

manovaha srotasa.

OBJECTIVE:-

To study the effect of *pranayama* on menopausal symptoms related to *manovaha srotasa*.

Materials and methods

MATERIAL

Case record form, consent form, instruments for general examination

Sample size - 30

Type of study: Prospective, clinical study

Inclusion criteria:-

Volunteers between the age of 44-55 years age. Who have irregular menstrual cycle or stop menstrual cycle less than 12 month. Having menopausal symptoms related to *manovaha srotasa*.

Exclusion criteria

Women suffering from any chronic systemic disease.

Women who are taking antipsychotic drug and HRT.

Women who already practicing in meditation, yoga, pranayama.

Temporary exclusion of any acute disease.

Method

1. Screening of the volunteers for the inclusion related to *manovaha srotasa* w.s.r. to menopausal symptoms
2. Initial assessment of volunteer.

3. Assessment of psychological symptoms of menopause by standard modern parameters

4. Train women for Purak:Kumbhak:Rechak – 1:4:2 ratio.

5. Started Purak 4sec : Kumbhak 16Sec : Rechak 8sec. Kumbhak with Jalandhar bandh(Throat lock)-Mulabandha(Root lock) – Uddiyanbandha (Abdominal lock) were teach.

6. *Tribandh yukta pranayama* was practice daily under observation

7. Duration of therapy was 90 days

8. Observation of volunteers on 0 day, 30 days, 60 days and 90 days.

Collection, classification and presentation of data Statistical analysis Conclusion

Criteria for assessment: - (59, 60) — (IJ-RIMS) —

Anxiety

Symptoms	Score
No anxiety	0
Increased anxiety when performing in public	1
Highly anxious when doing new tasks	2
Heightened anxiety when doing routine and familiar tasks	3
Panic attacks, highly anxious when doing ordinary and familiar tasks	4

Depressed mood

Symptoms	Score
Absent	0

These feeling states indicate only on questioning	1
These feeling states spontaneously reported verbally	2
Communicates feeling states non verbally i.e. through facial expression, posture, voice and tendency to weep	3
Patient reports virtually only. These feeling states in his spontaneous verbal and nonverbal communication	4

Sleep disturbance

Symptoms	Score
No sleep problems	0
Sleep broken by brief waking once or twice per night, but easily return to sleep	1
Sleep broke by waking several times per night but easily return to sleep	2
Waking up 3 or more times per night due to hot flushes, sweating and difficulty returning to sleep	3
Sleeping 2 or less hours per night consistently. sweating, hot flushes, feeling hot then cold, interrupted sleep all night	4

Loss of Memory

Symptoms	Score
No change in memory	0
Mild problems remembering names and numbers	1
Need to make lists to function at work or home	2
Impaired memory leading to dysfunction	3
Severe loss of memory leading to inability to function	4

OBSERVATIONS

Table no. 1 – Relief of therapy wise distribution

Symptoms	Percentage Relief
	Tribandh Yukta Pranayam
Anxiety	56.36 %
Depression	68.18 %
Sleep Disturbance	58.06 %
Loss of Memory	53.65 %

Table no. 2 – Relief from Anxiety

Symptom	Anxiety	Depression	Sleep Disturbance	Loss of Memory

Mean Score, B.T.	1.833	1.467	2.067	1.367
Mean Score, A.T.	0.8	0.467	0.867	0.633
S.D (\pm), B.T.	1.02	0.86	1.172	0.927
S.D (\pm), A.T.	0.76	0.628	0.628	0.556
S.E. (\pm), B.T.	0.186	0.157	0.214	0.169
S.E. (\pm), A.T.	0.139	0.114	0.114	0.101
W	406	351	300	153
Z	-4.62	-4.45	-4.28	-3.61
P	P<0.05	P<0.05	P<0.05	P<0.05
Result	Significant	Significant	Significant	Significant

As the p value is lower than the significance level $\alpha = 0.05$, we should reject the null hypothesis H_0 and accept the alternative hypothesis H_a for Anxiety, Depression, Sleep disturbance, Loss of memory.

RESULT

Effect of the *TribandhYukta Pranayama* on symptoms observed in *Manovaha srotasa* w.s.r. to Menopausal symptoms is statistically proved to be significant.

The effect of *Tribandh Yukta Pranayama* is significant at $p<0.05$ for subjective criteria such as Anxiety, Depression, Sleep Disturbance and Loss of Memory of *Manovahasrotasa* w.s.r. to Menopausal symptoms.

Conclusion:

The effect of **Tribandh Yukta Pranayam** is significant at $p<0.05$ for subjective criteria such as Anxiety, Depression, Sleep Disturbance and Loss of Memory of *Manovaha srotasa* w.s.r. to Menopausal symptoms.

DISCUSSION

Anxiety:-

Tribandhyukta pranayama soothes the mind and relaxes the nervous system. It reduces all the three *doshas*. It gives calming effect. Thus, it reduces stress, tension and anxiety. It modify anxiety by the effect on breathing through muscle relaxation, by hence modifying the mental state to induced feelings of well being. Slow and deep breathing increases the parasympathetic tone and are associated with calm mental state.

volunteers having severe anxiety i.e. grade 4 reduces to grade 2 or 1 at the end of 90 days, which means that they require therapy for longer duration; volunteers having moderate anxiety i.e. grade 3 and grade 2 reduced to grade 1 or 0, which means some of them get full relief and some of them still needs therapy. Volunteers having mild anxiety i.e. grade 1 reduced to grade 0

at the end of 90 days, which means that they got full relief in 90 days of therapy

Depression:-

Tribandh yukta pranayama improves nutrient absorption, nervous system, mental function, smoothen the mind and lowers depression. After *pranayama* practice, volunteers experienced better feeling of general well being. These volunteers also appeared more active and become more aware of the interconnectedness between their emotional, mental and physical level. Over time, this awareness fosters a deeper comprehension of the more subtle aspects of existence. *Pranayama* makes an individual think and live in a positive way; this helps them to address the life challenges without distress.

Volunteers having severe depression i.e. grade 4 reduced to grade 3 at the end of 90 days, which means that they require treatment for longer duration. Volunteers having moderate depression i.e. grade 3 and 2 reduced to grade 1, which means they still need therapy. Volunteers having mild anxiety i.e. grade 1 reduced to grade 0 at the end of 90 days, which means that they got full relief in 90 days of therapy.

Sleep disturbance:-

Vata dosha is mainly responsible for sleep disturbance. *Tribandh yukta pranayama* control *pran* and *apan* *vayu* thus it helps in sleep disturbance. It also helps to improve in sleep deficiency, total sleep time, decreases waking time throughout night. After therapy volunteers felt more rested and energetic in the mornings than their days before therapy.

Volunteers having severe sleep disturbance i.e. grade 4 reduced to grade 2 and 1 at the end of 90 days, which means that they require therapy for longer duration. Volunteers having moderate sleep disturbance i.e. grade 3 and 2 reduced to grade 1 at the end of 90 days, which means that they got still need therapy for some time. Volunteers having mild sleep disturbance i.e. grade 1 reduced to grade 0 at the end of 90 days, which means they got full relief in just 90 days of therapy

Loss of memory:-

Tribandh yukt pranayama slows and rejuvenates the aging process improves nervous system, blood circulation, mental function like memory, concentration, alertness, less sleep etc. It also helps in halting the degeneration of the aging process.

Volunteers having moderate loss of memory i.e. grade 3 and grade 2 reduced to grade 1 at the end of 90 days, which means that they still require therapy for some times, volunteers having mild loss of memory,

i.e. grade 1 reduced to grade 0 at the end of 90 days, which means that they got full relief in just

90 days of therapy.

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