

Can yoga reduce symptoms of menstrual disorders?

27 April 2017



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solace that the studies uniformly found value regardless of the intensity and type of yoga intervention," comments *The Journal of Alternative and Complementary Medicine* Editor-in-Chief John Weeks, johnweeks-integrator.com, Seattle, WA.

More information: Jennifer Oates, The Effect of Yoga on Menstrual Disorders: A Systematic Review, *The Journal of Alternative and Complementary Medicine* (2017). [DOI: 10.1089/acm.2016.0363](https://doi.org/10.1089/acm.2016.0363)

Provided by Mary Ann Liebert, Inc

A systematic review of the published literature on yoga practice and common menstrual disorders found that all of the studies evaluated reported a beneficial effect and reduced symptoms. The impact of a range of yoga interventions on menstrual distress associated with physical and psychological symptoms for premenstrual women are described in an article published in *The Journal of Alternative and Complementary Medicine*.

Jennifer Oates, PhD, King's College London, U.K., assessed the evidence from 15 published studies on the effects of [yoga practice](#) on problems such as amenorrhea, oligomenorrhea, dysmenorrhea, premenstrual syndrome, and [premenstrual dysphoric disorder](#). Enhanced mood, reduced pain, increased wellbeing, and a heightened relaxation response were among the improved outcomes reported by women who participated in a yoga intervention, as reported in the article entitled "The Effect of Yoga on Menstrual Disorders: A Systematic Review."

"While the heterogeneity of the studies presented the authors with limitations, patients can take

APA citation: Can yoga reduce symptoms of menstrual disorders? (2017, April 27) retrieved 5 May 2021 from <https://medicalxpress.com/news/2017-04-yoga-symptoms-menstrual-disorders.html>

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