



EFFECTIVENESS OF SURYANAMSKAR VERSUS CHANDRANAMSKAR ON MENOPAUSAL SYMPTOMS IN MENOPAUSAL WOMEN BETWEEN THE AGE GROUP 45 TO 55 YEARS - A COMPARATIVE STUDY

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ABSTRACT This study compares the effectiveness of Suryanamaskar and Chandranamaskar in alleviating menopausal symptoms among women aged 45 to 55. The objectives are to assess the impact of Suryanamaskar and Chandranamaskar on menopausal symptoms over a 12-week period using the Menopausal Quality of Life Questionnaire, and to compare their effects on post-menopausal women. A sample of 30 women within the specified age range will participate, undergoing evaluation of their quality of life using the Menopausal Quality of Life Questionnaire.

KEYWORDS : Suryanamaskar, Chandranamaskar, menopausal symptoms, women, 45-55 age group, effectiveness, 12-week period, Menopausal Quality of Life Questionnaire, post-menopausal.

INTRODUCTION

Menopause is defined as complete cessation of menstruation for 12 months or more as result of complete loss of follicular activity.^[1] In women, menopausal age group is between 45 to 55 years.^[2] Menopause is caused by loss of ovarian follicular functions and decline in circulating blood Estrogen levels.^[2] Reduction in Estrogen levels in body leads to menopausal symptoms like-Vasomotor symptoms, cardiovascular symptoms, psychological changes sexual dysfunctions, musculoskeletal disorders.^[3] Menopausal changes have had impact on quality of life of middle aged women.^[4]

Literature is available to support the strategies that improve the levels of Estrogen like

1. Hormone Replacement Therapy^[5], Aerobic exercises^[6], Tibetan yoga.^[7], Yoga postures.^[8], Dietary supplements like phytoestrogens.^[9]

SURYANAMSKAR or sun salutations are group of 12 sequential dynamic postures incorporating breathing which has effect on hormonal levels in women which involve forward backward bending positioning.^[10] Studies have shown that SURYANAMSKAR has beneficial effects on the on different systems like respiratory systems, cardiovascular systems and endocrine systems.^[12] SURYANAMSKAR activates the functions of adrenal glands, thyroid, parathyroid gland, pituitary glands.^[10] Literature suggests that SURYANAMSKAR significantly increases the level of growth hormones and levels of Dehydroepiandrosterone sulfate which helps to increase the levels of estrogen.^[12]

CHANDRANAMSKAR are beneficial for stretching and strengthening of ankle, pelvic muscles and calf muscles and are also proved to improve balance, digestion^[10] It is also proven to regulate the functions of adrenal glands which helps in secretion of dehydroandrosterone sulfate^{[11][13]}

Menopausal specific quality of life questionnaire was developed in 1996 is an instrument to measure the menopausal symptoms which the women is facing and the level to which the symptoms are bothering the women.^[14] This scale consists of 29 items under 4 domains which includes vasomotor domain, psychosocial domain, physical, sexual.^[15] Menopausal specific quality of life questionnaire is a 7 point likert scale which is used to determine the level of botherance of menopausal symptoms^[14] Average of each domain is being concised to manipulated scores from 1 to 8 where 1 being no symptoms and 8 being highest degree of bother.^[14]

CASE STUDY

Women were given the exercise protocol for 12 weeks. The protocol was given for 5 days per week which is Monday to Friday. First warmup period of 5 minutes was given which included hamstring stretches, calf stretches and spot jogging. Then Suryanamaskar or Chandranamaskar was given. After the Asnas a cool down period of 5 minutes to be given which included Shavasna and deep breathing exercises.

SURYANAMASKAR

It consists of 12 consecutive dynamic postures. Given for 12 weeks.

Suryanamaskar consists of exercises in forward and backward direction.^[10]

The poses of SURYANMAMASKAR include poses like

- 1) PRAMANAMASNA – Prayer pose. Stand with legs straight and straighten up your shoulders and loosen your hands by the side then exhale and join the hands.
- 2) HASTA UTTHANASNA- Raised arm pose. By raising your hands pull body behind keeping the arms close to your ears.
- 3) HAST PADASNA -hand to foot position. Bend your waist in the forward direction the palm should touch the floor back and knees should be straight.
- 4) ASHWA SHALASNA – equestrian pose. Inhale and bring the left leg back as far and participant should try to touch the foot on the ground the right foot should be between both the palm.
- 5) PARVATASNA – mountain pose. Bring the right leg back from previous pose and while exhaling form mountain like pose.
- 6) ASHTANGA NAMSKAR- salute with 8 parts of body. In this pose palm, feet, knees, chest, chin should be touched on ground and start by touching knee on floor pushing the hip back and sliding forward.
- 7) BHUJANGASNA – cobra pose. By lifting the chin and the chest from previous pose slide forward and look up in the sky.
- 8) PARVATASNA – mountain pose. Bring the right leg back from previous pose and while exhaling form mountain like pose.
- 9) ASHWA SANCHALASNA – equestrian pose. Inhale and bring the left leg back as far and participant should try to touch the foot on the ground the right foot should be between both the palms.
- 10) HAST PADASNA– hand to foot pose. Bend your waist in the forward direction the palm should touch the floor back and knees should be straight.
- 11) HASTA UTTHANASNA – raised arm pose. By raising your hands pull body behind keeping the arms close to your ears.
- 12) PRANAMASNA -prayer pose. Stand with legs straight and straighten up your shoulders and loosen your hands by the side then exhale and join the hand^[16]



CHANDRANAMSKAR

Chandranamskar is a set of exercises consisting of 17 yogasnas. Chandranamskar are performed in relaxed manner. In Chandranamskar movement is from left to right

1. TADASANA – Mountain pose .Standing with feet together bringing palm close to each other stretching hand over the head and lengthening the spine.
2. URDHVA HASTANASNA- Upward salute side bend . While bending towards left first inhale and while bending exhale slowly.
3. UTKATAKONASNA- Goddess squat .Come to the centre from previous postion keep your feet apart and slightly turned out first inhale and then bend your knee along with exhalation thigh being parallel to ground. arms and forearm should be at 90 degrees.
4. UTHITA TADASNA – 5 pointed star pose. Straighten your knee from squat position and also straighten your elbows hands forming parallel to ground
5. TRIKONASANA – triangle pose .By stepping the left foot out slide to left side while extending the other hand up.
6. PARSOVOTTANSNA – pyramid pose. This pose is performed by taking the head towards the left knee
7. ANJANEYASNA – By bending the left knee do a lunge on left side.
8. ARDHA MALASANA – forward facing lunge .By straightening your right knee and keeping the left knee in bending position with both the palms on the floor.
9. MALASANA – garland pose . By bringing your right foot towards you then perform a squat with palms joined in front of you.
10. ARDHA MALASANA – forward facing lunge .By straightening your left knee and keeping the right knee in bending position with both the palms on the floor.
11. ANJENYASNA – By bending the right knee do a lunge on right side.
12. PARSOVOTTANSNA – pyramid pose. This pose is performed by taking the head towards the right knee.
13. TRIKONASANA – triangle pose .By stepping the right foot out slide to right side while extending the other hand up.
14. UTHITA TADASNA – 5 pointed star pose .Straighten your knee from squat position and also straighten your elbows hands forming parallel to ground.
15. UTKATAKONASNA- Goddess squat .Come to the centre from previous postion keep your feet apart and slightly turned out first inhale and then bend your knee along with exhalation thigh being parallel to ground. arms and forearm should be at 90 degrees.
16. URDHVA HASTANASNA- Upward salute side bend . While bending towards right first inhale and while bending exhale slowly.
17. TADASANA – Mountain pose .Standing with feet together bringing palm close to each other stretching hand over the head and then lengthening the spine.^[11]

**CONCLUSIONS**

According to this study Chandranamskar proves be more effective than Suryanamskar to reduce the menopausal symptoms in menopausal women between age group 45 to 55 years of age according to the menopausal specific quality of life questionnaire scale over span of 12 weeks.

Hence the null hypothesis H₀ has been rejected and alternate hypothesis H₂ -Effect of CHANDRANAMSKAR will be more on menopausal symptoms in menopausal women using menopausal quality of life questionnaire for time period of 12 week has been proven correct.

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