

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.

RESULTS

	Mean Before Isha Yoga Practice	Mean After Isha Yoga Practice	Difference	t Stat	P Value
Dysmenorrhea	1.77	0.98	0.80	11.34	0.00*
Premenstrual syndrome	2.97	1.33	1.64	12.31	0.00*
Heaviness of Menstrual flow	2.13	1.84	0.28	5.078	0.00*

* <0.05 significant

	Proportion Before Isha Yoga Practice	Proportion After Isha Yoga Practice	Z test probability
Irregularity of Menstrual Cycle	0.23	0.05	0.00*
Need for Medical or Surgical Interventions	0.13	0.05	0.01*
Impairment of work	0.46	0.08	0.00*

* <0.05 significant

Effect of Isha Yoga on Menstrual Disorders

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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 55 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 21 minute Yoga practice (Shambhavi 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.

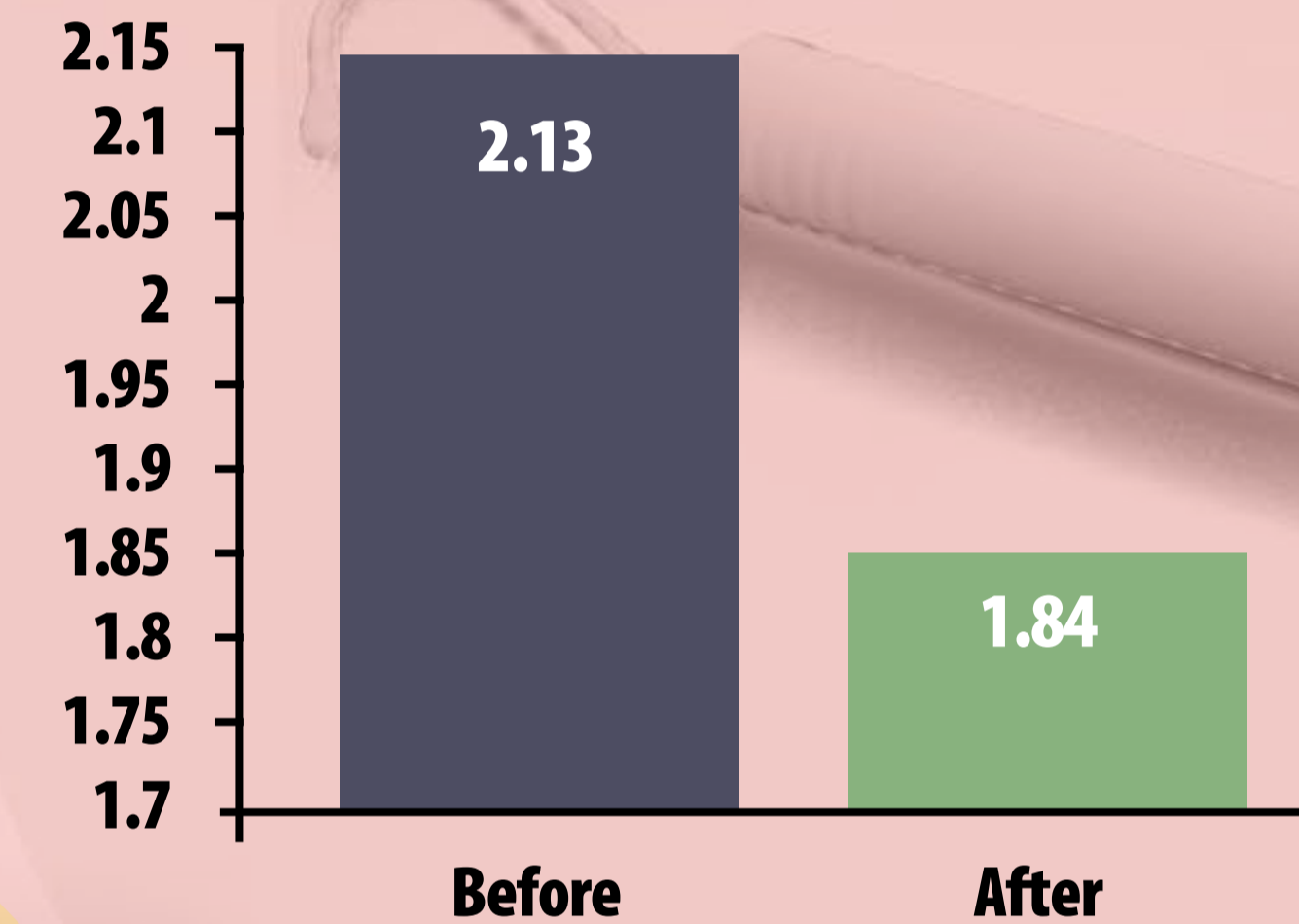
Statistical test

Paired t test for Means was used to compare means of dysmenorrhea, heaviness of menstrual flow and symptoms of premenstrual syndrome. z test of Independent Proportions was used to compare proportions of regularity of Menstrual cycle, the need for medical or surgical intervention for menstrual disorders and impairment of work during the menstrual period.

The survey measured the following parameters before and after the practice of Isha Yoga

- 1) Dysmenorrhea
- 2) Symptoms of Premenstrual syndrome
- 3) Heaviness of Menstrual flow
- 4) Irregularity of Menstrual cycle
- 5) Need for medical or surgical intervention for Menstrual Disorders
- 6) Impairment of work during Menstrual period

Menstrual flow



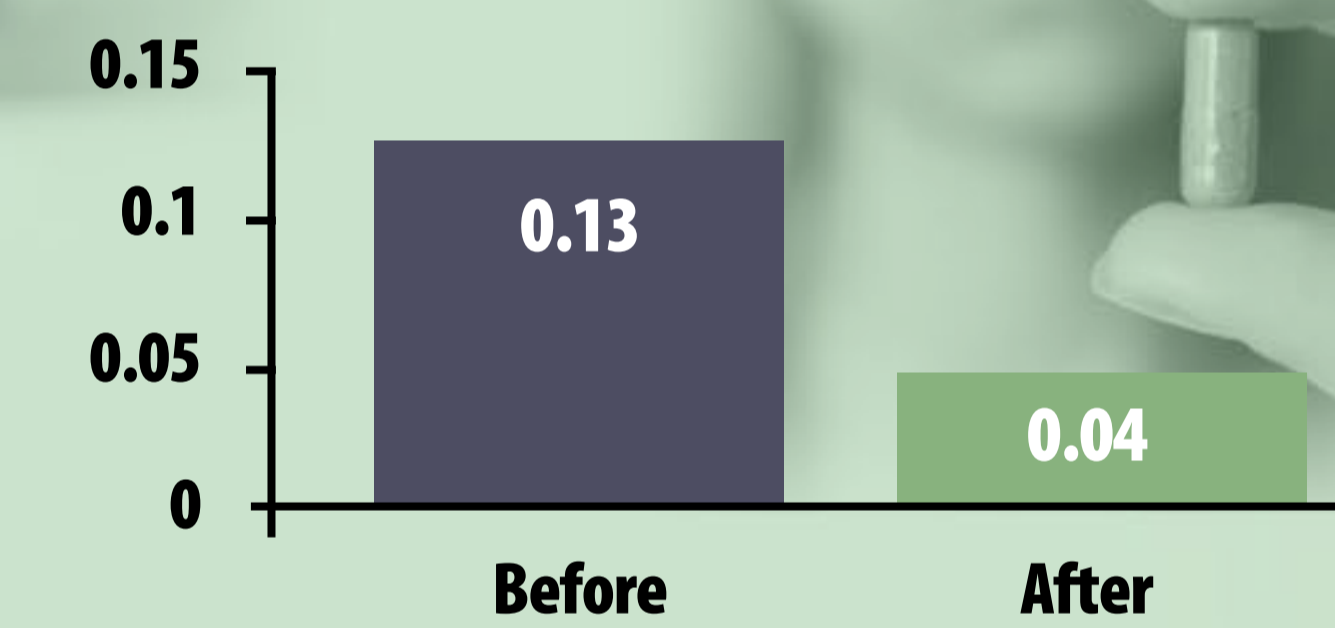
87% decrease in the incidence of severe menstrual flow

Irregularity of Menstrual cycle



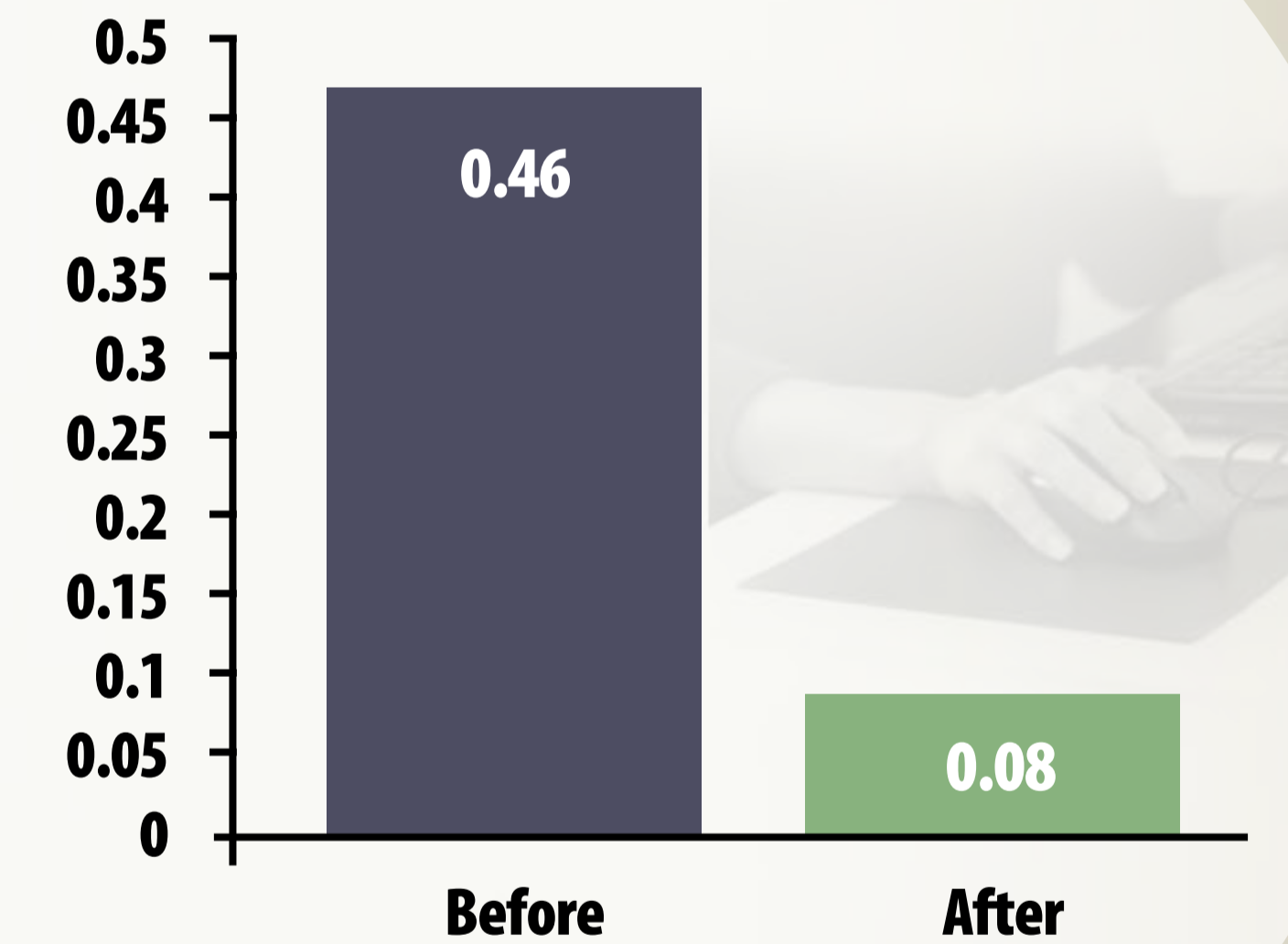
80% decrease

Need for medical or surgical interventions



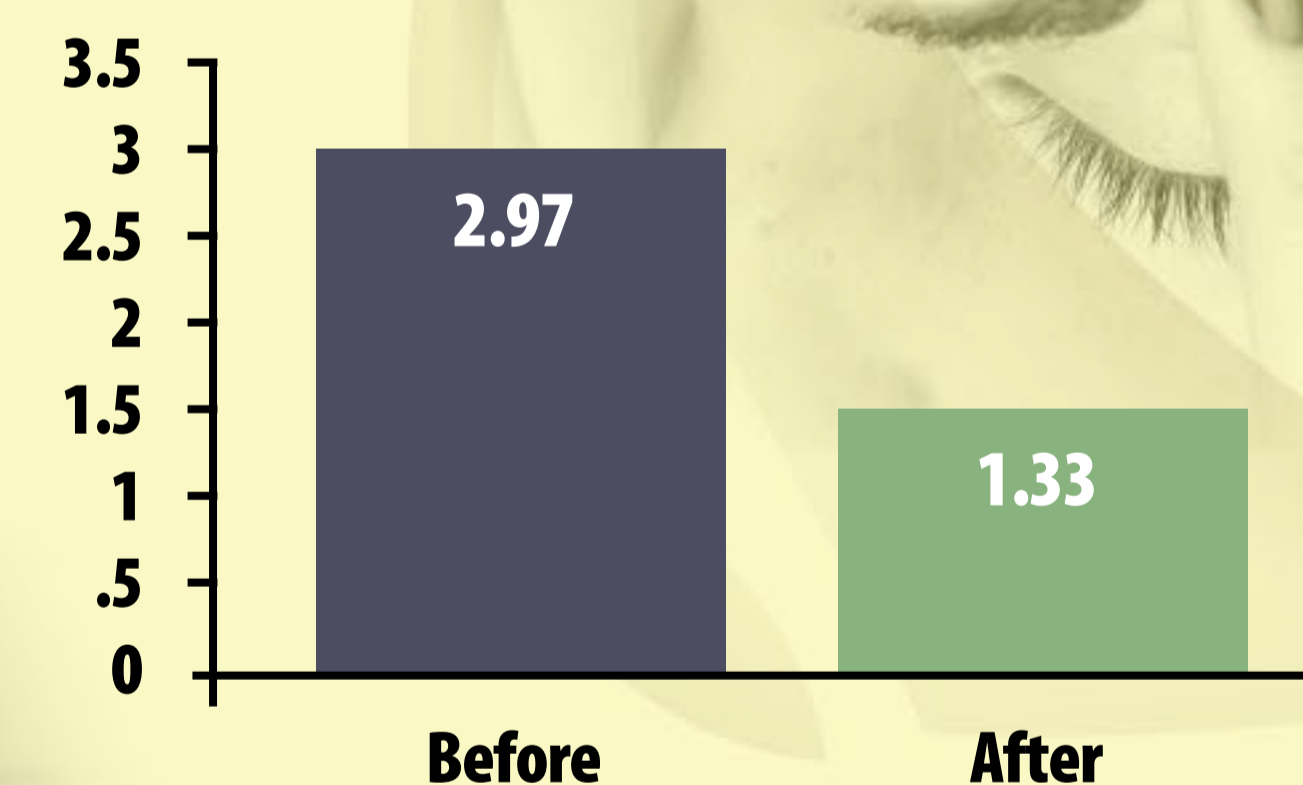
63% decrease

Impairment of work



83% decrease

Premenstrual syndrome

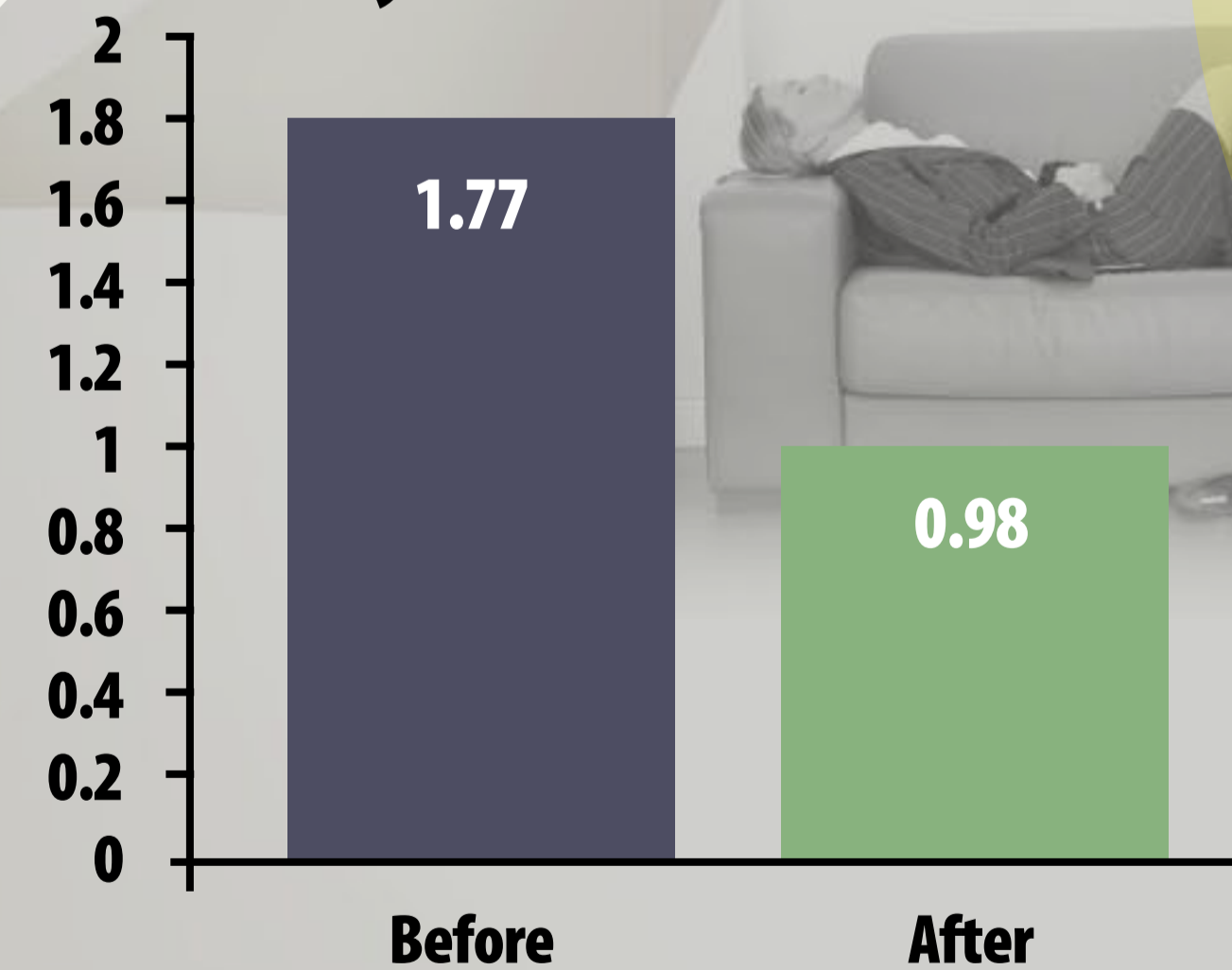


72% decrease in psychological symptoms such as irritability, mood swings, crying spells, depression and arguments

40% decrease in breast swelling and tenderness

50% decrease in bloating and weight gain

Dysmenorrhea



57% decrease in severe dysmenorrhea

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.

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.

Contact

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