



ISSN 2456-3110

Vol 8 · Issue 7

July 2023

Journal of
**Ayurveda and Integrated
Medical Sciences**

www.jaims.in

JAIMS

An International Journal for Researches in Ayurveda and Allied Sciences



Maharshi Charaka
Ayurveda

Indexed

Peri-menopausal symptoms and its management by Yoga Therapy

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ABSTRACT

With increased life expectancy today, women spend one-third of their life after menopause. Thus, more attention is needed towards peri-menopausal symptoms estrogen replacement therapy is the most effective treatment, however it has its own limitations. The present need is to explore new options for the management of perimenopausal symptoms. *Yogic* life style is a way of living which aims to improve the body, day and mind to *Pranayama* and *Dhyana*. *Yoga* been utilized as a therapeutic tools to achieve positive tools to achieve positive health and control and cure disease. The exact same as to how *Yoga* helps in various disease states is not known. There could be neurohormonal pathways with selective effect in each pathological situation. There have been multiple studies that have combined the many aspects of *Yoga* into a general *Yoga* session in order to investigate its effect on perimenopausal symptoms. Integrated approach of *Yoga* therapy can improve hot flushes and night sweats. There is increasing evidence suggesting that even the short-term practice of *Yoga* can decrease both psychological and physiological risk factors for cardiovascular disease studies conclude that our age old therapy, *Yoga* is fairly effective in managing perimenopausal symptoms.

Key words: *Yoga Therapy, Quality of Life, Perimenopausal Women, Perimenopausal Symptoms.*

INTRODUCTION

Peri menopause means around or the transition phase that starts many years before menopause. It's the stage when the ovaries start to produce less estrogen usually, Perimenopause kick starts when a women Reaches her 40s. Perimenopause can last up until

menopause, which means the ovaries have stopped releasing egg. It's a couple of months or years before menopause that women experience a wide range of premenopausal symptoms are vulnerable to various physical and psychological symptoms affecting their quality of life. Currently these symptoms are managed by hormone replacement therapy. However, hormonal therapy can cause complications including malignancy which has resulted by search for various alternative therapies to improve the quality of life. *Yoga* is one such alternative therapy shown to enhance y quality of life at all stages of human life associated with chronic illness. Premenopausal is a transition phase in which some women experience discomfort, while others may exhibit variety of symptoms. The power of *Yoga* therapy in releasing stress, enhancing health managing symptoms, improving fitness and a variety of disorders is remarkable. Around 20% of the patients suffer from severe perimenopausal symptoms, 60% suffer from

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Submission Date: 15/05/2023 Accepted Date: 24/06/2023

Access this article online

Quick Response Code



Website: www.jaims.in

DOI: [10.21760/jaims.8.7.30](https://doi.org/10.21760/jaims.8.7.30)

mild symptoms and 20% may have no symptoms at all. Perimenopausal symptoms include headache, hot flushes, night sweats, joint pain, insomnia, depression, anxiety, vaginal dryness, skin dryness, mood changes, palpitation, these symptoms vary in severity and character from person to person. Is to explore new opinions for the management of perimenopausal symptoms in the form of non- hormonal drug therapy and non-pharmacological measures. The current recommendations are-

- Changing lifestyle
- Regular exercise
- Diet
- *Yoga*, therapeutic massage and other stress-reducing measure.

Yoga - *Yoga* is an original and ancient holistic art of living that include physical, mental, moral and spiritual spheres. The *Sanskriti* word *Yoga* means 'to join or union' and the practice of *Yoga* brings this union to all levels of one's self.

Asanas, *Pranayama* and *Dhyana* the components of *Yoga* therapy seem to improve symptoms profile in the women's through several physiological and psychological mechanism. The improvement in physical strength and fitness cause by *Yoga* seems to be related to several factor like muscular strength and endurance, flexibility, cardiorespiratory fitness, body composition and maintain the load bearing capacity of the bone, reduces the pain in the back of the head, neck, lower back and headache. *Yoga* does have the potential to provide physical, mental, emotional health benefits to those who practice it with proper guidance.

This study we investigated the effect of yoga therapy on perimenopausal symptoms.

AIM

The current study was designed to study the effect of *Yoga* therapy on the perimenopausal symptoms in perimenopausal women.

MATERIALS AND METHODS

It is a prospective study of perimenopausal women with few weeks of intervention. The *Yoga* therapy as

the interventional tool. The symptoms control and quality of life check before and after the intervention were assessed by using or asking some questions to the perimenopausal women.

Inclusion criteria

1. Aged between 40-50 years.
2. Who were willing and were able to practice *Yoga* protocols.
3. Who were having perimenopausal symptoms.

Exclusive criteria

1. Women who were already practicing *Yoga* for month or more.
2. Women with surgical menopause and receiving any kind of hormone therapy.
3. Active psychological disorders or any other medical disorders.

DISCUSSION

The present study thus clearly documents the significant presence of various perimenopausal symptoms in the women population severely affecting the quality of life many of these women expressed their distress and helplessness regarding these symptoms, which were seriously interfering in their day -to- day living.

Thus, there is the need to search and develop a cost -effective simple, community based therapeutic tool to provide symptom relief and to improve health status and in this perspective. *Yoga* has emerged as the appropriate system to deal effectively with issue related to Perimenopause. The present study clearly demonstrates the clinical quality of *Yoga* in significantly reducing the perimenopausal symptoms in all domains and thereby improves the overall quality of life.

CONCLUSION

This study clearly demonstrates the effectiveness of the *Yoga* therapy in managing the distressing perimenopausal symptoms. It easy, safe, non-expensive alternative therapy helping the well being of

perimenopausal women and must be encouraged in the regular management of perimenopausal symptoms.

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How to cite this article: Pratima G. Suryawanshi, Brijesh R. Mishra, Harish J. Purohit. Peri-menopausal symptoms and its management by Yoga Therapy. J Ayurveda Integr Med Sci 2023;07:160-162.

<http://dx.doi.org/10.21760/jaims.8.7.30>

Source of Support: Nil, **Conflict of Interest:** None declared.
