

“Role of yoga in menopausal transition - a clinical trial”

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ABSTRACT-

Menopause is a significant event in the women life. It marks the end of the reproductive changes in her body, this transition in females is accompanied with certain symptoms which is termed as menopausal syndrome. In earlier days the prevalence of this syndrome was less. Along with the change in lifestyle and diet, we see more and more females suffering from this syndrome. *Rajonivrtiti* as a disease is not described separately in our classical ayurvedic text, *swabhava* or nature can be assumed as the main causative factor responsible for *rajonivrtiti*. To overcome this symptoms hormonal replacement therapy is advised in modern pathy, but it has certain limitations. Yoga and diet as a alternative therapy is supposed to have wonderful result in this transition. The purpose of this study is to explore the result of yoga and diet in menopausal transition.

Keywords-

menopause, *rajonivrtiti*, *swabhava*, hormonal replacement therapy.

INTRODUCTION-

The origin of the word menopause lies in the Greek word “meno” – month & “pause” stop. Clinically menopause is diagnosed after 12 consecutive month of amenorrhea.^[1] Menopause is a time when menstrual period stops permanently and the woman is no longer able to bear children. The period at which the woman gradually changes from reproductive life to non-reproductive life^[2]. During this changes from reproductive to non-reproductive phase certain symptoms develop which include hot flushes mood changes, vaginal dryness, night sweats, bloating, weight gain, depression, irritability, head ache etc. This symptom may vary in severity and character from person to person.

The term *rajonivritta* is derived from *raja*+*nivritti* means cessation of *artava* pravritti^[3]. As per acharya *Charaka* every substance which is created on this earth has to be destroyed or deteriorated. Menopause to is the natural process just as puberty is natural. ^[4] *Sushruta* in his *sutrastana* the *rakta* i.e the menstrual blood in women is produced by *rasa* by 12yrs of age and continued upto age of 50^[5].

As per ayurveda it is a time of deterioration of *raja* and *stanya* and period of *vatavyadhi* which should include

Menopausal syndrome:

Vasomotor symptoms	Genital & urinary symptoms	Psychological symptoms	Other important symptoms
Hot flushes Peripheral vasodilatation Sweating Palpitation.	Urinary urgency Stress incontinence Atrophic vaginitis	Anxiety Mood swings Depression Dementia	Osteoporosis Back pain

vatashamak, balya, jeevaniya, rasayana and *rasa dhatuwardhak ahara*^[6]. In modern pathy hormone replacement theory is suggested but it is contraindicated to womans having medical problems also it is supposed to have the risk of having uterus and breast cancer.

A alternative therapy of combination of yoga and diet therapy is now a days emerging rapidly. A set of *dhynatmak* and *sharir savwardhanatmak asana* along with low carbohydrate and protein rich diet and certain changes in lifestyle definitely have magical effect in this menopausal transition.

AIM AND OBJECTIVES

To study the effect of yoga and diet therapy in menopausal transition.

METHODOLOGY

A literary review was done about menopause transition, *asana* and its effect on menopause and diet indicated in menopause in classical as well as in modern *pathy*.

A scientific questionnaire was prepared about the various menopausal transition symptoms and also to help to come to conclusions.

Females having medical problems were excluded from this study

A group of 30 females were selected from the OPD of *striroga and prasuti tantra* department suffering from menopausal syndrome. Group of 10 females was made, 3 such groups were made and they were advised set of 8 *asana* along with diet therapy in Swastharakshan OPD of Bhausaheb Mulak Ayurved college and rural hospital, buttibori, Nagpur.

For first 15 days' *sandhi sanchalana* was taken. After 15 days' sets of 8 *asana* was taken under expert opinion. Every group was advised to do *asana*, diet therapy and

lifestyle changes for 3 months and the result was recorded.

Asana advised were *Dhanurasna*, *adhomukhaswanasana*, *malasana*, *badhakonasana*, *setubhandhasana*, *matsyasana*, *viparitkarni* and *kapalbhati*

Dhanurasana lie on the abdomen and fold your legs, take your hands backward and hold your ankles. This posture strengthens the back and abdominal muscles, stimulates the reproductive organs and alleviates stress and fatigue.

Adhomukhaswanasana Stand with legs apart and keep 10 – 12 inches wide at the feet level, exhaling bend and touch the floor with palms facing down so that your body make an inverted V shape. Breathe normally and keep the position as long as possible. It helps in reducing weight and also has a positive effect on abdominal and reproductive organs. It strengthens the legs and thighs

Malasana come in the squatting posture and spread the thighs as wide as possible so that you can bend forward to bring the torso between the thigh. place both the palm together in front of your chest in prayer position. it improves balance, concentration & focus. It has a positive effect on reproductive organs and relieves anxiety

Badhakonasana sit on the floor and touch both the feet to one and another and try to bring them close to the body with the help of hands. try to keep the folded thighs on the floor. this *asana* stimulates the abdominal,

stretches the inner thighs, groins & knees it relieves depression, anxiety and fatigue

Setubhandhasana lie on the back and draw your feet inward towards hips. lift yourself up with stomach going towards the ceiling. this *asana* improves the circulation to abdominal organs and strengthens the back and buttocks.

Matsyasana sit in lotus pose and bend backwards with the help of elbow joint lie on floor. lift the chest upward and hold big toe with hands. this *asana* stimulates the working of abdominal and pelvic organs.

Viparit karni lie on back and raise your feet to 45 degree and then to 90 degrees. push down arms below the lower back and raise the buttocks also. try to maintain this posture for some time. this *asana* stimulates the thyroid gland and is considered as *sarvavyadhi nashak* and has numerous benefits.

Kapalbhati a type of *pranayama* in which sit in the lotus pose inhale and exhale continuously with force as many times you can, then again inhale. it reduces stress and has many benefits including positive effect on endocrine glands

Practice of these 8 *asanas* was taken under expert opinion along with lifestyle & dietary changes. review of every patient was taken every 15 days and was recorded.

Role of diet

Menopausal syndrome is linked to changes in metabolism, reduced bone density, and increased risk of heart diseases. so processed carb, added sugar, alcohol, caffeine and

spicy food can increase the symptoms of menopause. caffeine and alcohol can increase the severity of hot flushes. eggs, meat, fishes, legumes, dairy products, soya bean, chickpea, peanuts, barley, grapes, berries, plumps and more protein are needed to increase estrogen level, increases muscle mass and strengthening the bones .fruits and

vegetables are packed with vitamin and minerals .fibers and antioxidants are essential for bone health. ^[7] Diet rich in whole grains, fruits, vegetables, high quality proteins is needed to reduce menopausal syndrome.^[8]

Taking the above consideration in mind such type of food was advised to the patients.

Result and discussion

After every 15 days review of each group was done

Symptoms	30 days	45 days	60 days	75 days	90 days
Hot flushes	+++	+++	++	+	-
Night sweats	+++	++	+	+	+
Mood swings	++	++	++	+	-
Vaginal dryness	+	+	+	-	-
Irritation	+	-	-	-	-
Weight gain	++	++	++	+	+

+++ *very severe*, ++ *severe*, + *moderate*, - *no symptom*.

Result showed that maximum women who were suffering from hot flushes and night sweats took lot of time to get relived, at the end of 90 days most of the women were relived from this symptom. Mood swings and vaginal dryness was also present in 70% of women which was relived at the end of 75 days. 90% women were suffering from irritation which got relived at the end of 45 days. Many women were suffering from weight gain which could not be completely relived at the end of 90 days.

DISCUSSION:

At menopause there is depletion of ovarian follicles therefore the ovary is no longer able to respond to the pituitary hormones and the estrogen and progesterone production

decreases. The pituitary hormones increase in response to the ovarian failure causing fluctuation in reproductive hormones causing various symptoms at the menopausal transition. Various *asana*/restorative postures advised relaxes the endocrine system, which helps the body to adapt the hormonal fluctuation which is supposed to be the major cause of menopausal syndrome. The diet advised also helps to balance the nutritional deficiency caused by the hormonal imbalance.

CONCLUSION

The result and discussion shows that yoga along with diet changes can definitely give magical results in menopausal syndrome, if

yoga is done regularly under expert opinion and also diet advised is followed wisely.

ACKNOWLEDGEMENT:

We are grateful to the management of Bhausaheb Mulak ayurved college and rural hospital, Buttibori, Nagpur who allowed us to conduct this research work in the hospital.

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Conflict of Interest: Non

Source of funding: Nil

Cite this article:

“Role of yoga in menopausal transition - a clinical trial”

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Ayurlog: National Journal of Research in Ayurved Science- 2022; (10) (04): 01- 05