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## Yoga and its role for female's irregular menstruation disorder

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### Abstract

Yoga and meditation are the most helpful treatments for regularizing menstrual cycle without medicines. Yoga and meditation helps in relieving stress, which is one of the primary causes of hormonal unevenness in the body that triggers irregularities in menstruation. Practicing certain forms of meditation can ensure perfect hormonal balance in the body and as the menstrual cycle in women is controlled by hormones hence it also helps in regularizing periods.

**Keywords:** Menstrual cycle, amenorrhea, dysmenorrhea etc.

### Introduction

Yoga is a group of physical, mental, and spiritual practices or disciplines which originated in ancient India (Wikipedia) [1]. Yoga is the effective exercise to cure irregular periods naturally. An irregular period is general problem in women. Yoga is the best medicine to cure problems like menstruation disorder, heavy blood flow and painful menstruation periods.

First of all, yoga has a great influence on your health, both mental and physical. It lets you stretch your muscles just as much as it is comfortable to you, it doesn't necessarily push you over your limits like most of the other types of exercise do.

### Menstruation

Menstruation is a female's monthly bleeding. When you menstruate, your body sheds the lining of the uterus (womb). Menstrual blood flows from the uterus through the small opening in the cervix and passes out of the body through the vagina. Most menstrual periods last from 3 to 5 days.

### Menstrual cycle

When periods (menstruations) come regularly, this is called the menstrual cycle. Having regular menstrual cycles is a sign that important parts of your body are working normally. The menstrual cycle provides important body chemicals, called hormones, to keep you healthy. It also prepares your body for pregnancy each month. A cycle is counted from the first day of 1 period to the first day of the next period. The average menstrual cycle is 28 days long. Cycles can range anywhere from 21 to 35 days in adults and from 21 to 45 days in young teens. The rise and fall of levels of hormones during the month control the menstrual cycle.

### During menstrual cycle what happens

In the first half of the cycle, levels of estrogen (the "female hormone") start to rise. Estrogen plays an important role in keeping you healthy, especially by helping you to build strong bones and to help keep them strong as you get older. Estrogen also makes the lining of the uterus (womb) grow and thicken. This lining of the womb is a place that will nourish the embryo if a pregnancy occurs. At the same time the lining of the womb is growing, an egg, or ovum, in one of the ovaries starts to mature. At about day 14 of an average 28-day cycle, the egg leaves the ovary. This is called ovulation.

After the egg has left the ovary, it travels through the Fallopian tube to the uterus. Hormone levels rise and help prepare the uterine lining for pregnancy. A woman is most likely to get pregnant during the 3 days before or on the day of ovulation. Keep in mind, women with cycles that are shorter or longer than average may ovulate before or after day 14.

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A female becomes pregnant if the egg is fertilized by a man's sperm cell and attaches to the uterine wall. If the egg is not fertilized, it will break apart. Then, hormone levels drop, and the thickened lining of the uterus is shed during the menstrual period.

- Day 1 begins with the main day of your period. This occurs after hormone levels drop at the end of the previous cycle, signaling blood and tissues lining the uterus (womb) to break down and shed from the body. Bleeding lasts about 5 days.
- Usually by Day 7, bleeding has stopped. Leading up to this time, hormones cause fluid-filled pockets called follicles to develop on the ovaries. Each follicle contains an egg.
- Between Day 7 and 14, one follicle will proceed to create and reach maturity. The coating of the uterus begins to thicken, sitting tight for a treated egg to embed there. The covering is rich in blood and supplements.
- Around Day 14 (in a 28-day cycle), hormones make the develop follicle burst and discharge an egg from the ovary, a procedure called ovulation.
- Over the next few days, the egg travels down the fallopian tube towards the uterus. If a sperm unites with the egg here, the fertilized egg will continue down the fallopian tube and attach to the lining of the uterus.
- If the egg is not fertilized, hormone levels will drop around Day 25. This signals the next menstrual cycle to begin. The egg will break apart and be shed with the next period.

#### **Menstruation related facts**

- Most periods vary somewhat, the flow may be light, moderate or heavy and can vary in length from about 2 to 7 days; with age, the cycle usually shortens and becomes more regular.
- Menstruation is a monthly shedding of a female's uterus lining; it lasts about 3 to 5 days (average) and contains blood and tissue that exits her body through the cervix and vagina – the first day of menstruation is the first day of your period.
- The menstrual cycle is the recurrent approximately monthly menstruation. Problems with periods include the following: Amenorrhea (no period), Dysmenorrhea (painful period), and abnormal bleeding.

#### **Amenorrhea**

Amenorrhea-the lack of a menstrual period. This term is used to describe the absence of a period in:

- Young women who haven't started menstruating by age 15
- Women and girls who haven't had a period for 90 days, even if they haven't been menstruating for long

#### **Causes can include**

- Pregnancy
- Breastfeeding
- Extreme weight loss
- Eating disorders
- Excessive exercising
- Stress
- Serious medical conditions in need of treatment
- As mentioned previously, when your menstrual cycles come regularly, this means that important parts of your

body are working normally. In some cases, not having menstrual periods can mean that your ovaries have stopped producing normal amounts of estrogen. Missing these hormones can have important effects on your overall health. Hormonal problems, such as those caused by polycystic ovary syndrome or serious problems with the reproductive organs may be involved. It's important to talk to a doctor if you have this problem.

#### **Dysmenorrhea**

Dysmenorrhea painful periods, including severe cramps. Menstrual cramps in teens are caused by too much of a chemical called prostaglandin. Most teens with dysmenorrhea do not have a serious disease, even though the cramps can be severe. In older women, the pain is sometimes caused by a disease or condition such as uterine fibroids or endometriosis. For some women, using a heating pad or taking a warm bath helps ease their cramps. Some over-the-counter pain medicines can also help with these symptoms. They include:

- Ibuprofen for instance, Advil, Motrin, Midol Cramp)
- Ketoprofen (for instance, Orudis KT)
- Naproxen (for instance, Aleve)

If these medicines don't relieve your pain or the pain interferes with work or school, you should see a doctor. Treatment depends on what's causing the problem and how severe it is.

#### **Abnormal uterine bleeding**

Abnormal uterine bleeding is vaginal bleeding that's different from normal menstrual periods. It includes:

- Bleeding between periods
- Bleeding after sex
- Spotting anytime in the menstrual cycle
- Bleeding heavier or for more days than normal
- Bleeding after menopause

Abnormal bleeding can have many causes. Your doctor may start by checking for problems that are most common in your age group. Some of them are not serious and are easy to treat. Others can be more serious. Treatment for abnormal bleeding depends on the cause.

- The average age for a girl to get her first period in the US is 12, but the range of age is about 8 to 15 years old.
- Women usually have periods until about ages 45 to 55.
- Concern with your doctor for any abnormalities in your period (for example, excessive bleeding, no periods, severe pain, fever with tampon use, sudden irregularities, and other problems).

#### **Causes of irregular periods (Menstruation disorder)**

- Heavy workout
- Loss of weight
- High body weight
- Infection in reproductive organ
- Changes in diet
- Breastfeeding
- Miscarriage
- Birth control pills
- Hormonal imbalance
- Stress, depression
- Eating disorder
- Thyroid disorder

Irregular periods can also be triggered by other unrelated life changes. Problems in the reproductive system, such as infections affecting the uterus and ovaries, can also cause irregular periods. In some cases, bouts of irregular periods can also be caused by unplanned pregnancies or miscarriages. Certain forms of birth control can also initiate menstrual irregularity.

#### **Benefits of Yoga poses (exercises) for irregular periods or Menstruation disorder):**

- Yoga helps to reduce stress level.
- Regular practice of yoga cures the abdominal disorders.
- Help to relax your body.
- Regulate every part of a body.
- It's helpful in relieve menstrual pain.
- Improve the function of abdominal organs.

#### **Some Yoga poses for irregular periods**

- Bhujangasana
- Seven pranayama
- Dhanurasana
- Paschimottanasana
- Halasana
- Vajrasana
- Badhhakonasana
- Surya Namaskar (Sun Salutaion)

#### **Safeguard**

- Don't touch (shower) or drink water for 30 minutes after doing yoga.
- Women should refrain from regular yoga practice during their menses. However, for them there are specific set of asanas to be done.
- Regular practicing yoga asana and pranayama is a must for a superior result. Consult your doctor before practicing yoga if you are suffering from any abdominal injuries.
- In a yoga practice there are certain asanas like yoga inversions that should be avoided during menstruation.

#### **Conclusion**

Regular practice of yoga relieves pain during periods. Releases stress, tension, depression which helps to cure irregular menstruation. Calm the mind and body. Yoga improves function of the reproductive system. Prevents and Cures Polycystic Ovary Syndrome. Regulate endocrine glands in the body to balance hormones.

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