

“EFFECTIVENESS OF YOGA PRACTICES AND CALCIUM SUPPLEMENT ON THE BACKACHE AMONG MENOPAUSAL WOMEN”



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Abstract

Yoga is a life of self-discipline based on the tenets of simple living and high thinking. Yoga provides a natural counter balance to the stress of modern life and can help you to achieve a sense of inner calm. Menopausal transition has been identified as a critical period of midlife partly because several health concerns and problems have been recognized and understood in relation to menopause. Therefore, a comparative study to assess the effectiveness of yoga practices and calcium supplement on one of such problems, the backache, among the menopausal women of selected community of Indore was undertaken. Two-group pretest post test design was adopted. 40 menopausal women with backache were selected by purposive sampling technique, 20 in yoga group and 20 in calcium supplements group. Investigator used a modified Fordyce Pain rating scale and structured questionnaire to assess the backache. Reliability of structured questionnaire was obtained using split half method, 'r' value was 0.86. Results revealed that all the menopausal women were in the category of mild and moderate pain. Out of 20 menopausal women in calcium group (pretest) 12 (60%) were having moderate ranging score backache, and 8 (40%) were having mild backache. In yoga group (pretest) maximum 11(55%) were having moderate backache and 9(45%) were having mild backache. In the post test of yoga practices 14 (70%) participants had mild backache. The mean posttest score was 7.3 which was lower than the pretest score i.e. 20.8, which revealed that yoga practices were effective in reducing the backache. In pretest of calcium supplement group, maximum number of women had 12 (60%) scored moderate pain whereas 8 (40%) women scored mild pain. In post test score, most of the women 11 (55%) were in mild pain whereas 9 (45%) were in moderate pain. The mean post test score (18.6) was lower than the pretest mean score(19.4). which revealed that calcium supplementation was effective in reducing the backache. The mean difference of yoga group and calcium supplement group was 13.5 and 0.8 respectively, this indicated that yoga practices was more effective in reducing backache among the menopausal women.

Key words: Backache, Menopausal women, Yoga practices, Calcium supplement.

Background

One of the unique aspects of the midlife period for women, which has been a center of scientific study for decades, is menopause. Menopausal transition has been identified as a critical period of midlife partly because several health concerns and problems have been recognized and understood in relation to menopause. **Sowers, 2000**¹³

I, Springer, Netherlands, Puebla, 2005⁴, conducted a study to examine musculoskeletal pain among women of menopausal age in the city of Puebla, Mexico. Sample was recruited from public parks and markets, with representation from all social classes ($n=755$). In response to open-ended questions on bone pain was volunteered by 47% of respondents as a symptom associated with menopause, second only to hot flashes (53%). From the structured symptom list, 55.8% and

55.6% reported back pain and joint stiffness during the two weeks prior to interview. Women with back pain and joint stiffness were less likely to report being active during their leisure time. Women with joint pain were more likely to be post-menopausal, with less education, more children, a higher BMI. While menopause is not necessarily a risk factor for musculoskeletal pain, it is important to recognize the pervasiveness of this complaint among women of menopausal age.

Yoga provides a natural counter balance to the stresses of modern life and can help you to achieve a sense of inner calm. The process of creation is how “divinity” expresses itself. A proper training in asana and pranayamas helps in the process of increase blood circulation and stretching the back muscles and joints. Many women who had backache practiced the asana and pranayama have reported about the decrease level of pain. Yoga can help you improve your physical health, tone your muscles and internal organs, relieve inner tension reduce weight and strengthen your bone and back muscles. It also guides you towards relaxation and shows you how to become

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