



Study of Positive Effects of Yogasana on Irregular Menstrual Cycle and Polycystic Ovarian Syndrome Among Adolescent Girls

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Abstract:

Polycystic ovarian disease (PCOD) is a very common endocrine disability in women. PCOD patient faces various challenges like irregular menstrual cycle, acne, obesity, anxiety, stress, etc. In the present work investigator performed an experiment on group of 50 girls by training them in yogasana and pranayama for duration of 6 months and excellent outputs were observed. Some girls gained excellent benefit from this experiment whereas some girls gained partial benefits or no benefits from this experiment due to lack of perfection and lack of regularity in practicing yogasana and pranayama. Though this process of practicing yoga and pranayama is time consuming but it is worth investing our time as it gives excellent results when practiced regularly in our day-to-day life.

Keywords: Yogasana, Pranayama, Polycystic Ovarian Disease, PCOD, PCOS

Introduction

Polycystic ovarian disease (PCOD) is a disease which occurs due to imbalance in endocrine gland hormones. PCOS is observed in women of reproductive age. In this disease many cysts are formed in ovary. Nearly 2.2 to 26 % 1 women are suffering (prevalence) from this disease. Number of PCOD problem in women is increasing day by day. PCOD arises due to lack of physical exercise, stress, high calories food etc.

The common symptoms observed in PCOD are-

1. Irregularity in menstrual cycle or no menstrual cycles at all.
2. High pain during menstrual cycles with heavy flow
3. Oily skin with acne.
4. Hair loss with male pattern baldness
5. Drastic weight gain / obesity²
6. Growth of hairs on face, back or chest. 3,4
7. Difficulty in conceiving
8. Depression, stress and anxiety
9. Mood swings

Yoga is valuable gift for human being which enhances their life. To overcome this problem, yoga is good option. Yoga can play important role to maintain and prevent this trouble. It is already proved that yoga is highly useful to overcome stress. Stress is one of the main causes of PCOD. Some important yogasana like Bhujangasana, Dhanurasana, naukasana, Titliasana, paschimottanasana, shashankasana, Suryanamaskara, Anulom-vilom and pranayama like Bhastrika can be useful to maintain PCOD. Similarly, secretion of endocrine glands can be controlled by yoga and hormonal balance can be maintained by practicing yoga regularly. By practicing yoga ovaries and uterus will become healthy. By taking proper diet and practicing yoga and exercise PCOD can be controlled. 5

In PCOD the hypothalamus – pituitary ovarian axis gets disturbed resulting in formation of small cysts in the ovaries instead of formation of single mature ovum. In India prevalence of PCOD is variable. In Nellor District it is 15.4% 6. In Telangana it is 20%. 7. In capital of India, it is prevalence to 48.8% 8 while in Kerala it is 26.4% 9. In Thiruvananthapuram it is 9.8% 10.

Experiment

To study effect of yogasana and pranayama on PCOD affected women, group of 50 girls between age of 18 and 25 was formed. A 6-day workshop was held to train the girls in yogasana and pranayama to control the problem of PCOD. In this workshop girls were trained in some important postures of yogasana.

- Yogasana:

Practice of following Yogasana was carried out.

- Bhadrasana/ Titliasana (Butterfly Pose):

This asana has a positive effect on the women suffering from PCOD as it results in opening of pelvic area and enhancement in relaxation. It obstructs the stress and relieves the problems caused due to irregular menstrual cycle.

- Bhujangasana (Cobra Pose):

By practicing on bhujangasana stress is developed on stomach area which helps to regulate ovarian activities. Bhujangasana plays as trump card in improving digestion, bust stress and is good for chest, lungs and shoulder.

- Naukasana (Boat Pose): Naukasana provides assistance in curing PCOS as the boat pose helps in applying pressure on abdominal region.
- Padmasana (Lotus Pose): Padmasana helps in expansion of pelvic region and also enhances hormonal balancing.
- Paschimottanasana (Seated Forward Bend Pose): This asana is useful to enhance pressure on abdominal region which regulates activity of ovary and controls PCOD.
- Dhanurasana (Bow Pose): By practicing dhanurasana, pressure is exerted on stomach area which helps in regulating ovarian activities. Dhanurasana plays as trump card in improving digestion, bust stress and is good for chest, lungs and shoulder.
- Chakki Chalanasana (Churning Mill Pose): Chakki chalanasana helps to intensify endocrine glandular function and boosts hormonal secretion.
- Pranayama (Breathing Exercise): Practice of following pranayama was carried out.
- Nadishodhan Pranayama: It is also known as anulom-vilom helping to conciliate mind, stimulates brain nerves resulting in destressing your body. It brings serenity and comfort to your body resulting in controlling PCOD naturally.
- Bhramri Pranayama: It is the only pranayama which helps to fight the demons like stress, pressure, anxiety, strain, tension, depression, etc. and eventually withstanding mood swings.

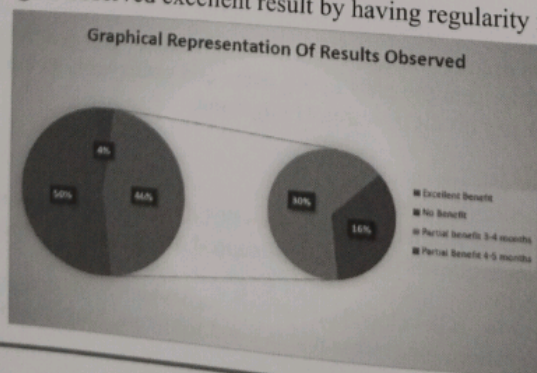
The girls were asked to perform this practice for next 6 months to carry out an experimental analysis. Later on, after completion of this duration of 6 months, survey was conducted among the group of those 50 girls.

Result and Discussion

Sr. No	Yoga Practice Asana/ Pranayama	No. Of girls Performed out of 50	% of girls benefitted	Duration
1.	Bhadrasana	50	96	6 months
2.	Bhujangasana	50	96	6 months
3.	Naukasana	50	96	6 months
4.	Padmasana	50	96	6 months
5.	Paschimottanasana	50	96	6 months
6.	Dhanurasana	50	96	6 months
7.	Chakki Chalanasana	50	96	6 months
8.	Nadishodhan Pranayama	50	96	6 months
9.	Bhramri Pranayama	50	96	6 months

From the result it was observed that 2 girls did not gain any benefit in controlling PCOD whereas 48 girls got partially or fully benefitted by following this yoga and pranayama practice in their day-to-day life.

1. No benefit – 4% girls did not gain any positive effect by following these yoga and pranayama practice.
2. Partial Benefit – 30 % of girls were not having their menstrual cycles for around 7 to 8 months before practicing yoga and pranayama. Those girls resulted in reduction of the time period of these 7 to 8 months to 2 to 3 months. 16 % of girls suffered from not having their menstrual cycles for 7 to 8 months before bringing into practice yoga and pranayama. These girls observed less benefit but the time period of not having menstrual cycles reduced to 3 to 4 months.
3. Excellent result – 50 % girls observed excellent result by having regularity in their menstrual cycles.





Conclusion

From the experiment carried out it was observed that 50% of girls received excellent results, 46% girls received partial benefit whereas 4% girls got no benefit from practicing yoga and pranayama. It was observed that the 46% girls who had partial benefit did not had perfection or regularity while practicing yoga; whereas the 4% girls who did not had any benefit were tend to not practicing yoga in their regular routine. It is concluded that practicing yoga on regular basis would result in controlling the problem of PCOD which is observed in many girls. Yoga is not only beneficial to control problem of PCOD but is also ace up one's sleeve in many ways like curing back pain, reducing stress, fat burning, improves digestion, enhancement in concentration power and also provides us inner peace.

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