



Welcome

**Dr. (Mrs.) S. SELVALAKSHMI**

**Assistant Professor**

**Department of Yoga**

**Tamil Nadu Physical Education and Sports University**

**Chennai-600127.**

# YOGA FOR THE PROBLEMS OF WOMEN

The background features abstract, overlapping geometric shapes in various shades of green, ranging from light lime to dark forest green. These shapes are primarily located on the right side of the page, creating a modern, layered effect. The rest of the page is plain white.

# MENSTRUATION

Menstruation occurs during the years between puberty and menopause. Menstruation, also called a "period," is the monthly flow of blood from the uterus through the cervix and out through the vagina.

# THE MENSTRUAL CYCLE

- ▶ The menstrual cycle is regulated by the complex surge and fluctuations in many different reproductive hormones, which work together to prepare a woman's body for pregnancy. The hypothalamus (an area in the brain) and the pituitary gland control six important hormones:
- ▶ Gonadotropin-releasing hormone (GnRH) is released by the hypothalamus.
- ▶ GnRH stimulates the pituitary gland to produce follicle-stimulating hormone (FSH) and luteinizing hormone (LH).
- ▶ Estrogen, progesterone, and the male hormone testosterone are secreted by the ovaries at the command of FSH and LH.
- ▶ The menstrual cycle begins with the first day of bleeding. The menstrual cycle is divided into three phases:

# Follicular (Proliferative) Phase

## Menstrual Phases

- ▶ Follicular (Proliferative) Phase

## Typical No. of Days

- ▶ Cycle Days 1 - 6: Beginning of menstruation to end of blood flow
- ▶ Cycle Days 7 - 13: The endometrium thickens to prepare for the egg implantation.

## Hormonal Actions

- ▶ Estrogen and progesterone start out at their lowest levels.
- ▶ FSH levels rise to stimulate maturity of follicles. Ovaries start producing estrogen and levels rise, while progesterone levels remains low.

# Ovulation

## Menstrual Phases

- ▶ Ovulation

## Typical No. of Days

- ▶ Cycle Day 14

## Hormonal Actions

- ▶ Surge in LH. Largest follicle bursts and releases egg into fallopian tube.

# Luteal (Secretory) Phase

- ▶ Luteal (Secretory) Phase, also known as the Premenstrual Phase
- ▶ Cycle Days 15 - 28
- ▶ Ruptured follicle develops into corpus luteum, which produces progesterone. Progesterone and estrogen stimulate blanket of blood vessels to prepare for egg implantation.

If fertilization occurs:

- ▶ Fertilized egg attaches to blanket of blood vessels that supplies nutrients for the developing placenta. Corpus luteum continues to produce estrogen and progesterone.

If fertilization does not occur:

- ▶ Corpus luteum deteriorates. Estrogen and progesterone levels drop. The blood vessel lining sloughs off, and menstruation begins.



# Features of Menstruation

- ▶ **Onset of Menstruation (Menarche):** The onset of menstruation, called the **menarche**, typically begins between the ages of 12 - 13 years. Menarche generally occurs 2 - 3 years after initial breast development (breast budding)..
- ▶ **Length of Monthly Cycle:** The average menstrual cycle is about 28 days but anywhere from 21 days to 35 days is considered normal. Cycles tend to be longer during the teenage years and they also lengthen when a woman reaches her 40s.
- ▶ **Duration of Periods:** Most women bleed for around 3 - 5 days but a normal period can last anywhere from 2 - 7 days.
- ▶ **Normal Absence of Menstruation:** Normal absence of periods can occur in any woman under the following circumstances:
  - ▶ Menstruation stops during pregnancy.
  - ▶ When women breast-feed they are unlikely to ovulate
  - ▶ Perimenopause (transition to menopause) starts when the intervals between periods begin to lengthen, and it ends with menopause itself (the complete cessation of menstruation). Menopause usually occurs at about age 51, although smokers often go through menopause earlier.

# Menstrual Disorders

- ▶ **AMENORRHOEA** (absence of a menstrual period)
  - **Primary amenorrhoea** (menstruation cycles never starting)
  - **Secondary amenorrhoea** (menstruation cycles ceasing)
- ▶ **DYSMENORRHOEA** ( Pain in abdomen during Menses )
  - Congestive
  - Spasmodic
  - Membranous
- ▶ **MENORRHAGIA** (heavy and prolonged menstrual period)
- ▶ **METRORRHAGIA** (Uterine bleeding at irregular intervals)
- ▶ **OLIGOMENORRHEA (Light or Infrequent Menstruation)** cycles infrequent, occurring more than 35 days apart
- ▶ **HYPOMENORRHOEA** (Short or scanty periods)
- ▶ **POLYMENORRHEA** (Abnormal uterine bleeding ) cycle is less than 21 days regular

# Yogic management for menstrual disorders

- ▶ **Surya Namaskara** : This will increase the pranic energy and balance nervous and endocrine functions. According to capacity, gradually build up to twelve rounds over a period of weeks or months.
- ▶ **Asana** : The shakti bandha series is most effective in releasing blockages of energy in the pelvic region. Then Siddha yoni asana, ushtrasana, marijari - asana, vyaghrasana, shashankasana, sputa vajrasana, vajrasana, shashank bhujangasana, bhujangasana, shalabhasana, dhanurasana, sarvangasana, halasana, kandharasana, chakrasana, grivasana (particularly for late puberty and leucorrhoea) ,paschimottanasana, matsyasana, ardha matsyendrasana, utthanasana, pada hastasana, hanumanasana, sirshasana, tadasana.

▶ **Pranayama :**

- ▶ Nadi shodhana, ujjayi and bhramari are effective, especially in cases of headache, migraine and mental tension in general.
- ▶ Pranayama removes psychic tensions and mental irritability.
- ▶ Bhastrika enhances vitality and eliminates toxins and is recommended in cases of amenorrhoea and dysmenorrhoea.
- ▶ Anulom Vilom (deep breathing through alternate nostril) is very beneficial to reducing stress levels and cooling your body and Kapalhati (forceful breathing focusing on pressurizing the stomach) is helpful for regulating thyroid, obesity, and digestive disorders. All these factors can sometimes work together to cause **irregular periods**.

▶ **Mudra and bandha :**

- ▶ Vipareeta karani mudra, pashinee mudra and yoga mudra. Ashwini mudra, moola bandha and sahadjali generate vital energy in the reproductive organs.
- ▶ They will also stimulate the pelvic nerves and tone the sexual and eliminative organs.
- ▶ Maha mudra and maha bheda mudra are particularly recommended to alleviate premenstrual tension as they regulate the distribution of prana shakti in the body and induce physical, mental and emotional tranquillity.
- ▶ Those women who suffer from prolapse of the uterus should practise moola bandha and ashwini mudra in conjunction with the inverted asanas.

- ▶ **Shatkarma :**
- ▶ Neti should be practised daily, and kunjla and laghoo shankhaprakshalana twice a week, as required .
- ▶ Constipation greatly worsens pelvic congestion, pain and cramp and should be corrected as an important initial step in relieving menstrual disorders and leucorrhoea.

### **Relaxation :**

- ▶ Yoga nidra is most important, especially in the days of mounting premenstrual tension prior to the onset of the menstrual period.
- ▶ It relieves mental tension, moodiness, depression and heaviness.
- ▶ If there is not enough time for the full practice of yoga nidra, relaxation in shavasana and concentration on abdominal breathing should be practised.

### **Meditation :**

- ▶ Japa, ajapa japa, antar mouna, nada yoga or chidakasha dharana.

## Diet :

- ▶ A wholesome vegetarian diet is the best for most modern women.
- ▶ Meat especially is found to increase menstrual pain, volume and duration.
- ▶ Fasting or taking a very light diet, free from spices, oils meat and milk is particularly recommended in the days immediately preceding the period.
- ▶ Many women report that dietary changes alone have reduced the pain and heavy flow of their menstruation by more than fifty percent.
- ▶ Diet wise, regularize the meal times, reduce intake of caffeine and meats, especially red meats, and avoid subjecting your mind and body to unnecessary stress.



## Further recommendations

- ▶ Plenty of fresh air and exercise balanced by adequate rest and relaxation is important in stabilizing and rebalancing the menstrual flow.
- ▶ A light ,pure vegetarian diet and iron enriched food should be taken prior to and during the menstrual flow. An alternative is to take only fruit for one day before menstruation and one or two days into the period.
- ▶ Avoid meat, coffee, stimulants, processed and artificial foods.
- ▶ The body and feet should be kept warm and not exposed to cold weather. Apply heat to the pelvic region to relieve pain.

# LEUCORRHOEA

Excessive discharge of a white, sticky, foul-smelling material from the vagina is called Leucorrhoea. This common problem may occur due to unhygienic conditions, infection of the genital tract, or impaired immune function. In Ayurveda, Leucorrhoea is known as Shveta Pradar, where Shveta means 'white', and Pradar means 'discharge'.

## Further recommendations

- ▶ For a person with leucorrhoea, maintaining good hygiene is the key because the genital areas are sensitive and vulnerable to bacterial infections.
- ▶ Hydrotherapy or cold water baths are beneficial and helps to relieve congestion in the pelvic region. Healing can be fast if hydrotherapy is followed on a daily basis.
- ▶ Exercise improves blood circulation and removes toxins from the body, thereby improving the overall health of an individual.
- ▶ Avoid foods that are spicy, fried, or made of white flour. The excessive use of tea, coffee, alcohol, or other condiments is also not good. Avoid canned food items and use more fresh and healthy foods like vegetables and fruits.
- ▶ Aromatherapy, along with the anti-infective essential oils of rosemary and sandalwood, is an effective natural cure for leucorrhoea. This therapy gives relief from many of the troublesome symptoms of the condition.
- ▶ While you are undergoing a treatment for leucorrhoea, avoid using deodorants, sprays, and synthetic garments which can act as irritants.

# UTERUS RELATED PROBLEM

- ▶ Fibroids
- ▶ Endometriosis
- ▶ Endometrial hyperplasia
- ▶ Uterine prolapsed
- ▶ Ovarian cysts
- ▶ Pelvic inflammatory disease
- ▶ Severe menstrual pain
- ▶ Very heavy menstrual bleeding
- ▶ Chronic pelvic pain

# MISCARRIAGE

A miscarriage is the spontaneous loss of a pregnancy from conception to 20 weeks' gestation. The term stillbirth refers to the death of a fetus after 20 weeks' gestation. Miscarriage is sometimes referred to as spontaneous abortion, because the medical term abortion means the ending of a pregnancy.

# Types of miscarriage

Miscarriages are sometimes referred to by specific names to reflect the clinical findings or the type of miscarriage. Examples include:

- ▶ **Threatened abortion:** a woman may experience vaginal bleeding or others signs of miscarriage (see below), but miscarriage has not occurred
- ▶ **Incomplete abortion:** some of the products of conception (fetal and placental tissues) have been expelled from the uterus, but some remain within the uterus
- ▶ **Complete abortion:** all of the tissue from the pregnancy has been expelled
- ▶ **Missed abortion:** the fetus has not developed, so there is no viable pregnancy, but there is placental tissue contained within the uterus
- ▶ **Septic abortion:** a miscarriage in which there is infection in the fetal and pregnancy material before or after a miscarriage



**THANK YOU**

