacology including contraception. 6th ed. London; New Central Book Agency(P) Ltd: 2013; 56.
8. www.medicalnewstoday.com/.../15565.php / Menopause: symptoms, causes, and treatments / [12/02/2017].
9. www.medicalnewstoday.com/.../15565.php / Menopause: symptoms, causes, and treatments / [12/02/2017].
10. www.medicalnewstoday.com/.../15565.php / Menopause: symptoms, causes, and treatments / [12/02/2017].
11. www.medicalnewstoday.com/.../15565.php / Menopause: symptoms, causes, and treatments / [12/02/2017].
12. https:// www.ncbi.nlm.nih.gov / Yoga and menopausal transition. NCBI.NIH/ [19/03/2017].
13. D. C. Dutta, Textbook of gyneacology including contraception. 6th ed. London; New Central Book Agency(P) Ltd, 2013; 56.
14. D. C. Dutta, Textbook of gyneacology including contraception. 6th ed. London; New Central Book Agency(P) Ltd, 2013; 63.
15. www.mamashealth.com/.../family.asp/ Menopause: How menopause affects your family/[12/02/2017].
16. www.mamashealth.com/.../family.asp/ Menopause: How menopause affects your family/[12/02/2017].
17. www.artofliving.org/ Yoga for Menopause / The Art of Living Global/[12/02/2017].
18. www.indiacelebrating.com/events/int/ Benefits of Yoga in daily life/[12/02/2017].
19. yoga.org.nz/.../yoga.definition.htm/ Definition of Yoga/ [12/02/2017].
20. yoga.org.nz/.../yoga.definition.htm/ Definition of Yoga/ [12/02/2017].
21. www.mindbodygreen.com/0-18627/7 /7 Ways Yoga Can Help Women Through Menopause/[12/02/2017].
22. www.indiacelebrating.com/events/int/ Benefits of Yoga in daily life/[12/02/2017].
23. yoga.org.nz/.../yoga.definition.htm/ Definition of Yoga/ [12/02/2017].
24. yoga.org.nz/.../yoga.definition.htm / Definition of Yoga / [12/02/2017].
25. yoga.org.nz/.../yoga.definition.htm / Definition of Yoga / [12/02/2017].
26. yoga.org.nz/.../yoga.definition.htm / Definition of Yoga / [12/02/2017].
27. www.mindbodygreen.com/0-18627/7 /7 Ways Yoga Can Help Women Through Menopause / [12/02/2017].
28. www.ncbi.nlm.nih.gov>NCBI>Literature>PubMed Central(PCM) / Exploring the therapeutic effects of yoga and its ability to increase quality of life / [19/03/2017].
29. https:// www.yogajournal.com / Yoga for menopause / [19/03/2017].
30. www.ncbi.nlm.nih.gov>NCBI>Literature>PubMed Central(PCM) / Exploring the therapeutic effects of yoga and its ability to increase quality of life/[19/03/2017].
31. www.ncbi.nlm.nih.gov>NCBI>Literature>PubMed Central(PCM) / Exploring the therapeutic effects of yoga and its ability to increase quality of life/ [19/03/2017].
32. thehealthage.blogspot.com/2009/04 / Menopause symptoms and role of Yoga / [19/03/2017].
33. thehealthage.blogspot.com/2009/04 / Menopause symptoms and role of Yoga/ [19/03/2017].
34. https:// www.yogajournal.com / Yoga for menopause/[19/03/2017].
35. thehealthage.blogspot.com/2009/04 / Menopause symptoms and role of Yoga/ [19/03/2017].
36. m.huffpost.com / Yoga for menopause / [4/04/2017].
37. thehealthage.blogspot.com/2009/04 / Menopause symptoms and role of Yoga / [19/03/2017].
38. thehealthage.blogspot.com/2009/04 / Menopause symptoms and role of Yoga / [19/03/2017].
39. www.stylecraze.com / Yoga poses for women over 60-style craze / [19/03/2017].
40. thehealthage.blogspot.com/2009/04 / Menopause symptoms and role of Yoga / [19/03/2017].
41. https:// www.yogajournal.com / Yoga for menopause/[19/03/2017].
42. https:// www.yogajournal.com / Yoga for menopause/[19/03/2017].
43. m.huffpost.com / Yoga for menopause / [4/04/2017].
44. m.huffpost.com / Yoga for menopause / [4/04/2017].
45. m.huffpost.com / Yoga for menopause / [4/04/2017].
46. m.huffpost.com / Yoga for menopause / [4/04/2017].