



ISSN: 2456-4419

Impact Factor: (RJIF): 5.18

Yoga 2020; 5(2): 151-153

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www.theyogicjournal.com

Received: 18-06-2019

Accepted: 21-07-2019

Ashwini Goudar

Teaching Assistant, Department
of Yogic Science, Davangere
University, Shivangotri,
Davangere, Karnataka, India

Effect of yoga practices on dysmenorrhea

Ashwini Goudar

Abstract

The present study is entitled a study on the “Effect of yoga therapy on Dysmenorrhea”. For this purpose, 20 girls who were suffering from the dysmenorrhea and symptoms of were selected from Electronics Department, Mangalore University Campus, Mangalagangothri for 30 days programme. They were randomly divided equally into an experimental group and a control group. Yogic practices were progressively introduced to the experimental group on six days in a week for one hour from 4.00pm to 5.00pm. The control group was not exposed to any yogic practices. Both the groups underwent BP, Weight measurement at baseline and at 30 days. A questionnaire was also administered to both the groups at baseline and at 30 days. The results of various tests were analyzed using student *t* test. After the yoga therapy every variable under showed significant improvement among experimental group when compared to control group. This study depicts that yogic practices are helpful in managing Dysmenorrhea.

Keywords: Yoga practices, dysmenorrhea, yoga therapy

Introduction

No amount of wealth can equal health. Health confers longevity, firmness and strength; by this the entire terrestrial sphere will become affluent fully. The wealth of a nation and the health of the future generation depend upon the physical and mental well-being of women. It is because; nature has endowed her with the responsibility of perpetuating mankind.

When a girl matures, the physiological functions taking place to develop the body to complete womanhood are at their peak to enable her to fulfill the responsibilities which nature has entrusted upon her. There are two ovaries situated at the sides of the uterus and begin to function by producing ova, the female sex cells, one of which matures every month. The maturing process begins between the ages of ten and fifteen and stops between forty-five and fifty years. The endometrium becomes soft and swollen to receive an ovum. When the ovum is not fertilized and the blood is not needed for its nourishment, the swollen membrane and blood are expelled from the uterus through the vagina in the form of blood discharge. This discharge takes place once in a month and is called menstruation. Hence, menstruation is a periodic change occurring in a female in which discharge of blood takes place from the cavity of the womb. It is purely physiological process preparing the female body for reproduction. Regularity of menstrual cycle in any woman depends upon a lot of internal and external factors affecting mind and body. Many a time, 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 a disorder in menstruation.

The common menstrual complaints include irregularity, excessive flow and associated physical symptoms. Menstrual disorders and their adverse symptoms represent an important health issue for many women of child-bearing age. Aside from a deleterious effect on the individual's private life, menstrual disorders are being increasingly recognized as having significant implications at work.

She faces many physical and psychological disturbances in her day to day life. These may lead into the emergence of diseases both at physical and mental level. Due to many reasons she is not in a position to acquire the required nutrition to her body. As a result of all these factors she may develop the symptoms of anemia. This will adversely affect her routine life. She can get fatigue soon, weakness, dizziness, lack concentration in her work, etc.

Corresponding Author:

Ashwini Goudar

Teaching Assistant, Department
of Yogic Science, Davangere
University, Shivangotri,
Davangere, Karnataka, India

The health of future generation depends upon her physical and mental wellbeing. Yoga helps woman to fulfill her tasks as well as to maintain her complexion, luster, and femininity. Yogic practices help her in all conditions and circumstances of her daily life. It is not only curative, but also preventive. It activates the internal organs and makes them function harmoniously. It strengthens the body’s natural defenses to fight against diseases.

Yoga can make her emotionally stable and make her free from psychological disturbances. It helps to control and check emotions; it gives balance of mind. It makes her physically fit and healthy and makes her to approach the future life without any disturbances. Therefore, this study was done to test the effectiveness of yogic practices in the management of menstrual disorders and anemic condition.

Objectives

To study the effect of yogic practices on menstrual disorders and conditions of young girls of the age group of 20-23 years.

Variables

Independent variable: Selected yogic practices.

Dependent variable: Questionnaire.

Materials and methods

The present study was conducted to assess the effect of yogic practices among young girls who were suffering from menstrual disorders.

Venue: The study was undertaken at Electronics Department, Mangalagangothri.

Age: All the subjects of the study were of the age group of 20 to 23 years.

Marital status: All the subjects were unmarried.

Duration of study: The study was conducted for the period of 30 days from 6th February to 6th March. The practices were taught six days in a week, from 4.00pm to 5.00pm.

Method of study: There were 20 volunteers who were suffering from menstrual problems and symptoms of anemia and are willing to undergo yoga therapy programme. A detailed case history of each subject was taken which are given in detail under Appendix.

The subjects were divided randomly into two groups- experimental and control, each containing 10 subjects.

The control group was not exposed to any yogic practices. Yoga was introduced to the experimental group, which contained a set of twenty four practices which included asana, pranayama, and relaxation techniques in a proper sequence. Asanas were taught for a period of 30 minutes, Pranayama for 15 minutes and relaxation for 10 minutes. All the practices were taught gradually. Sufficient rest was given in between the practice wherever needed.

Method of analysis: A Paired “t” test was employed in the study to analyses the significance of the result statistically.

Results and Observation

After the practice of yoga for a period of 30days, the members of experimental group experienced overall improvement in their health. The yogic practices made them get relieved of their menstrual irregularities.

The experimental group showed considerable improvement in the weight, BMI and blood pressure which are shown in tables numbering from Table1 and Table 2. There were no much considerable changes in the control group in this regard. The following tables show the results of various parameters for both experimental and control group, before and after the practice yoga.

Table 1: Tabulation for the given parameters with result

SI. No	Parameters	Mean=S.D		t-value	p-value	Result
		Pre	Post			
1	Questionnaire	73±10.3827	54.8±10.8242	6.503936072	3.43055E05	HS

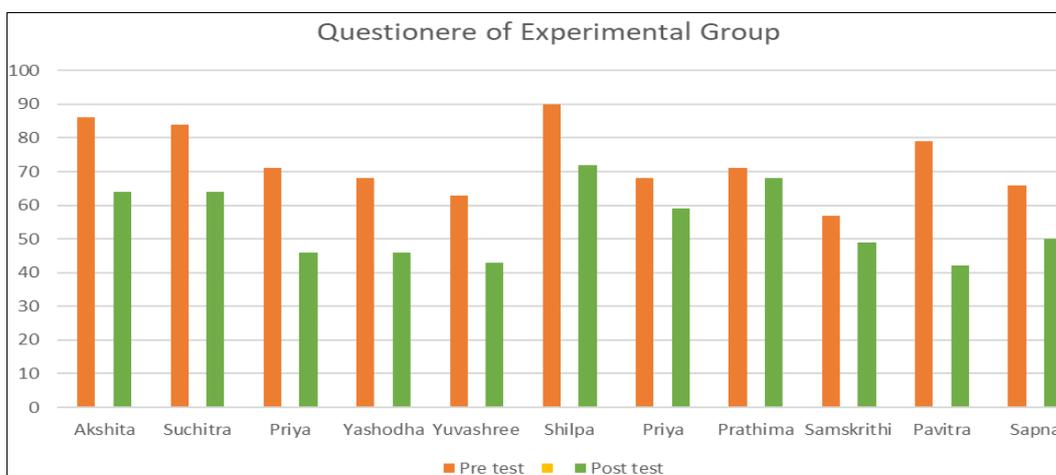


Fig 1: BMI and Blood pressure showing difference in pre test and post test of the selected samples.

Discussion

In the present study, the results of experiment group were proved to be statistically significant. Every member felt improvement after the yoga therapy program. But there was

no significant improvement among control group members. Regarding the experimental group participants, SI.no.5 got menses eight days after beginning the practice. Even though she had practiced only eight days she didn’t experience any

pain. She was getting bleeding only for two days before, but after practice it has increased up to three days.

Sl.no.6, she got menstruated first time after 28 days, starting yoga practice did not find any improvement, but second time she did not get vomiting, stomach ache and premenstrual symptoms had reduced a lot. The bleeding was reduced from seven days to five days.

Sl.no.8 had scanty bleeding for only three days, but after practice it has increased to five days. She was not getting sleep for about one hour after going to bed, but now she gets sleep within 15 minutes. Sl.no.10 reported that after yoga practice her bleeding had reduced from 12 days to nine days and got menses after 29days.

As the yoga class was conducted every day in the evening from 4pm to 5pm everyone developed the habit of waking up early in the morning. Also, their sleeping pattern was regularized. This made them feel active and enthusiastic throughout the day. Many subjects reported that the digestive problems which they were getting as a result of consuming hostel food reduced considerably after yoga practice. They were able to better handle the study pressure and tension and face the exams calmly. Most of them reported that they experienced freshness, relaxation and calmness after practice; it showed various other positive effects such as reduced tension, improved working ability and positive thinking after few days of practice.

All 10 subjects who participated in yoga therapy program for 30 days have experienced positive result. The systolic blood pressure showed a significant improvement. Though there is improvement in the diastolic blood pressure, this is because diastolic blood pressure requires longer time duration of practice to get changed. It requires a practice of minimum three months to change. After yoga therapy the weight improved significantly

Conclusion

The present study reveals that yoga therapy helps efficiently in managing the menstrual disorders. In spite of the fact that the therapy was given only for a short duration and there was no much control over the diet the results are encouraging. The yoga therapy would yield more result if it is carried out for longer duration unlike present study. Therefore, it can be concluded that yoga therapy is fruitful in controlling menstrual disorder and irregularities.

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