



## Effect of Yogic Practices on Pain Level among Primary Dysmenoria Adolescent Girls

C. Mageswari<sup>1</sup> & Dr. R. Vidhyasree<sup>2</sup>

<sup>1</sup>Ph.D., Scholar, Centre for Yoga Studies, Faculty of Education, Annamalai University, Chidambaram, Tamilnadu, India.

<sup>2</sup>Department of Physical Education, Annamalai University, Chidambaram, Tamilnadu, India.

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### Abstract

The purpose of the study was to effect of yogic practices on pain level among primary dysmenoria adolescent girls. The subjects were equally assigned to random sampling procedure into two equal groups, i.e., the experimental group and control group. The experimental group under gone the practices in yogic practices. The control group not under went the any kind of yogic practices for the duration of the training programme of six weeks. The training was given in alternate days in a week. Each session scheduled for 60 minutes. The pain was measured before and after the experimentation using the standardized test. The data were analyzed by Analysis of Covariance (ANCOVA) and it was concluded that the selected yogic practices group than the control group had significant ( $P < 0.05$ ) effect on the pain level.

**Keywords:** Yogic practices, pain and primary dysmenoria adolescent girls.

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### Introduction

Characterized by menstrual cramps or painful periods, dysmenorrhea, which is greek for "painful menstruation," affects nearly every woman at some point in her life. It's the most common reproductive problem in women, resulting in numerous days absent from school, work and other activities. There are two types: primary and secondary. Tenseness, the symptoms typically start a day or two before menstruation, usually ending when menstruation actually begins.

The term yoga comes from a Sanskrit word which means yoke or union. Traditionally, yoga is a method joining the individual self with the Divine, Universal Spirit, or Cosmic Consciousness. Physical and mental exercises are designed to help achieve this goal, also called self-transcendence or enlightenment. On the physical level, yoga postures, called asanas, are designed to tone, strengthen, and align the body. These postures are performed to make the spine supple and healthy and to promote blood flow to all the organs, glands, and tissues, keeping all the bodily systems healthy. On the mental level, yoga uses breathing techniques (pranayama) and meditation (dyana) to quiet, clarify, and discipline the mind. However, experts are quick to point out that yoga is not a religion, but a way of living with health and peace of mind as its aims.

In recent years more and more people have moved away from mere ritual and turning to yoga as a method for exploring and improving their inner lives. Surya Namskara is an integral part of the yogic approach and can be easily integrated into our daily lives for it requires only 5 to 15 minutes' of practice daily to obtain remarkably fast and beneficial results. It is therefore ideal for even the most active individuals, such as the busy businessman, the housewife with a family to feed and manage the student who is facing examinations, or the scientist who spends most of his day thinking. Surya Namaskara is more than just a series of physical exercises, though course it stretches, massages, tones and stimulates all the muscles, vital organ and physical parts of alternatively flexing the body backwards and forwards. It has a depth and "completeness as a spiritual practice. Yoga Nidra is a powerful meditative technique to relax consciously. It is a state of dynamic sleep. It is a systematic method of inducing complete physical, metal and emotional relaxation. It is a psychic sleep. It is a Raja yoga technique. Dysmenorrhea is the occurrence of painful cramps during menstruation. More than half of all girls and women suffer from dysmenorrhea (cramps), a dull or throbbing pain that usually centers in the lower mid-abdomen, radiating toward the lower back or thighs. Menstruating women of any age can experience cramps. While the pain may be only mild for some women, others experience severe discomfort that can significantly interfere with everyday activities for several days each month.

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### Correspondence

Dr. R. Vidhyashree  
Annamalai University

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#### Aim of the study

The aim and objective of the study was to investigate an effect of yogic practices on pain level among primary dysmenoria adolescent girls.

#### Review of related literature

Innes, Selfe & Taylor Menopause, the metabolic syndrome, and mind-body therapies. Center for the study of complementary and alternative therapies, University of virginia health systems, Charlottesville, VA 22908-0905, USA. Abstract cardiovascular disease risk rises sharply with menopause, likely due to the coincident increase in insulin resistance and related atherogenic changes that together comprise the metabolic or insulin resistance syndrome, a cluster of metabolic and hemodynamic abnormalities strongly implicated in the pathogenesis and progression of cardiovascular disease. A growing body of research suggests that traditional mind-body practices such as yoga, tai chi, and qigong may offer safe and cost-effective strategies for reducing insulin resistance syndrome-related risk factors for cardiovascular disease in older populations, including postmenopausal women. Current evidence suggests that these practices may reduce insulin resistance and related physiological risk factors for cardiovascular disease;

improve mood, well-being, and sleep; decrease sympathetic activation; and enhance cardiovagal function. However, additional rigorous studies are needed to confirm existing findings and to examine long-term effects on cardiovascular health.

#### Methods and Materials

The sample for the present study consists of 40 primary dysmenoria adolescent girls from Chennai city. The subjects were selected using random sampling method. Their age ranged from 14 - 19 years. They were divided into two groups namely Experimental group and control group (n=40), pain measurement scale was administrated to them. Experimental group was under the practice of yogic practices for the period of 6 weeks both morning at 6.30 to 8.00 for the period of 6 weeks . The training programme was administered for 60 to 90 minutes per session. The control group did not engage in any special activities. The pre test and post test were taken before and after the experimental training programme. The test was conducted pain measurement scale was administrated on each end of the cessations and data was recorded. Analysis of covariance was used as a test of significance.

#### Results

The data pertaining to the variables under the study was examined by analysis of covariance for each criterion variables separately in order to determine the differences, if any between the groups at different stages.

Table 1. Analysis of covariance for pre and post tests data on pain of yogic practices group and control group.

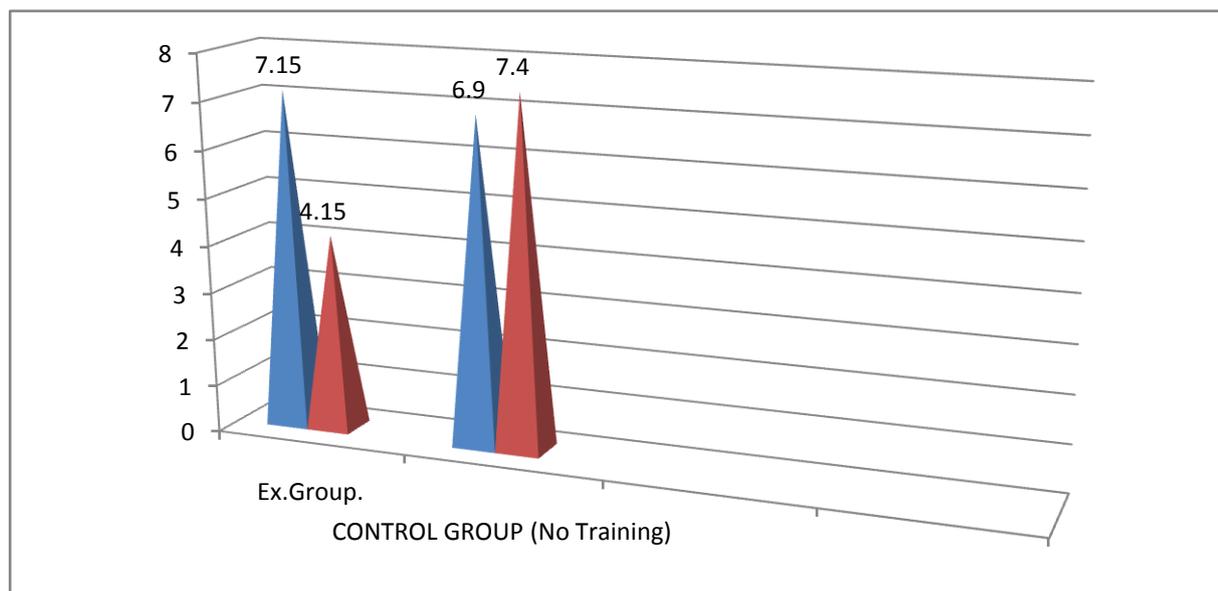
	YOGIC PRACTICES GROUP	CONTROL	SOURCE OF VARIANCE	SUM OF SQUARES	df	MEAN SQUARES	OBTAINED F
Pre Test Mean	7.15	6.90	Between	0.63	1	0.63	0.44
			Within	54.35	38	1.43	
Post Test Mean	4.85	7.40	Between	65.03	1	65.03	37.81*
			Within	65.35	38	1.72	
Adjusted Mean	4.75	7.50	Between	74.71	1	74.71	89.36*
			Within	30.93	37	0.84	
Mean Diff	2.30	0.50					

\*significant.

Table value for df 1 and 38 was 3.21 Table value for df 1 and 37 was 3.22.

The obtained adjusted mean values were presented through bar diagram in figure 1.

Figure 1. Bar diagram on ordered pre and post means of pain



Taking into consideration of the pretest means and posttest means adjusted posttest means were determined and analysis of covariance was done and the obtained F value 89.36 was greater than the required value of 3.22. And hence it was accepted that the Experimental Group (yogic practices) significantly improved (decreased) the pain level of the control group (no training).

The post hoc analysis of obtained ordered adjusted means proved that there was significant differences existed between Yogic practices group and control group on pain level. This proved that due to 6 weeks of Yogic practices pain level was significantly improved (decreased) among yoga practitioners.

### Conclusion

The analysis of co-variance of pain level indicated that experimental group I (Yogic practices), and group II (Control group), were significantly improved (decreased) the depression level. It may be due to the effect of Yogic practices.

Nearly everything in life requires balance. Yogic practices on its own are a good step toward a healthy life style. However, as individual, it is important to malaise that we need to work on our body as well as our mind. We can use Yogic practices not only as part of a program to improved (decreased) pain, but also as a way to assist in attaining other goals, Yogic practices improved the efficiency of health level significantly.

On the basis of the findings of the study, it may be considered that the yogic practices program is very useful method of training for the primary dysmenoria adolescent girls to decrease the pain within shorter duration. But it only retains for 6 weeks in yogic

practices the improvement was slow but it could retain the efficiency for longer duration.

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