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# Proceedings of the Conference



Founder : Hathayogi Shri Nikam Guruji

## on “Yoga for Reproductive Health”

17<sup>th</sup> September 2022

Editors : Smt. Lalita Dixit & Dr. R. P. Athalye

Publisher

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## Conference on Yoga for Reproductive Health - 17 Sept. 2022



Deepa Prajwalan by  
Dr Kiran Pandit & SAYK Trustees



Bhajan - Shri Suhas Bandivadekar



Sutrasanchalana, 1<sup>st</sup> Session  
Smt. Laxmi Sutar



Address to the Gathering  
Dr. Ishwar V. Basavaraddi



President's blessings  
SAYK President Adv. Manohar Deshmukh



Introduction to SAYK  
Secretary - Shri Ramchandra Surve



Keynote Address  
Chief Guest Dr. Kiran Pandit



Lecture on Yoga for Reproductive Health of women  
Dr. Sanjay Baviskar



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### **From the Editors :**

The conference on “Yoga for Reproductive Health” organised by Shri Ambika Yoga Kutir on 17<sup>th</sup> September, 2022 was the first conference by SAYK. It was decided to publish the proceedings of the conference for the benefit of yoga sadhakas. We have made sincere efforts to edit and arrange the presentations in the conference. In spite of the shortcomings, we hope, the proceedings will boost a scientific approach among the yoga sadhakas, leading to better and better research/case study presentations of the facts of the yogic studies in future.

With this expectation, we are happy to release “Proceedings of the Conference on Yoga for Reproductive Health” as a e-book.

**- Editors**





## Address to the yoga sadhakas attending the conference on “Yoga for Reproductive Health”

**Dr. Ishwar V. Basavaraddi**

Director MDNIY, Adviser (Yoga & Naturopathy),  
CEO (Yoga Certification Board, Ministry of AYUSH)

OM Shanti... Shanti.

Namaste! My Pranam to all the eminent yoga and medical professionals, dignitaries, delegates participating in this conference and respected Ramchandra Surveji and the office bearers of Shri Ambika Yoga Kutir, Thane. I congratulate Surveji and his entire team of Shri Ambika Yoga Kutir, Thane for organizing this conference on the theme ‘Yoga for Reproductive Health’. My best wishes, to the entire team and I do hope the discussions, the deliberations that are going to take place in this conference will definitely show new path and throw new light on the reproductive health of the countrymen and on yoga and its therapeutic potentials.

Today, yoga is very popular across the globe as a fitness program, a Wellness program, and it has many other dimensions, like stress management. Yoga is therapy in the management of various lifestyle related disorders. In the recent past, during the last few decades many medical professionals, yoga professionals have taken yoga therapy as one of the adjunctive or complementary therapy. They did research, clinical trials on various aspects of Yoga and its efficacy in the management of lifestyle related disorders and many disease conditions. Now there are more than 12,000 peer reviewed research papers published in peer reviewed and indexed journals which shows the popularity of yoga. Day by day there is an increase in the acceptance of the potentials of yoga and also the quantity of people coming to this, the stream of yoga. The quality of research papers has increased immensely in the last one decade.

Now, basically yoga is essentially a spiritual dimension. But if you see the entire text. Patanjali says हेयम् दुःखमनागतम् । (Heyem Dukhamanagatam). So once we are born, dukkha (suffering) is inevitable. But yoga helps us to overcome the dukkha. That’s why he mentioned in the second adhyaya हेय हेतु हान उपाय (Hey Hetu Han Upaya) So the very purpose of yoga is to overcome all the recession of mental modifications. That’s why proposing the Ashtanga yoga Patanjali mentioned three things ashudhikshaye, jnanadeepti, Vivekakhyaati (अशुद्धिक्षये, ज्ञानदीप्ती, विवेकख्याति). It is the purpose of advocating Ashtanga Yoga Yama, Niyama, Asana, Pranayama, Pratyahara, Dharana, Dhyana, Samadhi. So you can see the first one is ashudhikshaye. There are toxins accumulated in the mind and body which have to be removed by the practice of Ashtanga Yoga. Then there is a jnanadeepti. By the practice of Ashtanga Yoga we can get the jnana, ‘Nitya-Anitya vastu viveka’ (नित्य-अनित्य वस्तु विवेक). Then continuously staying in that viveka, that Satva Guna, then it gives to Vivekakhyaati विवेकख्याति, the bhava kaivalya भाव कैवल्य. So that’s why in the beginning I said yoga is essentially spiritual, but it has been now proposed to have three to five important dimensions. The first one is a preventive medicine. We practice half an hour or one hour of yoga and can prevent many of the disorders. And it can be taken as a fitness and Wellness program. Third one is for those who have some non communicable diseases like diabetes, hypertension as adjunctive therapy. It is a complementary therapy. Yoga has been advocated and slowly the dosage of the medicines has been come down and one day they live healthy life without medicines by just a practice of yoga for 40 to 45 minutes every day as per the protocols, well established protocols. The 4<sup>th</sup> Dimension is the management. The life management, the management at the workplace, the stress management, the family management, the hospital managements and yoga institution management. There are several dimensions of the management Yoga has provided. Many dimensions and many tools for the management of various kinds of Stress and its consequences and life management in general. The last one is, once we are born as a human being, there is inherent quest for to know what is my true nature. So that is the purpose of life. Who am I? (कोऽहम्) What is my true nature? All I accept is “Sat Chit Ananda Swaroopa” (सत् चित् आनंद स्वरूप) I am the pure consciousness, I am the Purusha, I am the pure soul. One has to realize in this life that Shankara said it is Jeevanmukti. That’s the purpose. But here, in this one, we are discussing on the reproductive health. For things what type of yoga resonates - There

should be detoxification processes, there should be diet modifications and there should be a postural modification, breathe modification, relaxation, concentration and meditation. This is the systematic way of Protocol to be developed for the reproductive health. You can see infertility is the major cause, and especially in the men. So therefore there are several yoga practices and breathing practices and mudras and bandhas, which are very very important and also diet modification. We have given the entire yoga protocol, how to prepare for this will definitely help as only a few studies have been published in this regard. At the same time the women after menstruation and during the pregnancy, when in the menopause and all these things they are facing a lot of problems. And in the reproductive ways of a woman, there come across many consequences. So yoga has come to the rescue, especially the menstrual disorders, and during the pregnancy, after the delivery, before the menopause or during the menopause period.

Nowadays in the women, hypothyroidism has become the major health issue. Yoga has solution as an adjunctive therapy. I'm not denying the importance of medicine, but only the medicine is not the ultimate solution. Therefore this conference, where eminent yoga experts, modern medical professionals and professors are participating shall discuss and deliberate on the very important issues of reproductive health of the entire population. It will come up with very good resolutions which are going to be very useful publications and they will give a new dimension to the yoga therapy for the reproductive health.

With these few words, once again I congratulate, Shri Ambika Yoga Kutir and its entire team, and all the participant delegates and experts for their wonderful participation. I should have been there with you. But because of some urgent engagement I couldn't come. I do hope that I will participate in the next such a big event of Shri Ambika Yoga Kutir and do the justice for my presence. So once again, I wish the conference a great success.

Thank you, Jaihind, Jai Bharat, Om Shanti



## **President's View Point**

**Shri. Manohar Nanasaheb Deshmukh**  
President, Shri Ambika Yoga Kutir

I, on behalf of Shri Ambika Yoga Kutir, heartily welcome you all. We have gathered here for the conference on Yoga for Reproductive Health. Today because of modern life style and acute competition in carrier there are late marriages. This has affected reproductivity because as the person grows older the reproductivity becomes less. The stress in education, service i.e. workplace and time management; lack of exercise have led to many complex ailments of the reproductive system including infertiltiy. The modern medicines are not only costly but manytimes they are not effective or have harmful side effects. As against this, yoga is better because it gives natural cure. I hope the sessions in this conference will be very intersting and all of us will be benefited. I am sure that the conference will make us aware about the effectiveness of yoga on the reproductive health and I request you all to spread the awareness in the masses. I thank the participants for attending the conference and give my best wishes for the success of the conference.





## **“Conference on Yoga for Reproductive Health”**

**Shri R. R. Surve**  
Secretary, Shri Ambika Yoga Kutir

Hari Om! Salute to Parampoojya Hathayogi Nikam Guruji and Mother of Yoga “Gayatri”.  
I welcome our Chief Guest Dr. Kiran Pandit, dignitaries present on the stage and audience present in this Hall. To begin with, I give here brief introduction of Shri Ambika Yoga Kutir.

Shri Ambika Yoga Kutir was founded by Parampoojya Hathayogi Shri Nikam Guruji in Mumbai in the year 1965. Since then Shri Ambika Yoga Kutir (SAYK) is rendering selfless, service to the society by delivering, free of cost, the knowledge of yoga through the three months basic course and repeater course both designed by Poojya Nikam Guruji. There are total 92 branches of SAYK (86 in India and 6 abroad) which help to spread the knowledge of Yoga to masses. The science of yoga is like an ocean. However by thoroughly studying it, Parama Poojya Hathayogi Nikam Guruji designed the three months basic course keeping in mind the family oriented, mundane sadhakas. He named the course as “Swasthya Yoga”.

Since inception of SAYK, Poojya Guruji never charged any fees for giving basic as well as advance training. When a sadhaka got cured of his ailments, he would come to Guruji and offer “Gurudakshina”. But Guruji denied. Guruji used to say “O sadhaka, your health problem brought you to SAYK and you got cured. But in the society lot of people are suffering from health issues. You serve them with your knowledge, time and money. That will be my Gurudakshina!” Thus, he asked the Sadhaka to give selfless service in spreading the knowledge of Yoga. Such sadhakas after giving consistant selfless sevice, in due course joined the advance training in Hathayoga and Pranayama. On completing the training they were designated as ‘Yoga Teachers’. Because of the selfless service by these teachers and the donations received from kind public (Janata Janardan) the SAYK has spread in India and abroad. In the branches of SAYK each and every yoga teacher of SAYK is serving the society as Gurudakshina to Guruji. The yoga courses designed by Guruji and the dedication and devotion of the teachers are giving wonderful results.

In the year 2019, SAYK has been honored by Yoga Certification Board (YCB) under Ayush Ministry, Govt. of India as a ‘Leading Yoga Institute (LYI)’. Since then SAYK is conducting the teaching and the examinations of the YCB recognized Yoga Courses with excellent results.

It has been observed that many people, who join SAYK, get rid of their ailments (even serious type) by practicing regularly, the three month basic course. It is important to spread this information in masses so that the people become confident about the efficacy of yoga. Hence this conference has been arranged. There will be sharing of experiences, exchange of views and generation of new ideas. Therefore, today we are gathered here to take a step forward. I welcome you all and wish the conference grand success.

**Proceedings of the Conference**  
**on**  
**“Yoga for Reproductive Health”**

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## Keynote address by the chief guest

**Dr. Kiran Pandit.**

Member, Maharashtra Council of Indian Medicine

### Introduction of the speaker :

- Dr. Kiran has a BAMS Degree in Ayurvedic Medicine.
- Diploma in herbal drugs manufacturing and management.
- Post graduate diploma in Emergency Medical Systems.
- MD from D.Y. Patil University, School of Ayurveda.
- Actively involved in propagation of Ayurved in different medical training programs.
- Member of Maharashtra council of Indian medicine.
- Active participation in health training.
- Associated with Shri Ambika Yoga Kutir since last 20-25 years.

The chief guest started his speech by offering his salutations to Vedmata Gayatri and revered Nikam Guruji. He greeted honourable trustees of SAYK on the dias, doctors, Yogsadhaks and all attendees of the conference.

### Briefings of the speech :

#### **Yoga is a science required for our moral, spiritual as well as physical well being.**

**Yoga normalises the physiological function** and it is experienced by those who practice yoga. Nowadays we are facing different illnesses. The recent one, Covid is still not eradicated completely. During Covid pandemic, since it was sudden cause, being for the first time, no known medication was available. Number of people suffered and were dying day by day. The treatment module was re-purposing of medicine, emergency use authorisation or off label medicines. Medicines like Ivermectin being used earlier for some other purpose were used for Covid. During this period, the doctors prescribed yogic practices, breathing exercises, to the suffering patients and it showed good results, helped many patients.

India is a developing country and we wish to become a developed country. There are many challenges in this. On one side there is malnutrition, high infant & maternal mortality rates, and on the other side we see life style disorders such as coronary diseases, diabetes, hypertension etc. We are facing both communicable and non communicable diseases. Being a developing country, our Medical systems are not that strong to cope up the huge population.

**Yoga is a non-pharmacological system which can cure the ailments.** There is no hospitalisation nor any medicines required in this. In yoga, we practice and we experience.

Many a times we say that xyz ailments are cured by xyz yogic kriya but modern scientific approach demands evidence of these. Today, in this workshop, many doctors and practitioners from different pathies, Allopathy, Homeopathy etc., yoga teachers are going to share their experiences about yogic practices. They will present case studies, success stories which are evidence based. This evidence creation is very much necessary as **'This is an era of evidence based science'**.

I have been the witness of the journey of SAYK since last 20-25 years. This journey of SAYK started with a seed of one to one training, later transformed into a huge tree with its branches spread all over and now organising such international conferences is great and commendable.

Does yoga really help in male or female infertility?

What is the cause of infertility? First is the stress. Stress produces many inflammatory factors in human body. Also



Obesity and malnutrition is observed. No proper communication among the couple. This gives rise to primary or secondary infertility.

Now what is the reason behind this? Everything which we take inside our body i.e. air we inhale, water we drink, the food we eat and the lifestyle are responsible for this. Ayurveda describes ऋतुचर्या (seasonal habits), दिनचर्या (daily habits) and आहार (intake of food). If these are not followed properly it becomes the cause for the problems of infertility.

WHO has defined Health. Ayurveda (and Yoga) have defined it thousand years ago. Ayurveda says,

प्रसन्न आत्मेन्द्रिय मन स्वस्थ इत्यभिधीयते ।।

Swasth (healthy) प्रसन्न आत्मा, swasth इंद्रिय, and swasth मन is equal to good health.

There are four factors which work together and are very important for fertility. They are mentioned in ayurvedic texts as below,

१. ऋतु - means natural, normal menstrual cycle.

Now what do we see nowadays? We disturb this natural cycle by taking hormonal medicines for different reasons.

२. क्षेत्र (the seat) - which is the uterus.

Uterus related ailments, such as PCOS have become common, which means क्षेत्र is spoiled.

३. अंबु, ४. बीज - semen and seed which are produced by testis of male and the ovaries of the female respectively.

25 years ago 150-200 millions per ejaculation was the semen count normally observed. Now it has reduced to 20 million and we label it as fertile. This is described in detail in ayurveda. Ayurveda and yoga is the answer for this.

I would like to request all yoga teachers to document properly the cases handled by them where the patients are seen benefitted clinically by Yoga. Pre and post treatment reports would be the evidences of the effectiveness of Yoga in various ailments. This is very much necessary. These case studies and many such studies together will be case series that can be published in scientific journals (indexed and peer reviewed) which carries weight. This is a way to reach international platform and scientific community. For that, **we have to move from traditional yoga to evidence based yoga.**

Let me state **few important points to be remembered in this context** before I conclude.

1. To become aware of our emotions, body and mind.
2. Improve the dietary habits. Guruji has always insisted over this.
3. Relaxation of body and mind.
4. Slow down breathing.
5. Calming the mind and focusing it inwardly.
6. Practising Shuddhikriyas and pranic healing. Stress is relieved with this.
7. Do not suppress non - suppressible urges (अधारणीय वेग as described in Ayurveda)
8. Take responsibility of your own health. 'Good health is our primary birth right.'

I conclude hereby with a wish that, **'May SAYK organise many such conferences to fulfil Nikam Guruji's dream and vision to spread authentic Yoga all over the world.'**

## Yoga For Health of Reproductive Organs In Women of All ages

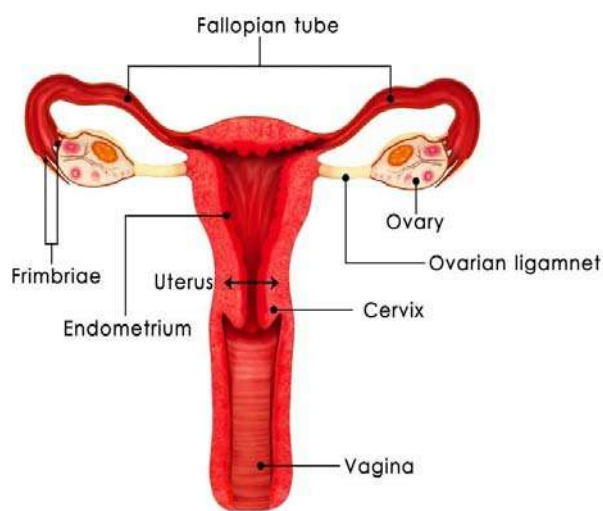
**Dr. Sanjay Baviskar**

Shri Ambika Yoga Kutir, Seawood Branch, Pin Code - 400 706

### Female Reproductive System :

The Female reproductive system is a collection of organs along with a network of hormone production which works together to create life. It is made up of external and internal sex organs.

Major organs of the female reproductive system are :



- a) Vagina
- b) Cervix
- c) Fallopian tubes
- d) Ovaries and
- e) Uterus

Women's health shows physiological changes in the form of menarche (The first menstrual period), reproductive phase and menopause. These phases are controlled by the hypothalamus gland situated in the Brain.

At menarche the internal and external genital organs undergo complete growth. The girl starts menstruating, which is the indicator of her reaching the stage of puberty, becoming capable of reproducing sexually. The menstrual cycle begins with follicular growth, ovulation and menstruation. In the beginning of the cycle, after ovulation, the ovum (egg) may get fertilized

to form an embryo. During this time the thoughts and emotions affect the hypothalamic functions, hormonal secretions leading to menstrual irregularities.

Common Women's health disorders are irregular menstruation, early menstruation, late menstruation, scanty or excessive menstrual flow, infertility, PCOD or PCOS.

### How does Yoga help?

Yoga reduces stress response. The minimized stress response corrects hypothalamic dysfunction leading to correction of hormonal levels. Dynamic Yogic posture sequences like Surya namaskar help in regulation of BMI (Body Mass Index). Big postural muscle activity in sustained yogic postures helps reduce blood glucose levels to improve insulin sensitivity.

Twisting postures reduce abdominal obesity and also massage the internal organs making them work better for better performance.

**Yoga gives relaxation** : A few relaxing postures help reduce stress. Stress can be due to some issues in conceiving. Sometimes, stress is due to conceiving surprise when the person is not physically or mentally ready to take care of the newcomer child.

## Yogic postures for a healthy women reproductive system :

### Suryanamaskar

This is a famous remedy for managing menstrual cramps and, also it is helpful in managing menopause stage. Due to its empowering effects on the uterus of a woman, Surya Namaskar also helps in making child birth comparatively easier. Surya Namaskar also improves sexual functions of the body, eradicates any internal flaws related to malfunctioning of sexual glands. It also, promotes healthy sexual appetite in a person.



### Paschimottanasa

This asana stretches the muscles on the lower back, hips & hamstrings. It improves fertility in women as it vitalizes important organs like Ovaries & Stomach while reducing mental stress.



### Hastapadasana

This Yoga pose makes the body flexible & releases all stress from the abdominal area. It gives the body a nice shape, helps in stretching the body muscles. It makes the hands, legs, and chest stronger, makes the blood circulate through streams and brings a glow. It fights belly diseases, burns that extra fat around the belly.



### Janu Shirasana

This asana is helpful in diabetes and relieving constipation. It strengthens the lungs, improves jatharagni (digestive fire), strengthens and tones the waist, thigh and calf muscles. It is effective in relieving urinary disorders. It also relieves tiredness and boosts energy.



It is not only crucial for conceiving but is also useful during pregnancy.

### Baddhakonasana

It is also called as Butterfly Pose or Cobbler's Pose. It improves flexibility while stretching the muscles of the inner thighs, genitals, hip area & knees. It is one of the most helpful fertility giving yoga exercise and it can also help in smoother & less painful delivery when the time arrives. It also strengthens the core and improves posture.



### Bhujangasana

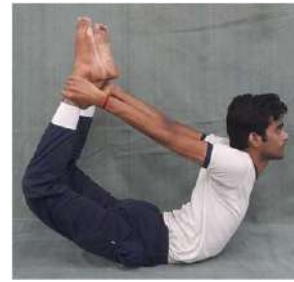
It helps increase the blood flow to the ovaries and the uterus. This aids in creating hormonal balance, as well as the production of cervical mucus that makes the journey of the sperm to the egg easier. It acts as a charm on the back muscles. The modern lifestyles stiffen our upper body in which this asana helps in strengthening the spine. Thus it improves posture.





### **Dhanurasana**

In this asana, back bending strengthens the back and the abdominal muscles and enhances the spine, helping relieve the pain. Moreover, it helps increase the flexibility of the back. The bow pose stimulates the reproductive organs and helps in improving menstrual disorders. It opens up the chest, neck, and shoulder muscles and tones them.



### **Setu Bandhanasana**

Strengthens legs, back, neck and chest, relaxes whole body, reduces stress, calms the brain and reduces anxiety. Good for pregnant women.

Improves digestion. Cures back pain. Cures insomnia.



### **Halasana**

Improves Digestive System, relieves back pain, relieves stress hence helps in maintaining hormonal balance, helps in controlling Diabetes, stimulates thyroid gland, therapeutic for leg cramps, stimulates hair growth. Helps improve blood circulation. Helps during Menopause.



### **Marjarasana**

It is very good for the spine as it stretches the backbone and strengthens it while also improving its flexibility. The asana strengthens wrists. Marjarasana benefits the shoulders by making them stronger. The movements in the asana massage the digestive organs and activate them.



### **Upavishtakonasana**

Stretches the backs of the legs, strengthens vertebral columns, detoxifies kidneys, relaxes mind, stimulates abdominal organs, releases groins too.



### **Pranayama for a healthy women reproductive system :**

#### **Bhramari Pranayama**

Bhramari Pranayama, also known as Humming Bee Breath, is a calming breathing practice that soothes the nervous system and helps to connect us with our truest inner nature. It reduces Stress & Anxiety which is the major reason behind infertility and hormonal changes in the female body. Thus the pranayam is useful in maintaining hormonal balance and improving fertility.



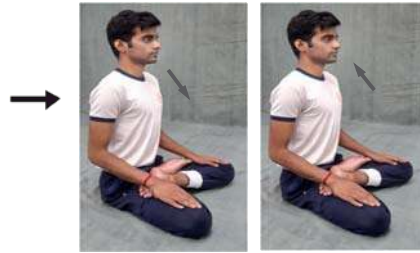
#### **Ujjayi Pranayam**

It soothes the nervous system, calms the mind and increases psychic sensitivity, it relieves insomnia, slows down the heart rate and lowers blood pressure. It is a tranquilizing pranayama, but it also has a heating effect, stimulating the process of oxidation.



### **Kapalbhati Pranayam**

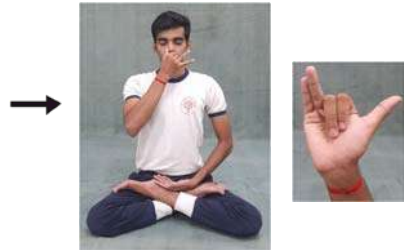
It improves digestive issues and eliminates all gastric problems. Practicing kapalbhati helps to relieve gas, heartburn, and constipation. It can also cure insomnia. It boosts the production of endorphins, thereby helping to uplift your mood.



### **Anulom Vilom breathing**

Alternate nostril breathing such as Anulom Vilom is noted for its physical and mental health benefits, including :

- i) Improved patience, focus, and control.
- ii) Relief from stress and anxiety.
- iii) Improvements in the brain, respiratory, and cardiovascular health.
- iv) A better overall sense of well-being.



## **Leading towards fertility by Yoga : Infertile Cases of PCOS, AMH, Fibroid**

**Sadhana R. Patil.**

Shri Ambika Yoga Kutir (Main Branch), Thane - 400 602

### **Abstract :**

These days it has been noticed that the cases of infertility in both males and females are increasing in the population. In females the prominent causes of infertility are - the Poly Cystic Ovary Syndrome (PCOS), Low Anti Mullerian Hormone (AMH) and fibroids. In Shri Ambika Yoga Kutir the cases of these and other feminine ailments are given personalized guidance in special batches focusing on these issues. In this research paper 5 cases are reported highlighting the effect of Yoga on reverting the infertility.

### **Introduction :**

In the present days the life has become very fast, demanding and stressful. The lifestyle does not have scope for sufficient relaxation, as well as there is distinct lack of proper exercise. Environmental pollution and contamination of food are growing. This has led to increase in the ailments including those related to fertility. The medical treatments in many cases are failing to cure and sometimes there are significant side effects of them. Those who are suffering try various methods and pathies but fail to get relief. As a last resort they join Yoga. Shri Ambika Yoga Kutir established in 1965 by Hathyogi Nikam Guruji has been providing guidance in yoga, leading them towards fertility. When required the individuals are given Ayurvedic Medicines and also guidance regarding diet. There had been many cases which had got cured. In the present paper 5 recent cases have been reported.

### **Materials and Methods :**

The present presentation describes the case study of 5 females suffering ailments leading to infertility. In most cases the Allopathy treatment did not yield expected result or had side effects leading to deteriorated health. When they approached Shri Ambika Yoga Kutir (SAYK) their case history, treatment undergone and other information regarding their diet, life style etc. were recorded. They were given suitable yoga therapy and also Ayurvedic medicines wherever required. After regular yoga practice for prolonged period of 3 to 9 months their medical reports improved and they conceived.

### **The Case Studies :**

**Case Study1 :** Patient suffering from Polycystic Ovarian Syndrome : Mrs. Divya Manu Nair

**Polycystic Ovarian Syndrome :** In some women the ovaries enlarge and there develop many small sacs of fluid on the outer edge. These are called as cysts. The cysts may contain immature eggs, the follicles. Due to this change the ovaries do not function normally. The periods become irregular. There are various symptoms including infertility.

### **Case History :**

Birthdate : 13<sup>th</sup> August, 1988. Age 34 years.

Profession : B.E. Computer.

Diagnosed PCOD in 2013. Got Married in 2015

Suffered irregular periods, could not conceive for 1 year. For follicular study Sonography was done 7 times; Hormonal injections were given in 2017 alongwith medical treatment. Doctor advised IUL (Intra Uterine Insemination). But the treatment proved ineffective.

Due to the failures of the treatment the patient got depressed, started avoiding meeting friends, relatives and attending family functions. The service life was also full of tensions.

Divya joined the trayamasik Yoga class at the Vikroli Branch (as she resided at Vikroli) on 14/01/2018. After complet-



ing 3 months training she came to Thane main branch on 13/05/2018. She was guided to join PCOD batch. She was regular in coming to the class and also practicing yoga at home. On 3<sup>rd</sup> June after a long time she had the normal menstrual period. At kutir she was happy, energetic, positively thinking. The tensions reduced. Pregnancy test in Dec. 2018 was positive. Thus the infertility problem due to PCOS was solved within one year. Divya join the Yoga batch of pregnant women and got a girl child on 24/07/2019. Everything was normal.

#### **PCOD and Thyroid imbalance :**

In some women alongwith PCOD there are imbalances in thyroid secretions. The thyroids ailments are of 2 types mainly.

1) **Hyperthyroidism (overactive Thyroid) :** In this the thyroid produces higher thyroxins. High thyroxin accelerates the body metabolism. This leads to weight loss, rapid and irregular heart beats. For treatment anti thyroid medicines and radioactive iodine are used.

2) **Hypothyroidism :** The thyroid produces low thyroxins. It leads to weight gain. For treatment thyroxins are given as medicine.

#### **Case Study 2**

Case 2 : Poonam Joshi, native of Gawliar

##### **Case History :**

Birthdate 10-10-1988. Age 34 years.

Profession : MBA by profession in International Business.

Married on 20-02-2015. Suffered from PCOD and thyroid imbalance, hence was not conceiving. Joined Yoga at Thane main shakha on 01/04/2016.

She had irregular periods in 2002. In 2004 she was diagnosed to have PCOD. She was given Allopathy medicines for 6 months but still the periods were irregular. In 2012 she was diagnosed to have Hypothyroidism. She got married in 2015. Medical treatment did not cure. She became depressed. The Thyroid hormone levels fluctuated. After joining kutir in 2016 she did the three months basic course twice. Her allopathy medicines were continued. Earlier there were fluctuations inspite of medicines. But when she started practising yoga the medicines became effective. The fluctuations in thyroxin levels reduced. She was also given Ayurvedic Medicines from Kutir and oil for massage. Specific Yoga exercise was given. The improvement in polycystic ovary was as below.

In Oct., 2015 the sizes were 18.6 c.c. for right ovary and 20.0 c.c. for the left one. In Nov. 2016 the sizes reduced and were 11.12 c.c. for right ovary and 13.44 c.c. for the left. In spite of significant improvement in PCOD condition she joined trayamasik batch for 3<sup>rd</sup> time. She became pregnant in Jan. 2017 and hence joined yoga batch for pregnant women. In September 2017, she gave birth to a baby boy. The child is calm and clever.

#### **Cases of Anti Mullerian Hormone (AMH) related ailments :**

AMH levels in blood indicate the fertility of woman. High AMH is favourable for fertility whereas low AMH than normal indicate low fertility of a woman.

#### **Case Study 3 :**

Mrs. Pavitra Jena, M.Com, C.S. Birthdate 01/02/1990, Age 33 years, married on 19<sup>th</sup> Feb., 2014. Joined SAYK, Thane on 1<sup>st</sup> July, 2018. Her health issues included infertility, low body weight, early menstrual cycle, Low AMH. She was taking Allopathy treatment including Vitamins and period regulating medicines.

When Pavitra joined SAYK, Thane she was upset and worried due to early and repeated menstrual bleeding. Doctors advised her to reduce stress. Hence she joined SAYK. The medical reports were indicating high possibility of right tubal block. On joining SAYK, her counselling was done by senior teachers. She started doing yogabhyas regularly. In one month she got her menstrual period on time. The periods became regular. In October she took admission for repeat course. In November she became pregnant and gave birth to a baby boy on 9<sup>th</sup> June, 2019. The delivery was normal.

**Case Study 4 :**

Mrs. Shraddha Chaudari, Age 33, Profession - B.E. Computer. Got married in 2015. Joined SAYK, Thane on 7<sup>th</sup> April, 2019. She had low AMH and was on Allopathic medicine since 4 months.

After marriage Shraddha had become pregnant in 2016. But due to some abnormality of foetus Doctors advised abortion. She became pregnant again in 2018 but there was miscarriage. Thereafter there was no pregnancy for one and half year, the reason being low AMH. Doctor felt very low chances of pregnancy and hence advised to adopt a child. While joining SAYK Shraddha was disappointed; she had pain in the legs due to growing weight.

On joining SAYK, her counselling was done. She was found to be under lot of stress. She was given yogic kriyas, asanas and Ayurvedic Medicines. She completed the trayamasik (Three monthly) batch with good regularity. She did two more repeat batches and joined for the 4<sup>th</sup> time, but in a week or so she conceived. Doctor advised her rest for two months. Thereafter she was to join the SAYK yoga batch for pregnant women but she got the covid infection. Senior teacher of kutir (Mrs. Varke) guided her online. In October, 2020, she gave birth to a healthy baby boy. The delivery was by caesarean. The medical reports before starting yoga and after practising yoga regularly showed significant improvement in AMH levels.

**Case of Endometriosis :**

Endometrium is the inner lining of uterus. It thickens for attachment of embryo. But if there is no fertilization and no embryo, it is shed during menstrual period. Sometimes when this tissue grows outside uterus in the abdomen, in pelvic region, it creates trouble. This is known as endometriosis. The symptoms of it are painful periods, pain with bowel movement, excessive bleeding, infertility, fatigue, diarrhoea, constipation etc.

**Case Study 5 :**

Nirmala Mourya. M.sc. B.Ed.; Birth date 25/07/1978; Age - 44 years. Joined SAYK on 14<sup>th</sup> June, 2017. She had uterine fibroid, chocolate cyst., pain in cervical and lumbar region of vertebral column. She was taking allopathic medicines.

**History :** Her menstrual periods started when she was in 7<sup>th</sup> standard. She had one or other health issue since childhood. In 2000 she had a fall causing injury to the coccyx (Tail bone), due to it she had pain in legs. She used to faint if there was heavy work. She used to get periods with heavy bleeding. Endometriosis was detected. Doctors advised to remove uterus. Allopathy medicines were given but the problems got aggravated. She started fainting more times. She was worried due to the side effects of the medicines.

After joining SAYK, Thane on 14<sup>th</sup> June, 2017, she was given yogic kriyas like Prayer, Pranakarshan kriya, micro exercises, ashwini mudra. Counselling was done. Then she continued yoga study of Brahmamudra, Namanamudra, Marjarasan, Shawanasan, Kapalbhathi, Mulabandha and also Ujjai, Sheetal, Vayusar, Tadagi, Uddiyan, Amarkruti, Sihva Mudra, Shankha Prakshalan etc. The senior teacher used to talk to her to encourage her. After 1st Trayamasik she narrated her experience as :-

She got some relief from vertigo (fainting), weakness of legs improved, 75% improvement in the problems of periods.

After 2<sup>nd</sup> Trayamasik she mentioned -

Relief from vertigo, weakness had gone, stiffness of body reduced by 50%, No headaches, endometrium became 100% normal.

**Conclusion :**

In all the above cases patient gained relief mainly by regularly practicing yoga. In case of some of the patients medicines needed to be continued for sometime. This underlines the significance of yoga especially in the reproductive health of females.

**Acknowledgement :**

The author gratefully acknowledges help and guidance given by Mrs. Shastri in writing the case studies, as well as Shri Ambika Yoga Kutir.

## Pregnancy And Yoga

**Dr. Prasad Mohanrao Kulkarni**  
(Consulting Paediatrician and Neonatologist)

Shri Ambika Yoga Kutir, Yoga Teacher, Barshi Branch, Barshi, Dist. Solapur - 413 401.

### Bio-data :

Practising child specialist since 1992 at Barshi Dist. Solapur.

Completed Kutir's Traimasik in 1999.

From 2009-2011 learnt Advanced Pranayam. Passed Exam in 2011.

Passed YCB Level 3 in 2021.

### Introduction :

In any community, Mothers and Children constitute a Priority group in sheer numbers. They comprise 71% of the total population in Developing Countries. **In India women of child bearing age (18 yrs. to 45 yrs.) constitute 22.2% and children under 13 yrs of age 35.2% of the total population.**

In Antenatal period the foetus obtains all the Building material and Oxygen from mother's blood. A Healthy Mother Brings Forth A Healthy Baby.

**Pregnancy :** There are various definitions of pregnancy

**Definition given by W.H.O. :** Pregnancy, the period in which a foetus develops inside a woman's womb or Uterus. Usually it lasts for 40 weeks as measured from the last menstrual period to Delivery. **Ayurveda** mentions the definition as : शुक्र शोणित जीवसंयोगे तु खलु कुक्षिगते गर्भसंज्ञा भवति । In **Jnaneshwary**, Santa Jnanaeshwar says, शुक्र शोणिताचा सांधा । मिळता पाचांचा बांधा । वायुतत्त्व दशधा एकचि ज्ञाले ।

### What is सुप्रजनन Suprajanana (Healthy Reproduction)?

Vedic literature and even Ayurveda considers childbirth as a natural, social and a sacred event.

Since human procreation replicates Divine creation it also implies that Human reproduction can be made free from defects, approximating the Divine ideal.

This is the idea of सुप्रजनन (suprajanana), mentioned in GARBHOPNISHAD गर्भोपनिषद् (Atharvaveda, Krishna Yajurveda) and Ayurveda.

### Difficulty in Conceiving (Infertility) :

Infertility is a condition where one cannot get pregnant after 1 year of trying to conceive.

### Causes of infertility in males :

- Low Sperm Count, Immotile Sperms (Oligospermia and Azospermia respectively)
- Low Testosterone. Age over 40 yrs of Age
- Diabetes Mellitus

### Causes of infertility in Females :

- Age over 35
- Diabetes
- Endometriosis, Uterine Fibroids, Thyroid Disease
- Weight Problems - Obesity, Underweight
- Excessive Alcohol Consumption, Smoking
- Radiation Therapy
- Exposure to Environmental Toxins - Pesticides, Lead
- Eating Disorders - Anorexia Nervosa

**Risk Factors responsible for Female Infertility :**

- Abnormal Menstruation
- Blocked Fallopian Tubes
- Past Ectopic Pregnancy
- Pelvic Inflammatory Disease
- PCOS - Poly Cystic Ovary Syndrome
- Endocrine Disorders – Pituitary and Thyroid Hormones
- Endometriosis, Fibroids, Uterine Polyps
- Kidney Disease

**Pregnancy and Three Trimesters :**

- **First Trimester**  
Period of organogenesis which is most critical for foetal growth and development.
- **Second Trimester**  
Continuous growth and development. (focus is length of foetus).
- **Third Trimester**  
Period of most rapid growth and development (focus is weight of foetus).

**Hormonal changes in pregnancy :**

- **HCG (Human Chorionic Gonadotropin)**  
This is only made during pregnancy. It is made almost exclusively in Placenta. It increases in the First Trimester; plays a part in Nausea and Vomiting that are commonly observed in 1<sup>st</sup> trimester.
- **Human Placental Lactogen (HPL)**  
Also known as Human Chorionic Somatotropin, made by the Placenta. Gives Nutrition to the Foetus. Also stimulates Milk glands in the Mother's Breasts to make them ready for Breast Feeding.
- **Estrogen**  
A woman will produce more Estrogen during one pregnancy than throughout her entire life when not pregnant. This hormone shows Peaks in 3<sup>rd</sup> Trimester. The increase enables Uterus and Placenta to improve Vascularisation, transfer of Nutrients, support the Developing Baby. It plays important role in helping the foetus to develop and mature.
- **Progesterone**  
This shows extraordinary increase during pregnancy.  
Causes Laxity and Loosening of the ligaments and Joints throughout the body. It affects internal structures, especially Uterus, to increase in size so that it can accommodate a Full term baby.

**Other changes in pregnancy :**

1. Weight Gain
2. Fluid Retention - Abdominal weight and Gravity slow down the circulation. So body fluids accumulate particularly in lower limbs.
3. There is some swelling of face, limbs in 2<sup>nd</sup> Trimester. There are Sensory changes, pregnancy can dramatically alter how a woman experiences world through sight, taste and smell. The breast and the cervix change. The hair, nails and skin change – There is hair loss, faster nail growth, stretch marks and hyper pigmentation of skin.
4. Dizziness and Fainting, Respiratory and Metabolic rate changes – There is increase in the amount of O<sub>2</sub> transported in the blood, also the increased demand of oxygen causes dilatation of blood vessels. There is increase in Metabolic rate, breathing, blood O<sub>2</sub> levels. Amount of Air moved in and out of Lungs increase by 30 to 50%. There is shortness of breath; Uterus size increases, so room for the movement of the

diaphragm becomes limited. The Basal body temperature, increases. There may be Hyperthermia and Dehydration.

#### **Challenges/discomforts in pregnancy :**

Morning Sickness - 1<sup>st</sup> Trimester - There is nausea and vomiting. Backache - Due to Postural changes.

Bladder and Bowel related problems are observed. Hair, Nail and skin changes occur.

Fatigue i.e. feeling tired, a bit faint and hotter is a common discomfort.

Increase in Blood volume may cause headache. This can be a sign of Preeclampsia in 3<sup>rd</sup> Trimester.

Leg cramps at night occur late in pregnancy. Extra weight and changes in metabolism, Vitamin deficiency, Swelling, varicose veins, vaginal discharge, thrush (fungal infection) are some more discomforts in pregnancy.

#### **Yogabhyas in pregnancy :**

YOGA meaning Union of mind, body and spirit. It aims to bring Harmony/Homeostasis to the Body, Mind and Spirit. Pregnancy yogabhyas is really challenging like training for a Marathon.

#### **General tips for the yogabhyas in pregnancy :**

Being pregnant doesn't mean one is sick or injured. Use yoga practice to discover the strength and power in the body and mind and rediscover self.

Learn under a qualified teacher.

Continue with yoga practise throughout the pregnancy.

One should be gentle with the Body.

Adjust the practise to accommodate the baby.

Relax into Mindfulness.

Last but not the least trust in yourself.

#### **Aims of yogabhyas in pregnancy :**

To reduce the stress level and improve overall quality of life.

To boost the blood circulation of the pelvic area and vitality of the organs and the functioning of the reproductive system.

To modulate the Hypothalamic-Pituitary-Gonadal axis so as to balance Hormonal profiles.

To increase Alpha waves in brain to feel calm and quiet.

#### **First trimester and yogabhyas :**

- These are just General suggestions and not the protocol.  
In fact Yogabhyas should be practised under the supervision of an expert teacher who is specially trained in this regard.
- **The kriyas that can be done** - all kriyas upto Vayusar such as neti, Ganeshkriya, Ashwinimudra, Pranakarshana Kriya, modified Brahmamudra, relaxation of shoulders and hands, relaxation of legs, kapalbhati (under supervision), Aumkar, Bhramari, Sheetali, Sheetakari, Vayusar. Modified Namanmudra and Yogamudra. Special Emphasis to be given on prathana and pranakarshan kriya and deergha omkar.

#### **Aasanas recommended :**

Shankh prakshalan without holding the Breath.

Butterfly - Full/Half, Badhkonasan, Tadasan, Trikonasan, Utkatasan, Veebhadrasan, Marjarasan, Shwanasan, Ushtrasan, Modified Paschimottanasan, Gomukhasan, Kandharasan, Markatasan.



## **2<sup>nd</sup> Trimester and Yogabhyas**

### **Kriyas**

Same as in recommended 1<sup>st</sup> Trimester

### **Aasanas**

More Practise of VAJRASANA is advocated.

Along with 1<sup>st</sup> Trimester aasanas can be performed under experts supervision.

Modified Ardha Matsyendrasan, Uttanasan [Goddess Pose], Anant-Shayanasan-Lying down on sides can be added.

## **3<sup>rd</sup> Trimester and Yogabhyas**

**Gayatri Jap** - can be introduced. Start slowly with 11 Gayatri and can be increased with the consultation of the Teacher.

### **Kriya** -

Same like 2<sup>nd</sup> Trimesters, should be practiced under supervision by expert teacher.

### **Aasanas** -

To be performed strictly under the supervision of the Teacher. Along with previous aasanas of 2<sup>nd</sup> trimester, Balasan can be added. Shavasan –Regular practise of shavasan is advocated.

## **Some proven benefits of yogabhyas in pregnancy :**

1) Learning to Relax deeply is a Life-skill that a pregnant woman can carry with her into Labour, Birth and Motherhood. Due to yogabhyasa Heart Rate slows; breathing becomes deep and rhythmic. Stress hormones like Adrenaline, Cortisol dissolve. The yogabhyas leads to building strength and endurance of the body and teaches a woman to use the breath to work through discomfort. So they are better able to cope when faced with the surge of stress hormones, the labour generator. Building Leg Strength – this alleviates pain. A pregnant woman can move around easily to alleviate pain; she can use the postures learnt to support her and create space in the pelvis to give birth to Baby. She can use her the Breathwork learned to regain Focus and Control.

2) Regular yogabhyas improves sleep, decreased levels of stress and anxiety, increases strength and stamina to maintain a healthy pregnancy, improves circulation which can alleviate swelling, improves digestion and gives relief from heartburn, strengthens the immune system of the body, gives relief from lower back pain and other common complaints related to pregnancy like sciatica, restless legs, leg cramps. The Yogabhyas creates a dedicated time-out from busy schedule to connect with their body, mind and growing baby.

## **References : Medical studies showing immense benefits of yoga in pregnancy :**

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## **Online Yogic care of Pregnant women during Covid 19 Pandemic**

**Saroj Warke**

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Good Morning everyone! Today's distinguished chief guest Dr. Kiran Pandit sir has already enlightened us with his presence in this conference. It will be my great privilege to present my work in your presence sir. My greetings to honorable Surveji, all my colleagues from Shri Ambika Yoga Kutir. I wanted to mention all of my colleagues because they are so good but someone advised me not to take blames because there are so many. I am so proud of my colleagues from Shri Ambika Yoga Kutir. They are working here since 15 years 20, 30, 40 years without expecting any returns. Helping women in their all problems is a great social work Guruji has given to us, for which we are very much thankful to him. My subject is benefits of yoga in prenatal condition and especially during corona pandemic. It also involves my two important case studies. Let us understand what is Shri Ambika Yoga Kutir and the prenatal pregnancy yoga course.

Shri Ambika Yoga Kutir is a gurukul institution and this Garbhsanskar course is designed by our founder Parampoojya Hathayogi Nikam Guruji. Nikam Guruji had observed the pregnancy processes right from his childhood. It must be surprising for some people but his mother was a midwife and many times Guruji used to accompany her for assistance in all types of maternity problems. That's why whatever course he has developed, he has considered all the aspects of maternity into it. This course must be developed, around 1950 and that time we were not generally going to maternity homes. The advance facilities like C-section, or sonography were not available. So without that help he has designed his course for women. Secondly, why this course is named has Garbhsanskar, why this is not named, pregnancy yoga. Actually Garbhsanskar means it is taking care of the baby, helping in his physical care, cultural as well as spiritual development. Thanks to Dr. Prasad. He has mentioned about Garbhpanishad and Veda, so all this information, all this knowledge given in our ancient scriptures and our Guruji being enlightened yogi, he has included all the skills in this Garbhsanskar course. Now I want to mention this course. Why this course is holistic course? It is because it considers Aahar-Vihar, Achar-Vichar and Yogic Kriyas. Now what Aahar-Vihar Means for a pregnant woman, what should be diet and nutrition, what should be her recreation, mobility. Achar means what should be her attitude that is very interesting. Guruji was our Gurumauli. He always advised the pregnant girls about what should be their attitude towards life. Guruji used to say सासूला सुधारण्याचा प्रयत्न करू नका, का करू नका कारण आधी सासू सुधारणार नाही आणि तुमची health खराब होईल. (Don't expect that your mother in law will change her attitude. Instead you change your attitude so that there is no clash)

So that's why Guruji always use to say that your attitude should be very light in this condition and that's what we teach to our girls and also about Yogic practices. I will just give you a list of Yogic Practices, like they start with prayer, Mantra chanting that is Gaytri Mantra chanting, meditation, selected shatkarmas and sukshma vyayama asanas, Pranayam, tratak, shavasan etc. All this, whatever I have mentioned, most of the people they know all these Kriyas. But all these Kriyas are modified for a pregnant woman. One should never do the blunder of offering these Kriyas directly as whatever given in textbook for the pregnant woman; they are all the Kriyas for everyone. My pregnancy batch students will also say that whatever is required for them only that much is given to them and we have to judge it accordingly.

Pregnant women's condition is changing everyday, not in every month, everyday. So we always ask her, what is your sonography report? What other precautions are there? And then accordingly yogic Kriyas are offered to the pregnant girl. I am going to demonstrate few important pregnancy Kriyas here. I will tell you why the topic of my lecture says online. It's an online course started. Just try to recollect March 2020. Corona pandemic had just started. Corona Vaccines were not invented. There was total chaos and panic all over the world. People were dying due to Corona. Just try to recollect the number of relatives or friends you must have lost during Corona due to lack

of proper medical care. It was a very panic moment that time and lockdown was declared in India. That time Shri Ambika Yog Kutir, thanks to Surveji's decision, started online yoga classes since July 2020 and at the same time we started this online pregnancy yoga course. So I have two important case studies right here. They have come especially here to share their experience.

The first case is of Dr. Mrunal. She is a doctorate Ph.D. from University of Mumbai. A very methodical person and has keen interest in yoga. She has done her Traimasik course in 2009 and she joined pregnancy yoga course since first month of pregnancy. It was really a dramatic experience at that time when she told me that she was admitted into hospital for Corona infection but no one knew that she was pregnant and she asked what will happen to her? There was nobody to attend to her. So, that was Corona! Now I am going to talk about certain technical situations of pregnancy. With Guruji's permission I am going to talk about most controversial part of my presentation and that is Kapalbhathi. First let us see what Fetal circulation is. Developing baby needs a lot of oxygen from the beginning of pregnancy. It is true that they need oxygen for growth but ofcourse a baby don't truly breathe in the womb because their lungs are filled with amniotic fluid. It is so much fluid, babies are not supposed to breathe in the womb. So finally what happens? From where they get food and oxygen. The food and oxygen become available to the baby through the Umbilical cord which is connected to placenta. So this is Umbilical cord which is there after five or six weeks and is connected to placenta. Placenta is connected to the uterus of the mother so whatever food required, mother is providing through placenta and Umbilical cord. The oxygen that they get from the Umbilical cord can be improved by Kapalbhathi and Pranayam of yoga. So together Umbilical cord, placenta and uterus deliver nutrients from the mother to baby. They also provide baby with the oxygen rich blood necessary for growth. Therefore Kapalbhathi is of great significance. This is according to western philosophy that baby needs oxygen but according to yogic philosophy baby needs pranik energy form being the panchkosha of the tiny body of the baby. So this pranik energy is mostly provided by Kapalbhathi and that's why Guruji has always promoted Kapalbhathi for a pregnant woman. This is something, let me explain you before hand that all the Kriyas are modified and that's why I am not supposed to disclose them because it may harm if someone tries them on their own. You need an expert, good pregnancy yoga teacher for that otherwise it will be very bad. There are so many controversies so I thought I will tell the topic of Kapalbhathi today. There are separate veins to carry fresh blood to Umbilical cord and carry away waste products. Umbilical arteries are provided in the body so for that this mechanism is so fine. I told you baby's lungs are not useful because they are filled with amniotic fluid that's why when baby is born that time only she has taken her first breathe otherwise baby is not breathing in the womb. That is why kapalbhathi is important. It improves the dissolved oxygen in the blood which becomes available to the baby in the Uterus. गर्भाशयात असताना मूल श्वासोच्छ्वास घेत नाही. मग त्याला ऑक्सिजन कोठून मिळेल म्हणून गुरुजींनी सांगितले की त्यासाठी कपालभाती क्रिया अत्यंत उत्तम आहे.

According to Hathyog Pradeepika swami Swatmaram says Kapalbhathi is defined as "Bhasravllohakarasya rech-purou sasambhraman Kapalbhathirvikhyata Kafadosh Vishoshiny". It should be performed exactly, with rapid exhalations and inhalations like a bellows. This is Kapalbhathi. This Kapalbhathi destroys all mucus (cough) disorders. That is why swami Swatmaram in Hathyog Pradeepika has considered Kapalbhathi as cleansing process and I think AYUSH mantralaya courses insist that Kapalbhathi is a cleansing process but I will give one reference of Swami Satyanand Saraswati. This book APMB (Asan, Pranayam, Mudra Bandh) is a very famous book followed all over the world. In that Swami Satyanandji has mentioned Kapalbhathi as Pranayam and our own Nikam Guruji always said Kapalbhathi is a Kapalbhathi Pranayam without Kumbhak, so that is why Kapalbhathi is very important.

Now I will tell you what modifications we have done in Kapalbhathi for pregnant Ladies. I have called my student Kshama Thakur from Pregnancy course. She is six months pregnant. She is going to demonstrate Kapalbhathi kriya for a pregnant woman. So let me tell you something. In regular Kapalbhathi it is abdominal Kapalbhathi and strokes are given recurrently like Iron Smith bellow. But Guruji has modified it into thorasic Kapalbhathi. It's not abdominal, because for pregnant woman we cannot give abdominal strokes but it is thorasic Kapalbhathi and strokes are given very softly. So I have defined that shloka has भस्त्रा सुवर्णकारस्य रेचपूरौ ससंभ्रमौ कपालभातीर्विख्याता कफदोष विशोषिणी. Suvarnakar means the way you must have seen that how a goldsmith operates his bellow very tenderly. Similarly, Guruji has

asked to teach them Kapalbhathi very tenderly. I always watch their abdomen. I always tell them don't move your stomach. Don't disturb your baby so Kapalbhathi, whatever is done she can go on doing like that. It is very harmless. So why this is controversial. In a yoga seminar in Vashi that time when I mentioned that I teach Kapalbhathi to our pregnancy yoga students. There were so many protests. All yogi students, ladies mentioned that our guru said that never teach Kapalbhathi to a pregnant woman even Ramdev Baba you must have heard always he said except Kapalbhathi सब प्राणायाम कर सकते है। (Except Kapalbhathi, a pregnant woman can do all pranayamas) But this Kapalbhathi our own Nikam Guruji's Kapalbhathi, it can be done and it gives tremendous benefits to a pregnant woman. That survey also I have done. Last many years the Kapalbhathi modified by Guruji is being taught in the pregnancy batches and the ladies are benefited. There is no harm, so without any harm we could teach this Kapalbhathi. The regular kapalabhathi and the one modified for pregnant women have following differences respectively one is like Iron Smiths bellowing the other like Gold Smiths bellowing; one has abdominal strokes the other has thoracic strokes; the one is forceful process the other is gentle, for one much guidance is not required but for pregnant women guidance is most-essential. So this is something Guruji has given and I want that whole world should appreciate it and follow it. I have done some survey for the online pregnancy yoga students. You can see feedback of the users. Twelve pregnant girls have given me the feedback out of them. There was one question that do you practice Kapalbhathi and they said 91.7% were practicing Kapalbhathi but there comments were really interesting. Two of them had normal delivery. So one of them said that it helped me during delivery when stamina was required. So Kapalbhathi helped me during normal delivery. The second one said feeling refreshed. It also helped me in controlling breathing at the time of the delivery. How important it is. I suggest any gynecologist or someone from Aayush Mantralay should look into this. There are so many other modifications in Nikam Guruji's course but today I will show only one asan how nicely it is modified and that is भुजंगासन (Bhujngasan). Normally भुजंगासन is lying down on the floor but for a pregnant woman how she is supposed to do भुजंगासन. Now you must be thinking why insist for भुजंगासन because भुजंगासन is excellent for back pain. Because of baby weight the woman is sagging at times. But by doing भुजंगासन, their Back pain is totally controlled and sagging is gone. These are only two things. I have shown you a glimpse about pregnancy course and I want that it should be noted that how delicate and important our pregnancy course is. Our girls sitting here who have done this course, I am sure that they have also given their own case studies and I am very much thankful. I congratulate Shri Ambika Yoga Kutir that this kind of conference they have organized. So this is something very first time in the history of our institution; may be first with Aayush Mantralay. I am very much thankful for giving me the opportunity to present my work. Thank you.

*Two Sadhakas namely Dr. Mrunal and Dr. Neha who received guidance from the pregnancy special batch of SAYK narrated their experience. One of them suffered Covid-19 infection twice during the pregnancy period. But due to guidance from SAYK (Shrimati Warketai) she could successfully come out of the danger and had normal delivery. Her child also remained safe.*

### **Experience shared by Dr. Mrunal who got Covid 19 infection twice during her pregnancy.**

Online pregnancy batch of Shri Ambika Yoga Kutir

Hari Om, a very good afternoon to all the dignitaries, yoga teachers and all the attendees. First of all I would like to congratulate and thank to all the yoga teachers who are present over here. I would request all of you to give a big round of applause to all the teachers because since morning we have been in this session and we have listened to many of the case studies. People literally lose their hopes, much of their time, their money and then they come and start their yogic practices.

I am Dr. Mrunal and I am here to present my yogic experience during my pregnancy. I used to practise yoga even before my pregnancy and when I discovered that now I am pregnant, I immediately contacted Saroj madam from Shri Ambika Yoga Kutir and on the very first day she had advised me that these are the very important changes which I need to make in my daily yogic practices. So, I have written down in details that what are the changes to be made. My mode of conception was natural and the medications during the pregnancy were normal once which are given to all the pregnant ladies i.e. folic acid, iron, calcium and proteins. So, this was the very special condition of my

time during lockdown when we were coming to know that ok this is Corona, this is Covid. This is how it affects our lungs; this is how we need to stay in quarantine.

During that time in my third month of pregnancy I acquired my first infection of covid and also in the eighth month I got infected second time. Even my gynecologist had pointed out that you are the only patient who has acquired covid infection twice during pregnancy. But due to Saroj madam's continuous personal attention, I would like to highlight the personal attention part very much, everything was normal. I used to attend the online classes and you must have experienced that when practically the classes are going on offline the teachers help us for performing our asanas but in online firstly when we need to adjust the camera and teacher also needs to view us properly. In that condition she gave personal attention on each and everyday. Hence my both the Corona infections, quarantine periods were very calm. So, I would like to tell that when I was infected for the first time I was much tense at that time that we did not know what is the effect of Corona on a pregnant lady and does it get transferred to the baby also. But my family support was there and I would like to highlight the importance of Gayatri Mantra and Omkar. So, from the day one and also during the delivery date I have been continuously chanting Gayatri Mantra and Omkar. It had a soothing effect on my mind and now I think that I have given that Garbhsankar to my baby boy also.

My gynecologist as per the protocol had given me the very high level of medications but since, I was in contact with many of my doctor friends also, they had advised me not to take any of those medications and I was also in touch with Saroj madam. So, she also advised me that 'we will do everything and the breathing pranayam exercises will calm you'. The only symptom which I had during Corona was slight fever that to 98.6<sup>o</sup> F. No other Corona related symptom was observed in the both the infections. During both the Corona infections I was in quarantine and since I was pregnant, quarantine period was three weeks as per the Gynecologist's suggestion. Even though I was infected twice, there was no effect on the pregnancy. Even my sonography doctor and gynecologist had highlighted that this is a healthy progression of pregnancy. Normal fetal development during all the three trimesters. So, my baby's graph was at par with the standard. I could experience freshness and also it was lockdown but I had to go to work. I was not allowed work from home. So I used to go to my office and also carry out my home chores and I could concentrate and I used to feel fresh during all the nine months. I didn't have any complain of back pain or leg cramps during entire pregnancy. I have been in practicing the asanas and also so the Gayatri Mantra and Omkar both had positive effect on my child. I used to recite Gayatri and Omkar twice and it really helped me to keep my mind calm. I could peacefully concentrate on the daily activities and I did not have any mood swings. The Kapalbhathi and Ujjai then Shitali, Shitkari, Vayusar had positive effects on me and also on my baby. Then the sukshma vyayam, due to which I did not have any complaint of back pain or leg pain. Now, I can see that due to my regular practice of yoga I have uncalculated positive effects on my son. My mother in law says that his body is a bit flexible as compared to other kids. He has high concentration power. He has a high grasping power and has a slight spiritual side. Now he is just one and a half years old. So, it is just her observation. I think that my daily practice of yogic kriyas has not only helped me but also my baby. So, this beautiful Garbhsankar has helped my baby grow normally before and after my delivery also. Thank you so much for giving me the opportunity for sharing my experience.

### **A fight with Covid Pandemic during pregnancy with the help of Yoga.**

**Dr. Neha Saini**

Online pregnancy batch of Shri Ambika Yoga Kutir

With due respect to Organisers, Yoga teachers of Shri Ambika Yoga Kutir, Saroj Madam and all the listeners gathered here.

I am Neha. Today I am sharing my experience of pregnancy, delivery and how yoga helped me to recover from difficult condition.



I got married at the age of 31. The very next year of my marriage, I became pregnant and I delivered baby in the ninth month.

In the first three months of my pregnancy, I did not have much trouble. Morning sickness, was insignificant. It was always in my mind that during my pregnancy, I will do yoga. But due to nationwide lockdown because of covid, all the yoga institutions were closed and then Saroj madam advised me to go for online yoga class. From the fourth month of my pregnancy, I joined online yoga class. In the fifth month, I experience pain in the left side of abdomen. I went to my doctor. He admitted me in the hospital for observation. I went for Advance ultra sound sonography. There was a cyst in the left side and due to pressure of pregnancy, it was causing pain. As I was in the fifth month of pregnancy, surgery was not possible. I went through some laproscopic procedure at Dr. Chaulal's Thane Ultra Sound Centre. Dr. Deodhar advised me complete bed rest as there was chance of miscarriage. I was upset because I could not do yoga for my health and my baby's health. That time Saroj Madam advised me to chant Gayatri Mantra, do *Sukshma Vyayam* and Pranayam. I was doing it regularly. The result of this is that it boosted my morale. Till nine months I was on complete bed rest. In the nine month of pregnancy, I was on saline to increase baby's weight.

As I was in the ninth month of pregnancy, my mother and sister came from Harayana for my help. My native place is Harayana. That time due to Covid pandemic, quarantine of relatives was mandatory. Then my sister tested positive for Covid. Then I went for RTPCR. The report was positive. My doctor told me that now you have to admit yourself to covid hospital. That time in Thane only two hospitals were admitting covid affected pregnant women. Doctor told me to go for 'C' section to avoid further complications. I was feeling depressed because no relatives were allowed in the hospital. During this period, my husband was with me. He used to come to meet me wearing PPE Kit. Doctors had already told me that immediately after delivery, your baby will be shifted to another hospital as this is Covid hospital. After three days of delivery I was shifted to the Normal Ward. People were dying of covid. The scenario around me was very terrifying. I was wondering whether I will be able to go home? In this journey, my emotional support was my husband and Saroj Madam. After eight days of hospitalization, I came home. I took my baby in my hands. It was speechless moment. At home, following personal hygiene, wearing mask all the time was a big task. Finally, I overcame all these hurdles.

Today when I think of that period of my life, I can only say that chanting of Gayatri Mantra, Omkar and *Sukshama Vyayam* has given me mental strength. Because of which I could fight back to covid. By the grace of God and Yoga, my child is living healthy life. Our sincere thanks to Shri Ambika Yoga Kutir.

## **Yoga for Menopause**

**Sadhana Samant**

Integrative Medicine Practice Group in Sausalito, California

Shri Ambika Yoga Kutir, Thane (Main Branch)

### **What is MENOPAUSE?**

Menopause is defined as the final menstrual period. It gets confirmed after one year of amenorrhea. It represents the permanent cessation of ovarian function, thereby the end of woman's reproductive age.

**As per Staging system (STRAW)**, there are 10 stages of reproductive aging in woman (-5 to +2 - gold standard) for characterizing reproductive aging from the reproductive years through menopause and includes criteria for the reproductive years, the menopausal transition, FMP (First Menstrual Period), and postmenopause based upon bleeding patterns, endocrine findings, and symptoms.

- Reproductive stage: starts with menarche – There are 3 stages namely early, peak and late.
- Menopausal transition (perimenopause) : early and late (the most symptomatic stage).
- Postmenopausal : early and late.

### **When the menopause happens?**

**Menopause happens naturally (spontaneously).** The average age is **51** in (Western countries), in Indian women **46.2** (co-relation between urban/rural and socioeconomic, marital, parity status). The occurrence varies between 45-55 years.

- **Early menopause** : It is the natural menopause occurring between **40-45** years (5% of population)
- **Premature Menopause**: The Menopause **before age of 40** years. This occurs because of various reasons. They include family history of early menopause, menarche before age 11, spontaneously because of chromosomal abnormalities, autoimmune diseases, thyroid disorders etc, and from medical interventions like bilateral oophorectomy, Chemotherapy, Radiation, and infections like HIV, mumps, from lifestyle factor e.g. smoking.
- **Primary ovarian insufficiency (POI)**: Natural menopause occurring at **40 yrs age. (1%)**

Early and premature menopause are associated with excessive risk of cardiovascular disease, bone loss, and cognitive functions, Parkinson's disease, depression.

With current life expectancy, the postmenopausal years make up 1/3rd to 1/2 of the lifespan of the women.

### **Menopausal Signs and Symptoms :**

In Menopause there is change in menstrual cycle pattern (early). The other signs and symptoms are as below :

- Vasomotor symptoms (includes night sweats) 75% cases show these symptoms.
- Urogenital syndrome.
- Sleep disturbances besides night sweats – occur in 30-46% cases.
- Psychological symptoms (depression, anxiety, mood swings, irritability).
- Cognitive concerns (memory, concentration, forgetfulness).
- Bone pain, joint and muscle aches and pains - observed in 50-60% cases

- Breast tenderness, headache, palpitations.
- Dry skin, dry mouth.

Let us understand in more details about some of these :

### **1) Menstrual bleeding pattern changes -**

Changes in both menstrual flow and frequency are common and usually normal. There are following type changes:

- Lighter bleeding
- Heavier bleeding (avg. blood loss more than 80 ml.), especially with clots
- Menstrual bleeding lasting more than 7 days or 2 days or longer than usual
- Cycle length-Intervals less than 21 days from the onset of one menstrual period to the onset of the next one
- Skipped menstrual periods
- Any bleeding between the periods

### **2) Vasomotor symptoms**

- Recurrent, transient episodes of flushing accompanied by a sensation of warmth to intense heat on the upper body and face.
- Nearly 75% of perimenopausal women have hot flashes. They are triggered by small increases in core body temperature acting within a reduced thermoneutral zone.
- The treatment is based on symptom severity and a woman's risks and personal attitudes about menopause and medication

### **3) Vaginal atrophy**

In this there is change in the thickness of vaginal epithelium. The thickness of the epithelium reduces. Unlike vasomotor symptoms, which abate over time, vaginal atrophy is typically progressive and unlikely to resolve on its own.

### **4) Urogenital Syndrome - The various symptoms in this category are as below :**

- Vaginal dryness, soreness, itching, unpleasant vaginal discharge due to secondary infections, dysuria, urgency, urge incontinence and recurrent urinary tract infections (RUTI), dyspareunia, superficial bleeding from mild trauma. These are caused by hypoestrogenic changes to the labia, vagina, urethra and bladder leading to above symptoms.
- Decreased testosterone may contribute to a decline in sexual desire and sensation
- Treatments include: regular sexual activity, lubricants and moisturizers, and applying local vaginal estrogen

### **5) Sleep Disturbances**

Peri - and postmenopausal women sleep less, have more frequent insomnia, and are more likely to use prescription sleeping aids. There is decline in sleep quality, may be attributed to General aging effects (e.g. nocturnal urination); sleep-related disorders (e.g. apnea) or other illness (e.g. chronic pain, depression); Stress, negative mood.

The decisions on whether and how to treat with behavioral or drug therapy or both depend on severity of sleep disturbance; context of sleep problem (e.g. distressing hot flashes or life stress), Severity of daytime consequences.

### **6) Mood disorders**

Feelings of upset, loss of control, irritability, fatigue, and blue moods (dysphoria) at midlife may be caused by fluctuating hormone levels that perturb neural systems transiently. Women with a history of premenstrual

syndrome, significant stress, sexual dysfunction, physical inactivity, or hot flashes are more vulnerable to depressive symptoms. The most predictive factor for depression at midlife and beyond is prior history of clinical depression.

Relaxation and stress reduction techniques, antidepressants, and counseling or psychotherapy are options to consider in symptom management.

#### 7) Cognitive changes :

Midlife women should be counseled that memory and concentration problems are probably not related only to menopause/ hormonal changes but rather to normal aging and/or mood, stress, or other life circumstances.

#### 8) Others :

**Joint aches and pains:** It is unclear if they are related to estrogen deficiency or rheumatologic disorder but the trouble responds to HRT (Hormone Replacement Therapy).

**Breast pain:** It's more common in early menopausal transition, diminishes in late. It is because of fluctuation in estrogens levels and responds to HRT.

**Headache:** Menstrual migraines are frequent headaches which increase during menopausal transition.

#### Long-term consequences of estrogen deficiency

The ovarian estradiol production and secretion decreases and stops altogether after menopause as a result of ovarian follicular depletion. However, the ovary continues to secrete testosterone. There are a number of long-term effects of estrogen deficiency in menopause. They are as below -

- 1) Osteoporosis
- 2) Cardiovascular disease
- 3) Dementia
- 4) Osteoarthritis
- 5) Body composition
- 6) Skin changes
- 7) Balance

#### Osteoporosis

It has been defined as compromised bone strength. There is serious health threat for aging postmenopausal women by increasing risk of fracture. 13%-18% of white American women of age 50 and above have osteoporosis of the hip. Lower estrogen levels account for about 2/3<sup>rd</sup> of bone loss during the 5-7 years around menopause.

Definitions of osteoporosis are based on BMD (Bone Mineral Density) results. The bone conditions are said to be normal or osteopenia (low bone mass) or osteoporosis as shown below.

- Normal: T-score greater than or equal to  $-1.0$
- Low bone mass (osteopenia): T-score between  $-1.0$  and  $-2.5$
- Osteoporosis: T-score less than or equal to  $-2.5$

#### Osteoporosis Risk Factors

- Risk factors for osteoporotic fracture used in FRAX (Fracture Risk Assessment tool) 10-year calculator ([www.shef.ac.uk/FRAX/tool.jsp](http://www.shef.ac.uk/FRAX/tool.jsp)) are advanced age (ages 50-90), parental history of fragility fracture, female sex, current tobacco smoking, weight, long-term use of glucocorticoids, height, Rheumatoid arthritis, low femoral neck BMD, prior fragility fracture, alcohol intake  $\geq 3$  units daily\*, other causes of secondary osteoporosis.

## **Osteoporosis and Fracture Prevention**

The prevention can be achieved by healthy lifestyle which includes -

1. Healthy diet with enough proteins and calories, plenty of calcium and vitamin D, which are essential for bone formation and density. Avoid smoking because smoking increases the bone loss. Avoid drinking lots of alcohol (not more than 2 drinks a day) as it can increase risk of fracture.
2. Exercise for at least 30 min three times a week. Many different types of exercises including resistance training (using weights or resistance bands), jogging, jumping, and walking are effective. Benefits of exercise are quickly lost if you stop exercising.
3. Avoid falls. There are various ways by which falls can be prevented.
4. Caution when using certain drugs e.g. Gluco-corticosteroids, PPIs (Proton Pump Inhibitors), Anticonvulsants, Chemotherapeutic agents, NSAIDs (Non-steroidal Anti-Inflammatory Drugs)

### **Osteoporosis Treatment :**

The treatment recommendations are often based on an estimate of your risk of breaking a bone in the next 10 years using information such as the bone density test. If your risk isn't high, treatment might not include medication and might focus instead on modifying risk factors for bone loss and falls.

Various drugs can be used for treatment such as : 1) Biphosphonates : Alendronate (Binosto, Fosamax), Ibandronate (Boniva), Risedronate (Actonel, Atelvia), Zoledronic Acid (Reclast, Zometa). 2) Denosumab (Prolia, Xgeva)

Hormone related therapy is also useful. It includes mainly : Estrogen, Raloxifene (Evista)

For severe osteoporosis or if the more common treatments don't work well enough one may try : Teriparatide (Bonsity, Forteo), Abaloparatide (Tymlos), Romosozumab (Evenity).

### **Cardiovascular disease (CVD)**

CVD, including CHD (Congenital Heart Disease) and stroke, is the second leading cause of death among US women ages 45-64. It is the leading cause of death for women  $\geq$  age 65. It has been observed that CHD death rates in younger women (ages 35-54) are increasing for the first time in 4 decades secondary to obesity, diabetes, and hypertension.

For better cardiovascular health the following precautions need to be taken.

Total cholesterol should be maintained below 200 mg/dL (untreated): HDL-C at least 50 mg/dL; LDL-C less than 100 mg/dL

BP <120/<80 mm Hg (untreated)

Fasting blood glucose <100 mg/dL (untreated)

BMI <25 kg/m<sup>2</sup>

Smoking should be stopped.

Physical activity:  $\geq$ 150 min/wk moderate,  $\geq$ 75 min/wk vigorous, or both.

Healthy DASH-like (Dietary Approaches to stop Hypertension) diet.

### **Cancer**

Menopause is not associated with increased cancer risk. But because cancer rates increase with age and cancer is second leading cause of death in women, screen for the following cancers regularly as mentioned below:

- Breast cancer : Mammography to be done every 2 years, ages 50-74 (USPSTF - US Preventive Services Task Force)



- Colorectal cancer : Colonoscopy to be done every 10 years or fecal occult blood test, sigmoidoscopy, or barium enema (every 5 years), beginning at age 50.
- Endometrial cancer : Evaluation of any postmenopausal bleeding with pelvic ultrasound and/or endometrial biopsy
- Ovarian cancer : For this, there are no satisfactory screening tests, but timely evaluation needed if presenting with bloating, pelvic pain, or urinary urgency.
- Cervical cancer : Pap test to be done every 3 years or every 5 years if combined with HPV (Human Papilloma Virus test) after a normal report 3 years in a row for women aged 50-64 years. Screening not necessary for age greater than or equal to 65 with 3 or more normal Pap tests in a row, no abnormal Pap in past 10 years, or 2 or more negative HPV tests in past 10 years.

### **Management Options For Menopausal Symptoms :**

#### **Hormone therapy terminology :**

Hormone therapy (HT) is the only pharmacologic therapy government approved in US and Canada for treating menopausal symptoms. HT encompasses both estrogen-alone and estrogen-progestogen therapies.

- **Estrogen therapy (ET):** Unopposed estrogen is prescribed both a) systemically for women who do not have a uterus, and b) locally in very low doses for any woman with vaginal symptoms
- **Estrogen-progestogen therapy (EPT):** Progestogen is added to ET to protect women with a uterus against endometrial cancer, which can be caused by estrogen alone.
- **Bioidentical hormone therapy (BHT):** Consists of hormones chemically identical or very similar to those made in the body. Available from two sources: 1) FDA-approved and tested; 2) unapproved and untested from compounding pharmacies.

#### **Following are the Risks and Benefits of hormonal therapy :**

- **Risks:** CHD (Coronary Heart Disease), Invasive breast cancer, stroke, VTE (Venous Thromboembolism), pulmonary embolism (Blocking of blood vessel)
- **Benefits:** relief from the menopausal symptoms, decreased hip fractures, decreased colorectal cancer, decreased all causes of mortality.

#### **Hormone therapy - what we know today?**

- HT formulation, route of administration, and timing of initiation produce different effects (e.g. transdermal route may carry lower risk for thrombosis).
- Absolute risks for HT use in healthy women of ages 50-59 are low, but can include thrombosis, stroke, and cardiovascular events.
- HT initiation in older women carries greater risks.
- Breast cancer risk increases with EPT beyond 3-5 years.
- ET can be considered for longer duration of use because it carries a lower risk for breast cancer.
- Consider each woman's priorities and risk factors prior to initiating HT.

**Alternatives to hormone therapy** - There are following alternatives.

#### **a) Nonhormonal prescription drugs (off-label use) :** There are following drugs.

- **Antidepressant drugs**
  - SSRIs (Selective Serotonin Reuptake Inhibitors) : fluoxetine, paroxetine, escitalopram
  - SNRIs (Serotonin and norepinephrine reuptake inhibitors) : venlafaxine and desvenlafaxine

- **Hypnotic (Sleep facilitating) drugs**
  - Eszopiclone
- **Anticonvulsant (Anti Epileptic) Medicines**
  - Gabapentin
- **Anti hypertensive (Reducing B P) drugs**
  - Clonidine
- **Neuropathic pain (pain in nervous system) drugs**
  - Pregabalin

**b) Complementary and Alternative Medicines :** They include -

Soy Isoflavon, Chinese medicine, Herbs, Black Cohosh, Cranberry, St. John's wort, Valerian, Vitex

**c) Over-the-counter hormones** (dietary supplements) Topical progesterone, Melatonin

**d) Some more alternatives to HT :**

- Lifestyle changes
- Try relaxation techniques (e.g. yoga, meditation)
- Eat a healthy diet
- Get regular exercise
- Avoid hot flash triggers (e.g. caffeine, alcohol, spicy food)
- Keep cool
- Dress in layers (e.g. light or wicking clothing)
- Sleep in cool room (e.g. fan, thermoregulating pillow)
- Consume cold drinks
- Reduce sexual discomfort and increase sensitivity with moisturizers, lubricants, and vibrators

### **An Identifiable Milestone**

The menopause transition and the time afterwards are important periods for implementing lifestyle and behavioral changes to ensure that woman maximizes her health moving forward.

It is a time of positive, life-changing insights, empowerment, and personal growth. As you begin to think about how you view menopause, keep these words from anthropologist Margaret Mead in mind: "There is no more creative force in the world than the menopausal woman with zest."

### **Lifestyle counseling for midlife women**

Counsel the women to discontinue unhealthy habits such as - Tobacco use, excess Alcohol, Drug/ medication abuse. Counsel them to promote healthy food and exercise. Guide the women to limit fat and cholesterol intake, maintain caloric balance; consume whole grains, fruits, vegetables and water (in sufficient quantity). Women should ensure adequate vitamin and mineral intake, especially calcium and vitamin D<sub>3</sub>. They should engage themselves in regular physical activity; avoid exposure to environmental toxins.

### **Injury prevention**

Advise the women to wear lap/shoulder belts in the car to prevent fall; wear appropriate helmet and other safety equipments; use adequate number of smoke and carbon monoxide detectors; ensure safe storage or removal of firearms; set water heater thermostat between 120°F and 130°F (54°C) or lower; Train household members to deliver cardiopulmonary resuscitation.

## Sexual behavior

In this advice the women to prevent sexually transmitted infections; avoid high-risk sexual behavior; use condoms or female barrier, or both; Prevent unintended pregnancies with appropriate contraception.

## Role of YOGA :

Yoga postures, breath practices, and meditation are effective methods of stress management. If anyone dealing with stress from menopause (or any other source), find ways to incorporate a well-rounded yoga practice into one's life. Adapting a practice for menopause will depend on the needs of each woman. For example, when doing Sun Salutations, moving through postures slowly, taking time to sense and feel the body in each posture, is cooling and calming. Moving faster with more repetitions will warm and energize. This practice is easily adapted to accommodate all levels of ability, and can be done on the mat or in a chair.

Thus a consistent practice of yoga modified for individual needs and abilities can help women recognize, accept, integrate, and transform the menopause experience and the intense feelings of stress that may accompany it.

## YOGA for Hot Flashes :

### Cooling Breath :

Sheetali Pranayama and sheetakari pranayama can be done anytime, anywhere. The inhalation brings cool air into the body, while the exhalation releases warm air. It helps to practice the **Cooling Breath** consistently so it will be readily available when a flash or a flush is coming on, and it will often stop one as it begins.

Alternate nostril breathing (Nadishuddhi Pranayam, Anulome/Vilome breathing) 4, 7, 8 breathing practices are also cooling. Incorporate restorative and cooling poses. Too much tension in the body or need to hold on something can make hot flashes worse. Reclined poses with proper support (bolsters, blankets or blocks) can create complete relaxation as in Supta baddha konasana.

**Other poses :** Downward facing dog pose, Fan posture/Prasarita Padottanasana. Reclining head pose (supta virasana), Bridge pose (Setu bandhasana). The combination of these two poses moves your spine through a range of motions, affecting both the front and the back of the spine. When you open the chest in the extension position, you stretch the part of the body that relates to your sympathetic nervous system (which produces the fight-or-flight response). When you round the back in the cat position, you stretch the part of the body that relates to the parasympathetic nervous system (the relaxed part of your nervous system).

## Cat Posture



**Round the back in the Cat Position**



**Open chest position in Cat Pose**

During menopause, your joints start to dry out. By fluidly moving between these two positions in cat pose, you massage the joints and tissues around the spine, keeping them soft, supple, and young.

## Lunge Pose

- The lunge pose stretches the hip flexors and the poses muscles.
- The poses muscles connect the lower back to the upper thighs.
- The poses can get tight if you spend a lot of your day seated.



- It also constricts when you get stressed.

Menopause and its shifting symptoms can cause shallow breathing. Stretching the poses frees up your breath and releases pent-up tension.

### Fan Posture



- The fan posture has many benefits. As you get older, your muscles shorten and tighten. The two muscle groups that are most affected are the hamstrings and inner thighs. Fan posture targets both. It also stretches the spine. Relieves mild back pain.

Stretching is one way to directly affect the nervous system. That's why we feel so relaxed when we stretch.

- The fan posture is also an inversion. When the head is lower than the heart, receptors are triggered that lower the blood pressure, heart rate, and mental activity

- This posture is Therapeutic for headache, fatigue, mild depression. This is a safe and cooling variation to other inversions like handstand or headstand.

### Sphinx pose

- Chest-opening postures stimulate the sympathetic nervous system and counteract sluggishness and depression.
- Stimulating poses like sphinx are both energizing and rejuvenating; reduce fatigue.
- Sphinx pose is an easy alternative to more challenging backbends.



### Forward-facing hero pose

- This is my absolute favorite pose for menopause, and probably the only pose I would do if I had to choose just one. It stretches the inner thighs, stimulates the front of the thighs, stretches the spine because the head is lower than the heart, calms and cools the nervous system.



- It also directly rejuvenates the pelvic region.
- If your thighs are tight or you have knee problems, make sure to place a rolled-up blanket behind your knees.

### Tree Pose

Standing in tree pose strengthens the legs and improves spinal flexibility – which makes it a great pose for staying in shape for a woman in menopause. It also boosts concentration that counters memory loss due to menopause.



### Triangle Pose

This stretches the abdominal organs, improves digestion; strengthens the muscles; cuts off extra fat deposited around the waist. It is also beneficial in overcoming the depression and anxiety that most women go through during menopause.



### Reclining Bound Angle pose



This is a good restorative pose to relieve back pain and soothe hot flashes. In reclining bound angle pose, the action of moving the heels towards the groins enhances blood flow in the pelvis and strengthens the pelvic floor muscles. Stretches the inner thighs, groins, and knees.

This posture relieves tension in muscles and body, reduces hot flashes; relieves fatigue by increasing energy level; relieves stress, mild depression; thus, practicing reclining bound angle pose as yoga for menopause works wonders and relieves a lot of physical pain.

### Downward-facing Dog Pose



- It is one of the therapeutic yoga for menopause as it helps in calming the brain, relieving stress, mild depression.
- Energizes body. Relieves fatigue.
- Stretches the legs, back, and arms, shoulders, hamstrings, calves, arches, hands.
- Relieves headache, insomnia, back pain.
- It promotes joint flexibility and prevents osteoporosis that is often a complaint among women post-menopause.
- Relieves most of the menopausal symptoms.

### Low-Lunge Pose

- Low lunge an amazing yoga pose for menopause, as it is an intense hip-opener stretching the hip flexors and poses muscles. Thus, it strengthens the upper thighs and lower back.
- Besides this, the low lunge pose improves breathing in menopausal women due to expansion of the chest muscles that relieve any stiffness, muscular fatigue.
- Other symptoms of menopause like indigestion, blood pressure, and low metabolism also improve practicing this pose.



### Warrior I pose

This intense stretch opens up the chest, shoulders, hips, and elongates the spine fully. The body in warrior I pose is exposed to natural air cooling down the hot flashes. This posture is therapeutic for insomnia, arthritis, and burns excess fat, hence, it is a must to do yoga for menopause.





### Wind-Relieving Pose (Pawanmuktasana)

- It improves digestion and strengthens abdominal muscles.
- It also strengthens the back, arms, and legs.
- This is helpful in relieving muscular cramps and hence, it is practiced as yoga for menstruation.
- It aids in weight loss



### Legs up the wall pose



- This is quite a relaxing posture as it improves blood circulation relieving trapped tension in muscles.
- It leaves rejuvenating effects to the body aiding in fatigue elimination.
- Other symptoms of menopause like insomnia, anxiety, stress, etc. can also be treated easily with this pose.

When practiced crossing the legs, it elevates blood supply towards the reproductive organs, by reducing its flow to legs. Also, opens the chest and lower the head below the heart, thus, it pumps more blood and oxygen to the brain calming the nerves. Thus, it is included in yoga for menopause.

### Fish Pose

- Practicing this pose helps relieving backache, strengthens the legs, and improves flexibility of joints.
- It also leaves massaging effects on the abdominals and hips that results in relieving overall symptoms of menopause.



### Extended Side Angle Pose

This pose stretches muscles of hands and legs; also the abdominal organs. This improves digestion. It cuts off extra fat deposits around the waist. It helps in overcoming depression and anxiety.



### SUMMARY

- While Hormone replacement therapy can effectively reduce menopausal symptoms, its safety is controversial, especially for longer duration.
- Nonhormonal pharmacologic therapies have been shown to be less effective than HRT and have their own adverse effects restricting their use.
- Therefore many women use complementary therapies for their menopausal symptoms and **YOGA is among the most commonly used ones.**
- Holistic approach of Yoga promotes physical, mental, and emotional health and benefits to those who practice it regularly with proper guidance.

- Yoga is a free of cost, noninvasive, relatively safe method, fairly effective and is strongly recommended to all women of premenopausal and menopausal age. Yogic lifestyle emphasizes on prevention leading to healthy, happy, and peaceful life.

*Below mentioned are four research/review papers on effect of Yoga on menopause.*

### **Effectiveness of Yoga for Menopausal Symptoms : A Systematic Review and Meta-Analysis of Randomized Controlled Trials.**

Holger Cramer, Romy Lauche, Jost Langhorst and Gustav Dobos

Chair of Complementary and Integrative Medicine, University of Duisburg-Essen, Essen, Germany

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Received 3 May 2012; accepted 1 June 2012

Academic Edition : Arndt Bussing

*Objective to systematically review and meta-analyze the effectiveness of yoga for menopausal symptoms, Methods, Medline scopus the Cochrain Library, and PsycINFO were screened through april 2012, randomised control trails (RCTs) were included if they assessed the effect of yoga on major menopausal symptoms, namely 1 Psychological symptoms 2 somatic symptoms 3 Vasomotor Symptoms, and (or) 4 urogenital Symptoms. For each outcome standardised mean difference (SMDs) and 95% confidence intervals (CIs) were calculated to authors independantly assessed risk of bias using the risk of bias tool recommended by the Cochrane back review group. Results five RCTs with 582 participants were included in the qualitative review, and 4 RCTs with 545 participants were included in the meta analysis. There was moderate evidence for short term effects on psychological symptoms (SMDs = -0.37, 95% CI - 0.67 to - 0.07, P = 0.02) No evidence was found for total menopausal symptoms, somatic symptoms, vasomotor symptoms or urogenital symptoms. Yoga was not associated with serious adverse events. Conclusion: This Systematic review found moderate evidence for short term effectiveness of yoga for psychological symptoms in menopausal women. While more rigorous research is needed to underpin these results, yoga can be preliminarily recommended as an additional intervention for women who suffer from psychological complaints associated with menopause.*

### **Yoga for menopausal symptoms - A systematic review and meta-analysis**

- **PUB-MED.gov** 10.1016/j.maturitas.2017.12.005. Epub 2017 Dec 6.  
Holger Cramer<sup>1</sup>, Wenbo Peng<sup>2</sup>, Romy Lauche<sup>2</sup>
- **Objectives:** To systematically review and meta-analyze the effectiveness of yoga for menopausal symptoms.
- **Methods:** Medline (via PubMed), the Cochrane Central Register of Controlled Trials, and Scopus were screened through to February 21, 2017 for randomized controlled trials (RCTs) comparing the effects of yoga on menopausal symptoms to those of no treatment or active comparators. Standardized mean differences (SMD) and 95% confidence intervals (CI) were calculated. Two authors independently assessed risk of bias using the Cochrane risk of bias tool.

#### **Highlights**

- The effects of yoga on menopausal symptoms have been investigated in 13 randomized trials with a total of 1306 participants.

- Yoga can reduce psychological, somatic, vasomotor, and urogenital menopausal symptoms.
- Yoga does not seem to be associated with serious adverse events.
- **Results:** Thirteen RCTs with 1306 participants were included. Compared with no treatment, yoga reduced total menopausal symptoms (SMD=-1.05; 95% CI -1.57 to -0.53), psychological (SMD=-0.75; 95% CI -1.17 to -0.34), somatic (SMD=-0.65; 95% CI -1.05 to -0.25), vasomotor (SMD=-0.76; 95% CI -1.27 to -0.25), and urogenital symptoms (SMD=-0.53; 95% CI -0.81 to -0.25). Compared with exercise controls, only an effect on vasomotor symptoms was found (SMD=-0.45; 95% CI -0.87 to -0.04). Effects were robust against selection bias, but not against detection and attrition bias. No serious adverse events were reported.
- **Conclusion:** Yoga seems to be effective and safe for reducing menopausal symptoms. Effects are comparable to those of other exercise interventions.

### Effect of yoga on menopausal symptoms

September 2011, Menopause International 17(3):78-81, DOI:10.1258/mi.2011.011020. Source, PubMed

**Author :** Sulabha Joshi, NKP Salve Institute of Medical Sciences and Research Center.

**Abstract :** To observe the effect of yoga on menopausal symptoms using a prospective, randomized, controlled and interventional study. Main outcome measures Total Menopause Rating Scale (MRS) score and three subscale scores (somatic, psychological and urogenital) were measured on day 1 and day 90 in the study group which performed yoga (asana, pranayam and meditation) under supervision for three months, and were compared with the control group that did not perform yoga. MRS has been designed to measure health-related quality of life of ageing women. It consists of 11 symptoms and three subscales. It was observed that on day 1 the scores in both the groups were comparable. On day 90, the scores in the yoga group showed a reduction in score on all the subscales, which was statistically significant. No significant difference was noted in the control group. Yoga is effective in reducing menopausal symptoms and should be considered as alternative therapy for the management of menopausal symptoms.

#### Impact of yoga intervention on menopausal symptoms-specific quality of life and changes in hormonal level among menopausal women.

Journals/Research/Obstetrics and gynaecology. Authors : Dharitri Swain, Pranati Nanda, Hrushikesh Das

First published : 12<sup>th</sup> July, 2021, <https://doi.org/10.1111/jog.14939>

**Aim :** The menopause transition is experienced by women often involves troublesome symptoms due to changes in the level of reproductive hormones. Non-hormonal therapies are more commonly accepted by women than hormonal therapy for coping with the climacteric symptoms. The aim of the study was to evaluate the effects of yoga practice on menopausal symptoms, specific quality of life, and changes in hormonal levels among menopausal women.

#### Method

A single-blinded randomized control trial was conducted among 80 participants aged 40 of 50 years and was randomly divided into two study arms, that is, Sudarshan Kriya Yoga (SKY) and brisk walking intervention, to find the effect on the hormonal changes and menopausal quality of life (measured by MENQOL tool). The significant improvements in the outcome measures were measured by using repeated measures analysis of variance and McNemar's test.

## **Results**

Significant improvements in the menopausal-specific quality of life were observed in the domain of vasomotor, psychosocial, and physical symptoms ( $p < 0.05$ ). The antioxidant enzymes (superoxide dismutase and glutathione peroxidase (GPX) were significantly elevated after 1 year of regular practice of SKY compared to walking intervention ( $p < 0.05$ ). In contrast, no significant improvement was observed in follicle-stimulating hormone and dehydroepiandrosterone sulfate levels. The women reported no adverse events after SKY practice or brisk walking.

## **Conclusion**

The study concluded that 1 year of SKY practice could be one of the preferred non-hormonal, lifestyle-modifying regimens for improving the overall quality of life in menopausal women.

## **Role of yoga practices for PCOS \***

**Dr. Ulka Natu (Gadam)**

Ghantali Mitra Mandal, Thane 400 602

Dr. Ulka Natu (Gadam), a practicing Gynecologist over 3 decades is also an ardent champion of Yogic sciences. In her session, she, time and again, attributed her knowledge and fondness for Yoga to her Guruji Shri Anna Vyawahare the founder of Ghantali Mitra Mandal, Thane. She proceeds to elaborate the subject at hand - Role of Yoga Practices for PCOS in a very lucid and systematic manner.

Dr. Natu emphasised the fact that there is a tremendous increase in occurrence of PCOS in women of today's times. The reasons for this are attributed to unhealthy lifestyle, mainly irregular sleep patterns and undue stress. Modern medicine plays an important role in diagnosing symptoms of PCOS, however it fails to provide a universal cure for the same. Doctors strive to correct ovulation related issues with medicinal drugs, however they come at a cost of problematic side-effects like insulin resistance.

This is where "Yoga" comes in. Yoga, according to Dr. Natu, is not just some activities we do during some part of the day, but is a way of living life with "alertness" and "vigilance". It is about following the circadian rhythm, getting adequate sleep, having wholesome food and managing stress. If one pays careful attention to all these, PCOS could be dealt with, and potentially cured in a much more integrated manner.

When our thoughts, words and deeds are in sync, there will be no internal conflicts. These conflicts lead to an imbalance of pranic energy. Hence keeping the head, heart and hands in resonance will help to attain optimum well-being in an individual.

In conclusion, YES, it is possible to reduce the instances and intensity of PCOS using "yogic practices" by integrating them in our daily lives. An ounce of practice is certainly worth more than tons of theory. Though one may look at modern medicine with a lot of hope for curing PCOS, there is no conclusive study yet published which could prove the same. The yogic way of life - that is, making simple yet powerful positive changes in lifestyle, needs to be followed if one wants to nip the "PCOS monster" in the bud!

\*Note : Manuscript or PPT of the guest lecture was not received from the presenter hence a summary has been given.



## Conference on Yoga for Reproductive Health - 17 Sept. 2022



Case Study Presentation :  
"Leading towards fertility by Yoga"  
Smt Sadhana Patil



Lecture, Pregnancy & Yoga  
Dr Prasad Kulkarni



Case Study Presentation "Online Yoga classes of  
pregnant women during Covid Pandemic"  
Smt. Saroj Warke



Chairperson, 1<sup>st</sup> Session  
Smt. Seema Vaidya



Sutrasanchalana, 2<sup>nd</sup> Session  
Shri. Dinesh Ranade



Guest Lecture, Yoga for Menopause  
Dr. Sadhana Samant



Guest Lecture, Yoga & PCOS.  
Dr. Ulka Natu



Presentation - Intergrated Management of  
Reproductive Health, Dr. Jyoti Contractor

## Conference on Yoga for Reproductive Health - 17 Sept. 2022



Presentation - Yoga for Middle aged females  
Dr, Manisha Sonavale



Case Study Presentation, Shri. Sunil Kulkarni



Chairperson, 2<sup>nd</sup> session  
Dr. Raghunandan Athalye



Chief Guest Dr. Kiran Pandit Felicitating  
Dr. Bavane



Shri Surveji Felicitating  
Smt. Lalita Dixit



Shri Surveji Felicitating  
Prof. Smt. Neelima Shashtri



Dr. Raghunandan Athalye Felicitating  
Smt. Shilpa Maideo



Ladies Participants



Gents Participants

## Integrated Management of Reproductive Health

**Jyoti Contractor**

Shri Ambika Yoga Kutir, Kandivali Branch.

### Abstract :

Dysmenorrhea is one of the common gynecological problems among all women regardless of age or race. It is one of the most frequently identified etiology of pelvic pain in females. The prevalence of dysmenorrhea can vary between 16% and 91% in women of reproductive age, with severe pain observed in 2% to 29%. The prevalence of dysmenorrhea is found to be 80% in adolescents; of which, approximately 40% have severe dysmenorrhea.

Study was carried among 3 females of age 20 yrs. unmarried, with severe complaint of primary dysmenorrhoea without any other pathological conditions. They were advised the 13 wks course of Basic Yoga at Shri Ambika Yoga Kutir (SAYK) Kandivali Branch. During their course they noticed gradual decrease in pain with remarkable result after completing 13 wks.

### Introduction :

Dysmenorrhea is a very common complaint in women. Sometimes the pain and other trouble symptoms are very severe. In the present paper effect of yoga practice on the patients of Dysmenorrhea are discussed.

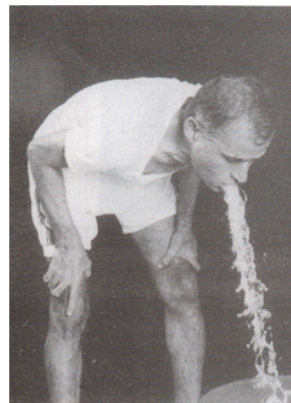
### Materials and Methods :

Three females of age around 20, had complaint of severe primary dysmenorrhoea. The complaint of pain was so severe that they could not carry out daily routines. Alongwith pain there were nausea, acidity, abdominal cramps, severe pelvic pain and uneasiness. The pain would reduce only after taking pain killer. They joined the Yoga class on 8<sup>th</sup> May, 2022. They were advised to do the Jal Dhauti for 21 days at a stretch, Kapalbhathi of both the nostrils 108 strokes, Kandharasana without any other medications.

### Results and discussions :

After Jal Dhauti candidates noticed decrease in acid secretion, so no acidity. Menstrual flow was normal, abdominal cramps decreased and pain was bearable. After completion of the 13 weeks of course, 2 subsequent periods that appeared were of normal rhythmic cycle, flow was normal, there was no acidity, the cramps during periods were remarkably reduced and they did not miss their college lectures.

Jaldhauti :



**Fig. 1 - Jaladhauti**

Dhauti helps to remove excessive and vitiated pitta, kapha and visha/toxins. Dhauti restores natural balance of body and chemical composition by effectively cleansing stomach and digestive tract. While doing so, dhauti cures diseases caused by such imbalances.

### **Kandharasana**



**Fig. 2 - Kandharasan**

This asana is great for both men and women reproductive systems. It helps in the toning of the reproductive organs. Overcomes menstruation-related disorders. Moreover, it eradicates the problems of females who have the tendency to miscarriage. There are beneficial cardiovascular and pulmonary effects. Very good asana for Male reproductive organs as well.

### **Conclusion :**

Practice of the trayamasik abhyasa (12 week Swasthya Yoga Course by Parampoojya Nikam Guruji) proved very beneficial in controlling Dysmenorrhea in the women. Jaladhauti and Kandharasana especially had remarkable effect.

### **Acknowledgement :**

The author acknowledges with thanks, the co-operation extended by colleagues at SAYK, Kandivali branch and also main branch, Thane.



## Effect of Yoga on Prostatitis and urinary incontinence

**Jyoti Contractor**

Shri Ambika Yoga Kutir, Kandivali Branch

### **Abstract :**

A very interesting case of 60 yrs. old male, who suffered from Prostatitis with abscess, post thyroid cyst surgery and subsequently suffering from urine incontinence was treated with yoga and Homeopathy. After regular practise of Ashwini Mudra, kandharasana and paschimottanasana along with Homoeopathy medicines, patient recovered within 2 weeks of treatment.

**Introduction :** These days cases of the problems of prostate gland are growing. The present case depicts the effectiveness of Yoga on the problems of prostate gland.

### **Materials and Methods :**

A 60 years old male suffered an acute Thyroid Cyst which he got operated in the June 2022. Post surgery he suffered from severe urinary incontinence with Prostatitis and abscess formation. Abscess was drained and medically treated but patient suffered from incontinence that continued in spite of treatment for more than a month. Patient was wearing diaper day and night and had tremendous weakness, lack of confidence and was worried of any recovery from the problem.

Patient came for consultation on 16<sup>th</sup> August 2022 with complaint of urine incontinence and dribbling of urine involuntarily. He was wearing diaper day and night. Due to tremendous weakness he was unable to go out. He was very nervous and in despair of recovery. 17/08/22 Urine test showed pus cells more than 200 and bacteria 3+ and red blood cells 3+. 25/06/2022 USG report suggested : minimal UB thickening, prostatomegaly with significant post void urine residue. Patient was given Homoeopathy medicines Chimaphila Q and Calendula Q TDS and Caust 1M. In Yoga :- Mulabandha, Ashwini Mudra, Kandharasana, Paschimottanasana, Jalandhar bandha were recommended.

### **Results and Discussion :**

Patient after a week of regular medication and yoga practice was able to feel sensation for urination and could hold urine and pass voluntarily especially at early morning. After 10 days of treatment he stopped wearing Diaper at night time and was now more confident of holding urine and the quantity of urine voided was also more than earlier (around 50/60 ml.). After 2 weeks he was able to hold urine even during day and used diaper only while stepping out of house.

### **Mulabandha and Ashwini Mudra :**

Regular practice helps to strengthen the pelvic and rectal muscles, in addition to the visceral muscles of the intestines.

The Jalandhar Bandha improves the function of the thyroid, parathyroid and pituitary glands. All of the other endocrine glands are regulated by these main glands and so the overall function of the endocrine system is improved.



**Paschimottanasana :**

Regular practice of Seated Forward Bend keeps the spine elastic, the joints mobile, the organs healthy and the nervous system invigorated. It stimulates the Solar Plexus Chakra and therefore stimulates and balances the functions of the visceral organs.

Improves digestion and eliminates of toxins. The posture slightly increases blood flow toward head and has a calming effect on the brain and mind and helps to relieve stress and anxiety.



**Fig. 1 Paschimottanasana**

**Conclusion :** In the integrated treatment of prostatitis yogic practices enhanced the process of cure.

## **Case Study : Metrorrhagia and Yoga**

**Jyoti Contractor,**  
Shri Ambika Yoga Kutir, Kandivali Branch

### **Introduction :**

Metrorrhagia is a major health issue that the women face. Sometimes there is heavy blood loss. One such case was given yogic kriyas alongwith her medication. The results are reported here.

On 20/07/2022 reported a 47 yrs old female suffering from metrorrhagia. She had 3 consecutive episodes of bleeding in between menstrual cycle. LMP 21/06/2022 (Last Menstrual Period); bleeding continued till 16/07/22. Bleeding stopped after taking Allopathy medicine (tablet Panse) and recurred after she stopped the medicines. 16/07/2022 USG (Ultra sound test) pelvic suggestive of Endometrium thickness.

Acidity, bloated feeling in abdomen, flatulence, hard stool and had to strain, both the heels were painful. There was long standing thirst; excess thinking, worried about studies of her daughter. She was given Homeopathic Medicine along with Diet regime and daily Surya Namaskar 6 times and Kapalbhathi for 108 (strokes).

Follow up after 2 weeks :- Her bleeding stopped completely, she also got her periods on 31/07/2022 which lasted for 4 days with regular flow. She felt active and also found relief in the constipation.

**Conclusion :** In the integrated therapy of yoga alongwith homeopathy medicines, good results were noticed. The patient got completely cured of her ailments.

It is imperative that advances in medicine include the holistic approach of Yoga to face the current challenges in health care. The antiquity of Yoga must be united with the innovations of modern medicine to improve quality of life throughout the world. Yoga needs to be promoted for healing, health, and longevity.

### **Acknowledgement :**

The author acknowledges with thanks the contribution of Shri Ambika Yoga Kutir in the study and its presentation.

## Impact of regular yoga practices on middle aged female reproductive health

**Dr. Manisha Sonavale**

Udaan Educational And Social Welfare Association, Kharghar, Navi Mumbai.

[Govt. Recognised Yoga Centre]

### Abstract :

- Objective : To study impact of yoga, pranayama on female reproductive health.
- Participants : Females of age 35-50 years were taken into consideration.
- Intervention : 30 women were undergoing yoga practices 1 hour daily Monday to Saturday for three months. Control group performed only physical exercise.
- Outcome : Reproductive health improvement was measured by using pain scale.
- Results : Pains during menses reduced, energy levels improved. Anxiety anger reduced. General health conditions improved, for example stiffness and weakness were found to be decreased by regular Asanas and Pranayama practices.
- Conclusion : Results indicated that distress caused during menstrual phases improved.
- Keywords : Asana, Pranayama, Meditation.

### Introduction :

A woman undergoes menarche at age around 10-12 years and reproductive cycle continues up to menopause that occurs during age of 50-55 years. Health problems usually faced by females are taken care of by doing regular yoga practices, asanas, pranayam and meditation on daily basis. Regular yoga practices had given good results to those who performed these practices regularly [1]. Present day women are well educated and most of the times they perform dual function of working in office as well as at home resulting in the stress and affecting their reproductive health. Females throughout their life are under the influence of hormones. Condition of the reproductive system throughout the life is termed as Reproductive health of the person. Reproductive system consists of Reproductive Organs [2], Hormones producing glands along with the Pituitary gland. Female reproductive system consists of Ovaries, Male reproductive organs are testis. Both together are termed as Gonads. Gonads play important role in the maintenance of reproductive health of organisms. Yoga practices when performed on regular basis were found to reduce pelvic pains [3]. Along with pains, psychological and neuromuscular parameters were found to be improved [4]. Boosting of reproductive health is remarkable only after performance of persistent yoga, pranayama and meditation [7].

### Materials and Methods :

A qualitative study was carried out with 30 female of age group 35-50 years of age who were practicing yoga on regular basis and were not undergoing any medication for improvement of reproductive health. Control group consisted of 10 females without medication but similar health problems carried out physical exercise only. Everyday yoga sessions were conducted under observation of well trained and experienced yoga teachers of Udaan Educational and Social Welfare Society's Government registered yoga center situated in Kharghar, Navi Mumbai.

Intervention: Practices performed by all the participants on regular basis for three months, Monday to Saturday daily 1 hour for Experimental group whereas Control group was given only physical exercise.

Following Asanas, Pranayama practices were done by all the members of the group.

### Asana

1. Balasana
2. Supta Baddha Konasana
3. Baddha Konasana
4. Janushirasana
5. Paschimotanasana

Asana practices were performed 3 times and each time the posture was maintained till the count of 15 breaths.

### Preparatory Practices :

1. Shwasana Marg Shuddhi: Nasal passage cleansing was done as preparatory activity before performing the next practices.
2. Kapalbhata Kriya: Kriya was performed for at least 2 rounds of 108 counts of exhalations as per the capacity of individual.

### Pranayama :

1. Nadi-shodhan Pranayama : This Practice was performed for atleast 2-3 minutes.
2. Bhramari : 10 rounds of this practice were carried out daily.

### Omkar Meditation:

1. Omkar chanting was carried out for eleven rounds everyday.

Listed below are the parameters taken into consideration to study the effect of yoga on reproductive health of females aging from 35-51 age group :

1. Pains during menses
2. Stiffness
3. Weakness
4. Anxiety
5. Anger
6. Flexibility
7. Energy Levels

Data collection was performed through discussion with participants and were analysed using pain scale method.

### Observations :

Table 1 shows the status of health parameters before Yoga practices and Table 2 depicts the same parameters after Yoga practices for 3 months.

**Table 1 : The Status of parameters before the start of Yoga practices**

Sr. No.	Age group (years)	Pain During menses	Stiffness	Weakness	Anxiety	Anger	Flexibility	Energy Levels
1	35-40	1	1	2	1	2	1	2
2	41-45	2	1	2	2	2	2	2
3	46-51	2	2	2	2	2	2	2

*Gradation scale : 0 – Mild, 1 – Moderate, 2 – Severe*

**Table 2 : Health parameters of the participants After 3 months of regular Yoga Practices**

Sr. No.	Age group (years)	Pain During menses	Stiffness	Weakness	Anxiety	Anger	Flexibility	Energy Levels
1	35-40	0	0	0	1	1	0	0
2	41-45	0	0	0	1	0	0	0
3	46-51	1	1	0	1	1	1	0

*Gradation scale : 0 – Mild, 1 – Moderate, 2 – Severe*

**Results :**

The study showed that regular practice of yoga for three months Monday to Saturday daily one hour improved the quality of life so much that participants continued their practices even after their basic problems of reproductive system health were improved from Severe to mild or nil. Members experienced relief in pains during menstrual cycle, body stiffness became mild which was severe in most of the females. General condition of anxiety and anger factor were so drastically reduced that member themselves were able to feel the difference in their calmness. Yoga practices resulted in improved flexibility and Overall physical health state was enhanced.

Control group females felt good with very less improvement in state of health.

**Conclusion :**

Hence the objective of the present study was achieved by giving specific asana and pranayama session to group of individuals we can achieve good reproductive health.

**Acknowledgement :**

This is to thank my entire team of Udaan Educational and Social Welfare Association, Kharghar Navi Mumbai, State Government recognized yoga centre. My special thanks to Dr. Niranjana Patel, Mrs. Mrunal Salunkhe, Shweta Kamat and all our members to giving me an opportunity to study this topic.

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## **Yoga : Complementary, Holistic, and Integrative Medicine for Infertility in Men.**

**Hiral Mehta**

Shri Ambika Yoga Kutir, Dubai Branch

### **Research Objectives**

To identify and explain the therapeutic ways of yoga action : On male reproductive health.

To highlight yoga in view of its impact on sperm motility in men.

To illustrate and analyze how yoga can improve assisted reproduction technology outcomes in couples with infertility.

To consider yoga in warding off prostate disorders, and reducing the size of prostate if it has got enlarged.

### **Why aren't we talking more about male infertility? Why aren't more men aware of their fertility status?**

“One in 10 people need fertility help,” endocrinologist Dr. Aimee Eyvazzadeh explained, “About 9 percent of men and about 11 percent of women of reproductive age in the United States have experienced fertility problems. According to WHO, the prevalence of infertility in the general population is 15 to 20 per cent, and male infertility factor contributes 20 to 40 per cent to this rate. Moreover, the prevalence of male infertility in India is around 23 per cent.

### **Following are the reasons for the above questions :**

- Ignorance
- Gender Stereotypes
- Historically, infertility has been thought of as a primarily female issue outside medical circle
- Stigma around male infertility

### **Common Reproductive Health Concerns for Men :**

#### **1) Erectile dysfunction**

The inability to get and keep an erection firm enough for sex. Having erection trouble.

#### **2) Premature ejaculation**

Type of sexual dysfunction that occurs when a man has an orgasm and releases (ejaculates) semen sooner than he or his partner would like. It often happens before or shortly after penetration during intercourse.

#### **3) Loss of libido**

Common problem that affects many men and women at some point in their life. It's often linked to relationship issues, stress or tiredness, but can be a sign of an underlying medical problem, such as reduced hormone levels.

#### **4) Testicular cancer**

A painless lump or swelling on either testicles. If found early, a testicular tumor may be about the size of a pea or a marble, but it can grow much larger. Pain, discomfort, or numbness in a testicle or the scrotum, with or without swelling are the symptoms of Testicular cancer in the beginning.

#### **5) Prostate disease**

The three most common forms of prostate disease are inflammation (prostatitis), non-cancerous enlargement of the prostate (benign prostatic hyperplasia, or BPH) and prostate cancer. A man may experience one or more of these conditions.

### **Examining the causes of male infertility :**

Four parameters namely : volume of the ejaculate, concentration of the sperms, motility of the sperms, and shape of the sperms are important in deciding male infertility. The following are the causes of male infertility. They include undescended testicles; diabetes; previous infections (chlamydia, mumps, gonorrhoea); enlarged veins in the testicles (varicocele); medications; hormonal imbalances; blockages in the ducts (tubes) that sperm swim through; lifestyle factors.

**Doctors of All India Institute of Medical Sciences (AIIMS)** have reported that over 12–18 million couples in India are diagnosed with infertility every year. They have reported that while the sperm count of a normal Indian adult male used to be 60 million/ml three decades ago, it now stands at around 20 million/ml.

**What are the types of male infertility conditions :**

- i) Oligospermia – Low Sperm Count. The main causes for this are Varicocele or Dilatation of Spermatic veins; Hormonal Disturbance; Genetic Factors.
- ii) Azoospermia – Nil Sperm Count. This can be Obstructive (Obstruction in the ejaculatory duct) or Non Obstructive (testes not producing sperms) type. Testicular Atrophy and Genetic Disorders cause Nonobstructive azoospermia.
- iii) Asthenospermia – Low Motility of sperms.  
The sperms being abnormal or with low energy are not able to fertilize the ovum.

**Yoga Practice : Impact on reproductive health of men**

The following yoga types are being used to cure infertility :

- Hatha Yoga This form of yoga includes slow, methodical postures, kriyas and movements. Hatha Yoga focuses on improving postures and relaxation breathing technique, and is meditative in nature.
- Kripalu Yoga Improves the connection between mind and body through simple postures and deep breathing techniques.
- Couples Yoga An increasingly popular form of fertility yoga, couples yoga, involves completing postures with the help of a partner. This type of yoga is especially beneficial for individuals experiencing fertility problems, as it helps to improve intimacy and communication between couples.

The following table shows the diagnosis of the reason of infertility and the consideration while treating with yoga postures.

<b>Diagnosis</b>	<b>Considerations</b>
Anxiety and stress	Movement in poses can be used to discharge and direct energy-starting with energizing and ending with calming poses.  Focusing attention on present moment sensations could be helpful to avoid stress/ anxiety. Belly breathing can be practiced, as anxiety/agitation may be increased with upper chest breathing. Relaxation should be guided by an expert, as anxiety/ hyperactivity may increase during relaxation. Progressive increase in length of exhalation is beneficial.
Abnormal mood functioning and obesity	One should start with slow and easy movements, with progressive increase in activity level. Then, deeper twists, new poses, and longer holds in poses should be encouraged to increase capacity to go beyond self-perceived limits.
Low sperm count or motility disorders	To get blood pumping to reproductive organs with a few yoga poses that can increase sperm count and quality. It can be performed by sitting tall with legs stretched out in front, to move into Mahamudra : Bending of left knee and bringing left foot to the center of groin. The sole of the foot should rest right against perineum, keeping right leg straight and bending forward over the legs, reaching right hand down to grab right foot. Counting of three deep breaths after holding and then repetition on the other side is helpful to improve blood circulation to the genital organs.
Disorders in prostate	Boat poses tone pelvic floor muscles to promote prostate health.

## Yoga practices for curing infertility problems especially in males

Yoga Practice of Asana's helps to increase blood flow to genital parts and help in curing infertility. The following figures show important asanas for male reproductive health.



Kandharasana



Bhujangasana



Butterfly movement



Dronasan

**Fig.1 Yoga poses to improve the sperm count**

## Yoga Poses for curing Prostate Enlargement -



**Fig. 2 The Cobbler Pose (Baddha Konasana) designed to help relieve pelvic tension**



**Fig.3 Dhanurasana - Strengthens pelvic floor muscles and abdominal muscles**

**Fig. 4 The Hero pose (Virasana) lowers the pelvic tension**





**Fig.5 The Reclining hand-to-big toe pose (Supta Padangusthasana)**



**Fig.6 The Head-to-knee pose (Janushirasana)**

Raised leg pose stimulates the blood flow to the reproductive organs and gives them a boost. It is especially beneficial in the cases of erectile dysfunction, which is a major fertility problem in males.



Step 1 - Sarvangasana



Step 2 - Vipareetkarani

**Fig.7 The Shoulder Stand (Sarvangasana) and Vipareetkarani Mudra**



**Fig.8 Shalabhasana benefits the bladder and the prostate gland**



**Fig.9 Samanahasta Naukasana reduces Prostrate Enlargement**



**Fig.10 Agnisar Kriya increases sperm count and boosts sperm motility**



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## **Personal Experience (Anubhav Kathan) \***

**Shankar Navji Shamatkar**  
Shri Ambika Yoga Kutir, Ulhasnagar Branch

Saluting Yogamata Gayatri and Parampoojya Hathayogi Nikam Guruji, I, Shri Shankar Navji Shamatkar, age 69 years, narrate my experience with Shri Ambika Yog Kutir.

I am a resident of Ulhasnagar since last seven decades.

I joined Shri Ambika Yog Kutir in 1987. The reason behind joining Shri Ambika Yog Kutir was very personal. But today I want to share my experience with everyone.

I got married in 1984. Even after three years of married life, we could not become parents. So we both decided to go for our medical test. The result of the medical test was very disappointing for me. According to Doctor's opinion I could not become parent as my sperm count was zero. Normally under such circumstances, society and relatives always blame the wife for being unable to conceive. In addition to that my sister-in-law (i.e. wife's sister) was also childless. So, I was also blaming my wife. But the test result revealed the fact. That time I was going through depression. Seeing my plight, one day my friend Shri Ramchandra Chavan asked me. I shared my grief with my friend. He advised me to meet Parampoojya Hathayogi Nikam Guruji for guidance. Shri Ramchandra Kadam gave me Guruji's book "असोग्याची गुरुकिल्ली". I read the book and started practicing Shuddhi Kriyas and Asanas. Thereafter my wife and me both developed the urge to meet Shri Nikam Guruji.

We met Parampoojya Nikam Guruji. On his advice, I joined the three months course of Yoga. Guruji also gave me different Ayurvedic Kadhas (decoction) to drink. After one and half month of yoga class, Guruji advised me to go for semen test. To our surprise the Medical report of the test showed considerably normal sperm count.

Thereafter we became proud parents of a son and in due course a daughter. Today both, my son and daughter, are happily married & doing well in their life.

I am sincerely thankful to Parampoojya Hathayogi Shri Nikam Guruji for his guidance. The three months course of Yoga of Shri Ambika Yoga Kutir is beneficial for total health.

Thank you.

\* The personal experience of Shri Shamatkar was presented by Shri Sunil Kulkarniji.

## Conference on Yoga for Reproductive Health - 17 Sept. 2022

- 1) Shri Suresh Khatav of Australia branch with Surveji.
- 2) Mrs. Rekha, Shri Prakash Pawar, and Sudhir Sawant.
- 3) Mrs. Poonam and Mrs. Ashwini felicitated by Mrs. Seema Vaidya.
- 4) Shri Prakash Pawar with Shri Atul Waghmare.
- 5) Dr. Raghunandan Athalye felicitated by Shri. Anant Kulkarniji.
- 6) Felicitations of Mrs. Kshama, Mrunal & Dr. Neha who shared their experience.
- 7) Technical support by Shri Gaurav and Ashwin.
- 8) Enthusiastic Volunteers Ankush, Gaurav, Hemant Felicitated by Surveji.



- 9) Shri. Anant Surve, Mrs. Sarita, Shri. Dalvi, Shri. Kushavaha,
- 10) Mrs. Sujata, Shri Desai, Mrs. Mineeta
- 11) Book Sale Counter - Shri. Kushavaha, Shri. Kulkarni, Shri. Nagesh Sawant
- 12) From Left - Shri. Modak, Shri. Kulkarni, Mrs. Ujjwala Shinde, Shri Surveji & Dr Karve



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