



# Role of Suryanamaskara in Hypomenorrhea – A case study

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## Abstract

The patient of Scanty menses came at hospital, had complaints of irregular menses, obesity. Rasa, Meda dhatu and *Artava dhatu vikruti* observed in patient. In such conditions *Suryanamaskar* advised and follow up taken for 3 months. Some significant results were observed by practicing *Suryanamaskar* helpful to physical and mental health by increasing function of *Agni*. So it is advisable in the management of hypomenorrhea.

**Keywords:** *Suryanamaskar*, Hypomenorrhea, obesity

## Introduction

Hypomenorrhea mean significantly reduced menstrual flow, less blood flow, shorter duration of menstrual cycle. It can signal issue like hormonal imbalance (stress, PCOS, thyroid), certain medication, lifestyle disorder.

According to *ayurveda*, stress, lack of exercise, sedentary lifestyle of patient is responsible for *Rasavaha & Medovaha Srotodushti*. Regular *Vyayama* strengthens the body, increases the functions of *Agni* and loss excess Meda dhatu.

So *Suryanamaskar* by its 12 postures may help to regulate function of *Agni*, correct the fat metabolism, improve circulatory functions i.e *Rasa, Rakta, Meda dushti*.

For this reason, *Suryanamaskar* is advised to the patient having hypomenorrhea.

## Aims and Objectives

To evaluate the role of *Suryanamaskar* in management of Hypomenorrhea.

## Materials and Methods

The study was conducted on a single female patient of 30 years came at Prasutitantra and Streeroga OPD.

## Case Report

### Personal history-

Name- XYZ, Occupation- Teacher, *Prakruti-Kaphapradhan pittanubandhi*, Age-30 years, Education-B.ed, *Agni-Madhyam*, Sex-Female, Height- 5.2ft, weight-80 kg, Marital status- 3 years before, *Kostha- Madhyam*. *Nidra- alpanidra*, Diet- mix diet.

### History of present illness-

*Patient had complaints since last 2 year, sudden weight gain present,USG report is normal. For this purpose patient came for supportive management .*

### Nidan Panchaka-

Hetu- Excess fast food, *ratr-ijagaran*, Lack of exercise, *vegdharan*.

Poorvaroopa- *Gauravata*

Roopa-*Alpaartava*, sudden weight gain

Upshaya-Regular exercise

Samprapti- *kapha and medha* cause *ama dushti* leads to obstruction in *Artavavaha strotas*.

### Treatment

Daily at early morning Suryanamaskar were advised with empty stomach beginning with 6 rounds of Suryanamaskar and slowly increasing the number.

Duration- 3 consecutive months .

Contraindication – during menstruation.

### Observation and Result

Criteria	Before treatment	1 <sup>st</sup> Follow up	2 <sup>nd</sup> Follow up	3 <sup>rd</sup> follow up	After treatment
Duration	1 day	1-2 day	2-3 days	3-4 days	4-5 days
No.of Pads	1 pad	1-2 pad	2-3 pads	3-4 pads	4-5 pads
weight	80kg	79 kg	77kg	75 kg	74 kg
Endometrial thickness	3mm	4mm	5mm	6mm	7mm

### Discussion

Everyone's period is different. Menstrual cycles vary from person to person and even from month to month. Hypomenorrhea is described as decrease in menstrual flow, menstrual bleeding(<25-30 ml), shorter duration(2 days or less).when your body is under stress , it releases the steroid hormone cortisol. It messes with body ability to release GnRH, body production of estrogen and progesterone is altered. *Suryanamaskar* balance the doshas *Vata and Kapha* ,

heping to activate *Pitta agni* i.e digestive and metabolic fire. It clears obstructions in *strotas* by stretching and compressing abdominal organs. Improving pelvic circulation and revitalizing the uterus. It stimulates major endocrine glands pituitary, thyroid, adrenals. *Suryanamaskar* helps regulate the hormones responsible for the menstrual cycle.

### Conclusion

The study revealed that, *Suryanamaskar* exercise is significant in the management of Hypomenorrhea it act as a booster of Metabolic *Agni* and helpful to remove the obstruction in *Artava-vaha srotasa*. So it is advisable in Hypomenorrhea.

### References

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