

Effect of Yoga Asanas on Climacteric Symptoms in Middle Age Women

S. Vijayalakshmi, Dr. Baiju Gopal

Abstract--- Women differ from men in all aspects the reproductive system is more complex than male and not surprising that it is subject to more frequent disturbances. Puberty, menarche, pregnancy, obesity, thyroid, polycystic ovarian syndrome, menopause etc. are gone through by women in life stages. The terms menopause and climacterium are often used interchangeably in the literature (Neugarten & Kraines, 1965). The word menopause and climacteric are used interchangeably. Climacteric also indicates a 'change of life' from one of reproduction, which is coming to an end. The term menopause refers to the cessation of the menses, while climacterium includes the involution of the ovaries and the various processes associated with this involution, including menopause. The Indian Menopause Society's (IMS) 2008 consensus statement contains important statistics about menopausal symptoms and recommendations to improve healthcare for Indian women. Menopause is a normal part of life, just like puberty. The term "menopause" is commonly used to describe any of the changes a woman experiences either just before or after she stops menstruating, marking the end of her reproductive period. The word 'menopause' is derived from men and pauses and is a direct description of the physiological event in women where menstruation ceases to occur. Menopause is a part of every woman's life. It is the stage when the menstrual period permanently stops. This stage usually occurs between the age of 40 to 60 and is associated with hormonal, physical and psychological changes.

The schools of Indian Philosophy are divided as: (Astika) orthodox and (Nastika) heterodox. The (Astika) orthodox schools recognize the authority of the Vedas while the (Nastika) heterodox schools do not. Nyaya, Vaisheshika, Samkhya, Yoga, Mimamsa and the Vedanta are the orthodox schools of Indian Philosophy. Among these schools of thought, the Samkhya and the Mimamsa are atheistic in nature. Nyaya, Vaisheshika, Yoga and Vedanta are theistic in nature. (Sinha, 2006). Ashtanga Yoga, according to Patanjali, is composed of eight different limbs, labeled in the ancient Indian language of Sanskrit (Satchidananda, 1990). The eight steps of Raja Yoga provide systematic instruction to attain inner peace, clarity, self-control and realisation. The eight limbs of Ashtanga Yoga are: Yama, Niyama, Asana, Pranayama, Pratyahara, Dharana, Dhyana and Samadhi.

NEED OF THE STUDY

Menopause still remains a big challenge to the middle-aged women. Most of the women suffer from one or another symptoms associated with menopause or aging. Managing menopausal health is more than an issue in understanding aging or hormone depletion. The report World Health Organization, laid its special focus on menopause in 1981. Yoga as a complementary and mind-body therapy is being practiced increasingly in both Indian

S. Vijayalakshmi, Ph.D Research Scholar, Department of Psychology, Christ University, Bangalore
Dr. Baiju Gopal, Associate Professor, Department of Psychology, Christ University, Bangalore

and western populations, these technique not only bridge psychosocial and somatic aspects of care but also addresses the subject of spiritual needs. It is the science that deals with an in-depth approach to the individual's diseases and age. Yoga and asanas techniques (YAP technique) produce consistent physiological changes and have sound scientific basis. Yoga techniques such as Asanas (postures done with awareness) and Pranayama (voluntarily regulated nostril breathing) promote physical wellbeing and mental calmness. Yoga practices can help one to go through the menopausal symptoms with ease and comfort. Inclusion of Yoga in the daily lifestyle produces remarkable improvements and makes a significant contribution to the prevention as well as management of lifestyle diseases. Practice of Yoga gives us compassionate understanding, optimism, mental and physical strength. Above all, it assures the inner strength and capacities of every individual. The practice of yoga is the foundation for both physical and mental health.

Although modern medicines treat the immediate symptoms of menopause and manage long term consequences, hormonal therapies have been used extensively. These therapies have opened up new concerns on the increased risk of neoplasia of the endometrium, can be sought some alternative methods to avoid the follow up effects of pharmacological medicines. Hence, there is a need to include appropriate physical and psychological activities like Yoga for prevention or reduction of the symptoms related to menopause and its problems. This study is one of the pioneer studies which cater to improve the health of women in the post reproductive age. Yoga's approach to holistic health is a powerful tool for helping the women experiences the journey in to menopause as a positive event, both physically and spiritually. Hence this research has been undertaken in order to enable women to get the relief from the symptoms experienced during menopause by practising yoga and asanas (YAP technique) in their day to-day life.

OPERATIONAL DEFINITIONS

Effect: It refers to the consequence of an action.

Yoga Asanas: Yoga is the scientific system includes series of postures and practices.

Climacteric: Interpretation of menstrual cycle with and other psychological, physical and vasomotor problems in the age group of 40-60 years.

Symptoms: Experience of undesirable situation in physical, psychological and vasomotor.

OBJECTIVES OF THE STUDY

1. To find out the significant difference in the pre-test score of climacteric symptoms between the control and experimental group.

2. To find out the effectiveness of yoga asanas in reducing the climacteric symptoms in women.

HYPOTHESES OF THE STUDY

No significant difference between control and experimental group women in their pre-test score of climacteric symptoms.

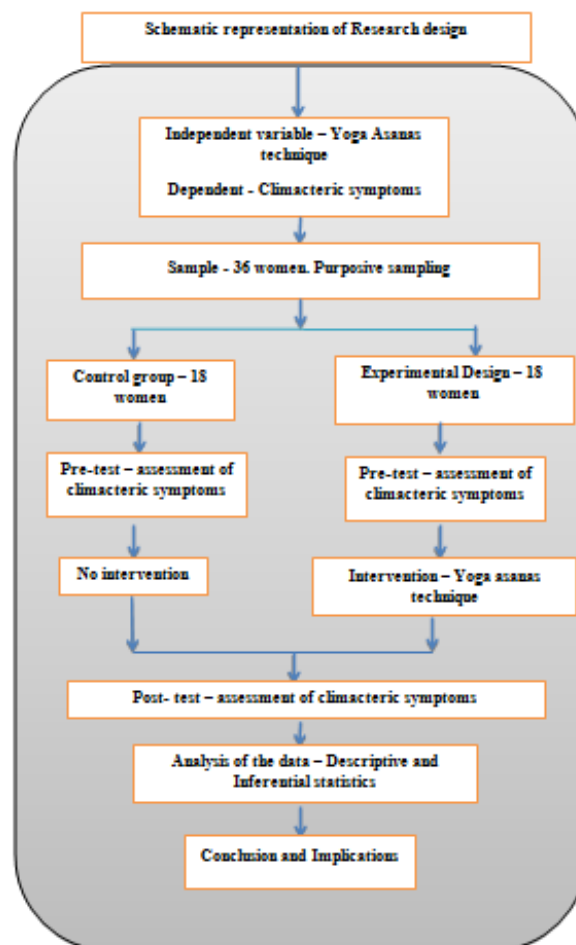
No significant difference between control and experimental group women in their post-test score of climacteric symptoms.

RESEARCH APPROACH

A Quantitative approach was adopted to evaluate the effect of yoga on Climacteric symptoms in women.

RESEARCH DESIGN

The present study aims at finding the effectiveness of Yoga asana on climacteric symptoms in women. This study was an experimental study with the two-groups matched on the basis level of climacteric symptoms. This study was a survey cum experimental study. The survey study was conducted with an attempt to identify the women with climacteric symptoms. The study was formulated as a true random group design, consisting of a pre-test and post-test. In this programme, yoga training was given to the experimental group. Initially pre-test was conducted and according to the level of climacteric symptoms the control and experimental group was divided. After the treatment of twelve weeks to the experimental group, the post test score were obtained from both the control and experimental group. The differences between initial and final scores on climacteric symptoms were tested. The schematic representation of the study design was given in figure



TOOLS USED

There are two parts of tool used for this study. This tool has two types of characteristics:

- (1) The respondents' personal data sheet
- (2) The modified Greene Climacteric scale

Greene (1976) on the basis of a previous study on a small sub-group of women at their climacteric, noted the absence of unitary 'menopausal' syndrome, and observed at least three discrete 'menopausal' syndromes namely psychological, somatic and vasomotor and this scale is revised by the researcher by including the ICD-10 symptoms. The process of revision of the scale started from the dimensions of climacteric symptoms. The dimensions of climacteric symptoms are: Physiological, Psychological and Vasomotor.

SAMPLE AND SAMPLING

The selection of human subjects was the most important task for this study based on the prevalence of Menopause. The investigator collected sample from 36 women who are aged between 40 years to 60 years. The purposive sampling technique was done to ensure that the samples underwent or were undergoing menopausal symptoms. The samples were scrupulously checked to ensure homogeneity among them. They were divided in to control and experimental group on the basis of their voluntariness to undertake yoga asanas practice.

INTERVENTION

The intervention was for 12 weeks. There was a lecture session and an interactive group session once a week (on Sundays). Yoga asanasare practiced session for 6 days in a week are schedules in the following tabular column.

Table 1 Yoga Asanas \technique schedule

(Total duration – 1 hour and 30 minutes)

Name of the practice	Duration
Warming up	15 minutes
Surya Namaskara	20 minutes
Relaxation techniques (Quick relaxation technique)	5minutes
Asanas	35 minutes
Relaxation technique (Deep Relaxation technique) – Sava asana	10 minutes
Pranayama	5 minutes

Table 2 Theory Schedule

Topic	Content
Introduction to yoga	Definition of yoga- Bhagavad Gita, Patanjali, Vasishtha and Swami Vivekananda
Importance of Yoga practices Asana, Pranayama, loosening exercise and breathing exercise	Importance of Yoga practices Asana, Pranayama, loosening exercise and breathing exercise
Four streams of Yoga Jnana yoga, Raja Yoga, Karma yoga & Bhakti yoga.	Four streams of Yoga Jnana yoga, Raja Yoga, Karma yoga & Bhakti yoga.
Conclusion	Question & answers Feedback and experiences

No significant difference between control and experimental group women in their pre-test score of climacteric symptoms.

Table 3 Pre-test scores of control and experimental group women on climacteric symptoms

Climacteric symptoms	N	M	SD	Df	t	Remarks
Control Group	18	146.94	8.90	34	0.213	NS
Experimental Group	18	146.33	8.23			

NS- Not Significant

From the table 3, it evident that the calculated t value (0.213) is lesser than the table value (1.96) thus, the null hypothesis is accepted and it is stated as that there is no significance difference in the pre-test score of climacteric symptoms between control and experimental group women.

No significant difference between control and experimental group women in their post-test score of climacteric symptoms.

Table 4 Post-test scores of control and experimental group women on climacteric symptoms

Climacteric symptoms	N	M	SD	Df	t	Remarks
Control Group	18	147.83	9.13	34	4.87	S
Experimental Group	18	132.78	9.37			

S- Significant

From the table 4, it evident that the calculated t value (4.87) is greater than the table value (1.96) thus, the null

hypothesis is rejected and it is stated as that there is a significance difference in the post-test score of climacteric symptoms between control and experimental group women. From the mean score of experimental group women which is lesser than the control group women shows that the symptoms reduced with experimental group women.

This proves the effectiveness of yoga asanas in the climacteric symptoms.

RESULT OF THE STUDY

No significance difference in the pre-test score of climacteric symptoms between control and experimental group women.

Significance difference found between control and experimental group women in their post test score. It also proves that Yoga asana plays role on climacteric symptoms in women.

CONCLUSION

The resultsof the study suggest that further research is warranted. There is a need for consistency of assessment and intervention in studies of the effect of yoga for climacteric or menopausal symptoms. This study would help the yoga therapist working in hospitals and rehabilitation centre to assess the present standing of Menopausal women.

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