

Yoga a Boon to Handle the Problems Associated With Menopause

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Abstract – Menopause is defined as loss of menstrual cycle caused by decline in ovarian follicular activity. This is considered to be permanent after 12 consecutive months of amenorrhea. This is not only a period of every women's life where her monthly menstruation cycle stops but a period accompanied by many physiological changes traumatizing her psychological status and emotional stability. The present paper is authored with an objective of enlightening people about various challenges a woman faces not only during menopause but also before and after menopause. Through this paper we also bring out the remedies that can be reaped through particular yogic practices. To analyze and obtain first hand information of the problem associated with all three of the stages of menopause response 86 women with in the age group of 45 to 55 years were obtained with regard to the problems related and faced by them.

Every women and their family should understand that there is no escape for a women from the stage of menopause and the problems or the degree of problems faced by them during this stage may differ from person to person. It is only self discipline, self awareness, self confidence and a good regime of yoga which would help a woman to easily accept and think menopause as a new lease of life giving her the magical change, wisdom, and zest. I would also recommend not waiting for the day to arrive but to start practicing yoga as early as possible, because it is "as early- as good."

Key words: Menopause, Traumatizing and Hot Flashes.

INTRODUCTION

Menopause is defined as loss of menstrual cycle caused by decline in ovarian follicular activity. This is considered to be permanent after 12 consecutive months of amenorrhea. This is not only a period of every women's life where her monthly menstruation cycle stops but a period accompanied by many physiological changes traumatizing her psychological status and emotional stability. It is quite a long process, which can sometimes even end by eight long years. The whole of this period is very challenging for every women to accept and live with it, even the life after menopause is a struggle as they have to face the problem of lesser production of estrogen and progesterone directly taking toll on their calcium absorption resulting in lesser bone density and osteoporosis. The whole concept of menopause can be classified into three stages.

1. Perimenopause/menopausal transition: The period of 2-8 years leading upto and one year following the last menstrual cycle is considered to be per menopause.

2. Menopause: Absence of menstrual cycle for 12 consecutive months.
3. Post menopause: the period after the menopause.

OBJECTIVE:

The present paper is authored with an objective of enlightening people about various challenges a woman faces not only during menopause but also before and after menopause. Through this paper we also bring out the remedies that can be reaped through particular yogic practices.

METHODOLOGY:

To analyze and obtain first hand information of the problem associated with all three of the stages of menopause response 86 women with in the age group of 45 to 55 years were obtained with regard to the problems related and faced by them. These women were classified into three groups belonging to three different stages of

- ❖ Menopausal Transition - 42
- ❖ Menopause Stage - 24
- ❖ Post Menopause Stage- 20

After analyzing the problems, extensive study of various literary sources, various studies already conducted and though common suggestions of expert yoga practioners- interpretations and conclusions were drawn and suggested.

The most common problems associated and as reported by the selected women of all three stages were:

- ❖ prolonged periods or menstruation -71%
- ❖ irregular periods -67%
- ❖ intense hot flashes – 41%
- ❖ increased palpation-68%
- ❖ dry and pale skin – 23%
- ❖ forgetfulness- 43%
- ❖ insomania-36%
- ❖ fluctuating energy levels- 58%
- ❖ inability to concentrate – 27%
- ❖ headaches-84%
- ❖ vaginal dryness-49%
- ❖ joint pain-64%

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WHY YOGA AS REMEDY?

Yoga as a way of life has extensive remedies for most of the problems stated above. Yoga is a complete system of therapy which promotes physical, emotional, psychological, physiological and inter personal wellbeing. Yoga develops self awareness, creates a positive style of living, improves physical composition, tones and nourishes endocrine system, which in turn increases estrogen production.

SELECTED ASANAS AS REMEDY FOR MENOPAUSAL PROBLEMS

All Standing asanas:

All though all standing asanas may be performed following are some highly recommended standing asanas

- Veerabhadrasana
- Uttanasana
- Trikonasana
- Padaungushtasana
- Padahastasana

SITTING POSES

- Baddhakonasana
- Vajrasana
- Veerasana
- Suptha veerasana
- Padmasana
- Gomukasana

INVERTED ASANAS

- Adhomuka shvanasana/ parvatasana
- Sarvangasana
- Halasana
- Shirshyasana

RELAXING ASANAS

- Shashankasana
- Shavasana
- Yoga nidra

PRANAYAMAS

- Suryanuloma-viloma
- Chandranuloma-viloma
- Suryabhedana

- Chandrabhedana
- Nadishodhana
- Brahmari
- Shitakari
- Sheetali

MEDITATION

Meditation helps to relieve mental and emotional instability brought through harmful relationships and stressful jobs. Meditation reduces stress, calms the mind and harmonizes the endocrine system. It helps us to develop an insight to understand concepts which during menopause helps develop self awareness and acceptance. It also helps us to realize the inner strength and weakness within self and once realized it develops insight of positivity in everything one deals with.

CONCLUSION

Every woman and their family should understand that there is no escape for a woman from the stage of menopause and the problems or the degree of problems faced by them during this stage may differ from person to person. It is only self discipline, self awareness, self confidence and a good regime of yoga which would help a woman to easily accept and think menopause as a new lease of life giving her the magical change, wisdom, and zest. I would also recommend not waiting for the day to arrive but to start practicing yoga as early as possible, because it is "as early- as good."

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