

## EFFECT OF YOGASANAS ON PRIMARY DYSMENORRHOEA - A SINGLE CASE STUDY

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### ABSTRACT

**Introduction:** Primary Dysmenorrhoea is a condition which is associated as painful menstruation with normal pelvic anatomy, with prevalence of 54-87%. This problem affects girl's academic performance, to relieve from this problem some take medicines which has many side effects. Therefore to avoid such adverse effects there is need to explore the other approach to treat this problem. Yoga does not cause any side effects. It is a valuable exercise for toning and regulating female reproductive system. **Aim & Objective:** To assess the effect of *Yogasanas* on Primary Dysmenorrhoea. **Material & method:** A female patient age 19 yrs having primary dysmenorrhoea since last 3 consecutive cycles with symptoms of lower abdominal pain, low backache, and pain in thighs with giddiness and fainting was advice with daily *Yogasanas* i.e. *Bhujangasana*, *Shalabhasana*, *Trikonasana*, *Dhanurasana* and *Paschimottanasana* for 3 months for 30 minutes with monthly follow up. VAS (Visual analogue scale) was used to measure the pain. **Result & Conclusion:** Decrease in VAS score and relief in other symptoms of patient was noted.

Hence the above set of *Yogasanas* is effective in Primary Dysmenorrhoea.

**Keywords:** *Yogasanas*, Primary dysmenorrhoea.

### INTRODUCTION

Primary dysmenorrhoea is a condition which is associated with painful menstruation in girls with normal pelvic anatomy. It usually begins in adolescent age and the affected girls experiences sharp pain, intermittent spasm usually concentrated at supra pubic region. <sup>[1]</sup> Prevalence of dysmenorrhoea is 54-87%. The mechanism of initiation of pain is not exactly known. It can be explained on the basis of two factors i.e. release of Prostaglandins (PGF<sub>2</sub> Alpha) from the endo-

metrium and uterine hypoxia. Release of Prostaglandins and other inflammatory mediators in the uterus are thought to play major role in primary dysmenorrhoea as they are responsible for uterine contractions. Dysmenorrhoea is also occurs due to dysperistalsis and hyperactivity of the uterine JZ (Junctional zone). <sup>[2]</sup> Several studies have shown that adolescents with primary dysmenorrhoea affect their academic performance. NSAID's like Mefenamic acid, Ibuprofen has

been given for the symptomatic relief of the patients but, there are so many side effects like gastric discomfort, dizziness, rashes, itching, nausea, vomiting etc occurs.<sup>[3]</sup>

Therefore to avoid such side effects there is need to explore the other approach to treat this problem. Yoga therapy provides good approach to treat primary dysmenorrhoea. *Asana* are the posture through which the body get relaxed, strengthen and become more flexible.<sup>[6]</sup> *Asana* is third part of Yoga, which includes different Yogic postures; it helps to attain further steps of Yoga. Control over physical body later leads to control over mind.<sup>[7]</sup> There are group of *Asanas* which may provide relief i.e. *Bhujangasana*, *Shalabhasana*, *Trikonasana*, *Dhanurasana* and *Paschimottanasana*. VAS (Visual Analogue Scale) has been used to measure the pain

It aims at enhancing the flexibility, firmness, strength and immunity. Improves the uterus and ovaries, re-

moves menstrual disorders such all dysmenorrhoea and consequent pain.<sup>[8]</sup>

In this above back ground, we had taken a single case study to see the effect of *Yogasana* in primary dysmenorrhoea.<sup>[4,5]</sup>


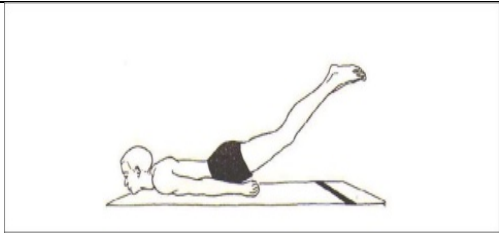
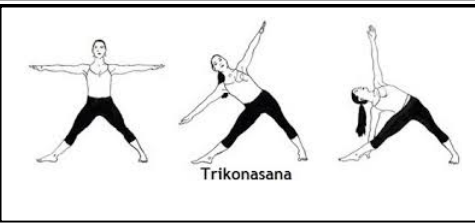
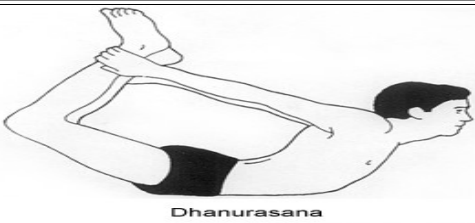
**Aim & Objective:** To assess the effect of *Yogasanas* on Primary Dysmenorrhoea.


**Case Study**

A female patient age 19 yrs having primary dysmenorrhoea since last 3 years with symptoms of.....

- Lower abdominal pain
- Low backache
- Pain in thighs
- Giddiness and fainting

Was advice with daily *Yogasanas* i.e. *Bhujangasana*, *Shalabhasana*, *Trikonasana*, *Dhanurasana* and *Paschimottanasana* for 3 months for 30 minutes on empty stomach with monthly follow up.

<i>Asana</i>	Effect on body	
<b><i>Bhujangasana</i></b>	This <i>Asana</i> tones the female reproductive system and alleviate the menstrual disorders. It is beneficial for lower aches. <sup>[9]</sup>	
<b><i>Shalabhasana</i></b>	It strengthens the lower back and pelvic organs. <sup>[10]</sup>	
<b><i>Trikonasana</i></b>	Reduces discomfort during menstruation. <sup>[11]</sup>	
<b><i>Dhanurasana</i></b>	It stimulates the abdominal organ. <sup>[12]</sup>	

<b><i>Paschimottanasana</i></b>	Tones up the abdominal organs <sup>[13]</sup>	
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**Observations:**

Symptoms	Before Treatment	After Treatment
lower abdominal pain	Present for 3 days	Relief from pain
low backache	Present for 3 days	Relief from pain
pain in thighs	Present for 1 day	Relief from pain
Giddiness and Fainting	Present for 1 day	Relief from symptom
VAS	8	2
Duration of flow	5 days	5 days
Bleeding amount (No. Of pads)	3 pads/ day	2 pads/day
Bleeding type (with clot/ without clot)	Heavy bleeding with clot	Normal bleeding

**DISCUSSION**

- *Asana* are the posture through which the body get relaxed, strengthen and become more flexible and balancing action on the sympathetic and parasympathetic nervous system.
- It has calming effect on the nervous system and also exert an important effect on endocrine system to help in regulating the hormones
- Yoga reduces the severity and duration of primary dysmenorrhoea.
- *Asanas* which are used mainly stretched abdominal muscles and strengthen the back muscles and massages the organs lies in the pelvis.

**CONCLUSION**

- From the above study it was concluded that, the *Yogasanas* i.e. *Bhujangasana*, *Shalabhasana*, *Trikonasana*, *Dhanurasana* and *Paschimottanasana* stretches the abdominal muscles and decreases the uterine contractions and uterine hypoxia.
- These *Asanas* tone the abdominal muscles and organs and also reduce abdominal discomfort during menstruation.
- Decrease in VAS score that is from intense, dreadful horrible pain to mild, annoying pain and relief in other symptoms i.e. lower abdominal

pain, Low backache, Pain in thighs, Giddiness and fainting of patient was noted. Bleeding amount also normal.

- Hence the above set of *Yogasanas* is effective in Primary Dysmenorrhoea.

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