

MENSTRUAL PERIOD LIFESTYLE***Dr. Priyanka Sharma, Dr. Anupam Pathak**

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Article Received on 14 April 2026,
Article Revised on 04 May 2026,
Article Published on 16 May 2026,

<https://doi.org/10.5281/zenodo.20201594>

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How to cite this Article: *Dr. Priyanka Sharma, Dr. Anupam Pathak. (2026). Menstrual Period Lifestyle. World Journal of Pharmaceutical Research, 15(10), 520-522.

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ABSTRACT

Menstruation is a natural physiological process associated with hormonal, physical, and emotional changes. Many women experience discomfort such as cramps, fatigue, and mood swings. A healthy lifestyle combined with specific yogic practices can help manage these symptoms effectively. This article highlights diet, hygiene, mental well-being, and beneficial yoga poses during menstruation from both modern and Ayurvedic perspectives.

INTRODUCTION

Menstruation is a cyclical biological phenomenon in women of reproductive age. It often brings physical discomfort and emotional fluctuations. Lifestyle modifications, including diet, rest, and yoga, play a vital role in easing menstrual symptoms and improving quality of life. Dietary Practices During

Menstruation Proper nutrition helps maintain energy and reduces symptoms. Recommended Foods Iron-rich foods: spinach, jaggery, dates **Protein:** lentils, milk, nuts **Warm fluids:** herbal tea, soups **Fruits:** banana, pomegranate. Foods to Avoid Caffeine Junk and processed food Excess spicy and oily food Physical Activity and **Yoga** Gentle yoga during menstruation helps relieve cramps, improve blood circulation, and reduce stress. Benefits of Yoga During Periods Reduces abdominal pain Improves mood Relaxes pelvic muscles Enhances blood flow Recommended Yoga Poses

1. Baddha Konasana (Butterfly Pose) Relieves pelvic tension Improves circulation

2. Balasana (Child's Pose) Reduces lower back pain Promotes relaxation
3. Supta Baddha Konasana (Reclining Butterfly Pose) Reduces stress Provides deep relaxation
4. Marjariasana (Cat-Cow Pose) Improves spinal flexibility Reduces discomfort
5. Apanasana (Knees-to-Chest Pose) Helps relieve bloating Eases abdominal pressure.

Yoga Poses to Avoid

1. Inversions (headstand, shoulder stand)
2. Intense abdominal exercises
3. Heavy workouts.

Personal Hygiene

Change sanitary products every 4–6 hours

Maintain proper genital hygiene, Use clean and breathable clothing, Mental and Emotional Well-being, Practice meditation and relaxation techniques, Ensure adequate sleep, Avoid stress, Ayurvedic Perspective (Rajaswala Paricharya).

Ayurveda emphasizes rest and specific lifestyle practices during menstruation.

Guidelines

Adequate rest

Light, warm, digestible diet Avoid physical exertion

Maintain emotional stability

CONCLUSION

A balanced lifestyle incorporating proper diet, hygiene, and yoga can significantly improve menstrual health. Yogic practices provide a natural and effective way to reduce discomfort and promote relaxation. Integrating modern and Ayurvedic approaches ensures holistic well-being during menstruation.

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