

## EFFECT OF YOGA ON MENOPAUSAL SYMPTOMS

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DOI: <http://doi.org/10.47211/tg.2021.v08i02.010>**ABSTRACT:**

Menopause starts around the age of 50 years and is characterized by at least months of amenorrhea. While it is an inevitable section of each woman's life, about three out of each four women experience complaints in the course of menopause. The most frequent menopausal symptoms encompass hot flashes, nighttime sweat, fatigue, pain, diminished libido, and mood changes. Some of the menopausal symptoms experienced by these women can be extreme enough, affect their normal daily activities. Unfortunately, the majority of these women are now not conscious of the changes in menopause. Thousands of years in the past yoga originated in India, and in the existing day and age, alarming attention was determined in health and natural redress amongst humans by way of yoga and pranayama which has been demonstrated as an effective technique for enhancing health in addition to prevention and management of diseases. Yoga is practiced at least once in 15 million American adult's lifetime, nearly 1/2 of these the usage of yoga explicitly for coping with symptoms or promoting health. Deriving from historical Indian philosophy, yoga includes physical postures as properly as a recommendation for moral lifestyle and religious practice with the final purpose of uniting mind, body, and spirit. In North America and Europe, yoga is most frequently related to physical postures (asana), breathing techniques (pranayama), and meditation (Dyana). Yoga interventions have been proven to minimize anxiety, distress, blood strain pain, and fatigue.

The 100 participants in the study group have been chosen from rural areas, at two villages and 100 postmenopausal women living in another two villages, have been chosen as participants for the control group. In this study convenience sampling technique which is power was used to select the samples. The tool consists of demographic data form and a scale to measure the level of physical and psychological symptoms of postmenopausal women was based on the Menopause Rating Scale (MRS).

The MRS scale is developed by Lothar A.J. Heinemann, Berlin Center for Epidemiology and Health Research. There are three domains/ subscales included in this scale. Quantitative data Difference between study and control was analyzed using Mann-Whitney U-test. Quantitative data Difference between pretest and posttest was calculated using the Wilcoxon signed-rank test. Qualitative data Difference between study and control was analyzed using the chi-square test. Menopause is a normal occurrence in the life of every woman. Yoga is one of those interventions tried for relief from menopause symptoms. Thus, the present study has shown that the practice of yoga for 6 weeks increased the quality of life of menopausal women. The present study concluded that yoga helps in improving menopausal symptoms in women.

**Key Words:** Yoga, Menopausal symptoms, Yoga postures.

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## INTRODUCTION

Women are contributing a fundamental position in the family, society, and neighborhood health. Menopause is a natural and unavoidable change in the existence of every woman. Menopause starts around the age of 50 years and is characterized by at least months of amenorrhea. While it is an inevitable section of each woman's life, about three out of each four women experience complaints in the course of menopause. The most frequent menopausal symptoms encompass hot flashes, nighttime sweat, fatigue, pain, diminished libido, and mood changes. Some of the menopausal symptoms experienced by these women can be extreme enough, affect their normal daily activities. Unfortunately, the majority of these women are now not conscious of the changes in menopause.

Menopause is one of the most hypercritical levels of existence amongst women. Women these days spend 1/3 lives in the duration after menopause. The signs of menopause might also be physically and emotionally destabilizing. They commonly consist of aches and pains, bloating, fatigue, Headaches, Hot flashes, insomnia, irritability, nighttime sweats, sexual issues, weight gain. The symptoms of menopause might also fluctuate in length and severity. They are typically linked to declining ranges of estrogen, and different hormones that sign the onset of perimenopause and menopause. **(Metagenic blog, 2019)**

**Shanthi (2019)** performed a study to examine the effectiveness of yoga therapy on menopausal symptoms amongst postmenopausal women in chosen rural areas at Madurai District. There was a significant reduction in menopausal amongst postmenopausal women in the experimental group, it is indicated that intervention was once tremendous in lowering the menopausal symptoms. A Literature review about the effectiveness of yoga as a therapy for menopausal symptoms assessed the impact of yoga as a cure for menopausal symptoms (Psychological, vasomotor, and somatic and proved that yoga is tremendous as an additional treatment for menopausal symptoms **Denis Permatasari et al (2018)**).

## NEED FOR THE STUDY

Thousands of years in the past yoga originated in India, and in the existing day and age, alarming attention was determined in health and natural redress amongst humans by way of yoga and pranayama which has been demonstrated as an effective technique for enhancing health in addition to prevention and management of diseases. With the growing scientific lookup in yoga, its therapeutic components are additionally being explored. Yoga is suggested to minimize stress and anxiety, improves autonomic features by way of triggering neurohormonal mechanisms with the aid of the suppression of sympathetic activity, and even, now a day, various reviews counseled yoga is really helpful for the physical health of most cancers patients. **(Pallav Sengupta, 2012)**

Yoga can be act as a choice or complementary intervention for menopausal complaints. It has a tremendous impact on breast cancer patients in general and additionally breast cancer survivors process a menopausal transition in particular. It can have an impact on somato-vegetative, psychological, and urogenital menopausal symptoms as properly as fatigue, quality of life, and menopausal symptoms in general. However, the mechanisms of action continue to be unclear. **(Koch et al, 2017)**

Yoga is practiced at least once in 15 million American adult's lifetime, nearly 1/2 of these the usage of yoga explicitly for coping with symptoms or promoting health. Deriving from historical Indian philosophy, yoga includes physical postures as properly as a recommendation for moral lifestyle and religious practice with the final purpose of uniting mind, body, and spirit. In North America and Europe, yoga is most frequently related to physical postures (asana), breathing techniques (pranayama), and meditation (Dyana). Yoga interventions have been proven to minimize anxiety, distress, blood strain pain, and fatigue.

Therefore, many menopausal women use complementary treatment plans to cope with their symptoms, and yoga is amongst the most usually used complementary treatment plans for menopausal symptoms

## PURPOSE OF THE STUDY

The purpose of the study is to evaluate the effectiveness of yoga on physical and psychological symptoms of menopause among postmenopausal women at selected villages, in Tamil Nadu, India

**OBJECTIVES**

To determine the effectiveness of yoga on physical and psychological symptoms among postmenopausal women in the study group

To associate the pre-test scores of physical and psychological symptoms of menopausal women in the study and control group with their demographic, and obstetrical variables.

**METHODOLOGY****RESEARCH DESIGN**

The research design selected for the present study was a pre-test post-test control group design. The study was carried out in selected villages in Tamilnadu

**SAMPLE AND SAMPLING TECHNIQUE**

The 100 participants in the study group have been chosen from rural areas, at two villages and 100 postmenopausal women living in another two villages, have been chosen as participants for the control group. In this study convenience sampling technique which is power was used to select the samples.

**VARIABLES**

The independent variable is yoga and the dependent variable is the physical and psychological symptoms of menopause. The demographic variables were age, marital status, education, occupation, age at menarche, age at marriage, parity,

**NULL HYPOTHESES**

H01- There is no significant difference in the post-test level of physical and psychological symptoms among postmenopausal women between the study and control group

H02- There is no significant difference in the pre-test and post-test level of physical and psychological symptoms among menopausal women in the study group

H03- There is no significant association of mean difference score of physical and psychological symptoms among menopausal women in the study group and control group with their demographic and obstetrical variables.

**DATA COLLECTION TOOL**

The tool consists of demographic data form and a scale to measure the level of physical and psychological symptoms of postmenopausal women was based on the Menopause Rating Scale (MRS).

The MRS scale is developed by Lother A.J. Heinemann, Berlin Center for Epidemiology and Health Research. There are three domains/ subscales included in this scale. This standardized rating scale is consisting of 11 items and 5 Rating points meeting psychometric norms. They are Somato-vegetative domain – 4 items (1-3,11), Psychological domain-4 items (4-7), and urogenital domain -3 items (8-10).

**DATA ANALYSIS.**

Quantitative data Difference between study and control was analyzed using Mann-Whitney U-test. Quantitative data Difference between pretest and posttest was calculated using the Wilcoxon signed-rank test. Qualitative data Difference between study and control was analyzed using the chi-square test. Qualitative data Difference between pretest and posttest was calculated using Extended McNemar's test. Simple bar diagrams, multiple bar diagrams, and box plots were used to represent the data. A p-value of  $\leq 0.05$  was considered statistically significant, and two-tailed tests were used for significance testing. Statistical analysis was carried out using the Statistical Package for Social Sciences (SPSS, version 22) and STATA (version 12), and Epi info (Version 3.5.1) statistical software

## RESULTS AND DISCUSSION

Table 1: Demographic profile of the participants

Demographic variables		Group				Chi-square test
		Study(n=100)		Control(n=100)		
		n	%	n	%	
Age	45-46 years	45	45.00%	38	38.00%	$\chi^2=1.11$ p=.57 DF=2(NS)
	47-48 years	37	37.00%	40	40.00%	
	49-50 years	18	18.00%	22	22.00%	
Marital Status	Married	80	80.00%	82	82.00%	$\chi^2=0.80$ p=.67 DF=2(NS)
	Unmarried	3	3.00%	2	2.00%	
	Widow	17	17.00%	16	16.00%	
Education status	Illiterate	23	23.00%	19	19.00%	$\chi^2=1.31$ p=.73 DF=3(NS)
	Primary	59	59.00%	63	63.00%	
	Higher secondary	16	16.00%	14	14.00%	
	Graduate	2	2.00%	4	4.00%	
Occupation status	Government employee	3	3.00%	5	5.00%	$\chi^2=2.85$ p=.41 DF=3(NS)
	Private	55	55.00%	44	44.00%	
	Agriculture	22	22.00%	24	24.00%	
	Housewife	20	20.00%	27	27.00%	
Age at menarche	10-11 years	13	13.00%	20	20.00%	$\chi^2=1.86$ p=.39 DF=2(NS)
	12-13 years	47	47.00%	45	45.00%	
	14-15 years	40	40.00%	35	35.00%	
Age at marriage	18-19 years	39	39.00%	36	36.00%	$\chi^2=0.63$ p=.73 DF=2(NS)
	20-23 years	47	47.00%	46	46.00%	
	23-25 years	14	14.00%	18	18.00%	
Parity	Primi para	39	39.00%	42	42.00%	$\chi^2=0.21$ p=.90 DF=2(NS)
	Multipara	52	52.00%	50	50.00%	
	Nulliparous	9	9.00%	8	8.00%	
Socio Economic Status	Upper class	9	9.00%	7	7.00%	$\chi^2=1.61$ p=.44 DF=2(NS)
	Middle class	65	65.00%	59	59.00%	
	Lower class	26	26.00%	34	34.00%	
Number of delivery	One	17	17.00%	23	23.00%	$\chi^2=1.13$ p=.56 DF=2(NS)
	Two	50	50.00%	47	47.00%	
	> Two	33	33.00%	30	30.00%	

**Table 2: Effectiveness of Yoga On Physical Symptoms and Psychological Symptoms `**

	Symptoms	Pretest		Posttest		% of reduction of symptom
		n	%	n	%	
<b>Study</b>	Physical symptoms	68	68.00%	53	53.00%	15.00%
	Psychological symptoms	73	73.00%	38	38.00%	35.00%
	OVERALL	70	70.00%	47	47.00%	23.00%
<b>Control</b>	Physical symptoms	75	75.00%	71	71.00%	4.00%
	Psychological symptoms	77	77.00%	72	72.00%	5.00%
	OVERALL	75	75.00%	72	72.00%	3.00%

Table 1 reveals the demographic profile of the participants. The study findings revealed that the prevalence of menopausal symptoms among postmenopausal women in the study group indicated interesting findings. The findings indicate that the most common symptoms experienced by the women were hot flushes, sweating (48.00%), joint and muscular discomfort (41.00%) anxiety (37.00%) sleep problems (30.00%) among the study group. Before Yoga, in the study group, regarding the scoring of psychological symptoms, 9.00% had no symptoms, 38.00% had mild symptoms, 25.00% had moderate symptoms, 19.00% had severe symptoms and 9.00% had very severe symptoms score. In the control group, 11.00% had no symptoms, 33.00% had mild symptoms, and 26.00% had moderate symptoms, 22.00% of had severe symptoms, and 8.00% had very severe symptoms score. The Level of symptoms score between the study and control group was calculated using the chi-square test. Statistically, no significant difference was found between the study and the control group.

After the administration of **Yoga**, in the study group, 24.00% of the participants had no symptoms, 53.00% had mild symptoms, 23.00% had moderate symptoms, none of them had severe symptoms and very severe symptoms. In the control group, 11.00% of the participants had no symptoms, 40.00% had mild symptoms, 22.00% had moderate symptoms, 19.00% had severe symptoms and 8.00% had very severe symptoms.

In the study group, concerning the post-test, overall score, postmenopausal women had a 7.50 median score with 6.00 – 10.00 of 25th to 75th percentile of symptom score, and in the control group, postmenopausal women were having 13.00 median score with 8.00 – 26.75 of 25th to 75th percentile of symptom score. Statistical significance was calculated using Mann Whitney U-test. Statistically, there is a significant difference between physical and psychological symptoms and overall symptoms. The findings revealed that Yoga has an effect on the menopausal symptoms (**Table 2**). The findings are consistent with other study findings. The findings are consistent with other study findings. Yoga made significant improvement of the symptom profile and contributed significantly to the improvement of overall quality of life (**Nayak et al.,2014**). The continuous practice of Yoga practice for 3 months demonstrates a significant improvement in cardiovascular symptoms (**Praveena et al.,2018**). Regular yoga practice may be recommended for women who have depressive symptoms, and stress to improve their heart rate variability. (**Chu et al.,2017**).

The association of the menopausal symptoms with the demographic variables was calculated using the Chi-square test. Based on the findings, the null hypotheses were rejected.

#### LIMITATIONS

The research is done in a fixed geographic location with limited sample size. There are some response errors possible in the data collection process. The researcher in future research should consider these limitations, and come with valid research findings.

**CONCLUSION**

Menopause is a normal occurrence in the life of every woman. It occurs due to the cessation of ovarian function. The women experience a variety of symptoms which include: hot flushes, excessive perspiration, mood swings, depression, anxiety, insomnia, urinary muscle weakness, joint pain, memory loss, dementia, dental problems, skin changes, etc. Appropriate intervention with proper diet, lifestyle and relaxation techniques can give relief from these menopausal symptoms. Yoga is one of those interventions tried for relief from menopause symptoms. Thus, the present study has shown that the practice of yoga for 6 weeks increased the quality of life of menopausal women. The present study concluded that yoga helps in improving menopausal symptoms in women.

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