

Preventive Care for Adolescence and Menopausal Health through Yoga with Clinical Work

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Abstract: Adolescence and menopause are two critical stages in a woman's life marked by major hormonal, metabolic, and psychological shifts. Yoga offers an effective, holistic preventive approach during both phases. In adolescence, rapid growth, menstrual irregularities, emerging metabolic risks, and emotional stress can lead to postural issues, PCOS tendencies, and mental instability. Yoga postures improve spinal alignment, strengthen musculoskeletal and pelvic structures, enhance insulin sensitivity, regulate the neuroendocrine axis, and promote emotional balance through pranayama and meditation. These benefits align with Ayurvedic concepts of Kapha-Pitta predominance, dhātu maturation, and Prana Vata stabilization.

During menopause, estrogen decline results in vasomotor symptoms, bone loss, metabolic disturbances, sleep issues, and mood fluctuations. Yoga helps reduce sympathetic arousal, improves thermoregulation, enhances bone strength through weight-bearing asanas, and supports metabolic and cardiovascular health. Restorative practices and pranayama promote better sleep and emotional steadiness, while pelvic floor techniques strengthen urogenital support. This corresponds with Ayurvedic views of Rajonivritti as a Vata-dominant stage requiring grounding, stabilizing, and strengthening therapies

Keywords: Adolescence, Menopause, Yoga, PCOS, Ayurveda, Preventive Care, Clinical Work

