

Treating the climacteric symptoms in Indian women with an integrated approach to yoga therapy: a randomized control study

Menopause: The Journal of The North American Menopause Society
Vol. 15, No. 5, pp. 862/870
2008 by The North American Menopause Society

Ritu Chattha, MSc,¹ Nagarathna Raghuram, MD, FRCP,² Padmalatha Venkatram, FRCOG, MRCPI,³
and Nagendra R. Hongasandra, ME, PhD⁴

Abstract

Objective: To study the effect of yoga on the climacteric symptoms, perceived stress, and personality in perimenopausal women.

Design: One hundred twenty participants (ages 40/55 y) were randomly divided into two study arms, ie, yoga and control. The yoga group practiced an integrated approach to yoga therapy comprising surya namaskara (sun salutation) with 12 postures, pranayama (breathing practices), and avartan dhyan (cyclic meditation), whereas the control group practiced a set of simple physical exercises under supervision of trained teachers for 8 weeks (1 h daily, 5 days per week). The assessments were made by Greene Climacteric Scale, Perceived Stress Scale, and Eysenck's Personality Inventory before and after the intervention.

Results: Of the three factors of the Greene Climacteric Scale, the Mann-Whitney test showed a significant difference between groups ($P < 0.05$) in the vasomotor symptoms, a marginally significant difference ($P = 0.06$) in psychological factors but not in the somatic component. Effect sizes were higher in the yoga group for all factors.

There was a significantly greater degree of decrease in Perceived Stress Scale scores ($P < 0.001$, independent samples t test) in the yoga group compared with controls (between-group analysis) with a higher effect size in the yoga group (1.10) than the control (0.27). On the Eysenck's Personality Inventory, the decrease in neuroticism was greater ($P < 0.05$) in the yoga group (effect size = 0.43) than the control group (effect size = 0.21) with no change in extroversion in either the yoga or control group.

Conclusions: Eight weeks of an integrated approach to yoga therapy decreases climacteric symptoms, perceived stress, and neuroticism in perimenopausal women better than physical exercise.

Tratando los síntomas climatéricos en una población de mujeres indúes con un sistema de Yoga integral: un estudio aleatorizado.

Revista: Menopause 2008
Vol. 15, No. 5, pp. 862-870.

Autores: Ritu Chattha, MSc,¹ Nagarathna Raghuram, MD, FRCP,² Padmalatha Venkatram, FRCOG, MRCPI,³ and Nagendra R. Hongasandra, ME, PhD⁴

Resumen:

Objetivo: Estudiar los efectos del yoga sobre los síntomas climatéricos, la calidad de vida y la personalidad en las mujeres postmenopaúsicas.

Diseño: Un grupo de 120 mujeres (edad: 40 a 55 años) que se asignaron aleatoriamente, a dos grupos: uno de practicando yoga y un grupo control. El grupo que practicó yoga tenía una rutina de yoga integral que incluía el saludo al sol (surya namaskara: serie de 12 posturas), prácticas de respiración (pranayama) y meditación cíclica (avartan dyan) mientras que el grupo control efectuó una serie de ejercicios simples bajo la supervisión de un profesor entrenado, durante 8 semanas, por una hora diaria, durante cinco días de la semana. Las evaluaciones se realizaron utilizando la escala de Greene, la escala de percepción del stress y el test de personalidad de Eysenck efectuados antes y después de la intervención. **Resultados:** Con respecto a los síntomas vasomotores encontraron diferencia significativa en la escala de Greene (P < 0.05) en el grupo que practicó el sistema de yoga integrado.

La calidad de vida resultó mejor para este mismo grupo (P < 0.001) y se observó también un menor grado de ansiedad, test de Eysenck, (P < 0.001) en las practicantes de yoga comparadas con el grupo control.

Búsqueda bibliográfica: Dra. Ivonne Guinle.

Traducción: Dra. Ivonne Guinle.

Contacto para obtener el artículo completo: Dra. Ivonne Guinle.