

YOGA ON PREMENSTRUAL SYMPTOMS

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ABSTRACT

Today's interest in health consciousness is attracting people from all over the world to earn better health in body and contentment in mind. This search has brought Yoga in our daily life. Yoga keeps our inner body and inner mind clean to lead life of benevolence. Menstruation is a natural phenomenon in a women's life which occurs every month from puberty. Women undergo hormonal changes during menstruation and tend to become anxious during this phase. Most of the women are suffering from some kind of menstrual problems. Yoga exercise stretches the particular muscles during each pose, so that it helps to relieve from most of the menstrual problems. A regular practice of yoga ensures relief from pain and stress.

INTRODUCTION

Yoga is the union of mind, body and soul. It consists of breathing exercise and stretching. Yoga improves and strengthens the reproductive system as well as releases pain from the body. Research says that most of the women in the world take help of yoga exercise to reduce PMS instead of taking painkillers and other drugs.

Premenstrual Syndrome

It includes physical as well as emotional symptoms. Most common physical symptoms include acne, increase in weight, abdominal bloating, upset stomach, fatigue or weakness, headache, lower back pain or discomfort in the breast, breast tenderness, low in sexual desire, indigestion or constipation or diarrhea, joint or muscle pain, cramps, insomnia (Trouble in sleeping), nausea and food

cravings. Most common emotional symptoms include anxiety, anger, feeling sad and depressed, mood swings and poor concentration.

Pre requisites for yoga

- Below 12 years of age Yoga postures should not be practiced for long duration.
- The best suited time to practice yoga is early morning.
- Food restriction- stomach should be empty while practicing.
- Place should be spacious, clean, airy, bright and away from disturbances.
- Yoga should not be practiced on bare floor, keep mat or carpet below.
- Clothes should be comfortable, loose and clean.
- Women should practice yoga during pregnancy and menstruation with precaution.

Ushtrasana (Camel Pose)

The camel pose stretches and opens the front of the body, relieve lower back aches and help to overcome menstrual discomfort.



Steps :

Sit on knees and bend backwards. Hold right ankle or heel with right hand and left ankle or heel with left hand. Bend neck and head backwards as much as he/she can and push waist area slightly forward. Breathing should be normal for 6 to 10 seconds in this position. After 6 to 10 seconds return to the first position by bending forward.

Marjarisana (Cat Pose).

Marjari' means 'Cat' and '**asana**' means 'pose', so it is called **Marjarisana**. **The cat pose incorporate excellent stretch in the body relives back pain and tones the abdominal muscles thus helps to overcome menstrual discomfort.**



Steps :

Build a pose like a cat. Arms should be perpendicular to the ground and hand should be flat on a ground. Look straight. While inhaling raise head back and push navel downwards. Hold this cat position and take a deep breath when exhaling curl head inward and press the middle back towards the ceiling, rounding spine upward. Hold this position for some seconds before come to table like stage. Continue for 5 to 6 rounds.

Eka pada raja Kapotasana (One legged Pigeon Pose)

The pigeon pose stretches the entire lower part of the body, stimulates the abdominal organs and relives the menstrual discomfort.



Steps :

Begin by getting into Marjariasana. Breathe out and bring right knee forward to touch the right wrist. Bring ankle near the groin region. Slide the right foot towards the left hand. Slide the left leg back so that it touches the floor, keeping the knee straight. Lower right buttock to the floor. Strengthen the lower back by pushing fingertips firmly to the floor. Tack a few deep breaths in this position.

Matsyasana (Fish Pose)

The Fish pose is a back bend that stretches and stimulates the belly muscles and helps to relieve the menstrual pain.



Lie back on the floor. Inhale, lift pelvis slightly off the floor and slide hands, palms down, below the buttocks. Then rest buttocks on the back of the hands. Inhale and press forearms and elbows firmly against the floor. Next press scapulas into back and with an inhale, lift upper torso and head away from the floor. Then release head back onto the floor. Stay for 15 to 30 seconds, breathing smoothly. With an exhalation, lower torso and head to the floor. Draw thighs up into belly and squeeze.

JanuShir asana (One – Legged Forward bend Pose):

The One – Legged Forward bend Pose massages the abdominal organs, thus reliving pain caused by menstrual

**Steps:**

Sit on the floor. Bend the knee horizontally, place right foot against the left foot as high as possible. Twist towards left with back straight and bring trunk in line with left leg. Exhale and then bend trunk and arm forward to hold sides of floor of extended leg. Allow the head to touch left knee if possible. Do not force to touch your head to knee. Maintain the pose and breathe normally. Repeat to other side also.

Dhanurasana (Bow Pose)

The Bow pose strengthens the abdominal muscles and stimulates the reproductive organs. It alleviates menstrual discomforts and constipation.

**Steps:**

Lie on the ground (on stomach) facing downwards. Relax completely with 2-3 breaths. Inhale slowly and start bending legs backwards and catch the ankles with the hands. Now body is in the shape of a bow. In this position whole weight will come on abdomen. Only stomach and pelvic area will touch the ground. Hold this position for few (15-20) seconds and continue taking a deep breath.

Bhujangasana (Cobra Pose)

The Cobra pose stretches and tones the abdomen, relieving menstrual pain. It reduces fatigue and stress.



Steps:

Lie prone on the floor. Stretch legs back, tops of the feet on the floor. Spread hands on the floor under your shoulders. Hug the elbows back into body. Press the tops of the feet and thighs and the pubis firmly into the floor. On an inhalation, begin to straighten the arms to lift the chest off the floor. Press the tailbone towards the pubis and lift the pubis towards the navel. Firm the shoulder blades against the back, puffing the side ribs forward. Distribute the backbend evenly throughout the entire spine.

Conclusion:

Yoga, an ancient system of healing, exerts a positive influence on health and well being. Yoga helps to understand body's capabilities and unlock its potential. It also

helps to uplift the mood. It is wise to draw the power from yoga, especially for women during the phase of menstruation, menopause and pregnancy. In effect, yoga helps to cope with the pain and discomfort associated during the sensitive phase in a women's life.

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