

Effect of Yoga with Mantra Meditation on Quality of Life Among Menopausal Women

S. UMA¹ and Dr. V. SUBBULAKSHMI²

¹Full-Time PhD Scholar, Faculty of Yoga Sciences and Therapy, Meenakshi Academy of Higher Education and Research, Chennai-78,

²Principal, Faculty of Yoga Sciences and Therapy, Meenakshi Academy of Higher Education and Research, Chennai-78.

*Corresponding Author
S.UMA

Article History

Received: 15.05.2025

Revised: 04.06.2025

Accepted: 13.07.2025

Published: 04.08.2025

Abstract: **Background:** Menopause is a normal phase of women's aging, usually happening between ages 45 and 55. It involves a decline in the body's production of estrogen and progesterone, causing changes in hormone levels and menstrual patterns. quality of life is commonly experienced for 4–5 years in the years before and after the final menstrual period, however, for some women the duration is longer. The decline in these hormones increases women's susceptibility to various common symptoms such as sleep disturbances, mood fluctuations, hot flashes, depressive episodes, urinary tract infections, vaginal infections, and a higher likelihood of developing osteoporosis and cardiovascular diseases. In addition to these physical manifestations, some women may also encounter a range of vasomotor, psychosocial, physical, and sexual symptoms, ultimately impacting their overall well-being. **Aims and Objectives:** The Aim of the Random group Experimental study was to find out the effect of yoga with mantra meditation on quality of life among menopausal women. The objectives of the study were to find out whether there would be any significant difference on quality of life due to yoga with mantra chanting among menopausal women. **Materials and Methods:** 60 menopausal women were selected from Chennai, between the age group of 45 and 55 years and they were divided into two groups I, and II with 30 subjects each. It was hypothesized that there would be significant differences among the menopausal women on quality of life due to yogic practices. Preliminary test on MENQOL menopause specific quality of life questionnaire-intervention (Reprinted from Hilditch et al3 © 1996) to assess the quality of life was given before the start of the training program. Group I subjects were given Yoga with mantra chanting for 60 minutes, 5 days a week for a total period of twelve weeks. Group II (Control Group) were physically active doing their normal activities. After the experimental period, the two groups were retested again on the same selected dependent variable. independent t test and paired t test was used to find out the significant differences between the yogic practices group and the control group. The test of significance was fixed at 0.05 level of confidence. **Results and Conclusion:** The study's findings demonstrated that the yogic practices group consisting of menopausal women practicing Yoga group, exhibited significant improvement in quality of life compared to the Control Group. The hypothesis was accepted at 0.05 level of confidence. Consequently, it can be inferred that Yoga with mantra chanting contribute positively to maintaining a healthy lifestyle and enhancing the quality of life for menopausal women.

Keywords: Yogic practices, menopausal symptoms, quality of life, menopausal women.

INTRODUCTION

Menopause is a natural part of the aging process for women, typically occurring between the ages of 45 and 55. According to the 2011 census of India, there were about 96 million women aged 45 yr and above and this number is expected to increase to 401 million in 2026. As the life expectancy at age 45 is 30 yr, women in India, on average, could spend approximately 30 yr in post-menopausal stage of life. As the post-menopausal years are associated with health risks such as hypertension, heart disease, osteoporosis and decline in the overall quality of life, this group will present profound future challenges to public healthcare provision. During menopause, the body's production of estrogen and progesterone decreases, leading to changes in hormone levels and menstrual cycles. These changes can cause a variety of physical and emotional symptoms, such as hot flashes, night sweats, sleep disturbances, mood changes, and changes in sexual function. (Freedman, M. A. 2002).

Aims and Objectives:

The Aim of the Random group Experimental study was to find out the effect of yoga with mantra chanting on quality of life among menopausal women. The objectives of the study were to find out whether there would be any significant difference on quality of life due to yoga with mantra chanting among menopausal women.

Schultz, N. M (2024) in their study evaluated the psychometric properties, sensitivity to change, and clinically meaningful within-patient change of the Menopause-Specific Quality of Life (MENQOL) questionnaire using data from the fezolinetant SKYLIGHT 1 and 2 trials in women aged 40–65 with moderate-to-severe vasomotor symptoms (VMS). Among 1022 participants, MENQOL scores improved significantly from baseline to week 12, with factor analysis, reliability tests, and construct validity confirming the robustness of its domain and overall structure. Results supported MENQOL's internal consistency, validity, and responsiveness, identifying a ≥ 0.9 -point reduction in overall score as clinically

meaningful, with domain-specific thresholds also established. Findings affirm MENQOL as a reliable tool for assessing quality of life impacts of VMS in clinical trials.

According to Swain, D et al (2021), Their randomized controlled trial among 80 women aged 40–50 compared Sudarshan Kriya Yoga (SKY) with brisk walking to assess effects on menopausal symptoms, quality of life (via MENQOL), and hormonal changes. After one year, SKY showed significant improvements in vasomotor, psychosocial, and physical symptoms, along with elevated antioxidant enzymes, though no changes were seen in FSH or DHEA-S levels. No adverse events were reported, suggesting SKY as a safe, non-hormonal lifestyle approach to improving menopausal quality of life.

MATERIALS AND METHODS:

60 menopausal women were selected from Chennai, between the age group of 45 and 55 years and they were divided into two groups as yoga group and control group with 30 subjects each. It was hypothesized that there would be significant differences among the menopausal women on menopausal symptoms and quality of life. Preliminary test on MENQOL menopausal related quality of life questionnaire was given before the start of the training program. Yoga group subjects were given Yoga with mantra chanting for 60 minutes, 5 days a week for a total period of twelve weeks. Control Group were physically active doing their normal activities. After the experimental period, the two groups were retested again on the same selected dependent variable. PAIRED T

TEST was used to find out the significant differences between the yoga group and the control group. The test of significance was fixed at 0.05 level of confidence.

In the study, yoga Group engaged in a structured yoga program designed to promote overall well-being. The session began with loosening practices from the Pawanmuktasana Series I (Anti-Rheumatic Series) to improve joint mobility and flexibility, followed by Suryanamaskar (Sun Salutation), a energetic sequence that enhances circulation, strength, and relaxation. The practices also included selected asanas such as Tadasana, Trikonasana, Prasara Padottanasana, Marjariasana, Janu Sirsasana, Supta Virasana, Supta Baddha Konasana, Setu Bandhasana, and Uttana Padasana, chosen to improve flexibility, build strength, and provide relaxation for menopausal women.

Along with asanas, subjects also practiced pranayama techniques, including Kapalabhati (Skull-Shining Breath) to rejuvenate the body, Bhramari (Humming Bee Breath) for relaxation, and Nadi Shodhana (Alternate Nostril Breathing) to harmonize the nervous system and enhance mental clarity. The routine further incorporated mantra meditation through Om chanting, which generates calming vibrations that help reduce stress, improve focus, and promote inner peace. For menopausal women, this practice proved especially helpful in alleviating mood swings, anxiety, and sleep disturbances. Together, the integration of pranayama and mantra chanting provided a holistic approach to enhancing subjects physical, mental, and emotional well-being.

Computation of paired t test and effectiveness of yogic intervention between yoga group and control group

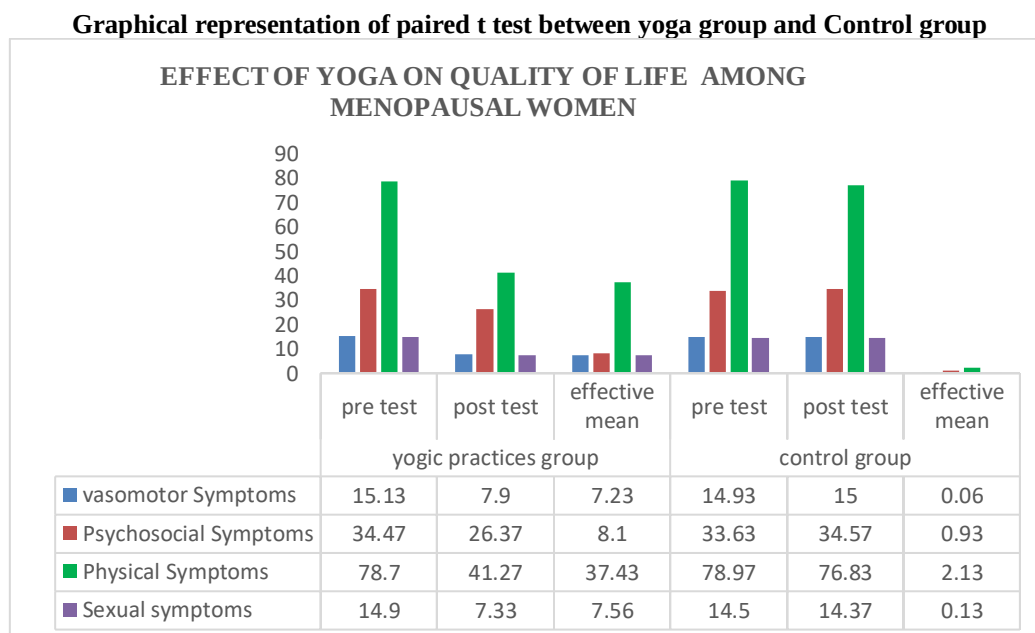
Variables	Yogic Practices group		Control group		Independent T test
	Effective mean +SD	Paired t test T value P value	Effective mean +SD	Paired t test T value P value	
vasomotor Symptoms	7.23 (0.44)	16.59 P < 0.001	-0.07 (0.38)	0.18 P =0.43	T = 18.02 P <0.00001
Psychosocial Symptoms	8.1 (0.85)	9.54 P < 0.00001	0.93 (0.73)	1.29 P = 0.104	T = 9.82 P < 0.00001
physical Symptoms	37.43 (1.16)	32.34 P < 0.00001	2.13 (1.05)	2.04 P = 0.255	T = 32.50 P < 0.00001
Sexual symptoms	7.57 (0.37)	20.43 P < 0.00001	0.13 (0.31)	0.44 P=0.333	T= 18.77 P<0.00001

The effects of yoga with mantra meditation on quality of life among menopausal women were assessed using pre- and post-intervention measures across four domains: vasomotor, psychosocial, physical, and sexual symptoms. Within the Yogic Practices group, all symptom domains showed significant improvements: vasomotor symptoms decreased by 7.23 ± 0.44 (Paired $t = 16.59$, $P < 0.001$), psychosocial symptoms by 8.10 ± 0.85 (Paired $t = 9.54$, $P < 0.00001$), physical symptoms by 37.43 ± 1.16 (Paired $t = 32.34$, $P < 0.00001$), and sexual symptoms by 7.57 ± 0.37 (Paired $t = 20.43$, $P < 0.00001$).

In contrast, the Control group showed no significant changes in any domain (vasomotor: -0.07 ± 0.38 , $P = 0.43$; psychosocial: 0.93 ± 0.73 , $P = 0.104$; physical: 2.13 ± 1.05 , $P = 0.255$; sexual: 0.13 ± 0.31 , $P = 0.333$). Between-group comparisons revealed that improvements in the Yogic Practices group were significantly greater than in the Control group for all domains (vasomotor: $T = 18.02$, $P < 0.00001$; psychosocial: $T = 9.82$, $P < 0.00001$; physical: $T = 32.50$, $P < 0.00001$;

sexual: $T = 18.77$, $P < 0.00001$). These findings indicate that yoga with mantra meditation on quality of life among menopausal women are highly effective in reducing menopausal symptoms across multiple domains and improve quality of life.

Overall, the results indicate that yoga with mantra chanting significantly improve quality of life across all four domains, while the control group showed negligible or non-significant improvements. The independent t-test confirmed that the differences between the two groups were statistically significant, emphasizing the effectiveness of yoga in managing menopausal symptoms and quality of life among menopausal women.



This graph indicates the effect of yoga on quality of life among menopausal women, comparing a yoga group with a control group across four domains of the MENQOL (Menopause-Specific Quality of Life) scale:

1. **Vasomotor Symptoms** (hot flashes, sweating, etc.)
2. **Psychosocial Symptoms** (mood, anxiety, depression, etc.)
3. **Physical Symptoms** (aches, fatigue, sleep disturbances, etc.)
4. **Sexual Symptoms** (changes in sexual desire or comfort).

In the yogic practices group, all symptom domains showed a significant reduction following the yoga intervention. Notably, physical symptoms decreased markedly from 78.7 at pre-test to 41.27 at post-test, reflecting an effective mean reduction of 37.43. Sexual symptoms also demonstrated a considerable improvement, reducing by nearly 50% from 14.9 to 7.33. Similar positive trends were observed in vasomotor and psychosocial domains as well. These findings clearly indicate that yoga with mantra meditation had a strong positive effect on lightening menopausal symptoms and enhancing overall quality of life.

In the control group, no meaningful changes were detected across any of the symptom domains. Vasomotor symptoms showed almost no alteration, with scores range only from 14.93 at pre-test to 15.00 at post-test (effective mean = 0.06). Psychosocial symptoms slightly increased from 33.63 to 34.57 (effective mean = 0.93), while physical symptoms showed only a minimal reduction from 78.97 to 76.83 (effective mean = 2.13). Sexual symptoms also remained virtually unaffected, with a marginal decrease from 14.50 to 14.37 (effective mean = 0.13). These results suggest that, unlike the yoga group, the control group did not experience any significant improvement in menopausal symptoms or quality of life.

The comparison of effective mean value between yoga group and control group was highly statistically significant at $P < 0.001$ so it was proved that yoga with mantra chanting was more beneficial to manage menopausal symptoms and quality of life among menopausal women which was in line with the study done by Swain, D., Nanda, P., & Das, H. (2021).

RESULTS:

The results of the study demonstrated that the yogic practices Group showed significant differences on quality of life than the Control Group due to Yoga with

mantra chanting among menopausal women. The hypothesis was accepted at 0.05 level of confidence. Hence it is concluded that Yoga with mantra chanting is

beneficial to the menopausal women to maintain healthy lifestyle and improved quality of life

REFERENCES

1. Gadgimath, S. M., & Sharma, M. K. The impact of mindfulness-based stress reduction on quality of life among menopausal women in selected communities: A quasi-experimental study.
2. Schultz, N. M., Morga, A., Siddiqui, E., & Rhoten, S. E. (2024). Psychometric evaluation of the MENQOL instrument in women experiencing vasomotor symptoms associated with menopause. *Advances in Therapy*, 41(6), 2233-2252.
3. Sreerenjini, B., & Muthulakshmi, M. (2019). Effect of Training Programme on Quality of Life among Postmenopausal Women: An Intervention Study. *Indian Journal of Public Health Research & Development*, 10(11).
4. Swain, D., Nanda, P., & Das, H. (2021). Impact of yoga intervention on menopausal symptoms-specific quality of life and changes in hormonal level among menopausal women. *Journal of Obstetrics and Gynaecology research*, 47(10), 3669-3676.
5. Sydora, B. C., Fast, H., Campbell, S., Yuksel, N., Lewis, J. E., & Ross, S. (2016). Use of the Menopause-Specific Quality of Life (MENQOL) questionnaire in research and clinical practice: a comprehensive scoping review. *Menopause*, 23(9), 1038-1051.
6. Hilditch, J. R., Lewis, J., Peter, A., Van Maris, B., Ross, A., Franssen, E., ... & Dunn, E. (1996). A menopause-specific quality of life questionnaire: development and psychometric properties. *Maturitas*, 24(6), 161-175.