



Yoga Therapy Effects on the Menstrual Disorder- A Case study

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Abstract:

A study to assess the effect of yoga therapy on harmonization of estrogen hormone in subjects with menstrual disorder conducted at Yakshagana Kala Kendra, Mangalore University, Mangalagangothri. 20 subjects with menstrual disorder were randomly selected for the current study. They are divided into two groups, experimental and control group with 10 subjects in each group. The experimental group was given selected yogic practices for one hour from 6.00 to 7.00am, six days per week for a period of 30 days. The session included a series of asanas, pranayamas and relaxation techniques. The control group was not given any of these. Estrogen level, B.P, BMI and questionnaire readings were recorded for both the groups before and after the study. The results of various tests were analysed through student's t test and have been compared for the two groups. After yoga therapy, the experimental group showed significant improvement at a level of significance $p < 0.05$ with a significant p value 0.026536. There was no significant change in control group. This depicts that the regular practice of the selected yogic techniques assist in regularization of hormones in ladies with menstrual disorder.

KEYWORDS: Estrogen, Estradiol, Menstrual disorder, Yoga.

Asian Journal of Complementary and Alternative Medicine.

Volume 05, Issue 17

Published on: 05/12/2017.

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Cite this article as: K. Krishna Sharma, Rashmitha. Yoga Therapy Effects on the Menstrual Disorder- A Case study. Asian Journal of Complementary and Alternative Medicine, Vol 5(18),10-13:2017.

INTRODUCTION

Health is boon gifted to the human. Health is considered as the precious earning of a human throughout life. The health status of woman directly reflects the health status of the nation. The menstrual cycle is a sequence of events that occurs in a month in a sexually mature female. Many a times due to several factors, the menstrual process may be absent, excessive, irregular or may cause discomfort and severe pain. It is then considered to be disorder in menstruation. Menstrual disorder and their adverse symptoms represent an important health issue for woman of child bearing age. She experiences many physical and psychological disturbances in her day to day life. These may lead into emergence of diseases both at physical and mental level. But health of woman is always neglected and this will adversely affect her daily life.

An effective method that can be applied for the reduction of this problem is yoga. Yoga practice with its

unique characteristics has a positive impact on the physical and mental stability and also helps to the yogic practices concentrate on the purification of body and mind. Through this integrated holistic approach one can overcome several kinds of afflictions in life. Estrogen is considered to play a significant role in women's physical and mental health. Fluctuation in the estrogen level causes anxiety, depression, changes in weight, heavy bleeding, mood swings, sleeplessness, vomiting, diarrhoea etc.

Yogic practices like kriyas, asanas, pranayamas, and relaxation techniques help to relieve the physical and mental stress and helps in maintaining the normal level of hormones in the body. *Yoga can make emotionally stable and make free from psychological disturbances. It helps to control and check emotions, it gives balance of mind*¹. Here is a small attempt to study the effect of yogic practices on harmonizing the estrogen hormone in ladies with menstrual disorder.



OBJECTIVE: To find out the effect of yoga therapy on the subjects with menstrual disorder.

VARIABLES:

Independent variables: Selected yogic practices

Dependent variables: Estrogen hormone, questionnaire.

MATERIALS AND METHODS

The present study is a proto type study was conducted to assess the effect of yoga therapy on harmonization of estrogen hormone in ladies with menstrual disorder. 20 volunteer subjects with age group 20-30 years were randomly selected for the study. They were classified into two group i.e experimental and control with 10 subjects each. The test to assess the level of estrogen hormone in ladies of child bearing age in the blood stream i.e estradiol test was done before and after one month of yoga therapy. B.P, height, weight and questionnaire regarding the problem were measured. The experimental group was given selected yogic practices six days per week at the Yakshagana Kala Kendra, Mangalore University, Mangalagangothri. Yogic practices were given in a sequence and individual care was taken. But control group continued with normal lifestyle. To analyse the significance of the result statistically, paired “t” test was selected.

The following yogic practices taught to experimental group for a period of 30 days. Swastikasana, vajrasana, sputa vajrasana, tadasana 1, trikonasana,

parsvakonasana, prasaritapadottanasana, paschimottanasana, purvottanasana, pavanamuktasana, bhujangasana, shalabhasana, dhanurasana,janushirshasana, baddhakonasana, upavistakonasana, uttanapadasana, ujjayee, anuloma viloma, bhastrika.shavasana.

RESULTS

All the subjects under the study were tested before and after 30 days of yoga training. The result shows an overall improvement in experimental group. Improvement in the parameters for every individual of experimental group is showed in table 1. But no such improvement in control group i.e table 2. This shows that yoga has helped in harmonizing the hormonal level. By analysing the questionnaire it was found that the subjects of the experimental group reported that the pain during the next menses was reduced. They experienced freshness, calmness, reduced tension, improved working ability, positive thinking etc after few days of yoga practice. But no such changes in control group were found.

Estrogen level of all the experimental subjects reached the normal level.

Questionnaire helped to measure the physical and mental status of the subjects which was significantly positive in experimental group after yoga therapy.

Table 1: The values of Estrogen and Questionnaire of experimental group

Parameter	Mean		S.D		t value	p value	Significance
	Before	After	Before	After			
Estrogen	167.282	119.739	100.543	88.2711	2.6486	0.026536	S
Questionnaire	65.264	64.03	5.0715	5.00611	4.1046	0.002658	S

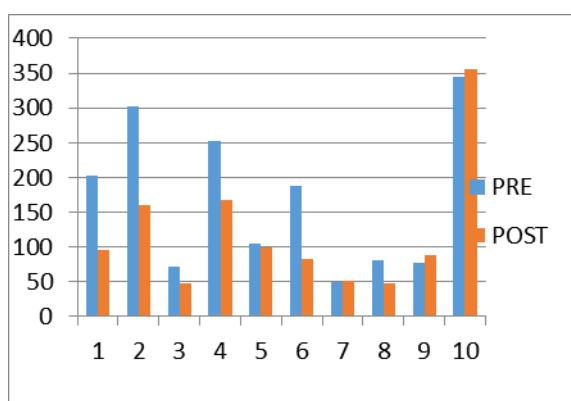
S- Significant

Table 2: The values of Estrogen and Questionnaire of Control group

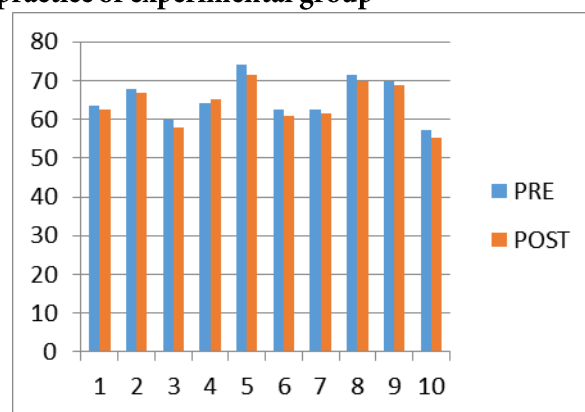
Parameter	Mean		S.D		t value	p value	Significance
	Before	After	Before	After			
Estrogen	119.35	125.667	60.5864	68.0543	-0.88407	0.5996	NS
Questionnaire	68.062	68.972	21.7564	24.6909	-0.04006	0.69801	NS

NS-Non Significant

Graphical representation of test result before and after the yogic practice of experimental group

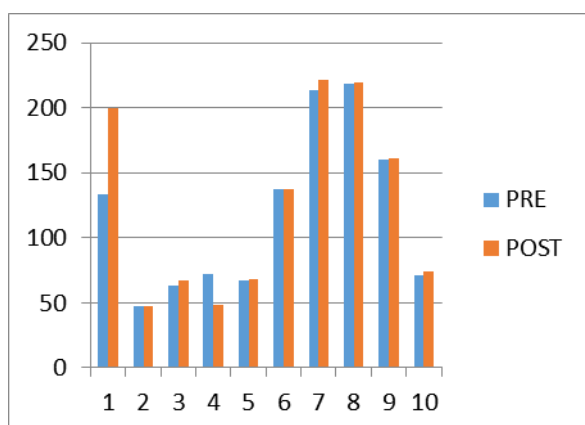


Experimental group- Estrogen

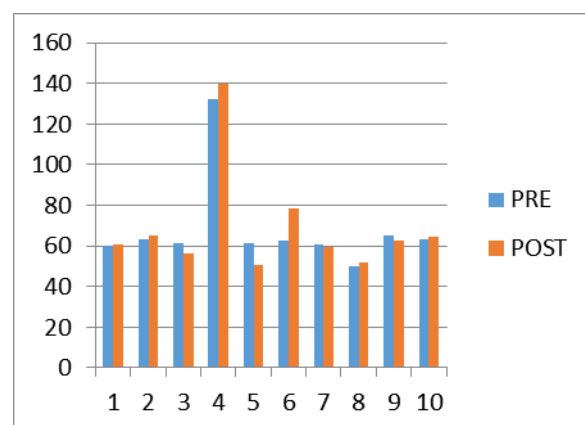


Experimental group-questionnaire

Graphical representation of test result before and after the yogic practice of control group



Control group- Estrogen



Control group-questionnaire

Discussion:

In this present study the results of experimental group were proved to be statistically significant. At the end of the study the results concluded that there is significant improvement of estrogen hormone at the level of significance $p < 0.05$ with a significant p value **0.026536** and in questionnaire **0.002658** in experimental group. In control group no significance was found i.e p value **0.5996** in estrogen and p value **0.69801** in questionnaire. Only a few studies regarding the above topic have been done and in those studies we can see the efficiency of yoga therapy. This is a small effort to assess the effect of yoga therapy on harmonizing the estrogen hormone in ladies with menstrual disorder.

Conclusion:

The present study shows the efficiency of yogic practices in treating the ladies with menstrual disorder. The test to assess the level of estrogen hormone in the blood stream i.e estradiol test proved to be important tools in reducing the symptoms of menstrual disorder. Considering the changes in the levels of the hormone in the blood stream the efficacy of yogic practices on menstrual disorders were sufficiently proved. Further study can be conducted by including other parameters, increasing the subjects and also by extending the duration of study.



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