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1. Effect Of Yoga On Perceived Stress And Pulmonary Function In High Stressed Postmenopausal Women

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ABSTRACT:

Postmenopausal phase is characterized by a continuous decline in ovarian function due to which women are vulnerable to stress and health complications including the efficiency of respiratory muscles. Hormonal therapy causes complications which has resulted in search for various alternative therapies to improve the quality of life. Yoga is one such alternative therapy. There are very few scientific studies regarding the effect of yoga on stress and respiratory parameters. In the present study we investigated the effect of one year yoga therapy on pulmonary function tests and perceived stress in postmenopausal women. The present study was done only after obtaining the consent from the Institutional ethical Committee. Informed consent was obtained from all the participants. Newly recruited postmenopausal women (48-60 years) having the high stress level (PSS score > 25) were taken for this study. Vital capacity (VC), FVC, FEV1, FEV1 ratio, PEF, FEF 50, were measured with the help of computerized Vitalograph (Pneumotrac). After one year of yoga therapy perceived stress scale and the respiratory parameters were again analyzed. The parameters obtained were grouped into before one year yoga therapy (Group I) and after one year yoga therapy (Group II). Yoga therapy for one year showed the significant $P < (0.0001)$ improvement in the stress reduction and the respiratory parameters compared to the control group. This study clearly demonstrates the effectiveness of one year yoga therapy in decreasing stress and improvement in respiratory parameters. Yoga is easy, safe, non-expensive alternative therapy helping the postmenopausal women and this could be encouraged in the regular management in improving the overall quality of life.

KEYWORDS: Pulmonary function tests, PSS score, stress, Yoga, Menopause.