

Yoga a Therapy to Improve Anxiety in Premenstrual Syndrome Women

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EDITORIAL

Yoga activities are known to alter the body by involving the mind, body, emotions, reasoning, and attention in physical, breathing, and mental movements. Yoga is thought to work through regulating the hypothalamic-pituitary-adrenal axis, which is adversely controlled by the Sympathetic Nervous System (SNS). Yoga has also been demonstrated to efficiently regulate cortisol, glucose, plasma renin, epinephrine, and norepinephrine discharges in the circulation in order to monitor vagal nerves, which are responsible for body activity.

Yoga has also been found to lessen the harmful effects of stress on the immune system by regulating immunoglobulin-A levels in a beneficial way. Every month, women with Premenstrual Syndrome (PMS) experience a slew of symptoms throughout their menstrual cycle, particularly during the luteal phase. Emotional (EM), bodily (PHY), and behavioural (BE) issues make women feel uneasy during their reproductive years. Yoga has been shown in numerous studies to improve PMS symptoms in women during their menstrual cycle. As a result, we looked into the effects of yoga on anxiety symptoms in conjunction with vital signs in premenstrual women.

Yoga increased the comfort of PMS sufferers by lowering anxiety levels while having no effect on vital indicators. During the menstrual cycle, the female body tolerates hormonal changes that induce emotional, physical, and behavioural symptoms. Premenstrual anxiety causes discomfort in women by altering the level of cortisol, which increases its amount, making anxiety management difficult. The anxiousness is made worse by the fear of PMS symptoms. The current study found that yoga activities

can reduce anxiety symptoms such as anxious mood, tension, fears, insomnia, sad mood, somatic (muscular), soma (sensory), cardiovascular and respiratory symptoms, intellectual and autonomic symptoms, but not behaviour.

Yoga workouts had little effect on vital markers like systolic blood pressure, BMI, or heart beats, however diastolic blood pressure was dramatically reduced. Importantly, the heartbeat and body mass index were both normal. Other research, in contrast to the current study, have found that yoga affects blood pressure and, more crucially, reduces hypertension in people with cardiac problems. Yoga was also employed in postoperative breast cancer patients with anxiety disorders, and yoga was found to reduce anxiety levels.

Although the mechanism of yoga's anti-anxiety effects is unknown, there are certain theories, such as the triggering of neurotransmitters by meditation activities like yoga, which can help to calm psychiatric problems. Recent research suggests that, in addition to inspiring cognitive, behavioural, or physical reactions to negative emotional incitements, the brain is likely involved in identifying and moderating these incitements. Furthermore, a series of limbic functions, notably the amygdala, a nucleus located in the median temporal lobes, has been found to be significant in moderating negative emotional incitements. Yoga reduced anxiety in PMS-affected women without changing vital signs.

As a result, yoga may be suggested to help women with PMS manage their anxiety during their menstrual cycle. Importantly, yoga had no effect on vital signs, indicating that it is safe for women with PMS.

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