

**OVERCOME MENOPAUSE SYMPTOMS WITH YOGA THERAPY****MRS.PAPPY YUVARANI***Associate Professor Shree Balaji College Of Nursing, Chromopet , Chennai ,Tamilnadu***ABSTRACT**

Menopause is a natural biological process although it ends fertility you can stay healthy , vital and sexual ,some women feel relieved no longer to worry about pregnancy. even though some physical symptoms such as hot flashes and emotional disturbances of menopause may interrupt your sleep and low your energy levels. Specific treatment is not needed, but some symptoms may get improved with specific treatment Menopause does not really require medical treatment since it is a natural biological process. The Menopause treatments actually focus on relieving the symptoms of Menopause and in preventing any chronic condition that may occur during the postmenopausal years such as heart disease and osteoporosis. Some undergo Hormonal Replacement Therapy (HRT) which provides a low dose of estrogen in the body which helps in alleviating symptoms such as hot flashes and vaginal dryness. HRT may also combine progestin with estrogen. Women who had hysterectomy only take Estrogen Replacement Therapy (ERT), which is HRT using estrogen alone. HRT, however, has some serious side effects and increases your risk to heart problems. Exercising, proper diet, not smoking, and reduction of stress are also effective ways to make Menopause more bearable and can also facilitate in preventing any chronic ailments that can occur in the postmenopausal years Some basic yoga practices can help one go through these symptoms with ease and comfort. These practices elevates your mood, fills you with positive high prana and makes the body strong enough to bear with the changes it's going through.

KEYWORDS : Yoga , menopause perimenopause ,meditation ,postmenopausal,**MRS.PAPPY YUVARANI***Associate Professor, Shree Balaji College Of Nursing, Chromopet , Chennai ,Tamilnadu****Corresponding author**

INTRODUCTION

Menopause can be one of the most challenging stages of a woman's life. Every day becomes an adventure when your raging hormones take over. Menopause is a part of every woman's life. It is the stage when your menstrual period permanently stops. Definition: Menopause is defined as the absence of menstrual periods for 12 months. It is the time in a woman's life when the function of the ovaries ceases. This stage usually occurs between the age of 40 and 60 associated with hormonal, physical and psychological changes. These changes can occur gradually or abruptly. It can start as early as the age of 30 and last until as late as the age of 60. It can also occur when the ovaries are removed or stopped functioning. The process of menopause does not occur overnight, but rather is a gradual process. This so-called perimenopausal transition period is a different experience for each woman. Premature menopause is defined as menopause occurring in a woman younger than 40 years. About 1% of women experience premature menopause. The hormonal changes associated with menopause actually begin prior to the last menstrual period, during a three to five year period sometimes referred to as the perimenopause. During this transition, women may begin to experience menopausal symptoms even though they are still menstruating. Surgical menopause is menopause induced by the removal of the ovaries. Women who have had surgical menopause often have a sudden and severe onset of the symptoms of menopause. Menopause can be accompanied by physical and emotional symptoms in some women such as:

9 Signs and Symptoms of Menopause

- Hot flashes
- Night sweats
- Period changes
- Insomnia
- Painful sex
- Lack of interest in sex
- Mood swings

DIAGNOSIS OF MENOPAUSE

Blood testing: To determine if a woman is in the perimenopause, a health-care professional may check the follicle stimulating hormone (FSH) level through a

blood test. Bone testing: The standard for measuring bone loss, or osteoporosis, associated with menopause is the DEXA (dual-energy X-ray absorptiometry) scan. Heart risk testing: Postmenopausal women may be at risk for heart disease.

TREATMENT OF MENOPAUSE

Estrogen and progesterone therapy: Hormone therapy (HT), also referred to as hormone replacement therapy (HRT) or postmenopausal hormone therapy (PHT), consists of estrogens or a combination of estrogens and progesterone (progestin).

BIO IDENTICAL HORMONE THERAPY

There has been increasing interest in recent years in the use of so-called "bio identical" hormone therapy for peri menopausal women. Bio identical hormone preparations are medications that contain hormones that have the same chemical formula as those made naturally in the body.

CAM: According to the National Center for Complementary and Alternative Medicine, other nonprescription techniques may relieve the symptoms of menopause. These techniques include yoga meditation, acupuncture, hypnosis, biofeedback, deep breathing exercises, and paced respiration (a technique of slow breathing using the stomach muscles).

YOGA FOR MENOPAUSE

There are numerous health benefits of yoga, as a simple yoga routine can produce a calming effect on the nervous system and reduce stress. Yoga can provide relief from sensory overload. Relax your mind so that your body can effectively combat the pain of menopause migraines and headaches.

CHILD'S POSE

The Child's Pose is ideal to calm your emotions and nerves. Blood gently flows to your head and helps relieve the tension that can cause menopause headaches and migraines. Supported with a good bolster or blankets, the Child's Pose is a basic yoga position and provides an escape from your everyday demands.



STANDING FORWARD BEND

The Standing Forward Bend is one of the core yoga poses and stretches your back, leg, and calf muscles. As it increases the flow of blood to your brain. Try the Downward Facing Dog Pose. The Downward-Facing

Dog Pose is a weight-bearing pose for the upper body. It helps improve circulation and promotes healthy glands, but also strengthens the bones in your arms, wrists, hands, and shoulders.



THE BRIDGE

Lie down on a mat with your knees bent and your feet flat, placed hip-width apart and close to your butt. Your arms should be by your sides. Relax and focus on your breathing.



HEALING BREATH

Sit in a relaxed position. Keeping your shoulders down, inhale through nostrils into lowest part of lungs, and watch your belly moving outward. Exhale completely before the next inhale. Repeat 10 times.



UPWARD-FACING DOG

Lie face down with feet hip-width apart and the tops of your feet pressing into the mat. Place hands, with

fingers spread, on either side of your chest, keeping elbows close to your body. Press down through your hands as you keep your body lifting away from the floor. Breathe. On an exhalation, lower your body to the floor.



CONCLUSION

Menopause is not a disease, but rather the point in a woman's life at which she is no longer fertile, and menstrual periods have ceased. When many women think of yoga, they conjure up images of twisted poses,

chanting, and strange music. But today's yoga movement is much more main stream. and accessible.

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The only people with whom you should try to get even are those who have helped you." –John E Southard

express my deep immense gratitude to god almighty and I take great privilege to thank our principal prof.hemavathy for providing me the opportunity and guidance for publishing this article .

CONFLICT OF INTEREST

I declare that i have no conflicts of interest in the authorship or publication of my article.

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