



**ORIGINAL RESEARCH PAPER**

**Physical Education**

**INFLUENCE OF SKY YOGA ON MENOPAUSE PROBLEM OF WOMEN**

**KEY WORDS:** sky yoga, Menopause, heart rate.

**S. Chellappa**

M A., M.Phil. PhD Scholar, Bharathiar University

**Dr. S. Prasath \***

M Phil., PhD., Asst. Professor, Department of Yoga for Human Excellence WCSC Vision, SKY Research Centre, Aliyar Pollachi – 642102. \*Corresponding Author

**ABSTRACT**

**PURPOSE:**This study was view the influence of sky yoga on women's menopause problem by physiological of heart rate.  
**METHODOLOGY:**For the study 30 women from in around Coimbatore were selected as subjects. Their age range from 46 to 54 years. The subjects divided into two groups each consisting of equal members. Experimental Group went on SKY yoga training only for 8 weeks. Control Group were kept under active rest.  
**RESULTS:**The study result showed that there was significant reduction in heart rate level of the subjects in the Experimental group than the Control group.  
**CONCLUSION:**It has been concluded that SKY yoga improving the health of the women which helps them to go tough situations.

**INTRODUCTION:**

Yoga is an ancient Indian science which teaches man how to live in unity within himself and with those around him. It is recognized as one of the most important and valuable heritages of India. More than 2000 years ago our ancestors developed it to bind the body, mind and spirit, as a harmonious whole. It has been growing in popularity with unbelievable rapidity over the years. Today the whole world is looking towards yoga for answers to the various problems the modern man is facing. Yoga is a way of life. It is an integrated system of education for the body, mind and inner spirit. This art of right living was perfected and practiced in India thousands of years ago but, as yoga deals with universal truths, its teachings are valid today as they were in the ancient times.

**OBJECTIVES OF THE STUDY**

To View that the influence of sky yoga on women's menopause problem of women were selected randomly from Coimbatore on basis of knowing their problem and to analyses which will help to improve their health in long way life.

**STATEMENT OF THE PROBLEM**

Menopause and perimenopause can create physical challenges that may negatively affect mood. These include trouble sleeping. Many women also experience anxiety about aging and stress about the future, which can cause upset and mood swings. Some conditions may put women at greater risk. These include:

- history of depression
- high levels of stress
- poor physical health

**HYPOTHESIS**

There were significant differences in the subjects on selected variable of heart rate due to the practices of SKY Yoga group than the Control group.

**LIMITATIONS**

- 1) The heredity problems were not taken into the consideration.
- 2) The food habits, life style, sleep etc., were not controlled.
- 3) The tiredness of the subjects was affecting the train.

**SELECTION OF SUBJECTS**

For the study 30 women who is suffering with menopause problem from in around Coimbatore were selected randomly. Their age ranged between 46 to 54 years.

**METHODOLOGY:**

The subject of 30 women who is suffering with menopause problem are selected for this project. They undergone pre-test on physiological variable of heart rate. The subjects were divide into two groups with equally. Experimental group underwent SKY Yoga for five days a week for 8 weeks and the control group were not given any kind of training. The post-test has been conducted after the 8 week of training.

**SELECTED VARIABLES FOR EXPREMENT**

**DEPENDENT VARIABLES:**

**RESTING HEART RATE**

**OBJECTIVE**

The objective was to record the resting Heart rate of each subject per minute.

**EQUIPMENT**

Heart rate monitor of the bio monitor was used to measure the resting pulse rate.

**PROCEDURE**

The subjects were monitored through the heart rate monitor of the bio monitor. It monitored the resting heart rate using the method of finger plethysmography with the help of an opt-electronic transducer on finger. The resting heart rate of each subject was recorded for per minute. Fifteen minutes before taking the heart rate, the subject was asked to sit and rest himself comfortably in a chair.

**INDEPENDENT VARIABLES:**

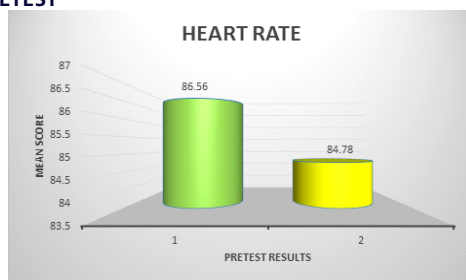
SKY Yoga consist of

EXERCISES	MEDITATION
Hands and Arms	Agna Meditation
Leg exercises	Shanthy Meditation
Breathing exercises	
Eye exercises	
Kapalapathy	
Massage	
Acupressure	
Relaxation	

**RESULTS AND DISCUSSIONS:**

The physiological variable of heart rate was measured by using the bio monitor. The results of the Study on selected heart rate variable among women were presented in figure I and II.

**THE FIGURE I SHOWS THE MEAN SCORE OF THE HEART RATE IN PRETEST**



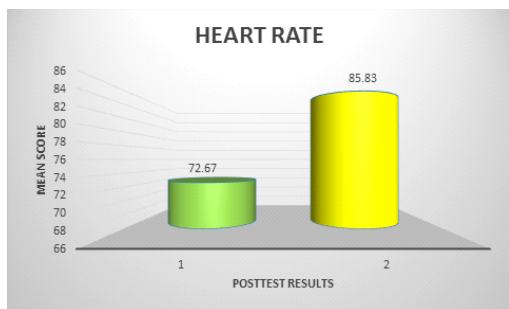
**1.EXPERIMENTAL GROUP 2.CONTROL GROUP**

**INTERPRETATION:**

From the results mean score of the pre-test show that the subjects had higher heart rate. This is because of the depression, stress and other factor that they feel at the menopause time and it lead to affect their health Many women have additional symptoms during both perimenopause and menopause. These symptoms may include:

- hot flashes
- vaginal dryness
- trouble sleeping
- mood swings

**THE FIGURE II SHOWS THE MEAN SCORE OF THE HEART RATE IN POSTTEST**



**1.EXPERIMENTAL GROUP    2.CONTROL GROUP**

**INTERPRETATION:**

From the results it's seen that mean score of the control group show that the subjects had slightly high heart rate. The pre and Post-test mean score of the control group shows that heart rate level has been increases due to hot flashes, weight gain, or vaginal dryness. This increase in the value of heart rate because of the inside body factor of women which is not been noticed or governed properly.

**CONCLUSIONS**

Under the limitations the present study results have been obtained, the following conclusion were drawn.

For the purpose of this study it was hypothesized that the SKY Yoga group (Experimental Group), would improve the selected Physiological variables of heart rate as compared to control group. The Physiological Variable Resting Heart rate was significantly improvement Due to 8 weeks of SKY Yoga among women who had menopause problem when compared to the control group.

**REFERENCE**

1. Mohan M,et.al. (1986) "Effect of yoga Type Breathing on Heart Rate And Cardiac Axis of Normal Subjects." Indian J Physiol Pharmacol. 30(4):PP.334-40
2. Dolgoff-Kaspar R, (2012), "Effect of laughter yoga on mood and heart rate variability in patients awaiting organ transplantation: a pilot study.", Altern Ther Health Med.; 18(5):61-6
3. Chandraseker.K(2003) Yoga for Health Delhi, Khel Sathiya Kendra.
4. Bharathi Joshi, (2005) Yoga for everybody, New Delhi; Rupa Publishers,
5. ThathuvagnaniVethathiri Maharishi's (2009) "Simplified Physical Exercise" 34<sup>th</sup> edition, The World Community Service Centre, Vethathiri publications.