Introduction

Dysmenorrhea refers to a painful menstruation of sufficient magnitude so as to incapacitate day to day activities. This condition is most common among young woman in their teen and twenties (Dutta, 2005). The major symptoms of dysmenorrhea are severe lower abdominal pain, cramps in lower abdomen and legs, nausea, vomiting, severe headache, dehydration, stress, anxiety, irritability, sometimes heavy bleeding and loss of appetite. The mechanism of initiation of uterine pain in primary Dysmenorrhea is difficult to establish mostly confined to adolescent almost always confined to ovulatory cycle the pain is usually cured following pregnancy and virginal deliveries the pain is related to uterine contraction and uterine hypoxia

Psychosomatic factors due to tension and anxiety during adolescents lower pain threshold is often occurred as an aggregative factors in pain perception, abnormal anatomical functional aspects of uterus there is over activity of the sympathetic hyper tonicity of the circular fibers of the isthmus and internal os there are hormonal factors affecting the pain that is progesterone increase synthesis and release due to increase myometrium contraction as reduce blood flow pain occurs Dysmenorrhea is confined to adolescent girls is usually appears within two years menarche in the mother her sister may be Dysmenorrhea pain is dull situated in the back in front without any radiation it usually appears three to five days prior to the periods and relives with start of bleeding patient may have got discomfort in-between periods there are symptoms of associated pelvic pathology the treatment aims at the cost rather than the symptoms it is on the severity, age and parity of the patients. Membranous Dysmenorrhea this is one variety of primary Dysmenorrhea the treatment is same as primary Dysmenorrhea but success rate is very low.
Overian Dysmenorrhea there may be marked engorgement in the vain there for pressure on uterus occurs stasis infection polyneuritis may cause pain

Secondary Dysmenorrhea normally considered to the mensuration associated pain occurring in presence of pelvic pathology

Dysmenorrhea is the leading cause of recurrent short term school absenteeism among adolescent girl because lack of awareness among parents towards absent girls. Due to hesitation that how it happens and how to explain to the girl most of mother does not know physiology behind menstruation that the menses are a normal body function. So they cannot explain what care should be taken during menstruation and hygiene during it.

Dysmenorrhea takes the form of sharp spasmodic pain in the lower abdomen at the beginning of the periods. The cramping is painful that they cannot walk and thus result in decreased level of activities can’t bare it so girl may feel sick during these days. To relieve the pain commonly used drugs are NSAID but the studies have shown that long term use of pharmacological drugs causes side effect.

There are some alternative therapies to reduce Dysmenorrhea without causing any side effects. Scientific studies have been done in this area. Many women have reported benefit from acupressure, acupuncture, various herbal medicines, and yoga. Among these, yoga was found quiet effective in reducing symptoms of severe premenstrual syndrome including anxiety, depression, restlessness in some women. Even the educated mothers were not aware about premenstrual syndrome. To reduce all the problems regarding menstruation that rural community must have accept and communicate discuss about menstruation as a natural process and indulge in psychophysiological activities such as yoga to learn and manage all conditions.

The word yoga means union between mind and body and brings them together into a
harmonious experience. The whole system of yoga builds on four main structures –

- **Asanas – exercise**
- **Pranayama – breathing techniques**
- **Meditation – relaxation**

Asanas help to relax and tone the muscles and massage the organs. Pranayama helps to regulate the body energy level and meditation to calm the mind and relaxation postures and eliminate stress and anxiety. Some postures can reduce pressure on the uterus relieving cramps. Yoga, gentle stretching can ease stiffness.

The classical techniques of yoga dates back more than 500 years. Yoga is very useful to reduce the symptoms of Dysmenorrhea.

- It stretches the body, increase blood supply to particular body parts.
- Psychological effect that better feeling
- Easy to perform – not more preparations required.
- Cost effective, once learned yoga, it is a permanent learning.
- No side effects - like drugs
- Maintains full health.

Yoga is helpful in both the phases of primary Dysmenorrhea and secondary Dysmenorrhea. Primarily, in adolescents 6 months after menarche with the onset of ovular cycle, secondarily later in reproductive life. So yoga will help throughout female lifestyle. Various studies shows the importance of yoga on dysmenorrhea and found very effective in reduction dysmenorrhea symptoms (Hightower, 1997; Daley 2008; Rakhshae 2011).

There are many asnas important for the life Ardhanatsyendrasna it helps to cure the diabetics Ashvasthasna increase lung capacity bhoomiasna it makes vest flexible like rubber Chakrasna
body flexible Dhanurasana important connected with the navel Garbhasana Provide Excercise each part of body Gomukhasana useful in patient with asthma and tuberculosis Gorakshasana Usefull for urinary organs Halasana Very good for spinal cord Janushirhasna Helpful for lower abdomen and hernia Khagasana It helps Knees Become flexible and lower parts of the body Kati-Chakarasna Benefits to intestine Konasasna helpful those Citica Koornasana Effective for stomach and intestinal Problem Kukkutasna Strengthens the whole upper body Makrkarasna it removes Fatigue Matsyasna impoves breathing power Mayurasna it improves digestive functions

Rehabilitations many physiological process are essentials to human life but one physiological functions seems use most important it connected to life is breathing without air our survival is measured in seconds more important than physical claning is cleaning of mind the activity of internal organs depends upon the entierily upon respiratory process each and every individuals is unique yoga is the path and rehabltaiion is destinations the so spiritual tools of self is first steps in the rehabilitation application of yoga personality development stress management complete health disese prevention and cure a firm foundation is must for house to stand human body is a temple and where soul resides

The researchers has come across with many ANMs that they know about yoga but not aware about benefits of yoga for Dysmenorrhea. One ANM covers 30,000 of rural population, so she has to perform community health. As she conducting Kishori Group work that time she has to teach teenagers about general health of young girls, menstrual cycle, hygiene during menstruation. Using sterile napkins, care of waste products, diet should be taken care. So, she has to do many tasks for this age group. If she is made aware about the yoga practice during dysmenorrhea, it will be helpful to the society because majority part covered by her. She is a health provider so the people have faith on her that whatever she explains they will accept.
Because of this ANM is the best person to make awareness among the young girls regarding dysmenorrhea.

The upcoming benefits of yoga in reduction of types of pain and discomfort created an interest and motivation in the researcher to conduct the study to assess the effectiveness of yoga on dysmenorrhea. Researcher selected rural areas because studies showed that rural population is not that much aware about the health problems related to dysmenorrhea. If they are made aware of the problems, it increases the health indicators and next generation will be healthier.