problems of modern life style that these women are prone to, after menopause. The philosophy and the practices of yoga provide a good field of study for internal experimentation during the ‘empty nest’ post retirement phase of life of a woman and helps her to grow in her personality to lead a healthy and happy life.

8. SUMMARY AND CONCLUSIONS

8.1 Summary

8.2 Conclusions

8.1 SUMMARY

There is a limited amount of information on the experience of menopausal symptoms and their groupings in Asian women, the objectives of factor analyzing Menopause Rating Scale and Greene Climacteric Scale for Indian population were to report the prevalence of symptoms in Indian perimenopausal women and to construct symptom groupings from reported symptoms. The findings of the factor analysis on each scale may be used as normative data for future studies.
In the single blind prospective randomized two armed study on 108 perimenopausal women, cognitive functions like attention, concentration, mental balance, immediate and delayed recall, visual and verbal retention and recognition abilities, climacteric symptoms, perceived stress and personality were assessed before and after eight weeks of intervention.

The study has shown that the practice of integrated approach of yoga therapy (IAYT) for eight weeks improves the cognitive functions like attention, concentration, mental balance, verbal retention and recognition abilities in menopausal women as compared to physical exercises.

In Greene climacteric scale (GCS), there was a significant difference between groups in the vasomotor factor, a marginally significant difference in psychological and no change in somatic component. There was significantly greater degree of reduction in stress levels in yoga group compared to controls in Perceived Stress Scale (PSS). In Eysenck’s personality inventory (EPI), there was a greater magnitude of change in neuroticism in yoga group than the controls. There were positive correlations between age and follicle stimulating hormone (FSH); and also between GCS, PSS and neuroticism scores.

The control group practices comprised of physical exercises also showed improvement in many of the memory functions similar to earlier studies on the efficacy of physical activity in perimenopausal women (Etnier & Sibley, 2004). Thus
the present study shows the superiority of yoga over physical activity in improving the
cognitive functions which could be attributed to emphasis on correctness in breathing,
synchronizing breathing with body movements, relaxation and mindful rest.

8.2 CONCLUSION

The results suggest that integrated approach of yoga therapy (IAYT) could be one of
the preferred nonhormonal, lifestyle modifying regimes in perimenopausal women.
Yoga has been spreading world over with its practitioners mushrooming round the
globe. It has made its entry in the internationally acclaimed books, medical articles,
therapy oriented magazines. Complimentary and alternative therapies have become
the preferred treatment modality by women with promising results after hormone
replacement was shown to be harmful for treatment of perimenopausal symptoms.
Yoga is being considered one of the most important complementary and alternative
therapy which is cost effective, without any side effects (if carefully practiced) and
offers much more than mere healing. The tradition of yoga has conceptual basis and
suitable techniques to handle the psychological and somatic symptoms of climacteric.

9. APPRAISAL

9.1 Implications and Strength of the studies
9.2 Limitations of the study
9.3 Suggestions for future

9.1 Implications and Strength of the studies
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