

The Role of Yogic Practices in the Menstrual Health and the Management of Menstrual Disorders: A Narrative Review

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Abstract: *If we talk about the term 'polycystic ovary' in polycystic ovarian disease, then 'polycystic' is made up of two words in which 'poly' means more than one and 'cystic' means pouch i.e. polycystic ovarian disease is a problem in which more than one pouch like structures are formed in the ovary. Polycystic ovary is also called menstrual disorder, this problem usually comes to light when an unmarried woman undergoes ultrasonography for menstrual problems or a married woman undergoes ultrasonography to know the reason for her inability to conceive or frequent abortions. Ultrasonography is a disease detection technique in which ultrasound is used to obtain an image or picture of an organ or tissue. In this method, ultrasound waves collide with tissues of different densities in the body, resulting in the production of echoes of different intensities which are recorded and form an image of the tissues.*

Keywords: *ultrasonography*

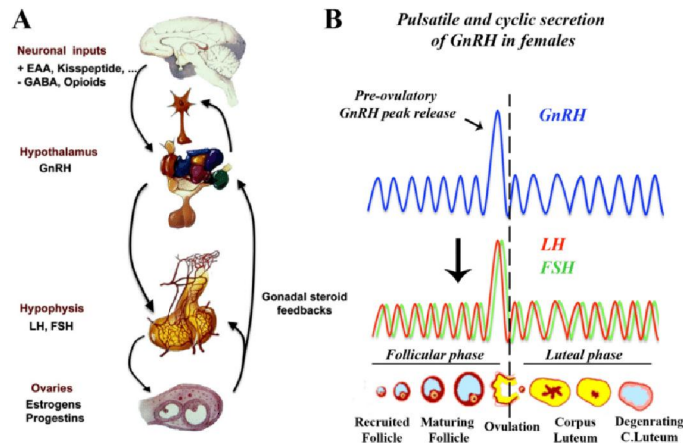
I. INTRODUCTION

If we talk about the term 'polycystic ovary' in polycystic ovarian disease, then 'polycystic' is made up of two words in which 'poly' means more than one and 'cystic' means pouch i.e. polycystic ovarian disease is a problem in which more than one pouch like structures are formed in the ovary. Polycystic ovary is also called menstrual disorder, this problem usually comes to light when an unmarried woman undergoes ultrasonography for menstrual problems or a married woman undergoes ultrasonography to know the reason for her inability to conceive or frequent abortions. Ultrasonography is a disease detection technique in which ultrasound is used to obtain an image or picture of an organ or tissue. In this method, ultrasound waves collide with tissues of different densities in the body, resulting in the production of echoes of different intensities which are recorded and form an image of the tissues.

Menstrual disorders give rise to many problems, the main ones of which are - menstrual discharge lasting for a long time or stopping of menstrual discharge without any reason etc. This is a disease which is the result of imbalance in sex hormones. Some symptoms are mainly seen in it; such as irregular or stopping of menstrual cycle, difficulty in conceiving, miscarriage, weight gain, hirsutism (excessive growth of hair on unwanted parts of the body) and virilism (male-like symptoms in women). Due to hormonal changes in it, the development of eggs also gets blocked, eggs may be produced in less number and there may be a lack of mature eggs, even the eggs are not able to come out.

Causes of menstrual disorder:

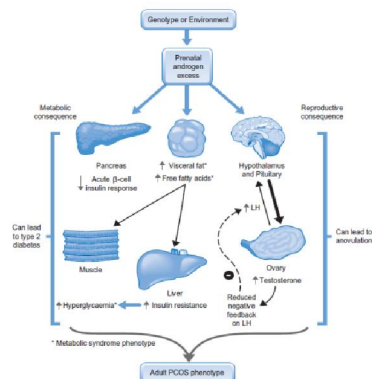
An important triangle of hypothalamus, pituitary and ovary is formed in a woman's body. In a normal menstrual cycle of a woman, a gonadotropin hormone is released from the hypothalamus gland, due to the effect of which follicle stimulating hormone (FSH) and luteinizing hormone (LH) are released by the pituitary. Follicle stimulating hormone and luteinizing hormone, both these hormones have a direct effect on the ovary during the menstrual cycle.



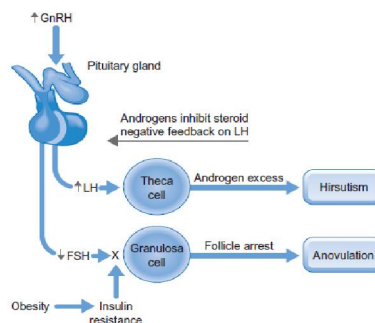
These hormones play an important role in the growth and maturation of the eggs formed in the ovaries. Along with this, an additional hormone is also secreted which helps in the growth of these eggs, due to which the egg bursts out and participates in the process of fertilization by the sperm during fertilization.

Relation of menstrual disorder with endocrine glands

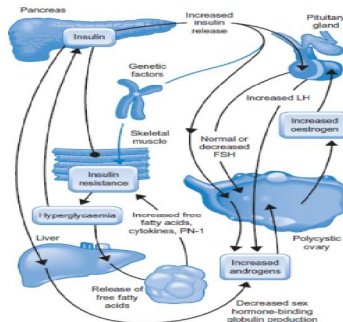
Menstrual disorder causes hyperandrogenism, improper functioning of pituitary, increased gonadotropin secretion due to increased luteinizing hormone (LH) in proportion to follicular-stimulating hormone (FSH) and hyperinsulinism is its main feature.



Hirsutism associated with menstrual disorder The degree of unwanted hair growth is not always directly related to the degree of androgen excess. Excessive hirsutism may occur with mild androgen elevations, and in some cases with inadequate androgen levels. Chronic anovulation is a prominent feature of menstrual disorder, with elevated LH levels accompanied by low FSH levels.



This abnormality in LH and FSH is due to disruption of the feedback mechanism of the hypothalamic-pituitary-ovarian axis. Cyclic changes in ovarian estrogen normally responsible for proper feedback regulation of cyclic gonadotropins are prevented by the continuous release of estrogen from extra-glandular sources. Thus, secretion of excessive androgens and their subsequent conversion to estrogens forms the basis for the development of chronic anovulation in menstrual disorder.



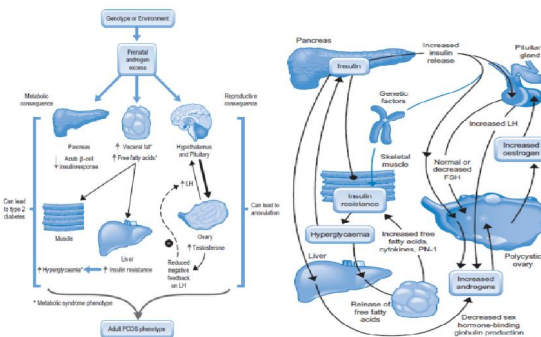
Role of Yoga

The problem of menstrual disorder can be cured very easily by gathering sufficient information on it and by using acupressure with understanding. In the yoga system, one of the reasons for the problem of polycystic ovary has been found to be stagnation or blockage in the energy of the liver and its blood. The reason for stagnation or blockage in the energy of the liver and its blood is today's stressful lifestyle, as a result of which women often suffer from stress, nervousness, depression, restlessness, headache, pimples on the cheeks, always complaining to others or the habit of complaining about others, tendency to cry, swelling in the body and breast, stopping of menstrual cycle for a long time, excessive pain during menstruation or infertility. Yoga is a method of developing control over the mind, mental stability, peace and concentration. By practicing it, it is possible to develop physical, mental, intellectual and spiritual strength. Along with this, the practice of yoga also helps in awakening the six chakras and yoga is helpful in the prevention of diseases in many ways. With the help of yoga, the nadis in the body work smoothly.

Its treatment is being explained through yoga. In the yoga system, the problem of menstrual disorder is classified in two ways. First, due to lack of energy, the speed of the fluids flowing in the body slows down and as a result, there is a decrease in the levels of hormones etc. and second, due to excess of energy, the energy becomes dense and gets blocked, due to which hormonal levels become irregular.

Here the treatment of blocked energy due to the excess of energy is given because the symptoms of excess energy are usually seen in women who often work under stress, lead an unhappy life, undergo hormonal treatment before IVF, feel hopeless or depressed after unsuccessful IVF treatment, whose hormonal system has been affected due to menstrual problems before, or after a miscarriage which suddenly artificially breaks the normal pregnancy process. This type of blocked energy is seen. Here, along with the problem in the liver, the energy supplied to the uterus and ovaries also becomes slow and stagnant and gets blocked.

All the above reasons can cause stagnation in the energy and blood of the liver due to which the uterus does not get proper nutrition and menstruation may reduce and sometimes even stop. Due to the lack of sufficient strength to send the energy of the liver to every corner of the body, many emotional symptoms always appear.



II. CONCLUSION

Yoga therapy plays a paramount role in menstrual health. Yoga cures many diseases ranging from immunity to emotional disorders. It is a complementary treatment that provides effective relief while managing the symptoms of various types of diseases. Yoga is an effective, safe, simple and affordable treatment. Yoga cures many diseases. Being a method of self-treatment, this yoga therapy is more favorable. It plays an important role in reducing pain, promoting psychological health as well as increasing the quality of life of patients. The main feature of the yoga method is that it is safe and brings positivity in thoughts along with curing diseases in humans.

We should do yoga in the morning, which makes our body strong and powerful. By doing yoga, our immunity increases, our heart and lungs become disease free, the body is supplied with oxygen, the way the world is struggling with the epidemic prevailing nowadays. Yoga has made a special contribution for this. Which helps in removing all types of mental and physical diseases, it makes our life disease free.

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