3. AIMS & OBJECTIVES

AIMS

1. To compile the available literature from yoga traditional scriptures on menopause
2. To study the content validity of Menopause Rating Scale and Greene Climacteric Scale in Indian population
3. To conduct an experimental study on the psychological, cognitive and physiological functions after yoga practices through a randomized control trial in perimenopausal women.

OBJECTIVES of the study:

1. To get insights into the understanding of the problems and management of climacteric as portrayed in Ayurveda texts.
2. To evaluate the content validity of Menopause Rating Scale and Greene Climacteric Scale through factor analysis so that it becomes a valid tool for future studies on climacteric in Indian population.
3. To study the changes in the vasomotor symptoms in perimenopausal women after 8 weeks of integrated approach to yoga therapy (IAYT).
4. To examine the cognitive (specifically memory and attention span) functions after 8 weeks of IAYT.
5. To study the psychological wellbeing after 8 weeks of IAYT.
6. To assess the autonomic functions after 8 weeks of IAYT.
HYPOTHESIS

STUDY – 1

There was no hypothesis testing involved in the study – 1.

STUDY – 2

The study hypothesized that the IAYT practice would improve the vasomotor, cognitive and psychological and autonomic functions in symptomatic south Indian menopausal women.

4. METHODS

4.1 Subjects

4.1.1 Study 1 - Cohort study to validate Menopause Rating Scale and Greene Climacteric Scale.
4.1.1a Participants and sampling
4.1.2 Study 2 - RCT to study the efficacy of IAYT in climacteric syndrome.
4.1.2a Participants and sampling
4.1.2b Inclusion criteria
4.1.2c Exclusion criteria
4.1.2d Source of the subjects
4.1.2e Signed informed consent

4.2 INTERVENTION

4.2.1 Yoga group intervention
4.2.1.1 Cyclic meditation (Avartan dhyan)
4.2.1.2 Sun salutation (Surya Namaskara)
4.2.1.3 Breathing exercises
4.2.2 Control group intervention
4.2.2.1 Physical exercise

4.3 VARIABLES ASSESSMENT

4.3.1 Biochemical assessment
4.3.2 Climacteric symptom assessment