

Management of Menopausal Symptoms -An Integrated Approach

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Abstract

The objective of the study was to develop and test efficacy of an integrated approach-a holistic approach including psychological counseling, asparagus racemosus herbal formulation, life style modification including yoga and breathing exercise for menopausal symptoms. Pre-post design was used to conduct the study. Participants (females in age group 35-65) were taken by purposive sampling. Biological and psychological variables identified by using Menopause symptoms check list, Beck Depression Inventory, Menopause information booklet and Personal data sheet were administered. Paired t-test was used to test the efficacy of this holistic approach. Results showed this approach alleviate menopausal symptoms.

Keywords: Holistic approach, Asparagus herbal formulation, life style modification, yoga, breathing exercise.

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