

Case series on the effect of Siddhar Yogam intervention for stress of women

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ABSTRACT

Background

The menopausal age group is comprised of premenopausal, menopausal and Post menopausal stages, in which the age group defined as 40-55years. This selected population will get several Symptoms because of psychological stress appear to be increased in midlife women due to life-stage, hormonal, and metabolic changes. A number of studies have provided evidence that psychological stress is associated with alteration of health conditions.

Objective

Primary objective is to know the effectiveness of *Thirumoolar Pranayamam* for perceived stress on menopausal age group women.

were above 55years. Almost 2% has high literacy level and 44% have moderate literacy level, and 53% has low literacy level of participants. The stress level has also reduced after the interventions of *thirumoolar pranayamam*.

Conclusion

Thirumoolar Pranayamam practices will definitely reduce the Age related stress and ease the following conditions.

Keywords

Pranayamam, Siddhar yogam, Siddha medicine,

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Method

Conducted on Patients attending Outpatient of *Sirappu maruthuvam* department of Government Siddha Medical College, Palayamkottai, Tamilnadu. Sheldon Cohen Perceived stress Scale (PSS) Questionnaire scale was used to access the stress level and analysed through SPSS V23 demo package.

Results

In this study totally 45 participants were interviewed in all menopausal age group women with the Stress questionnaire. Less than 45 years were 36% and 46 to 50yrs were 18% and 47%

INTRODUCTION

Stress in menopausal age-group

Menopause is the cessation of a woman's reproductive ability, the opposite of menarche and it is usually a natural change; it typically occurs in women in midlife, during their late 40s or early 50s, signaling the end of the fertile phase of a woman's life. The transition from a potentially reproductive to a non-reproductive state is normally not sudden or abrupt, may occur over a number of years, and is a consequence of biological aging. Age at natural menopause is an important research issue because of the suspected links between it and risk for certain diseases.

In the last decade, researchers have begun studying the relationship between menopausal ages and depression, anxiety, and stress. Most of these studies have focused on the psychological effects of coping with the disease, including pain, difficulties in ability to function and fractures, which may occasionally require surgery and prolonged rehabilitation. Most recent meta-analyses supported a significant correlation of depression,

anxiety, and stress with an increase in menopausal age. This situation may explain a condition characterized by increase in an individual's anxiety level.

The reported association between menopausal ages and depression, anxiety, and stress have been controversial. The objective of the current study was to determine the correlation between stress in menopausal group women and their quality of life.

Globally several studies were conducted in different Pranayamam techniques mentioned by various authors. Such studies like Chronic Obstructive pulmonary diseases, Peridontitis, Emotion regulation, Kapalabhati pranayamam for PCOS, Hypertension, fast breathing pranayama (Kapalabhati, Bhastrika, Kukkriya) and slow breathing pranayamams (Nadishodhana, Pranava, Savitri)

There is need to provide sufficient management for the perceived stress of Menopausal women through Thirumoolar Pranayamam is needed one. Since Thirumoolar Pranayamam was highly focused by many researchers over the world and proteome based studies were

carried out after the breathing exercise to know the gene level alterations. So I have initiated this study to know the effectiveness of Thirumoolar pranayamam on stress of menopausal age group womens.

Objective

Primary objective is to know the effectiveness of Thirumoolar Pranayamam for perceived stress on menopausal age group women.

Secondary objective is to know the frequency of stress among menopausal age group women between 40-55years.

Yoga for Stress

“Stress can be a reaction to a short-lived situation, such as being stuck in traffic. Or it can last a long time if you're dealing with relationship problems, a spouse's death or other serious situations. Stress becomes dangerous when it interferes with your ability to live a normal life over an extended period. You may feel tired, unable to concentrate or irritable. Stress can also damage your physical health”. As well we all are well known about the worst condition of the present

situation which is going on throughout the world.

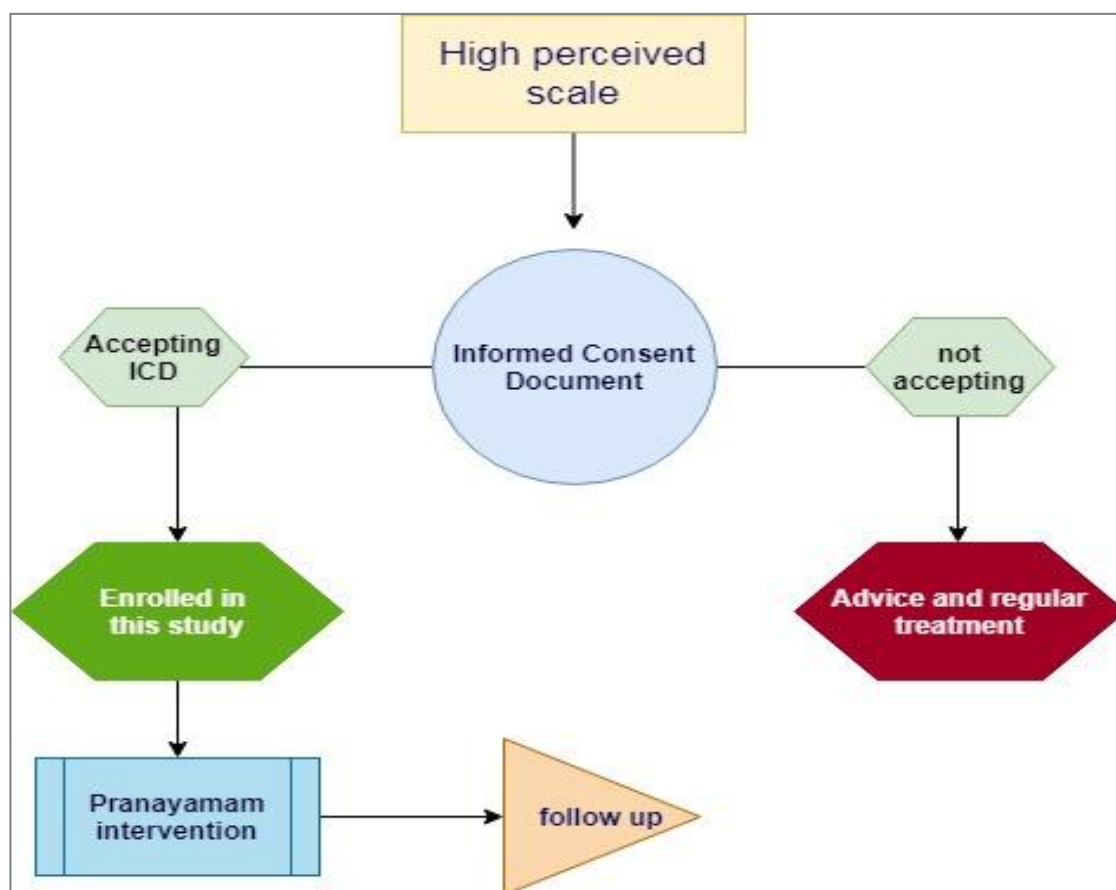
Yoga, which derives its name from the word, “yoke”—to bring together—does just that, bringing together the mind, body and spirit. But whether you use yoga for spiritual transformation or for stress management and physical well-being, the benefits are numerous.

Virtually everyone can see physical benefits from yoga, and its practice can also give psychological benefits, such as stress reduction and a sense of well-being, and spiritual benefits, such as a feeling of connectedness with God or Spirit, or a feeling of transcendence. Certain poses can be done just about anywhere and a yoga program can go for hours or minutes, depending on one's schedule.

There are several mechanisms in yoga that have an effect on stress levels, meaning there are multiple ways that yoga can minimize your stress levels. Studies show that the most effective ways in which yoga targets stress are by lifting your mood (or positive affect), by allowing for increased mindfulness, and by increasing self-compassion. By simultaneously getting us

into better moods, enabling us to be more focused on the present moment, and by

encouraging us to give ourselves a break, yoga is a very effective stress reliever.



Pranayamam and stress

Pranayamam which literally means "to extend the vital life force," or prana, is an incredibly rich practice made up of many breathing techniques that vary in complexity from ones simple enough for a child to do to those appropriate only for advanced practitioners. While the best way to practice pranayama is under the guidance of an experienced teacher, there are simple techniques—such as gentle diaphragmatic breathing and comfortably lengthening the exhalation—that can be

used at any time to transform not only your breath but also your state of mind.

METHOD

Conducted on Patients attending Outpatient of *Sirappu maruthuvam* department of Government Siddha Medical College, Palayamkottai, Tamilnadu. Sheldon Cohen Perceived stress Scale (PSS) Questionnaire scale was used to access the stress level and analysed through SPSS V23 demo package.

Study design : Case series, with 10 cases

Intervention

- Thirumoolar Pranayamam for a month

Thirumoolar Pranayamam Practice

Thirumoolar pranayamam is defined as a Yogic controlled breathing technique mentioned by *Thirumoolar* in his classics *Thirumanthiram*. It can be performed in the cycle of 20-80 sitting in twice a day in a quiet, comfortable and clean environment.

Instrument

Sheldon Cohen Perceived stress Scale (PSS) Questionnaire tool has individual ranging from 0 to 40 with higher scores indicating higher perceived stress.

- ▶ Scores ranging from 0-13 would be considered low stress.
- ▶ Scores ranging from 14-26 would be considered moderate stress.
- ▶ Scores ranging from 27-40 would be considered high perceived stress.

RESULTS

In this study totally 45 participants were interviewed in all menopausal age group women with the Stress questionnaire. Less than 45 years were 36% and 46 to 50yrs were 18% and 47% were above 55years. Almost 2% has high literacy level and 44% have moderate literacy level, and 53% has low literacy level of participants. In Table 1. Almost 70-80 % of participants were uneducated. The high literacy group was defined by college completers, and moderate literacy group can be defined by those completed high school and secondary educations. Low literacy level group is fully of no formal education has undergone.

Table 1. Age group of selected cases

	Frequency	%	Cumulative Percent
Less than 45 years	16	35.6	35.6
46-50years	8	17.8	53.3
Above 55years	21	46.7	100.0

The Occupation of participants are most of them are house wife and remaining 7% are tailors table2.

Perceived stress score ranges from 16-33 in points scaling. 27 above will be defined as stress cases. Overall 10 High perceived cases were selected and the participants were allowed to train the thirumoolar pranayama in yoga maruthuvam department Government Siddha medical College, Palayamkottai.

Table .2 Occupation status of participants

	occupation		
	Freque ncy	Perc ent	Cumulative Percent
house wife	42	93.3	93.3
tailor	3	6.7	100.0
Total	45	100.0	

BMI of the participants are mentioned here. Almost obese participant are higher in this study. Menopausal age group women are more obese in this study.

Table 1. Age group of selected cases

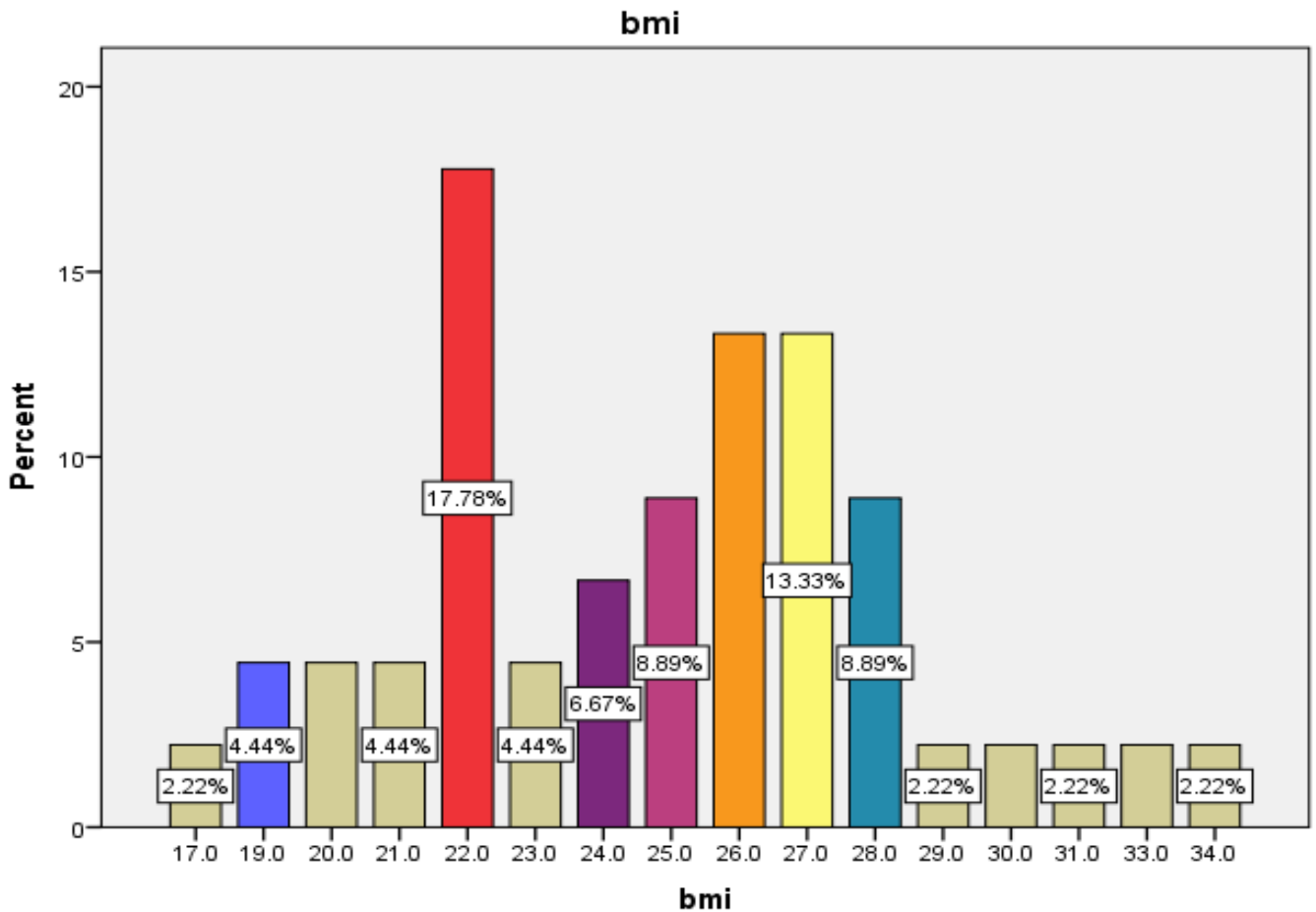


Figure 2. Stress score of participants of this study before intervention

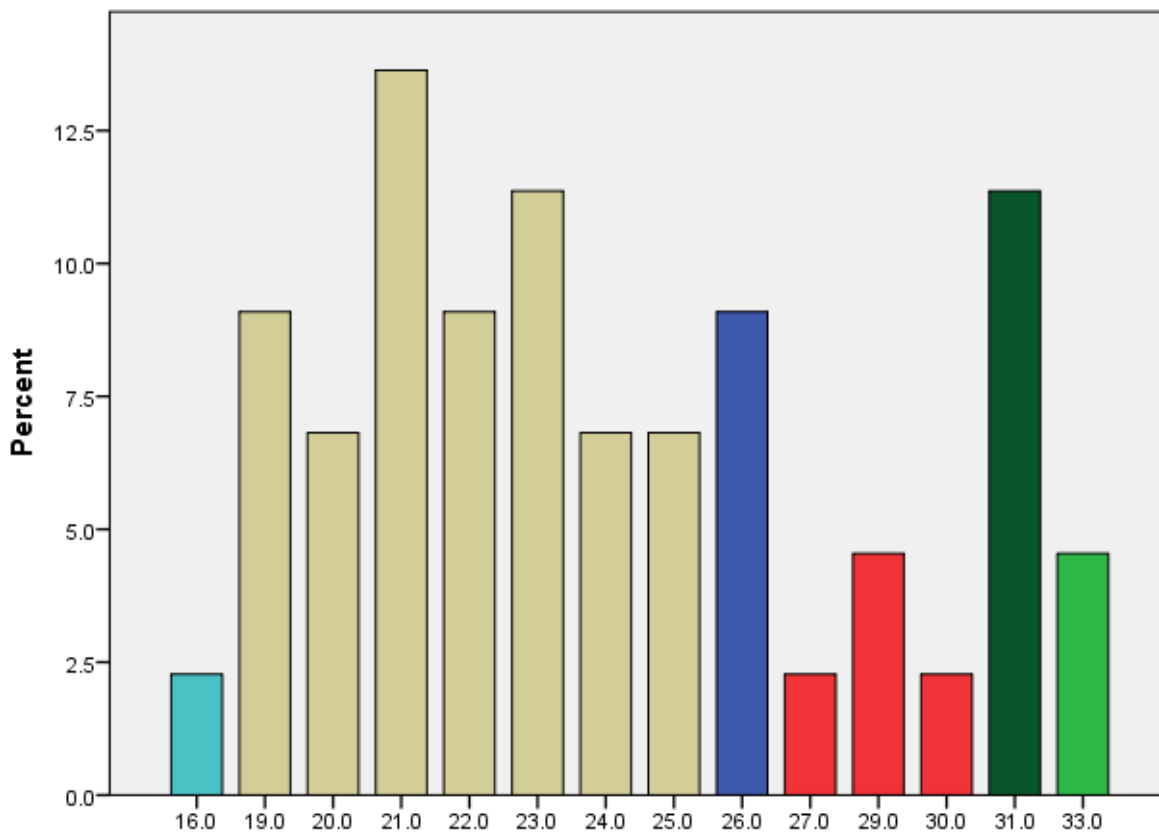
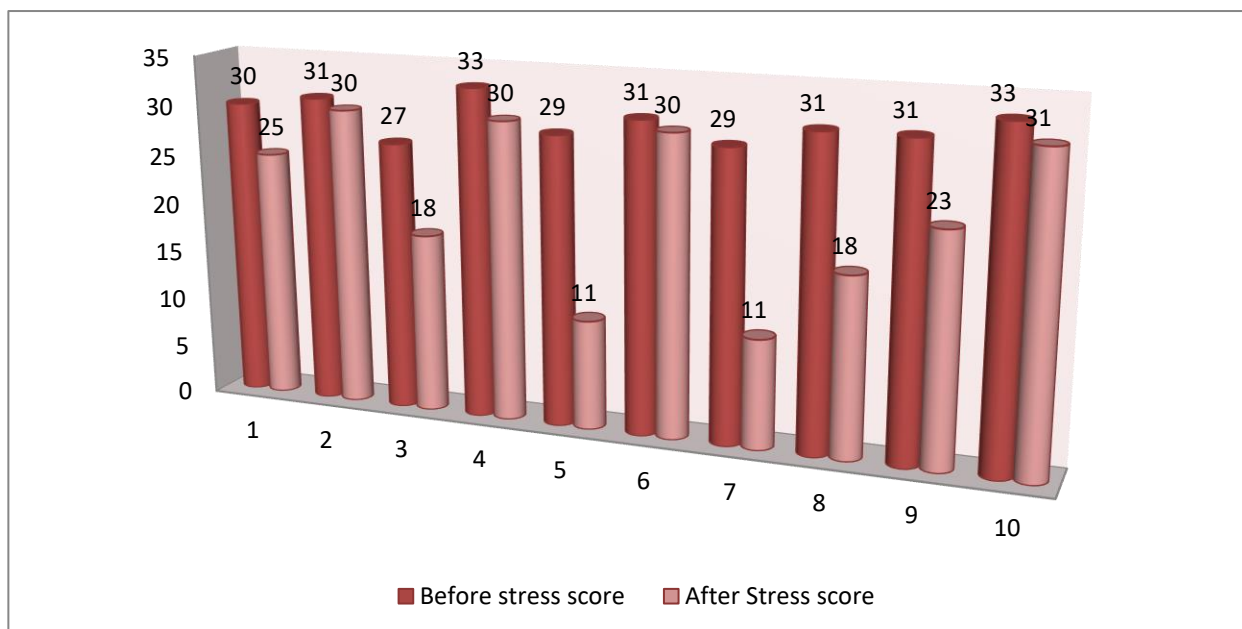


Figure 3. Before and after practicing of Pranayama and stress score



Most of the patients had better relief from the yoga pranayamam. And their physiological symptoms also reduced. And tabulated in table 3.

Table 3. Participants and their physiological parameters.

		Before Yoga	After yoga
Hot flushes	Mild	0	50%
	Moderate	100%	50%
	Severe	0	0
Night sweat	Mild	0	50%
	Moderate	90%	50%
	Severe	10%	0
Sweating	Mild	0	70%
	Moderate	70%	30%
	Severe	30%	0
Being dissatisfied with personal life	Mild	0	70%
	Moderate	70%	30%
	Severe	30%	0
Feeling anxious or nervous	Mild	0	60%
	Moderate	80%	40%
	Severe	20%	0
Feeling of wanting to be alone	Mild	0	50%
	Moderate	30%	50%
	Severe	70%	0
Difficulty in sleeping	Mild	0	80%
	Moderate	80%	20%
	Severe	20%	0
Decrease in stamina	Mild	0	60%
	Moderate	100%	40%
	Severe	0	0
Weight gain	Mild	0	50%
	Moderate	100%	50%
	Severe	0	0
Feeling lack of energy	Mild	0	50%
	Moderate	70%	40%
	Severe	30%	10%
Aching in muscle and joints	Mild	0	80%
	Moderate	50%	20%
	Severe	50%	0

CONCLUSION

The practice of thirumoolar pranayamam gives sufficient clinical effect and reduces the stress among the menopausal age group women. Their physiological symptoms also reduced. 10 High perceived cases were selected and the participants were allowed to train the thirumoolar pranayama in yoga maruthuvam department Government Siddha medical College, Palayamkottai. Most of the patients had better relief from the yoga pranayamam.

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