

ROLE OF YOGA IN MENSTRUAL DISORDERS**Dr. Pournima G. Taru* and Dr. Rajkumar Bobade**P.G.Scholar 3rd year, Department of Swasthavritta, Maharashtra, India.Article Received on
24 Oct. 2017,Revised on 15 Nov. 2017,
Accepted on 06 Dec. 2017,

DOI: 10.20959/wjpr201717-10261

Corresponding Author*Dr. Pournima Taru**P.G.Scholar 3rd year,
Department of Swasthavritta,
Maharashtra, India.**ABSTRACT**

Yoga is a system of exercise for physical and mental nourishment. Women are having different phases in her life and also faces health related problems. Women of reproductive age can experience monthly fluctuations in emotional and physical symptoms that are associated with the cyclic rhythm of their menstrual cycle. During the each phase of life various type of *yoga* is mentioned by *Ayurveda* for treating these diseases. Regular *yoga* practice can minimize these symptoms by helping to calm the central nervous system, which facilitates decreased stress and tension in the body and cultivates deep relaxation. *Asanas* performed with breathing can increase the flow of oxygenated blood to the reproductive organs and tissues.

KEYWORDS: *Yoga, Asanas.***INTRODUCTION**

Yogasanas increases the elasticity of body and make the body more active and supple. The blood circulation takes place more smoothly and properly, body becomes capable of more work. It is very special kind of exercise, where body is exercised but never feels exerted any time, because all postures supposed to do within comfortable limits.

A women's body is quite complex and delicate. She plays multiple roles as the mother, daughter, wife, homemaker and wage earner are physically and mentally most challenging. As a women, common health problem she share with men, such as hypertension, diabetes but because of her special reproductive nature, she is at risk of some female disorders. There are certain health problems that specifically affect women at different times in their lives. *Ayurveda* have some systems for women's health need. They are more sensitive to rhythms

and cycle of nature and *Ayurveda* is founded the principle of keeping the body toned in tune with nature. Therefore *yoga* is most beneficial for women's health.

Menstrual disorders

विंशतिर्व्यापदो योनेर्निदिष्टा रोगसंग्रहे । च. चि. ३०\७

There are twenty gynecic disorders mention in Charaka Samhita.

1	<i>Vataja</i>	Feeling of numbness in the genital passage, pain and stiffness, thin and rough discharge.
2	<i>Pittaja</i>	Burning sensation, fever, foul-smelling, hot and profuse discharge.
3	<i>Kaphaja</i>	Itching, cold and slimy genital passage, discomfort, pale and viscous discharge.
4	<i>Sannipata</i>	Burning sensation, pain, white and thick discharge.
5	<i>Sasrja</i>	Bleeding continues after conception (<i>pitta</i>)
6	<i>Arajaska</i>	Discolorations in the genital passage due to <i>pitta</i> .
7	<i>Acharana</i>	Excessive libido due to itching. (<i>vata</i>)
8	<i>Aticharana</i>	Swelling, numbness and pain in genitalia. (<i>vata</i>)
9	<i>Prakcharana</i>	Pain in waist, thighs and groins in a minor girl due to intercourse. (<i>vata</i>)
10	<i>Upapluta</i>	Painful white discharge of white mucus during pregnancy. (<i>vata</i> and <i>kapha</i>)
11	<i>Paripluta</i>	Pain in the lower abdomen, back and groins, yellow and bluish menstrual discoloration. (<i>vata</i> and <i>pitta</i>)
12	<i>Udavartini</i>	Pain and difficulty in passing menstrual blood. (<i>vata</i>)
13	<i>Karnini</i>	Prolapsed and obstructed menstrual flow due to faulty straining during labor.
14	<i>Putraghni</i>	Repeated abortions. (<i>vata</i>)
15	<i>Antarmukhi</i>	Severe pain in genital passage and difficulty in intercourse. (<i>vata</i>)
16	<i>Suchimukhi</i>	Narrow opening of the genital passage. (<i>vata</i>)
17	<i>Suskayoni</i>	Dryness of genital tract. (<i>vata</i>)
18	<i>Vamini</i>	Semen flows out of uterus. (<i>vata</i> and <i>pitta</i>)
19	<i>Shandhi</i>	Absence of breast.
20	<i>Mahayoni</i>	Genital passage becomes wide, foamy discharge.

Asana is third part yoga, which includes different yogic posture, it helps to attain further steps of yoga. *Asanas* is for strengthening, stretching of muscles and tendons which are shortened, contracted, weakened due to tension or improper posture.

Asanas is to bring back normal curvature of spine and equilibrium. It is energy building, progressive relaxation and gathering of mind to body. It gives awareness of body, body parts and internal states.

Physiological aspect of yoga include

- Balancing of body
- Influence on autonomic nervous system.
- Balancing between Sympathetic and Parasympathetic nervous system.

Effect on body

- Increase exercise tolerance.
- Basic metabolic rate decreases.
- Predominates strength and stamina.
- Endocrinal glands function well.
- Respiration rate decreases.

It is safe to perform *asanas* during menstrual cycle. Some *asanas* like *Shirshasana* and *Sarvangasana* are not advisable during menstruation, but *Vajrasana*, *Shashankasana*, *Marjarasana* and abdominal breathing in *Shavasana* help to relieve cramps.

Artava-Kshaya, Artava Ativridhi

Asanas will regulate hormone production through their manipulation of the glands. *Asanas* massage and compress the glands and internal organs, forcing impure blood out and allowing fresh blood to circulate. The gland and the whole reproductive system are toned and strengthened. Some disorders *artava kshaya* and *artava ativridhi* these *asanas* are beneficial, like *Halasana*, *Mastyasana*, *Bhujangasan* and, *Paschimottanasana*.

Because of these *Asanas* specific areas such as the low back (sacral plexus) hips, groin and pelvis begin to improve in blood flow and circulation which can aid on healthier gynecological function. It is beneficial *asana* because it helps to regulate menstrual flow also nourishes the ovaries.

Kashtartava

In *kashtartava* painful menstruation is a common complaint. It could be caused by either of the *doshas* singly or in combination of prime factor *vata*. *Asanas* useful in *kashtartava* is *Tadasana*, *Shwanasana*, *halasana*, *paschimottanasana* and *Setubandhasana*.

These *Asanas* can support and empower women, stimulate circulation and blood flow, massage internal organs, helps to regulate gynecological function and decreases stress.

It stimulates the abdominal muscle and ovaries, stretches pelvic muscles also helps to circulate blood in pelvic region and keeps it healthy.

Shweta pradara

Extremely heavy vaginal secretion with foul smell, irritation or redness is a sign of *shweta pradara*. The wall of vagina contains many tiny glands whose function is to produce a lubricating film of moisture. It protects sensitive tissues of the vagina.

Suitable *asanas* for *sweta pradara* would include *Surya namaskara*, *Vajrasana*, *Shwanasana*, *Shashankasana*, *Halasana*, *Ushtrasana* and *Sarvangasana*. *Yogasana* are invaluable for strengthening and harmonizing the activity of women's whole reproductive system because of their direct influence on the abdominal and pelvic organs it also affects on the glandular system.

Rajonivritti

In *Ayurveda*, *rajonivritti* is the state of gradually diminished *rajopravritti*. It is group of symptoms which differs from individual to individual. *rajonivritti* is 'vata' predominant, so the symptoms experienced by some women are similar to the symptoms seen when the *vata* dosha rises.

Yogasanas useful in *rajonivritti* is *parvatasana*, *dandasana*, *trikonasana*, *padmasana*, *tadasana*, *shavasana*, some *panayama* is beneficial in *rajonivritti*, they are *anuloma-viloma*, *kapal bhati*, *bhramari*. *Sheetali Pranayama* is also recommended for their cooling benefits.

Due to these *Asanas* body relaxes, mind calms and the nervous system is aided by the control on the breathing which helps to reduce the stress hormone like cortisol, also softens internal organs, open the pelvis and calms the mind.

CONCLUSION

Yoga affects every cell of the body. It brings better muscular relaxation, improves strength of the body and increases optimum functioning of all organ systems. *Yoga* can help to reduce pain experienced during menstruation, which include stomach cramps, mood swings and headaches.

REFERENCES

1. Charaka Sanhita-Dr.Ram Sharma,Vd.Bhagwan Dash, Chowkhamba Sanskrit series office Varanasi, vol 4, Edition 2004.
2. The Legacy of Charaka-M S Valiathan, Orient Longman, reprint 2006.
3. Ayurvedic Physiotherapy and Yoga-Dr.Anil Mehta, Dr.Raghunandan Sharma, Chowkhamba Sanskrit Pratishthan, Delhi, Edition 2010.