

Yogic Practice for Adolescent Girls and Balancing Hormones

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Abstract :- Menstrual health is often ignored for a number of reasons, resulting in a variety of issues such as prolonged menstruation, miscarriage, pregnancy complications, and infertility. One of the most significant physiological changes that girls experience during their adolescent years is the beginning of menstruation. Girls' initiation of physiological adulthood is signaled by menstruation. As they approach menopause, it becomes an integral part of their lives. The aim of this study is to yogic practice in adolescent girls.

Adolescent girls can educate in schools about the benefits of regular exercise such as yoga, which may decrease premenstrual distress and improve adolescent girls health. Menstruation can begin at any age between 9 and 18 years old, with the average age in the United States being around 12 years and 8 months, compared to a slightly lower average age of 12 years in India. Because of the physical and psychological issues, it might create, menarche also warrants specific attention. There were several socio-cultural taboos related to menstruation.

To determine an alternative and authentic approach through yoga, to assess the effect of yoga on hormone levels like estrogen and Luteinizing hormone and haemoglobin in menstrual disorders and also to evaluate the quality of life in subjects with menstrual disorders. Yoga Therapy helps to improve and maintain the hormone levels, hemoglobin, and quality of life of subjects with menstrual disorders.

Keywords :- Menstruation, Adolescent, Physiological, Physical, Psychological, Estrogen Luteinizing hormone and hemoglobin

Introduction :- Menarche is the first menstrual period or first menstrual bleeding. For the majority of women, it is the adolescent stage of puberty that is most frequently remembered. The Latin

word "adolescent," which means "to mature," is where the English word "adolescence" originates. According to the World Health Organisation (WHO), adolescence is defined as the years between 10 and 19 of age. It is a time of quickening physical growth and development, as well as maturation of the body and mind. Due to the upheaval that adolescent experiences during this time—due to many developmental stages, life situations, demands, and issues—special attention must be paid to this period. In order to address these issues, UNICEF (the United Nations Children's Fund) and UNFPA (the United Nations Fund for Population Activities) collaborated with WHO and released a joint statement on the Reproductive Health of Adolescents in 1989. Menarche is a part of the complex process of growing up. Since it indicates the potential for fertility, it is frequently seen as the main event of female puberty from both a social and medical perspective. Menstruation can begin at any age between 9 and 18 years old, with the average age in the United States being around 12 years and 8 months, compared to a slightly lower average age of 12 years in India. Because of the physical and psychological issues, it might create, menarche also warrants specific attention.

Though a healthy woman's body has to go through the menstrual cycle every month, the main issues include delayed menstruation, irregular periods related to hormonal imbalances, and pain during menstruation. Before regular ovulation is established, irregular, anovulatory menses frequently last for 1-2 years or longer. Once ovulation is recognized, the periods become regular and uncomfortable. Predictable and consistent menstrual cycles, predictable and constant menstrual lengths, and predictable and consistent patterns of flow are typically signs of regular ovulation.

Importance of menstruation :- The woman's body prepares for pregnancy every month and it is the lining of the uterus that gets thicker as spawework for regular menstruation. This shows that there is hormonal balance within the body. Fertilization of the egg occurs in the lining of the uterus and if the egg is not fertilized, the uterine lining starts to break down and is expelled through the vagina. Menstruation is the way of releasing the uterine tissue that it no longer needs. If the menstrual

cycle is not normal, then it is considered a disorder of menstruation, which disrupts her daily life. It can also affect her ability to conceive. All around the world major problem faced by women is menstrual disorders and generally less concern is paid to understanding women's menstrual complaints. Menstrual irregularities influence the daily life of the females. A high risk of depression can be seen along with menstrual irregularity and heavy menstrual flow (BL, 2004).

Types of menstrual disorder:

S.NO.	NAME	CAUSES
1	Amenorrhoea:	Natural causes for amenorrhoea are pregnancy, breast feeding and menopause. Factors like Lifestyle, excessive exercise, medication use, hormone imbalances and structural issues and stress can cause amenorrhoea.
2	Oligomenorrhoea	Menstrual periods at intervals of more than 35 days or irregular periods with unpredictable flow are the symptoms. Adolescent girls are more vulnerable to oligomenorrhoea.
3	Hypomenorrhea	Menstrual bleeding is decreased. Lower body fat, nervousness or stress, hormonal imbalance, premature ovarian failure etc may the aetiological factors for hypomenorrhea.
4	Menorrhagia	Abnormally heavy or prolonged bleeding. Menorrhagia may occur due to dysfunction in the ovaries, uterine fibroids, and hormone imbalance
5	Polymenorrhea	Increased frequency of menstruation. The menstrual cycle is shorter than 21 days. The causes for polymenorrhea may be stress, hormonal fluctuations etc.
6	Painful menstruation/ dysmenorrhea	This means painful menstruation. Pelvic congestion or increased Vascularity in the pelvic organs results in dysmenorrhea. This pain radiate to the lower back and thighs. Nausea, vomiting, diarrhea or constipation, headache, dizziness, hypersensitivity to sound, light and certain smell are the symptoms which can be seen along with menstrual pain.
7	Pre Menstrual Disorder (PMS)	Is a psychoneuroendocrine condition that occurs just before menstruation. The cause of PMS is unclear. Anxiety, depression, mood swings, irritability, headache, insomnia, fatigue are some of the symptoms.

Characteristics of menstruation-related Problems

for Adolescent girls in India :- To bring awareness among adolescent girls and to give solutions through Yoga for Menstrual problems. Mind and body are interrelated and both influence each other mutually. Physiological issues create emotional imbalance and vice versa.

Dietary choices have a direct impact on a

person's quality of life, and adolescents are particularly susceptible to rapid growth and maturation, which call for extra nutrients and nutrient-dense foods. Instead of following a balanced diet, consuming foods high in calories without getting enough exercise leads to lifestyle illnesses. Teenagers' eating habits and nutrient intake have altered significantly as a result of

contemporary lifestyle trends. Nowadays, young people's preferred diet consists of either eating fast food or skipping meals.

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The terms of menstrual problems it self are not known to the public as well as to the girls who undergo the difficulties of it. Menstruation is considered personal, inexpressive and unhygienic and it is not known in depth to many of them. Hence proper awareness about the problems, impact of the problems and treatment for the same are lacking even in technologically well-developed countries. Moreover, being a girl/woman the suffering. Only a few girls approach health care treatment for menstrual problems. The majority of girls sought the help of alternative and traditional medicines to get rid of the problems. Yogic, which is not a treatment or medication but it is a way of life.

Today's reason for girls takes junk foods, Skip breakfast, lunch and skip their dinner and not take a balanced diet and drink less water. Majority

of never take fruits, vegetables and greens. The improper style and pattern of living are not keeping health intact and this is the cause of painful menstruation.

Yogic Asanas For Healthy Menstrual Cycle :- Do These Yoga Asanas To Manage Your Periods Numerous factors, including hormone imbalances and other underlying significant health disorders, may contribute to these irregular menstrual cycles. Here are a few yoga poses you can do every day to maintain the wellness of your menstrual cycle.

PRAYER :- Prayer with Chanting

LOOSENING EXERCISES :- Loosening exercises are very effective in preparing the body for strenuous exercises. Some of the loosening exercises include:

- Seated forward bends
- Butterfly
- Back twists
- Some of the other loosening exercises include back twists, arm swings, arm rotations and full body tractions.

Benefits of loosening exercises: The following are some of the main advantages of performing stretches before engaging in any rigorous activity:

- Increase in body temperature
- Dilation of blood vessels
- Increase in muscle temperature
- Mental preparation
- Better muscle movement

YOGIC PRACTICE DURING MENSTRUATION

S.No.	Name of the Yogic practice	Duration	Rounds/ Repetition	Benefits
1	Prayer	5 min	1	• Mind and body relaxed.
2	Loosening Exercises	5 min	1	• Dilation of blood vessels

3	Surya Namaskar	1 min	6	<ul style="list-style-type: none"> • It is a wholesome exercise. All parts of the body are toned up. • Stomach, alimentary canal, intestines, heart, liver etc. are strengthened. • Muscles of the arms, legs, thighs, shoulders and collarbones are strengthened. • Keeps hormones balanced. Mind attains peace and strength. • Health, as a whole is improved
4	Standing Asanas			
	1. Thrikonasana	1 min	2	<ul style="list-style-type: none"> • The spinal cord becomes flexible and youthfulness is maintained. • Adrenal glands function well.
	2. Uttkadasana	1 min	1	<ul style="list-style-type: none"> • Kidneys, arm and abdomen parts are strengthened. • Legs are strengthened.
5	Sitting Asanas			
	1. Yoga mudra	1 min	1	<ul style="list-style-type: none"> • Menstrual problems in women are cured. • Functions of the liver and spleen are activated. • Cures jaundice. Reduces potbelly. • Indigestion and constipation are cured. Muscles around the Mooladhara are strengthened. • Pancreas is strengthened. A good exercise for controlling diabetes.
	2. Mandukasana	1 min.	1	<ul style="list-style-type: none"> • Improves the functions of the Pancreas. Can cure diabetes. • Cures stomach ailments. • Strengthens the heart.
	3. Janusirasasana	30 sec.	2	<ul style="list-style-type: none"> • Strengthens the stomach muscles. • Digestive organs are strengthened. • Strengthens the muscles around the waist.

	4. Ustrasana	1 min	1	<ul style="list-style-type: none"> • Cures sinusitis and asthma problems. • Improved the functioning of the thyroid gland. • Cures pain in the neck, back and waist. • Improves the function of the respiratory system by strengthening the air sacs in the lungs.
	5. Paschimothasana	1 min	1	<ul style="list-style-type: none"> • Cures diabetes and kidney problems. • Reduces post-natal accumulation of fat in lower abdomen. • Cures back pain and piles. • Good for increasing the height.
	6. Gomukhasana	1 min	2	<ul style="list-style-type: none"> • Strengthens the organs in the stomach. • Chest expands and breathing improves. • Diabetes and menstrual problems in women are cured. • Strengthens the muscles of the stomach and improves the functioning of the gall bladder and the kidneys. Cures paralysis and sprains.
6	Asanas lying on the stomach			
	1. Dhanurasana	1 min	1	<ul style="list-style-type: none"> • Relieves menstrual problems. • Strengthens abdominal muscles.
7	Asanas lying on the back			
	1. Pavana muktasana	1 min	1	<ul style="list-style-type: none"> • It releases the accumulated gases from the stomach according to its name. • Menstrual problems like excessive or reduced bleeding are cured. Problems of the uterus are cured. • Heartburn, belching, heart problems and other problems on account of excessive body heat are cured. • Reduces the fat around the abdomen.

	2. Supta Vajrasana	1 min	1	<ul style="list-style-type: none"> • Cures constipation. Improves the functioning of the digestive organs. • Strengthens the muscles of the waist.
8	Makarasana	5 min	1	<ul style="list-style-type: none"> • Strengthens the abdominal muscles. • Regulates the endocrine system. • Regulates the menstrual system and relieves menstrual discomfort. • Keeps the spine and spinal nerves flexible and healthy. • Strengthens the backbone and the spinal cord.
9	Pranayama			<ul style="list-style-type: none"> • Promotes Hormonal Balance • Strengthens the Reproductive System • Reduces the Risk of Chronic Diseases • Improves Mental Health • Promotes Overall Well-Being
	1. Nadi Shuddi	2 min	1	<ul style="list-style-type: none"> • Improve lung function, decrease stress, and encourage relaxation.
	2. Kapalabathi	2 min	1	<ul style="list-style-type: none"> • To increase energy levels, the digestive system, and promote detoxification.
	3. Ujjayi	2 min	1	<ul style="list-style-type: none"> • Help in stress reduction, relaxation, and lung health.
	4. Bhastrika	2 min	1	<ul style="list-style-type: none"> • To increase lung capacity, improve circulation, and promote relaxation.
10	Relaxation	3 min	1	<ul style="list-style-type: none"> • Removes tension and relaxes muscles all over the body. • Brings down blood pressure. • Removes recurrence of heart trouble. • Gives a wholesome rest to the entire system. • Regulates the circulation of blood, heat, air, life-force and bio-magnetism throughout the body.
11	Meditation	5 min	1	<ul style="list-style-type: none"> • The mental frequency is reduced to alpha level (8-13 cps). Pituitary gland gets activated. Senses will be kept under control. The five senses become peaceful. Thinking capacity of the mind increases.

For women, performing pranayama during their periods is a secure and advantageous activity. There are numerous simple pranayama practices that can ease menstrual discomfort and enhance general health and well-being, while some should be avoided while menstruating.

Pranayama can be a crucial component of any woman's self-care practice because it encourages relaxation, lowers stress, and improves both physical and mental health.

Constant practice of Yoga intervention solves the menstrual problems of adolescent girls. Yogic practices can set right the menstrual problems of adolescent girls.

CONCLUSIONS :- Regular practice of Yogasanas, SuryaNamaskar, Makarasana series, Pranayama and meditation are effective for Menstrual problems. Yoga reduces balance hormones which is the prime cause of all menstrual problems. Yoga also depends on lifestyle and food habits. However, Yoga cannot be a wholesome exercise unless to know about its benefits by Youngsters. Yoga gives more benefits when it is practiced regularly and sincerely.

RECOMMENDATIONS :-

1. Health education programs in schools among adolescent girls are essential to know the facts about menstruation before puberty and to make them confident to face and accept the fact that menstruation is a normal reproductive process.
2. Mothers should be provided with health education programs, especially on menstrual problems.
3. Yoga can act as a wholesome treatment for all menstrual problems. Hence a standard diagnosis pattern is to be formulated by conducting education programs on menstrual problems.
4. Yogic practice can help rural and urban adolescent girls with menstrual problems.

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