

Effects of Yoga in Menopausal Transition

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Clinically, natural menopause is analyzed retrospectively after 12 successive months of amenorrhea. More care is needed towards peri- and post-menopausal signs, which can prove to be moderately devastating causing problems at home and the workplace. About 20% of the patients suffer from severe menopausal signs, 60% endure from mild signs and 20% may have no signs at all.

Since estrogen lack is the cause of perimenopausal signs, estrogen replacement therapy (HRT) is the most active treatment. However, HRT has been linked with a more risk of breast cancer, uterine cancer, thromboembolic heart disease and stroke. More women are aware of the stern side-effects; hence the use of HRT for menopausal signs has diminished. As the control of HRT, the present need is to explore new choices for the supervision of menopausal signs in the form of non-hormonal drug cure and non-pharmacological trials. The current approvals are: Change in lifestyle, Regular exercise, Diet, Yoga.

Yoga: Yoga is a unique and ancient holistic art of living that contains physical, mental, moral and spiritual spheres. The general usage of the term attentions primarily on positions beneficial for physical health and many people have observed the same. Yoga has gradually become a known practice. Yoga made in India more than 4000 years ago. Yoga is not a belief but rather a philosophy of living. Yogic life is a way of living, which aims to recover the body, mind and day to day life of individuals. The eight limbs of Yoga are – Yama, Niyama, Asana, Pranayama, Pratyahar, Dharana, Dhyana, and Samadhi. Yoga has spread round the

whole world and has been considered so as to help people to cope with various health situations counting menopause. The most usually performed Yoga practices are postures (*asana*), controlled breathing (*pranayama*), and meditation (*dhyana*).

Asana is distinct as a firm and comfortable posture. Usually, many *asanass* are experienced in Hatha Yoga mainly to achieve,

Better physical and mental health. In different studies, the postures chosen are created on the effectiveness in releasing menopausal signs.

Pranayama is check of the prana or breath, which is often decoded as breath control. It is stated that *pranayama* methods are useful in treating a wide variety of stress disorders. Experts report that the practice of *pranayama* progresses a steady mind, strong willpower. *Pranayama* braces the lungs, progress their function and improves the lung power.

Meditation has been found to be related with improved plasma melatonin level and improved sleep quality, mainly if done in the evening before rest. The combined approach of Yoga therapy can progress hot flushes and night sweats. A pilot study of a Hatha Yoga action for menopausal signs also showed enhancement in menopausal signs except hot flushes. Even eight weeks of an integrated method to yoga therapy caused in better outcome as related to physical activity in reducing climacteric signs, professed stress and neuroticism in perimenopausal women. The risk of cardiovascular disease (CVD) rises hard with menopause likely due to the co-incident rise in insulin resistance and connected atherogenic variations that together include the metabolic or insulin fighting syndrome, a cluster of metabolic and hemodynamic abnormalities powerfully occupied in the pathogenesis and progression of CVD.

As stated earlier it has been verified that meditation increases plasma melatonin levels and it seems that melatonin efficiently improves sleep quality. Studies have confirmed the effectiveness of Yoga in enlightening sleeping forms signifying its active use in a clinical setting to combat signs of insomnia and other sleep illnesses in post-menopausal women.

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