



YOGIC MANAGEMENT FOR MENSTRUAL DISORDERS

¹Acharya Trupti Dyaniee ²Mishra Sangeeta Shyammurti ³Sharma Vikas

¹Associate Professor, Department of Stree & Prasuti Roga, Murari Lal Rasiwasia Ayurvedic College, Ram Krishna Gupta Marg, Charkhi Dadri, Distt.- Bhiwani, Haryana-127306

²Assistant Professor, Department of Moulik Siddhant & Samhita, Ayurved & Unani Tibbia College, Karol Bagh, New Delhi-110005

³Assistant Professor, Department of Moulik Siddhant & Samhita, Murari Lal Rasiwasia Ayurvedic College, Ram Krishna Gupta Marg, Charkhi Dadri, Distt.- Bhiwani, Haryana-127306

ABSTRACT :

A woman of child bearing age should menstruate every 28 days or so unless she is pregnant or moving into menopause. But numerous things can go wrong with normal pubertal development, menstrual cycle, pregnancy and menopause, some the result of psycho-somatic-factor, undeveloped secondary sexual character, abnormal anatomical and functional aspect of reproductive organs, endocrinal factors etc.

These are produced due to heavy workouts, sudden loss in weight, changes in diet pattern and mode of life, excessive stress, and such activities bring about a lot of changes in a women's body. So *yoga* is one of the illustrious ways to cure menstrual disorders. In this paper researchers discuss all the points' related to *yoga* & menstrual disorder

Key words: Women, Menstrual disorder, *yogic* management, *Asanas*

INTRODUCTION: Woman is the best creation of god for beauty, patience, love, affection, caring nature and to having capacity to create a new life. According to modern era, woman is different from man for three activities such as for menstruation, delivered child and breast feeding. All these factors are produced by the action of hormones, because the whole body function of female is controlled by Hypothalamo-pituitary-ovarian-endometrial-axis¹.

Menstruation is produced by action of oestrogen, Pregnancy is maintained by progesterone and lactation is produced by the action of prolactin hormone². But all these three factors depend upon the proper development and normal menstruation which are also affected by changeable life style and emotional factors³.

The sex hormones also influence metabolism and mentality. It should be

remembered that all the systemic process of female body are affected by sex hormones are also regulated by endocrine glands and under the control of the nervous system⁴. The female sex hormones oestrogen or folliculin and progesterone (lutin) are produced in the ovaries, the former in the Graffian follicles and the latter in the corpus luteum⁷. oestrogen influences the menstruation, development of the mammary glands and regulates menstruation⁵.

Progesterone is called the hormone of Pregnancy, it influences the normal course of pregnancy and responsible for the changes in the mammary glands during pregnancy. It has been observed that some females after they have reached the age of puberty don't manifest the development of secondary sexual characters such as appearance of pubic hair, growth of breast,

glowing, smoothness of skin and menstruation.

The absence of these characters indicates the deficiency of feminine qualities, rarely do such women conceive. If at all they conceive, the foetus may become weak and undeveloped, both physically and mentally. Apart from the cause of the hereditary character and the mental tension in immature age, the major is the disorder of pituitary glands and the adrenal gland⁶.

Pituitary gland is also known as “Master gland of body”. It is placed at the base of brain which secretes various hormones having specific effect on body growth and metabolism⁷. It effects on the development of secondary sexual character in human being, it secretes a hormone called gonadotropin which stimulates the ovary. In female follicle stimulating hormone (FSH) is secreted. FSH stimulates the ovary and secretes hormone, oestrogen which is responsible for giving the feminine character. It will not stimulate the ovary if the ovary is diseased. The secondary sex characters which give grace and beauty to the female will be missing.

The adrenal cortex, which is the outer layer of Adrenal gland, it secretes some sex hormones⁸. In the case of female, if the Adrenal-cortex secretes more male hormones, the female will develop masculine characteristics. As per the rule of nature if any changes takes place in the body, it has to respond to such changes, cessation of menstruation (Amenorrhoea), heavy bleeding (Menorrhagia), severe menstrual cramps (Dysmenorrhoea).

REVIEW & DISCUSSION: Disturbances of menstrual and reproductive functions are extremely common and are a source of continual suffering for many women throughout

their lives. Menstruation is a time of cleansing and reflection for the woman. During the first three days of the cycle when the bleeding is heaviest women should rest and only do supported *asanas* as these give maximum benefits.

Most of the women face menstrual problems at least once a life time. *Yoga* is one of the illustrious ways to cure menstrual disorders and affects on undeveloped sex glands. Practicing *yoga* is one of the ways correcting menstrual problems. *Yoga* is preferred as a natural ways of treating. Women should practice *yoga* to keep fit and fine keeping in mind their physique, age and physical activities⁹.

Daily practice will help them to improve on their figure, impart energy and prevent various uterine and ovarian disorders. Practicing *yoga* not only helps to get rid of health problems but also helps to reduces stress, anxiety and depression.

Yoga practices one can essentially shut off, or at least slow down these “fight or flight” responses, thereby decreasing levels of stress hormones such as cortisol and adrenalin. It can assist in resetting a woman’s biological clock and hormone balance, including menstrual cycle irregularity¹⁰.

Recommended Asanas for Menstrual Disorder¹¹: *Supta baddhakonasan, upavishakonasan supta padmasana or supta swastikasana. Supta padmasan or supta swastikasana* releases the groin; cleanse the ovaries and eases heat. Both are also good to relieve cramps. All the above *asanas* should be done with the use of a pillow or bolster either in the back (in the case of *supta*) or front (in the case of forward bending) of the body. It can be a remedy for many health problems. Some of the *yoga* postures or *yoga asanas* which

can help to cure menstruation disorders as below.

1. Bow Pose
2. Wheel Pose
3. Cat Pose
4. Camel Pose
5. Hero Pose
6. Cobblers Pose
7. *Dhanurasana*
8. *Chakrasana*
9. *Paschimauttanasana*
10. *Ustrasana*
11. *Virasana*
12. *Bhujangasana* (Cobra posture)
13. *Halasana* (Plough posture)
14. *Matsyasana* (Fish Pose)
15. *Sarvangasana*

How to do Asanas^{12,13}: Spread a woollen carpet or blanket on the floor, wear salwar-kameez. Practice the *asanas* for 20 minutes in two rounds, each round being 10 minutes. It should be practiced twice a day morning and evening daily.

In the morning, empty stomach after the call of nature. It should not be practiced 5 days before the date of menses and during menses and after 5 days of menses. Intercourse and strong physical activities should not be done during menstruation as it will cause problems later on in life with the bones.

Suitable Diet for yogic practice: After practicing the *asanas* hot milk, bread, butter, fruit, rice, chapatti, pulses and steamed green vegetables, seasonal fruits and dry fruits must be taken.

Effects of Yogasanas¹⁴

1. Physical effect:

- i. Emphases of the postures are to open up the hip and pelvic region in order to break down any scar tissue and release fight musculatures.
- ii. Optimal circulation to the reproductive organs.

- iii. Creating strength in pelvic floor area to prepare for child bearing and child birth.
- iv. Increase flexibility of pelvic cavity.
- v. Improves the flexibility of arms, shoulders, thighs, legs, low back and abdominal muscles.
- vi. Spine also becomes healthy and strong
- vii. Good for relieving flatulence, constipation and menstrual irregularities.
- viii. Prevents sterility
- ix. Resulting proper digestion blood circulation & respiration.

2. Physiological effect:

- i. Enhance the function of endocrine glands which are responsible for hormone regulation and reproductive health.
- ii. Increases function of thyroid and adrenal gland.
- iii. Nervous system- Moving from a sympathetic (fight or flight) state to a parasympathetic state (which is essential for reproductive system to work).

3. Mental or Emotional effect: *Yoga* brings calmness to the mind and emotions by bringing attention to the breath and bringing into the present moment. Its aim is to connect with heart and inner wisdom in order to find the real joy.

CONCLUSION: Regular practice of the *yoga* postures will help to treat menstruation problems but only under proper guidance. It is very crucial to find out the actual cause of menstrual disorder before practice *yoga*. Try to gain more and more knowledge about *yoga* and how can heal self through *yoga*. Such knowledge will help to make optimum utilization of *yoga* in enhancing life. It is precious gift which can enrich human life. It helps to

get a balanced body and mind. Practicing *yoga* not only helps to get rid of health problems but also helps to reduce stress. Thus it is very important to practice *yoga* regularly to obtain maximum benefit out of it and live a healthy life.

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Corresponding Author:

Dr.Sangeeta Shyammurti Mishra,
Assistant Professor, Department of Moulik Siddhant & Samhita, Ayurved & Unani Tibbia College, Karol Bagh, New Delhi-110005.
Email: sangeetayash.mishra@gmail.com

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