



## EFFECT OF YOGIC PRACTICES ON MENSTRUAL DISCOMFORT

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**Abstract:** The purpose of the study was to find out the effect of Yogic Practices on Menstrual discomfort. To achieve the purpose of the study, 62 adolescent girls were selected as a subject randomly from School in Wardha City. The single group design was used in the study. The study was formulated as Pre & Post Test. The Primary data were collected through questionnaire method. During the study period, 60 min duration of Yogic training was provided to the experimental group for six days in a week for three months. The data characteristics such as mean, SD, Range were determined using SPSS 18.0 statistical package. The comparative assessment of the Study Objective variables 'Z' test was used. The Significance level was chosen to be 0.05 selective Yogic Practices have positive impact on menstrual discomfort. The Result were benefited physically & mentally to overcome the problems faced by them during menses after administration of Yogic training.

**Keywords:** Yogic Practices, Menstrual discomfort

### Introduction:

Human beings are made up of three components body mind and sad corresponding these three are three needs health knowledge and inner peace. Health is physical need, knowledge is our psychological needs and inner peace is spiritual need when all three are present then there is harmony. According to yoga harmony among the body that includes subtle energy body mind that includes emotional, psychological and the thinking mind and the spirit or the surd bads to a perfect health. The harmony can be maintained by dealing with all the above aspects through yogic practices.

### Why study the adolescent ?

It is a crucial period in the life span. Adolescence represents the combination of childhood and an intimation of the adult who is to be yet another motive in studying adolescence might to be desire to learn the term adolescence has a border meaning. It includes mental emotional and social maturity as well as physical maturity. One important part of the Adolescents establishment of an identity is to define and accept ones sex rate. It has appeared to be more difficult for girls to accept their femininity than for boys to see themselves in and masculine role.

Changes during Adolescence – There are external and internal changes occurs. For

many girls menstruation is a serious concern. This is because they suffer physical discomforts such as cramps, weight gain, headache, backaches and breast tenderness and experience emotional changes such as mood surings, depression, restlessness. Primary Dysmenorrhoea is the most common gynecological disorder among female adolescents with a prevalence of 60% to 93% several studies have shown that adolescents with primary dysmenorrheal report that it affects their academic performance, social and sports activities and is a cause for school absenteeism.

Yogas reputation for stress reduction and mental health benefits has bolstered its popularity in recent years and data from randomized trials suggest that yoga reduces symptoms of anxiety and depression.

Studies suggest that menstrual cramps are more common in adolescent girls and its occurrence may reduce as the age progresses experts believe that one of the major contributing factors to menstrual cramps can be lack, of exercise, unhealthy dietary habits have also been known to add to the woe.

Need of the Study –

The menstrual period is a natural phenomenon that occurs throughout the reproductive years of every woman. Most females experiences some degree of pain and discomfort in their menstruation

period. For the past couple of decades the menstrual discomfort is commonly found in adolescence girls.

Yoga practices are more affordable and harmless way to cope up with discomforts faced by adolescent girls. It also helpful for reducing complication generated due to painkiller and other drugs. Hence by considering these benefits of yogic exercise on menstrual discomfort. Investigator observed this problem more frequently within the school and college student and hence it was felt necessary by the investigator to know the effect of yogic practices on menstrual discomfort of adolescence girls.

**Methodology :**

The present study was carried but in three steps involving reconnaissance, sample collection /preparation and analysis, followed by interpretation of results. Total 62 adolescent girls belonging to 13-17 years age group were selected randomly

from school in wardha city. Single group design was used 60 min. duration yogic training was provided to experimental group five days in a week. The information regarding subject was collected prior to the training and after completion of training. The training program followed by Prathana, SukshmaVyayam, Asanas, Pranayama, Bandha, Omkar& Shanti Path.

The primary data was collected with the help of questionnaire, questionnaire frame work were done under the guidance of psynaecologist from medical institute of SawangiMeghe. Therefore response scale was used. The adiral training was started when selected samples get familiar to all procedures. The data characteristics such as mean S.D. Range etc. were determined using SPSS 18.0 statistical package. Z Test of two proportions was used.

Analysis & Interpretation of Data – After analysing the data. excessive pain with menses.

	Before		After	
	Frequency	Percentage	Frequency	Percentage
In Between cycles	10	33.3	3	10.0
Before blessing	18	60.0	2	6.7
Gradually increasing as the period approaches	12	40.0	3	10.0
Pain on the second day of period	11	36.7	0	0.00
Pain all the Home	9	30.0	2	6.7
No.	1	3.3	0	0.00

from the above results that selective yogic practices are useful in reducing pain at different stages of menses.

Requirement of medication to alleviate pain during menses

	Before		After	
	Frequency	Percentage	Frequency	Percentage
Yes	23	76.7	7	23.3
No	7	23.3	23	76.7

After yogic practices selective yoga reduces pain and thus decrease the frequency of medication to alleviate pain.

- Feeling tired as the period date approaches

	Before		After	
	Frequency	%	Frequency	%
Yes	19	63.3	10	33.33
No	11	36.7	20	66.67

- Comparative assessment shows that it is useful in reducing tiredness during menstruation
- Effect of menses on daily routine

90% adolescent girls were affected due to menses prior to yogic training this was reduced upto 70%

- Complaints regarding stomach & leg pain & depression during menses

	Before				After			
	Yes	%	No.	%	Yes	%	No.	%
Stomach Pain	15	30.0	15	50	1	3.3	29	96.7
Leg Pain	10	33.3	20	68.7	3	10.0	27	90.0
Depression	17	56.7	13	43.3	2	6.7	28	93.3

It was apparent from the information that percentage of a adolescent girls suffering from stomach pain by pain & depression during menses was 50%, 33.3% & 56.7% resp. but it was reduced to 3.3%, 10% & 67%, after yogic practices.

- Psychological Disturbances

	Before		After	
	Frequency	%	Frequency	%
Yes	19	63.3	0	0.0
No	11	36.7	30	100

- Impact of menses on study

	Before		After	
	Frequency	%	Frequency	%
Yes	2.4	80	-	-
No	6	20	18	60
No. Response	-	-	12	40

Study shows 80% Adolescent girls have impact of menses to study before training but, it reduces to 60% after yogic training.

- Difficulty in attending School / College  
73.3% Girls says difficulty in attending School prior to training 63.3% adolescent girls has no difficulty after yogic practices & 36.7% girls gives no response.
- Experiencing difficulty in performing activities

Such as Sports, Dance, Routine Household work.

It was apparent from the data that 60% adolescent girls had difficulty of performing sports, 80% girls and difficulty is routine household work, prior to training it was reduced to 10% & 13.3% resp. after training

- Problems experienced during periods  
Nausea or vomiting, Diarrhea, Pelvic Pain, Leg Pain, Backache, Lower abdominal pain  
Analysis shows that 43.3% (Nausea) 10% (Diarrhea) 60% (Pelvic Pain) 56.7% (Backache) 80% (Lower Abdominal Pain) Before training period. But selective yogic practices are useful treatment for adolescent girls from analysis such as 13.3% (Nausea) 0.0 % (Diarrhea) 43.3% (Pelvic Pain) 56.7%

(Backache) 46.7% (Lower Abdominal Pain) resp.

#### Conclusion:

The conclusion drawn on the basis of study results are as follows :

Selective yogic practices are useful in reducing pain at different stages of menses. Yoga can reduce pain & thus decrease frequency of medication to alleviate pain during menses.

Selective yogic practices are useful in reducing tiredness during menstruation.

Yoga training are effective in reducing Symptoms such as stomach pain, leg pain, depression, nausea, backache, lower abdominal pain during menses.

Yogic practices are useful treatment for psychological disturbances prior to menses.

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