

YOGA FOR MENOPAUSAL WOMEN

**Dr.T.BANUPRIYA,
Director of Physical Education,
D.G.G.A.College for women,
Mayiladuthurai,Nagapaatinam District,Tamilnadu,India.**

ABSTRACT

Yoga means the experience of oneness or unity with one's inner being. Asanas means that state or posture in which one can remain steady, calm, quiet and comfortable both physically and mentally. The aim of practicing yoga is to develop your physical, mental, occupational, emotional and spiritual well being. A natural decline in reproductive hormones when a woman reaches her 40 years to 50 years. It can be a difficult time for woman's life. The process of menopause does not occur overnight, but rather is a gradual process. This period is called premenopausal transition period. It is a different experience for each woman.

Menopause causes a variety of familiar symptoms such as irregular periods, lower fertility, vaginal dryness, Hot flashes, Night Sweats, Insomnia, urinary tract infections etc.. Health risk associated with menopause include a great risk of Heart disease, Cholesterol level fluctuation, Osteoporosis, Breast cancer, Urinary incontinence etc. The only way to diagnose Menopause is to observe the lack of menstrual periods for 12 months in woman in the expected age range. Estrogen replacement therapy is the most effective treatment, however it has its own limitations. Yogic life style is a way of living which aims to improve the body, mind and day to-day life of individuals. However take care to perform these asanas under the guidance of a qualified yoga instructor as the correct breathing technique must be coordinated with the movements in the asanas. A regular yoga practice can help you to reduce or eliminate Menopause symptoms as well as improving muscle strength and tone, stress trigger, which weakens post Menopause, balance, flexibility to prevent dangerous falls and build bone density to help prevent osteoporosis.

KEYWORDS: Yoga, Menopause, Pranayama, Meditation

Introduction

The word yoga is derived from the Sanskrit root "yuj" which means to connect, join or balance. Yoga means the experience of oneness or unity with one's inner being. Asanas means that state or posture in which one can remain steady, calm, quiet and comfortable both physically and mentally. The aim of practicing yoga is to develop your physical, mental, occupational, emotional and spiritual well being. The origin of the word menopause lies in the Greek word "meno" means (menses or month) and "pause" means (stop or cease). Menopause is a complete cessation of menstruation. Menopause is the time for women menstrual periods stop permanently and they are no longer able to bear children. It is the end of a woman's menstrual cycle and

fertility period. A natural decline in reproductive hormones when a woman reaches her 40 years to 50 years. It can be a difficult time for woman's life. The process of menopause does not occur overnight, but rather is a gradual process. This period is called premenopausal transition period. It is a different experience for each woman.

SYMPTOMS :

Menopause causes a variety of familiar symptoms such as irregular periods, lower fertility, vaginal dryness, Hot flashes, Night Sweats, Insomnia, urinary tract infections, anxiety, depression, irritability, mood swing, less interest in sexual activity, memory problem, fatigue, variety of thinking, (cognitive), obesity, hair loss, breast shrinkage etc.

Around 20% of the menopause women suffer from severe Menopause symptoms 60% Menopause women suffer from mild Menopause symptoms and 20% Menopause women may have no symptoms at all. The symptoms are different from person to person.

In this stage a woman's estrogen levels will drop significantly. This reduces her chance of becoming pregnant. As there is a less production of estrogen hormones the vaginal tissues may become thin and dry. Health risk associated with menopause includes a great risk of Heart disease, Cholesterol level fluctuation, Osteoporosis, Breast cancer, Urinary incontinence etc.. The only way to diagnose Menopause is to observe the lack of menstrual periods for 12 months in a woman in the expected age range.

YOGA AND MENOPAUSE:

Menopause is not an illness but it is a natural biological process. It is a part of every woman's life. It can also occur when ovaries stop producing estrogen causing the reproductive system to gradually shut down. 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 menopausal symptoms. Yogic life style is a way of living which aims to improve the body, mind and day to day life of individuals. Women doing yoga regularly had experienced menopausal symptoms less severely. It is a fantastic and natural way to help alleviate the pain associated with the menstrual cycle. So many women suffer in silence or take endless pills to reduce pain but yoga can help soothe the symptoms without having to suffer. Yoga has been utilized as a therapeutic tool to achieve positive health and control and cure diseases. Yoga therapy can reduce Menopause symptoms and severity. The most commonly performed yoga practices are posture (asanas) controlled breathing (pranayama) and meditation (dhyana). Asanas is a Sanskrit word used to describe a position of the body. It defines a steady and comfortable posture. The yoga postures called asanas. Yoga is a stretching and strengthening exercise.

Pranayama is a Sanskrit word meaning restraint of the prana or breath. This is often translated as breath control. Several researchers have reported the pranayama techniques are beneficial in treating a wide range of stress disorders. It is important of almost all healing disciplines. Pranayama or breathing techniques

increase the intake of oxygen and pran into the body, improve the functions of the body cells, and increase concentration and calmness of the mind. It is required for purifying the mind and body.

Meditation is great because you can focus on a sound, object mantra or thought. It is a precise technique for resting the mind and attaining a state of consciousness that is totally different from the normal waking state. It bring about a clear change in perception attention and cognition. It brings clear the mind and allows one to focus on the important things in life and channel out negativity. The following suggested assanas are good for menopause women. Big toe, bridge pose, dolphin pose, down ward facing, dog pose, extended triangle pose, head to knee forward bend pose and hero pose. The pranayamas are kpalbhati and alternative nostril breathing. In dhyana chanting mantras or observing breath (Swami Satiyananda Saraswathi (1993). However take care to perform these asanas under the guidance of a qualified yoga instructor as the correct breathing technique must be coordinated with the movements in the asanas.

CONCLUSION:

The study concludes that during menopause stage meditation bring significant relief from hot flashes and improved their quality of life. It is an effective decreasing menopause symptoms and decreasing menopause symptoms and should be consider as alternative for management of menopause women. It is Practice of yoga decrease both psychological and psychological risk factors for (CVD) Cardio Vascular Diseases as well as psychological diseases such as anxiety, depression etc. yoga is relatively low-impact, inexpensive, safe, can be practiced anywhere and during any time of day. A regular yoga practice can help you to reduce or eliminate Menopause symptoms as well as improving muscle strength and tone, stress trigger, which weaken is post Menopause, balance, flexibility to prevent dangerous falls and build bone density to help prevent osteoporosis. Yoga paced breathing and meditation release stress held in body, and helps you to connect to the parasympathetic nervous system that enables you to rest and thereby reducing anxiety, improving sleep, heart rate to decrease, blood flow to the organs increase, digestion to improve etc.. Yogasana, pranayama and meditation all today recognized as techniques that can improve muscle strength, flexibility, blood circulation and oxygen uptake as well as hormone function at the gross level.

REFERENCES :

1. Swami Satyanda Saraswathi (1993)Asana,Pranayama,Mudra,Banda,Bihar School of yoga Muger,Bihar,India.8 th Ed.
2. Vaze N, Joshi S (2010) Yoga and menopausal transition. J Midlife Health 1: 56-58.
3. Terauchi M, Obayashi S, Akiyoshi M, Kato K, Matsushima E et al. (2010) Insomnia in japanese peri- and postmenopausal women. Climacteric: The Journal of the International Menopause Society 13: 479-486.
4. Zervas IM, Lambrinouadaki I, Spyropoulou AC, Koundi KL, Voussoura E et al. (2009) Additive effect of depressed mood and vasomotor symptoms on postmenopausal insomnia. Menopause 16: 837-842.
5. Dennerstein L, Lehert P, Koochaki PE, Graziottin A, Leiblum S et al. (2007) A symptomatic approach to understanding women's health experiences: A cross-cultural comparison of women aged 20 to 70 years. Menopause 14: 688-696.

6. Green SM, Key BL, McCabe RE (2015) Cognitive-behavioral, behavioral and mindfulness-based therapies for menopausal depression: A review. *Maturitas* 80: 37-47.
7. Sulbla Joshi, Rambhau Khandwe, Dinesh Bafat, Ujwala Deshmukh (2011) Effect Of Yoga on Menopause symptoms *SAGEjournal* 17(1) 78-81

