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Prevalance of Primary Dysmenorrhea in Women Practicing vs Non - Practicing Yoga

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Abstract

Primary dysmenorrhea is defined as cramping pain in the lower abdomen occurring just before or during menstruation, in the absence of other diseases such as endometriosis. Women with primary dysmenorrhea have increased production of endometrial prostaglandin, resulting in increased uterine tone and stronger, more frequent uterine contractions. The objective is to ascertain the prevalence of primary dysmenorrhea in women practicing and non-practicing yoga. Each participant was made aware about the aims and objectives of the study. After signing of the consent form, a brief description of the complete procedure was explained to the subjects. Preliminary data about demographics and involvement in yoga practice was collected. Further the questions regarding menstrual cycle and symptoms of dysmenorrhea were asked to the participants. A total of 150 participants falling in age group 18-30 were recruited in the study from Manav Rachna International Institute of Research and Studies, NAVDHA yoga classes (Faridabad). The results shows that there is high level of primary dysmenorrhea in non-practicing yoga women then to yoga Practicing women. Yoga is effective in decreasing primary dysmenorrhea among the women of reproductive age.

Keywords: Prevalence, primary dysmenorrhea, Yoga Practice.