



INTERNATIONAL JOURNAL OF CREATIVE RESEARCH THOUGHTS (IJCRT)

An International Open Access, Peer-reviewed, Refereed Journal

Effect of Yoga on Menopause A Psychosomatic Approach

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ABSTRACT: After observing the problem facing women, reading the articles and assessment, it seems Yoga is an effective intervention for pre peri and menapausal symptoms. Further rigorous RCT are needed to have specific benefits. By this review tried to throw a light on another aspect of yoga other than "ASTANG YOGA". The "SHATCHAKRA" Wheels of light or energy, the "Centre of Consciousness" that controls physical mental emotional and spiritual health of person. These can be activated by certain yogasana that influence positive effect on woman's body and mind. (1) These are the points situated in human body that can be stimulated by yogasana and as they get empowered they have a positive energetic effect on mind and body that help to improve body condition and minimize the hazards of menapausal symptoms, Help to synthesize the active chargers in body to feel good

:KEYWORDS:

MENAPAUSE ,YOGA,SHATCHAKRA WHEELS OF ENERGY....

::INTRODUCTION::

जरा पक्व शरीरानाम याती पंचाशत क्षयम् !! सु. शा. 3/11(2)

A natural phenomenon of aging due to reduced Sex Hormones and less active ovaries there is atresia of reproductive organs resulting in complete cessation of menstrual cycles, is Menopause..

After cessation of menses the body and mind state changes. Prone to health issues and many of diseases. As the pre peri or post menapausal period is a state of woman same for working or housewives. They live there 1/3 of life with this condition. Situation and condition whatever may be, the symptoms in woman need more attention, as they make her suffer at home or at the workplace. The severity and character may vary person to person...mainly MOODSWINGS, HOT FLASHES, IRRITABILITY, FORGOTFULNESS, WEIGHT GAIN, SEXUAL PROBLEMS occurs which again are responsible for HEALTH ISSUES like INSOMNIA, ANXIETY, DEPRESSION, URINARY PROBLEMS, ACHES and PAINS...

Hormonal therapy like estrogen and progesterone replacements (HRT) increases risk of malignancy and cardiac disorder. As they are responsible for rise in insulin and atherogenic metabolism. So to avoid this Nonhormonal Ayurvedic Rasayan Chikitsa, Diet monitoring mild exercise and yoga are becoming the need for.

Yoga practice controls the SHATCHAKRA responsible for neurological control of body. The Hath yoga, patanjali yogvidya, ... enhances the body function and mindset by activation and alteration of cognitive function by these chakra according to their position and controls. (3)

Meditation increase plasma melatonin level it helps to improve the mental condition of woman.(4 ,5,6)

AIM: To take a literary review of certain yogasan its effect on menapausal symtoms by the influence of shatchakra....

OBJECTIVE:1)To corelate yogasan with shatchakra.

2)review effectiveness on body and mind state of a woman having various menapausal symptoms.

SIGN AND SYMPTOM

Anidra,Dourbalaya,swadedhikya,

bhram,joint pain,breast tenderness palpitation,moodswings,depression,anxiety,cardiovascular,orthopedic oncological disorders.

Ayurvedic Remedies:

RASAYAN CHIKITSA...

Achaar rasayan

AahaarRasayan

Dravya rasayan

Achaar Radayan :Yoga and shatchakra uddipan(7 to 15)

ROOT..MULADHAR CHAKRA..

Situated at the anal sphincter..

Represent safety, stability,self sufficiency,security,ambitions.

Get stimulated by vrikshasan,padmasan,Tadasan,Balasan,Aswinimudra,sukhasan ,suryanamskar, chanting mantra.

SACRAL...SWADHISTHAN CHAKRA...

Situated at belly button, if vitiated

Responsible for obsession, sexual discomfort,emotional disturbances, mood fluctuations, depression, dissatisfaction,stuck up mind n body .

Stimulated by padhastasan, prasarit padottanasan ,uttan padasan

SOLAR...MANIPUR CHAKRA..

Situated in naval and bottom of ribs

It deals with ego, anger, aggression, degrade energy, it gives confidence, keeps focussed, responsible for productivity.

Stimulated by pashimottanasan, boat pose naukasan,crane pose Bakasan.

HEART.. ANAHAT CHAKRA...

Lies at middle of chest

Responsible for love,confidence, care,compassion, emotion,motivation in life.

Get stimulated by chanting mantra n stretching the hole body suryanamshkar, sarvangasan,setu bandh sarvangasan. Camel pose..ustrasan, urdwa dhanurasan,virasan, Pranayam also beneficial...

THROAT..VISHUDDHA CHAKRA..

Lies in throat and thyroid ...

Deals communication, introspection, self expression, honesty when get vitiated person get timid ,quiet,upset ,depressed, distracted

Get stimulated by Meditation ,chanting mantras,pranayam, bhujangasan suryanamskar,sarvangasan, setu bandh sarvangasan,halasan, fish pose..matsyasan,gomukhasan.

EYE...ADNYA CHAKRA..

Situated between the eyebrows

Deals with intusion imagination,intelligence, creativity

When get vitiated causes unclearness,forgetfulness stuckup mind, headache

Stimulated by Meditation, pranayam,suryanamskar ,balasan,shavasan ,chanting Mantra

Shatchakra are the energy centres that governs body physical emotinal and mental wellbeing .so by understanding the interaction of these and with the help of yoga concentrating on shatchakra v can tackle the menapausal period and welbeing of a woman.we can achieve balance in life and optimal health n happiness...

Some of the yogaasan given below help to improve the menapausal symptoms ...

1)SARVANGASAN... Stimulate the all 6 wheels of energy from bottom to top

It calms the brain as blood flow towards brain increase , stimulates and energies nervoussystem

Tones shoulder neck leg and buttocks help to maintain them

Improves digestion

Reduce fatigue and insomnia

Method lie down supine then lift and hold legs upward from hipjoint in the air ... keep this position for 20 count and then relax..

2)MARICHYASAN ,VAJRASAN

It stimulates Muladhar swadhisthan and Manipur chakra...

Responsible for improving digestion, flatulance, constipation ,effect on obesity the fat consumption gives mind a freshness n make look beautiful that what an individual always seek to look.

Method .. vajrasan need both legs folded n sit upright properly on buttocks so that both the toes of legs touches each other .spine straight handa kept on nees concentrating on midpoint of eyebrows..

In Marichyasan sit on the mat with one leg straight n one folded keep the folded leg toe at your groin region cult to a side n try to rich fingers of both hands from back. Take count of 20 then relax..

3) JANU SHIRSHASAN, PASCHIMOTTANASAN

Stimulate Manipur chakra, swadhistan chakra, Anahat chakra

Responsible for again brain relaxation stratching of spine ,shoulder, groin relieves anxiety, fatigue , headache.

Aches and pains emotional disturbances can be resolved.

METHOD: for **JanuShirshasan** sit on mat with one leg straight n another with knee bend touching other knee, try to touch the feet with both palm .

Pashimottanasan .. sit on mat with both legs straightforward try to touch the feet/toes with both palm so that head touches knee joint as possible...

Count 20 n then get relaxed ...

4) SUPT BADHA KONASAN

Stimulates swadhistan Manipur chakra and Anahat chakra

Responsible for relieving depression calms brain,relieve anxiety fatigue and headache,increase energy stretches inner thighs groin knee and decrease tension in muscles , calms body improve digestion, energize body.reduces hot flashes....

Method : lie down in supine position .. knee bend n keep feet touching each other ..try to touch knee to floor and count 20 ...then relax

5) SUPT VIRASAN

Stimulates Muladhar,Swadhistan,

Manipur chakra

Strengthen abdomin muscle n thigh,deep hip flexor,knee and ankles

Strengthen the arches ,

Relieves tired legs,

Help to improve digestion .

7Method: lie supine.bend one leg from knee upward ..uplift upper body likely in crunches on elbows... count 20 then relax...

6) PRASARIT PADOTHANASAN...

All the 6 chakra get stimulated by this.

Strengthen and stretch inner and back

Muscles n spine,tone abdominal muscle,Relieves pain backache,calms brain,Therapeutic application for headache, fatigue and mild depression.

Method.. stand with spread both legs ,bend front from hip joint ,keep ur arms upwards and hold hands by fingerlock position in air ..count till 20 then relax.

Symptoms	Chakra	Aasana
1. Hot flashes	Manipur	Marichysan vajrasan
2. Mood swing, Depression, Anxiety, Insomnia.	Muladhar Swadhisthan Anahat Vishvdha	Sarvangasan janu shrisasan paschimottanasan supta badha Konasan
3. Palpitation Cardiovascular Symptom	Manipur Anahat	Supt Virasan Pashimottanasan
4. Breast Tenderness	Anahat Vishudha	Marichysan Supt badha konasan Sarvangasan Setu bandh sarvangasan
5. Orthopaedic oncological disorders	Swadhisthan Manipur Anahat	Pasarit padothanasan Supt virasan
6. Sexual discomfort	Swadhisthan Chakra	Paadhastasan uttan padasan prasarit padottanasan

7 CHAKRAS & physical signs of imbalances

3. Solar chakra

- indigestion
- panic attacks
- liver problems
- frequent illness
- high blood pressure

4. Heart chakra

- chronic fatigue
- upper back pain
- heart related issues
- anxiety/depression
- respiratory ailments

5. Throat chakra

- throat problems
- neck stiffness
- cold symptoms
- thyroid imbalances
- issues with breathing

2. Sacral chakra

- lower back pain
- infertility/PMS
- digestive problems
- lack of energy
- kidney & gallbladder problems

6. Brow chakra

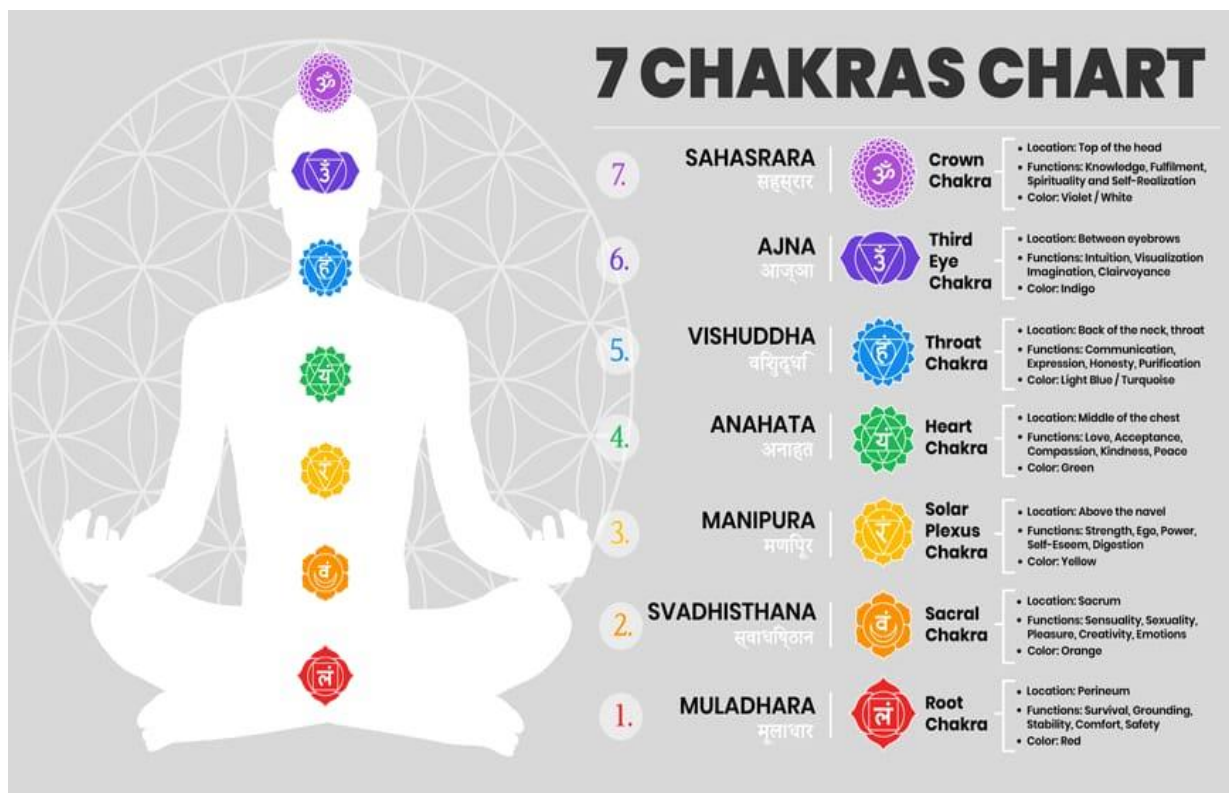
- ear & eye issues
- balance issues
- sleep paralysis
- learning disabilities
- hormone dysfunction

7. Crown chakra

- dizziness
- vision issues
- cognitive issues
- memory problems
- nervous system imbalances

1. Root chakra

- clumsiness
- sleep issues
- poor circulation
- reproductive problems
- issues with metabolism



CONCLUSION:

After the literary review of all the studies n books these r some postures asanas that will definitely help to improve the body and mind soulfully .The common symptoms among all the female facing in transition period n the effective asana are described above. Complementary therapies instead of HRT or in some patients with HRT yoga can b recommend as an adjunct intervention who suffer a lot from these symptoms..

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