**Effect of Isha Yoga on Menstrual Disorders**

**Introduction**

75% of women experience problems associated with menstruation in their reproductive age which has a huge impact on the physical, psychological, social and economical aspects of their life. Currently, Yoga has become very popular as one of the mainstay alternate treatments for many disorders. Yoga research studies have mainly focused on premenstrual syndrome. This study attempts to assess the effect of Isha Yoga on various menstrual disorders.

**Materials and Methods**

A survey was conducted through a questionnaire sent by email to 200 randomly selected female practitioners of Isha Yoga of age group 14 to 35 years from U.S.A, U.K, Singapore, Malaysia and Lebanon. They have been practicing for a minimum of 6 months period. 128 (64%) responded to the questionnaire.

Isha Yoga designed by Sadhguru offers a simple, yet effective 2 min Yoga practice (Shambhava Maha Mudra) which is done in a convenient, sitting posture. 72% of the respondents practiced Isha Yoga everyday. The rest practiced 1-3 times in a week.

**Discussion**

Currently, hormonal and non-hormonal treatments are the main medical treatments for menstrual disorders failing which surgical interventions are done. Medical treatment gives less satisfactory relief from symptoms. Though the surgical intervention offers satisfaction in terms of symptom relief, there are risks involved in major surgery; patients have to continue replacement therapy and in addition undergo psychological impact of removal of organs. Studies done on the effect of Yoga on PMS and Dysmenorrhea have shown a significant improvement in these symptoms. Yoga practices are advantageous as they can be offered to people on a large scale, are free of side effects, empower the patients and are cost effective.

**Statistical test**

A paired test for Niters was used to compare means of dysmenorrhea, heaviness of menstrual flow and symptoms of premenstrual syndrome. A test of Independent proportions was used to compare proportions of irregularity of Menstrual cycle, the need for medical or surgical intervention for menstrual disorders and impairment of work during the menstrual period.

**Conclusion**

The study shows that Isha Yoga appears to be effective in improving symptoms of the various menstrual disorders. It can be considered as an adjunct therapy for menstrual disorders given the improved symptoms in all the parameters. However, further studies will have to be conducted to ascertain the mechanism of action of Isha Yoga on menstrual disorders.

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**Results**

![Diagram showing effects of Isha Yoga on various menstrual disorders]