

SUMMARY
OF
A MINOR RESEARCH PROJECT SUBMITTED TO UGC

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Title of Project

**"Effect of Yogic Practices on Menstrual discomfort of
Adolescence girls"**

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Summary of the Research Work

Title of the project Effect of Yogic Practices on Menstrual Discomfort of Adolescence Girls

Chapter-I Introduction

Human beings are made up of three components—body, mind and soul corresponding these there are three needs—health, knowledge and inner peace. Health is physical need, knowledge is our psychological needs and inner peace is spiritual need when all three are present then there is harmony. According to yoga, harmony among the body that includes subtle energy body, mind that includes emotional, psychological and the thinking mind and the spirit or the soul leads to a perfect health. The harmony can be maintained by dealing with all the above aspects through yogic practices.

In today's world of information and inter planetary voyages most of the people find it difficult to devote time towards their health and fitness. This has led to drastic increase in health problems and health related stresses—the number one killer in modern days. Unlike the early part of the century when infectious diseases were the leading killers, today's health problems are mostly related to life style.

The Word Yoga is derived from the Sanskrit root yuj meaning to bind join, attach and yoke, to direct and concentrate one's attention on, to use and apply. It also means union or communication. It is the true union of our will with the will of God. It thus means, says Mahadev Desai in his introduction to the Gita; it means the disciplining of the intellect, the mind, the emotions, the will which that Yoga presupposes; it means a poise of the soul which enables one to look at life in all its aspects evenly.

Yoga has also been described as wisdom in work or skillful living amongst activities, harmony and moderation 'yoga is not for him who gorges too much, nor for him who starves himself. It is not for him who sleeps too much, nor for him who stays awake by Moderation in eating and in resting, by regulation in

word in working and by concordance in sleeping and waking, Yoga destroys all pain and sorrow.

‘Yoga’ the very word radiates peace and tranquility. This feeling probably stems from the etymology of the word. The word Yoga is derived from the Sanskrit word 'Yuj' which essentially means to join or unite. The union referred to is that of the individual self-uniting with Cosmic Consciousness or the Universal Spirit. Yoga is a means to achieving this goal. Born in India, almost 26,000 years ago, Yoga is believed to have evolved during the period of the ‘Sat Yuga’, also called the Golden age. This period became known as a time of everlasting peace and abundant blessings, filled with seekers of the Eternal Truth. That is why, probably, even today we associate yoga with sages and hermits.

Health benefits of yoga

A regular practice of yoga can offers all kinds of mental and physical health benefits. Some, like improved flexibility, are clearly evident. Others, including mental clarity and stress reduction, may be more subtle but are just as powerful. When put together, all the benefits below contribute to an increased feeling of well-being, which helps explain why so many people find yoga so addictive.

Physical Benefits

- Flexibility
- Strength
- Muscle tone
- Balance
- Pain Prevention
- Better Breathing

Psychological Benefits

- Mental Calmness
- Stress Reduction
- Body Awareness

Benefits of Yoga for Women

Women's body is fragile and soft. This is a general view and fact. Exceptions can be everywhere and in every field. Women are designed by nature to nurture and take care and so all women are sensitive and soft at heart. On the other hand, she has to be strong from within because she has to undergo the strenuous activity of bearing a child and going through the childbirth. So, every woman has to be strong not only outwardly, she should have a strong system inside also. Yoga asana prove to be very beneficial for women provided they do the right asana in the right way. The yogic asana, in fact, work in such a way that supports the basic systems of the body and boosts the immune system as well. Yoga interweaves three main components: physical postures, breathing techniques, and meditation and relaxation. While yoga has not been proven as a cure for any particular disease, regularly practicing yoga offers women many potential health benefits.

Fitness and Weight Management

Practicing yoga can improve fitness and help to achieve or maintain a healthy weight. Properly executing yoga poses strengthens bones and muscles, enhances balance, and promotes flexibility and greater range of motion, all of which can help protect body against everyday injuries. Women who practice yoga tend to have lower body mass indexes and better control over their weight than those who do not practice yoga.

Stress Reduction and Disease Management

Stress reduction is a major health benefit of practicing yoga. Yoga's emphasis on breathing and meditation can help calm mind and mediate body's typical response to stress, lowering blood pressure and decreasing production of stress hormones. Simply decreasing overall stress can have a huge impact on quality of life. Practicing yoga can also be helpful for disease management as certain diseases are aggravated by stress. For instance, yoga can be beneficial in managing or preventing heart disease, insomnia and irritable bowel syndrome, all of which are stress-related. Reducing stress also enables the immune system to perform more effectively. Yoga has also been shown to improve people's moods, and to reduce anxiety and depression.

Pain Management

Yoga is also helpful in managing pain due to arthritis, carpal tunnel syndrome, back pain and other types of chronic pain. Each pose places emphasis on a particular set of muscles. Many yoga poses can target specific muscles that may need to be stretched in order to reduce pain. Regular practice can increase flexibility and which may reduce pain overall and prevent further injury.

Pregnancy

Yoga can be especially beneficial during pregnancy because it's an excellent way to achieve the type of regular, gentle exercise recommended for pregnant women. Improved fitness will help body cope with pregnancy-induced body changes and prepare body for undergoing labor. Yoga can also be helpful in coping with stress during pregnancy. Many regular yoga poses may be unsuitable for pregnant women. In addition to this yoga also provide following benefits to women

Enhances Endocrinal System

Endocrinal system of the body is very important as all hormonal secretions are controlled and secreted with the help of this system. Yoga *asana* enhance and promote the endocrine system.

Helps to Adjust Reproductive Organs

There are yoga *asana* like camel pose that adjusts the reproductive organs and helps the woman remain fit and healthy.

Improves Metabolism

'Shoulder stand' stimulates thyroid and parathyroid glands and encourages metabolism. All the yogic *asana* are good for weight loss. It is never too late or too early to start yoga.

Why study the adolescent?

We might study adolescence because it is a crucial period in the life span. Adolescence represents the culmination of childhood & an intimation of the adult who is to be yet another motive in studying adolescence might to be desire to learn. The term Adolescence comes from the Latin word adolescence, meaning

“to grow ”or “to grow to maturity” As it is used today, the term adolescence has a border meaning. It includes mental emotional and social maturity as well as physical maturity .The Adolescent years--- It is customary to regard adolescence as beginning when children become sexually mature and ending when they reach the age of legal maturity . Early adolescence extends roughly from thirteen to sixteen or seventeen years and late adolescence covers the age of legal maturity .The term adolescence is used to denote a period during which the growing person makes the transition from childhood to adulthood. One important part of the Adolescent’s establishment of an identity is to define and accept one’s sex role.

Menarche

When a natural event coincides with ripened awareness we are opened to new experiences. These are nature’s spontaneous initiations, new beginning, that form the basis of our maturity and wisdom. All cultures and societies recognize the threshold of physical maturity as a time of transition and changing awareness. In many traditions, puberty is marked by special ceremonies that consecrate physical adulthood and awaken the life of the soul. This is the time when girls should be introduced to the practices of yoga. Yogic practices aid towards maintaining health and emotional stability, and also provide the cornerstone of spiritual experience.

Menstrual Discomfort:

Menstrual cramps are sharp pains in a woman's lower abdomen that occur when her menstrual period begins and may continue for two to three days. Symptoms can range in severity from a mild annoyance to severe pain that interferes with normal activities. Menstrual cramps are the leading cause of absenteeism in women younger than 30. Although over half of women who have menstrual periods experience some discomfort, 10% are temporarily disabled by symptoms. The following circumstances may make a woman more likely to experience menstrual cramps:

- She started her first period at an early age (younger than 11 years).
- Her menstrual periods are heavy.
- She is overweight or obese.

- She smokes cigarettes or uses alcohol.
- She has never been pregnant.

Causes of Menstrual Pain

Prostaglandins are chemicals a woman's body produces that cause many of the symptoms associated with menstrual discomfort. The tissue that lines the uterus makes these chemicals. Prostaglandins stimulate the uterine muscles to contract. Women who have high levels of prostaglandin may experience more intense contractions of their uterus and more pain. Prostaglandins may also be responsible for vomiting, diarrhea, and headaches that accompany painful periods. Other menstrual-type cramps can be caused by conditions of the reproductive tract, such as the following:

- Endometriosis - uterine tissue that appears outside the uterus
- Fibroids and adenomyosis - noncancerous (benign) growths in the uterus
- Infections in the reproductive organs
- Abnormal pregnancy, such as an ectopic pregnancy (pregnancy in the tubes, outside the uterus)
- IUD (intra-uterine device) used for birth control
- Ovarian cyst
- Narrow cervix

If a woman has had menstrual pain ever since her periods started, the condition is classified as primary dysmenorrhea. If a physical condition such as pelvic inflammatory disease or endometriosis has developed and is causing the pain, this is called secondary dysmenorrhea. Once the medical condition is treated, the menstrual pain usually goes away.

Need and importance of the Study:

The ancient wisdom called Yoga has already started attraction attention of the thinkers & Scientists. The utility of this profound approach of the ancient sages towards an integration of the lovely & mind with our attitudes & outlook on life is becoming more & more evident with every application of scientific procedures to the techniques of yoga. Researcher started investigating the yoga practices with scientific instruments. They had faced a lot of skepticism, Things has changed recently, but the change has taken a great deal of effort on the part

of those who were the first to be convinced about the importance of yoga for the wellbeing up the human society yoga has been well recognized now-days for its healthful & therapeutic utility. For many girls menstruation is a serious concern. This is because they suffer physical discomforts such as cramps, weight gain, headaches, backaches & breast tenderness & experience emotional changes, such as mood swings, depression, and restlessness. Because the menstruation is commonly referred to as “the curse”, it is not surprising that this unfavorable social reaction will color girls attitudes. There are a number of different menstrual disorders.

Dysmenorrhea (painful cramps): Pain occurs in the lower abdomen but can spread to the lower back & thighs. Dysmenorrhea is usually referred to as primary or secondary.

Heavy bleeding: Premenstrual Syndrome (Pm5) - is a set of physical, emotional & behavioral symptoms that occur during the last week of the luteal phase (a week before menstruation) in most cycles.

Psychosomatic factor

Due to tension & anxiety during adolescence, lower pain threshold is often attributed as an aggravating factor in pain perception, stress, Hormonal imbalance can trigger menstrual discovers.

Yoga practices change owe though, conduct attitude to life, behavior, words & deals & behavior, words, deeds & brings, about total transformation in personality as a whole one feels unique enthusiasm Same happiness, determination, Faith, self-confidence, courage, peace & contentment culminating into physical fitness mortal alertness emotional stability, skilful handling of all work in our leading a fruitful life. After going through above information it was apparent that the yogic practices are more affordable and harmless way to cope up with the discomforts faced by adolescent girls. It also helpful for reducing complication generated due to consumption of painkiller and other drugs. Hence by considering these benefits of yogic exercise on menstrual discomfort, following topic was selected by researcher for study.

Objective of the Study

- The objective of the study is to find out the effect of yogic practices on menstrual discomfort of adolescence & to suggest means to improve health.

Chapter-II Review of Related Literature

A literature review was carried out to identify the previous research efforts and directions related to our focal area. The objective was to identify the research gaps and highlight research motivations. Wherever possible an attempt has been made to present the discussions in a chronological order, so that the review also indicates the underlying pattern of evolution of thoughts and ideas in that domain. Similarly, to the extent possible, care was taken to reproduce the original terminology used by the authors, to preserve the originality of the views. The literature review addressed various issues encompassing the field of yoga, in relation to its health benefits to females as well as other related issues.

Chapter – III Methodology

The present chapter deals with the methodology followed in this study. In the present study, a quantitative method was used, which was clearly identified in view of the specific objectives of the study. The detailed description of all the methods used for data collection and processing are presented hereunder. In the present study, a careful collection of facts was undertaken by the researcher to ensure the validity of the facts. Wherever, possible, the data for the same variable was recorded from more than one source. The present study was carried out in three steps involving reconnaissance, sample and analysis, followed by interpretation of results.

Selection of subjects

Total 62 adolescent girls belonging to 13-17 year age group were selected as subjects for the purpose of the study randomly from school in

Wardha City. The samples were selected by using random sample selection method.

Study design:

Present study was undertaken to investigate the effect of yogic practices on menstrual discomfort of adolescent girls. Hence single group pre-post design was used in the study.

Collection of data

Primary Data Collection

The primary data collection in view of the objectives of the study involved preparation of research instrument (questionnaire).

Statistical procedure employed

The data characteristics (descriptive statistics) such as Mean, Standard deviation, Range, etc. were determined using SPSS 18.0 Statistical package. The comparative assessment of the study objective variables, 'Z' test was used as the sample size was above 30 for each group. To compare the impact of training on problems during menstruation in adolescent girls, a 'Z' test of two proportions was used. The significance level was chosen to be 0.05 (or equivalently, 5%).

Chapter-IV

Analysis and interpretation of Data

The present chapter deals with the results obtained after statistical analysis of collected data. The data collection was done by using a valid and reliable research tools. The data was collected following practical (experimental) methodology. This chapter contains data analysis and interpretation of the data obtained from adolescent girls of Wardha City.

Chapter-V

Conclusions and Suggestions

The descriptive statistics were used to check the data quality, while inferential statistics were employed to draw inferences from the results of data analysis. On the basis of data analysis, conclusions were drawn and on the basis of conclusions, appropriate suggestions and recommendations are made. The conclusions drawn on the basis of study results are as follows-

Knowledge of menstruation before its commencement

- It may be concluded from the study results that majority of adolescent girls didn't know about menstruation before it commenced.

Individual who provide knowledge regarding menses to adolescent girls

- It may be concluded from the study results that majority of adolescent girls received knowledge regarding menses from their mother.

Sources of the Information regarding menses

- It may be concluded from the study results that television or media is the source of information of menses for majority of adolescent girls.

Age of Sister/Mother of adolescent girls during first menstruation

- It may be concluded from the information that sister or mother of majority of adolescent girls was 12 to 14 year old at the time of first menstruation.

Age during first menstruation

- It may be concluded from study results that age of majority of adolescent girls during first menstruation was 12 to 14 years.

Regularity in Menstruation

- It may be concluded from the study results that menstruation is not regular in majority of adolescent girls selected in the study.

Family history of commonness of discomfort in menstruation

- It may be concluded from the information that there was no history of commonness of discomfort during menstruation in family of majority of adolescent girls.

Frequency of changing pads/day during menstruation

- Majority of adolescent girls changed pads 2 times every day during menstruation.

Total No. of Napkins used for cycle

- Majority of adolescent girls use 5 to 10 napkins during cycle.

Nature of cycles (heavy or very less than normal) of girls

- It may be concluded from the study results that cycles of majority of girls are heavy or very less than normal.

Change in cycle in past years

- It may be concluded from the study results that cycle of majority of adolescent girls are not changed in past years.

Initial nature of cycles

- It may be concluded from the study results that initially the cycle was regular in majority of adolescent girls.

Delay in cycle when it is irregular

- It may be concluded from the study results that the cycle of majority of adolescent girl delayed for 1 month (less than 28 days).

Duration of Menstruation

- It may be concluded from the study results that menstruation in majority of adolescent girls last for 1 to 5 days.

Choice of girls for cleanliness during menses

- It may be concluded from the study results that majority of adolescent girls use simple cloth for maintaining cleanliness during menses.

Reason of not using pads

- It may be concluded from the study results that majority of adolescent girls are not using pads due to its costliness.

Excessive pain with menses

- It may be concluded from the study results that selective yogic practices are useful in reducing pain at different stages of menses.

Requirement of medication to alleviate pain during menses

- Regular practice of selective yoga can reduce pain and thus decrease frequency of medication to alleviate pain during menses.

Feeling tired as the period date approaches

- It may be concluded from the study results that selective yogic practices are useful in reducing tiredness during menstruation.

Increase in getting tired as the period dates approaches in girls

- It may be concluded from the study results that majority of girls get easily tired as the period date approaches.

Loss of appetite in menses

- It may be concluded from the study results that regular practice of selective yogic training helps in maintaining appetite during menses.

Experiencing the change of mood prior to the menses

- It may be concluded from the study result that yogic training is effective against change of mood prior to menses

Feeling of more heaviness prior to menses

- It may be concluded from the study results that selective yogic practices can reduce feeling of heaviness during menses

Fullness in breasts before the date

- It may be concluded from the study results that selective yogic practices can reduce feeling of fullness in breast during menses.

Effect of menses on daily routine

- It may be concluded from the study results that daily routine of majority of girls is affected due to menses.

Complaints regarding Stomach and leg pain during menses

- Selective yogic exercises are effective in reducing symptoms such as stomach pain, leg pain and depression in girls during menses.

Consulting a doctor for problems related to menses

- It may be concluded from the study results that majority of girls consult a doctor by adolescent girls for problem related to menses.

Premenstrual Symptoms (pain)

Premenstrual Abdominal Pain

- It may be concluded from the study results that selective yogic exercises are useful treatment for premenstrual abdominal pain.

Premenstrual Breast Pain

- It may be concluded from the study results that selective yogic exercises are useful treatment for premenstrual breast pain.

Premenstrual Backache

- It may be concluded from the study results that selective yogic exercises are useful treatment for premenstrual backache.

Premenstrual Leg Cramps

- It may be concluded from the study results that selective yogic exercises are useful treatment for premenstrual leg cramps.

Premenstrual Lower Abdominal Pain

- It may be concluded from the study results that selective yogic exercises are useful treatment for premenstrual lower abdominal pain.

Complaints prior to the menses

- **Constipation:** It may be concluded from the study results that selective yogic exercises are useful treatment for constipation prior to menses.
- **Bowl Habit:** It may be concluded from the study results that selective yogic exercises are not fully effective on bowl habit prior to menses.
- **Psychological Disturbances:** It may be concluded from the study results that selective yogic exercises are useful treatment for psychological disturbances prior to menses.

- **Change in Mood:** It may be concluded from the study results that selective yogic exercises are useful treatment for overcoming change in mood prior to menses.
- **Feeling Sleepy:** It may be concluded from the study results that selective yogic exercises are useful treatment for filling sleepy prior to menses.
- **Nausea or Vomiting:** It may be concluded from the study results that selective yogic exercises are useful treatment for nausea or vomiting prior to menses.

Menstrual Symptoms

- **Lower Abdominal Pain:** It may be concluded from the study results that selective yogic exercises are useful treatment for lower abdominal pain during menstruation.
- **Backache:** It may be concluded from the study results that selective yogic exercises are useful treatment for backache during menstruation.
- **Leg Pain:** It may be concluded from the study results that selective yogic exercises are useful treatment for leg pain during menstruation.
- **Pelvic Pain:** It may be concluded from the study results that selective yogic exercises are useful treatment for pelvic pain during menstruation.
- **Blood characteristic during menses:** It may be concluded from the study results that selective yogic practice can change characteristic of blood discharged during menses
- **Volume of blood during menses:** It may be concluded from the study results that selective yogic exercises are beneficial in regularization of blood discharge during menses

Problems experienced during periods

- **Nausea or Vomiting:** Practicing with selective yogic exercises can reduce problem of nausea or vomiting in adolescent girls during menses.
- **Diarrhea:** It may be concluded from the study results that practicing with selective yogic exercises can reduce problem of diarrhea in adolescent girls during menses.

- **Psychological Disturbance:** It may be concluded from the study results that practicing with selective yogic exercises can reduce problem of psychological disturbances in adolescent girls during menses.
- **Taking treatment for menstruation:** It may be concluded from the study results that selective yogic practices are helpful in treating the symptoms during menstruation.
- **Impact of menses on study:** It may be concluded from the results that selective yogic practices reduce impact of menses on the study.
- **Difficulty in attending school/college:** It may be concluded from the study results that selective yogic practices reduce impact of menses on attending college or school.

Experiencing difficulty in performing activities

Difficulty of performing in sports: It may be concluded from the study result that practicing selective yoga has positive effect on performing sports during menses.

Dancing: It may be concluded from the study result that practicing selective yoga has positive effect on performing dance during menses.

Tracking: It may be concluded from the study result that practicing selective yoga has positive effect on performing tracking during menses.

Routine Household Work: It may be concluded from the study result that practicing selective yoga has positive effect on performing routine household work during menses.

Desire of about getting more information regarding menstruation

- It may be concluded from the study results that 100% girls desired to know more about menstruation.

Need Medicine for delaying or preponing periods

- It may be concluded from the study results that selective yogic practices can provide comfort to girls during menses.

Practicing yoga during period

- It may be concluded from the study results that majority of adolescent girls have practiced yoga during menses after undergoing yogic training.

Practicing other physical activities during period

- It may be concluded from the study results that after attending yogic training majority of girls perform other physical activities also.

Suggestions and Recommendations

- ❖ For girls the period of adolescence is very crucial because various changes pertaining to their body composition occurred in this period. To give proper direction to the body changes regular practice of Pranayama and Yogasana is very essential. Hence the girls should be motivated to do Pranayama and Yogasana on regular basis
- ❖ Special classes on Yoga and Pranayama should be taken in the school
- ❖ Programs based on Pranayama and Yogasana should be organized in the schools
- ❖ Guidance on Pranayama and Yoga should be provided to students through Experts in the field
- ❖ Government should include Pranayama and Yoga as an independent subject in school curriculum
- ❖ Government should encourage students for the regular practice of Pranayama and Yogasana
- ❖ Government should provide special funds to the schools for the making expense on Pranayama and Yoga classes
- ❖ On the basis of present study research should be done for the girls belonging to other age groups
- ❖ The impact of Yogasana and Pranayama on mental capacity of adolescent girls should be assessed.
- ❖ Same kind of studies should be carried out for the adolescent girls living in rural and remote areas.

(Sonali B. Sirbhate)
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