



VITAL ROLE OF PRANAYAMA ON REDUCTION OF MENOPAUSAL SYMPTOMS: A PRESPECTIVE REVIEW

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Abstract

Menopause is a transitional stage in a females' midlife includes a change from reproductive to non-reproductive stage. Menopause, the widespread and inescapable physiological change in a female's conceptive life. Menopause includes both physiological and mental indications that outcome from hormonal changes. It very well might be a smooth encounter for certain females with just side effects of discontinuance of feminine stream while for other it is vexatious stage with bunches of difficulties. Yogic way of life is an approach to everyday life, which plans to work on the body, psyche and everyday existence of people. Yoga puts a lot of accentuation on the manner in which you relax. As a matter of fact, it recommends changed breathing strategies that assist with helping various pieces of the body and psyche. Pranayama further develops the guard system of the body, slow down mental babble and imbues positive reasoning.

Keywords: Menopause & pranayama

Introduction

Health of females is vital as they have got such a lot of duties in non- public existence, own circle of relatives existence and social existence. She carried out multi-layered activities in her day to day existence which are vital to significantly influence the family and society overall. Females frequently focus on medical care of family and by and large disregard their own wellbeing. Females' wellbeing requires more consideration massive changes happens ceaselessly in her life. Females' wellbeing is bound up with social, social and financial component that impact all part of their lives and results are brought into the world by females themselves. Females have the chance of experiencing reproduction-related medical issues. This occurs at some stage in the fertile years subsequent to arriving at pubescence when there is a physiological change in a female's body. Likewise when the period stops forever for example menopause the time of progress can be very difficult and pranayama can assist with the lopsided characteristics during circumstances such as the present^[1]

What is the menopause?

Whenever a female for all time quits having feminine periods, she has arrived at the phase of life called menopause. Frequently called the difference throughout everyday life, this stage alerts the finish of a female's capacity to have kids. Numerous medical care suppliers definitely utilize the term menopause to allude to the timeframe when a female's hormone levels begin to change. Menopause is supposed to be finished when feminine periods have stopped for one ceaseless year.^[2]

When does menopause occur?

Albeit the typical age of menopause is 51, menopause can really occur any time from the 30s to the mid-50s or later. Females who smoke and are underweight will generally tend to have a previous menopause, while females who are obese frequently have a later menopause. By and large, a female will in general have menopause at about as old as her mother did^[2]

Facts about menopause

- Ordinary and regular condition each female will encounter it in the course of their life.
- Ovaries stop to work.
- Menopause doesn't happen all of a sudden. It is a steady cycle.
- There are no reliable tests that can anticipate when female will enter menopause stage.
- A majority of female won't encounter a voice change during menopause, albeit this may be an issue in specific cases^[3]

What happens during menopause?

Natural menopause isn't brought about by a clinical or surgical treatment. It's gradual and has three phases:

Perimenopause-This stage ordinarily starts numerous years earlier than menopause, when your ovaries gradually make less estrogen. Perimenopause goes on until menopause, the point where your ovaries quit delivering eggs. In the last 1 to 2 years of this stage, estrogen levels fall quicker. Numerous females have menopause signs.

Menopause-This is the point at which it's been a year since you had a period. Your ovaries have quit delivering eggs and making the greater part of their estrogen.

Post menopause-These are the years after menopause. Menopausal sign & symptoms, for example, hot flushes normally ease. However, health dangers associated with the deficiency of estrogen boom as you age.^[4]

What are the signs and symptoms of menopause?

Estrogen is utilized by many components of a female's body. As levels of estrogen decline, you could have different sign & symptoms. Numerous females experience slight sign & symptoms that can be handled through lifestyle modifications, for example, keeping away from caffeine or conveying a portable fan. A few females require no treatment by any means, yet for other people, sign & symptoms can be more extreme. The seriousness of sign & symptoms differs incredibly all over the planet and by race and identity.^[5]

Here are the most widely recognized transforms you could see at midlife. Some might be essential for maturing instead of straightforwardly associated with menopause.

Change in your period-This is probably what you notice first. Your periods may presently not be normal. They might be more limited or last longer. You would possibly bleed pretty much than expected. These are for the most part ordinary changes.

Hot flushes-Many females have hot flashes, which can keep going for a long time after menopause. They might be associated with changing estrogen levels. A hot flush is an abrupt sensation of hotness in the upper part or the entirety of your body. Your face and neck might become flushed. Heavy sweating and cold shuddering can follow. Hot flushes can be exceptionally slight or sufficiently able to awaken you (called night sweats).

Osteoporosis-This is a time-period situation wherein bone strength and density decline. A physician might suggest taking vitamin D enhancements and eating more calcium-rich food varieties to keep up with bone strength

Bladder control-A deficiency of bladder control is called incontinence. You might have an unexpected desire to pee, or pee might spill during activity, sniffing, or giggling.

Vaginal health and sexuality-After menopause, the vagina can also additionally turn out to be drier, which can make sexual intercourse uncomfortable. You may likewise discover that your sentiments about sex are evolving. You could be less intrigued.

Mood changes- You may sense moodier or worse tempered around the hour of menopause. Researchers don't understand why this occurs. It's possible that stress, family changes like developing youngsters or maturing guardians, a background marked by gloom, or feeling tired could be causing these disposition changes.

Sleep disturbances- Sleep issues can emerge during menopause, and they might come from: tension, night sweats and an expanded need to pee

Your body changes- Your waist could get bigger. You could lose muscle and gain fat. Your skin could become more slender. You could have memory issues, and your joints and muscles ought to experience solid and throbbing.^[6]

What can be done?

Lifestyle changes

A healthy lifestyle can decrease the sign & symptoms of menopause, deciding a complementary or alternative therapy can be a challenge; pranayama has been said as being useful withinside the menopause.

Role of pranayama on reduction of menopausal symptoms

Introduction

Yoga is an old discipline highlighted conveying congruity and prosperity to the individual's physical, mental, profound and otherworldly points. In India it has long being standard practice that has become increasingly more prevalent in western culture. Pranayama is the accompanying significant stage in the demonstration of Yoga.^[7]

Meaning of Pranayama

Pranayama is included two words "Prana" suggesting that the establishment expression an (to breath or to live) is added to feel, conveying new live with another inferring that heaps up with breath. In the body "Prana" tends to the free for all energy responsible for life place at straightforward stages & "Ayama" implies power.^[8]

In Pranayama mind is inactively associated with the Pranayamic cycle, mind turns out to be tranquil, quiet and serene taking into account slow smooth and broadened relaxing.^[9] With the assistance of pranayama the most magnificent reflection of chitta i.e the reasoning of psyche turns out to be completely clear.^[10]

Pranayama is fundamentally a lot of exercises as shown by the yogic point, which hopes to add more oxygen to the blood and mind. Other than the way that it mechanizes blood supply. But it moreover directs the suitable working of considerations and needs. The demonstration of this asana diminishes the deterrent that heaps the movement of prana. It delivers a lot of mental mettle inside an individual and self-restraint. The course of inspiration and slip by and controlling our breath is known as pranayama.^[11]

Pranayama comprises of 3 phases basically Puraka, Kumbhaka & Rechaka. Traditionally Puraka insinuates a commitment of barometrical air inside the body. Kumbhaka infers the support of outside air inside the body and Recaka suggests the exhale the air took in previously.^[7]

In this idea of Pranayama "Kumbhaka" one finds two types as depicted underneath:

- 1) Sahita "Recake-Puraka yukta Kumbhaka", pranayama further grouped into-
 - I. "Surya Bheda"
 - II. "Ujjayai"
 - III. "Sitali" and "Bhastika"
- 2) Kevala "Recake - Puraka Vivarjita Kumbhaka Pranayama". Among these the Kewala Kumbhaka has been taken into consideration because the most troublesome practice and being one of the greater practices have been conceded. One who can rehearse Kewala Kumbhaka effectively, his Kumbhaka is actuated." with regards to Pranayama.

The Pranayama (Prana-“Breath” Plus Ayama-“Pause”) is involved about the oversight breathing action and in a line experience the control of the fundamental power for instance Prana. Essentially Pranayama comprises of three stages to be specific. ^[12]

- I. Purka- “Inhalation”
- II. Kumbhaka- “Pause”
- III. Rechak- “Exhalation”

The best extent of time to be apportioned to the three stages is [1:4:2] separately for breathing in, controlling and breathing out the breath. The act of breath control should be under the direction of an accomplished Yogin. ^[12]

Objective of Pranayama

Pranayama is urgent life force that exists in the body to energize, convey, oversee & control our body.

Importance of Pranayama

Pranayama means to clear out various kinds of afflictions. Likewise, since breathing is the crucial strategy for giving oxygen to our body and its various organs. Another critical explanation why pranayama is crucial is because breathing maybe the fundamental ways we can discard our body's secondary effects and toxic substances. The demonstration of asana tuned to pranayama the breath creates internal warmth and prana. This technique removes blockages in the body. ^[13]

Why should we perform pranayama during menopause?

Pranayama's capacity to lessen stress, advances a wholesome lifestyle, make an uplifting perspective and manage and adjust the endocrine and hormonal frameworks make it a great treatment to relax the progress into menopause. For the sign & symptoms of heating (hot blazes, night sweats, solid thirst, dryness) Sitkari and Shitali Pranayamas can be performed and for disposition swings, disturbance, or uneasiness Dirga and Nadi Sodhana pranayamas can be drilled ^[14]

Types of Pranayama

Pranayama may be of many kinds, but some specific types are mentioned below:

1. **Nadi Sodhana-** Specialists utilize their hands to obstruct their noses in substitute arrangements. This implies that they first square their left nostril and take in and breathe out and afterward rehash this cycle by impeding their right nostril. This other nostril breathing strategy assists quiet the psyche and assists with orchestrating the two sides of the equator of the cerebrum.
2. **Shitali Pranayama-** Specialists roll their tongue in an O shape and breathe in oxygen through their mouths. This type of pranayama diminishes uneasiness and helps cool the body.
3. **Ujjayi Pranayama-** This breathing strategy expects you to inhale through your mouth while you sit in a leg over leg position and copy the sea. This breathing procedure is many times used to help Vinyasa style yoga stances.
4. **Kapalabhati Pranayama-** This includes various quick breathing methods wherein the specialists put their hands kneeling down with their palms open to the sky. They should then take a full breath in and when they breathe out, they should pull their navel back towards the spine. This type of pranayama detoxifies the body and clears energy channels.
5. **Bhastrika Pranayama-** Also called Bellows Breath, experts are expected to quickly breathe in and breathe out oxygen which provides their body with an increase in energy. This type of pranayama helps siphon in more oxygen into the body.
6. **Bhramari Pranayama-** Also called Humming Bee Breath; this breathing strategy expects specialists to make a murmuring commotion as they relax. This type of pranayama is especially useful for the people who experience the ill effects of hypertension.
7. **Anuloma and Viloma Pranayama-** This type of pranayama expects experts to stop their inward breath and exhalation in two phases. This breathing strategy loosens up the body and cleans the nasal entries.
8. **Sheetkari Pranayama-** Specialists take in air while setting their tongue behind their teeth. This breathing method helps cool the body. ^[15]

Conclusion

Pranayama is an incorporated science that assists us with participating in an existence of direction as one with our physical and intellectual abilities and hang on in the conditions, we are set into. Henceforth it prompts the overall character advancement. Pranayama assists with cooling the body and raise the disposition to defeat the hormonal changes it's going through. Cooling breaths like sheetali and seetkari have some control over hot flushes. Pranayama works on generally wellbeing. It helps one to adapt up and move alongside the progressions with a steady psyche. It essentially cut hot flushes and further develops fixation, rest and agony levels.

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