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 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 minute Yoga practice (Shambhav Ma Ananda 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 test for NInians 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 irregularity of Menstrual cycle, the need for medical or surgical intervention for menstrual disorders and impairment of work during the menstrual period.

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 among women of all ages for maintaining overall well-being. Currently, Yoga research studies have mainly focused on Premenstrual syndrome. This study attempts to assess the impact of Yoga in different menstrual disorders. It can be considered as an adjunct therapy with other treatments. Though medical treatments offer 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.

Discussion
Menstrual disorders are common in women of reproductive age and are the most frequent cause of medical or surgical interventions. Current medical treatments are not always effective and have side effects. There is huge demand for new alternative treatments. 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. 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

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Conclusion
The study showed 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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References