

March  
2019



Government of India  
Ministry of AYUSH



# Po<sup>ise</sup>



Holistic approach to Menopause



A New Bloom of life



SPECIAL ISSUE  
**YOGA** *for* **40+**  
WOMEN





Government of India  
Ministry of AYUSH



MINISTRY OF AYUSH,  
GOVERNMENT OF INDIA JOINS  
IMS IN THE CAUSE OF PROMOTING  
HEALTH AND WELLNESS OF WOMEN.

THIS ISSUE OF POISE MAGAZINE IS SUPPORTED BY THE  
MINISTRY OF AYUSH. THE MAGAZINE INCLUDES A SPECIAL  
SECTION ON YOGA PROTOCOL FOR WOMEN WHO ARE FORTY PLUS.  
SOME OF THE FOREMOST YOGA EXPERTS OF THE COUNTRY HAVE  
JOINED HANDS WITH THE INDIAN MENOPAUSE SOCIETY (IMS)  
IN DEVELOPING THIS PROTOCOL.

THE COLLABORATION BETWEEN MINISTRY OF AYUSH, GOVERNMENT  
OF INDIA AND IMS IS UNIQUE. THE MINISTRY HOPES THAT THIS  
WILL BE THE BEGINNING OF AN EFFECTIVE PARTNERSHIP  
WITH IMS IN THE COMING YEARS TO ENCOMPASS VARIOUS  
ASPECTS OF HEALTH RELATED ISSUES OF WOMEN,  
WHICH IS INDEED THE DEMAND OF THE  
PRESENT TIME.

## FROM THE THE DESK OF EDITOR

*"Greetings to all women in this beautiful phase of life which we call "Me- NO- Pause"*

**M**enopause advances a woman into a fresh bloom of womanhood where there are No Complaints, No regrets and No criticism, which we should all empower each other to enjoy, dream and fulfil our unmet goals

POISE is the perfect medium to understand major health challenges during menopause. Today we Have come a long way and we call understand health issues better especially to take preventive steps.

One of the most important yet often shied over is sexual well-being after menopause. Sexual health is a state of physical, emotional, mental and social well-being. After menopause, it is not uncommon for women to experience sexual problems, which can severely impair their relationships, their mental health, their social functioning and most of all their overall quality of life. The good news is that it is treatable. So free yourself & embrace with the power of knowledge to improve positive sexual well-being.

I would like to thank our President Dr. Ratnabali Chakrovorty who is a very dynamic leader & hard working woman. Dr. Ratnabali has encouraged all member societies to conduct yoga meditation programs with a great enthusiasm and focus on not only on physical but also good mental health in association with Ayush Bharat.

I would like to thank all our societies & chapters for conducting amazing Clubs 35 activities & multiple public awareness program which is a new dimension to Indian Menopause Society's moto's of helping menopausal women in our country.

My sincere thanks to all my seniors & colleagues for giving me this opportunity, with their support only this mission has been possible.

Dr. Anju Soni

*"It is true that effort is not converted to success, but it is equally true that there is no success without effort."*



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YOGA FOR WOMEN 40+

## Message

### Minister of State (Independent Charge) AYUSH



Government of India  
Ministry of AYUSH



**Sh. Shripad Yesso Naik**  
Hon'ble Minister of State (I/C)  
Ministry of AYUSH

It gives me an immense pleasure that Indian Menopause Society (IMS) is bringing forth its annual publication aptly titled "POISE". This magazine has been playing a notable role in creating awareness about valuable information on women mid-life health.

Women are the backbone of the social structure and play a pivotal role in shaping the family, society, nation and world as a whole. Health of women is of utmost important as they have several responsibilities both at social and domestic fronts. Women's health is bound up with social, cultural and economic factors that influence all aspect of their lives and consequences of poor health are borne by women themselves. The complexity of the multiple roles that women play increases as they enter mid-life, and their productivity as members of the society peaks at this time. Simultaneously, mid-life also brings its own set of challenges on the health front to the woman.

Alternative Therapies including Yoga can play a vital role in addressing and alleviating issues related to both the physical and emotional challenges of this phase. Yoga helps to restore a sense of equilibrium and physical well-being vital for the woman to face life with confidence and equanimity in her midlife and later years.

I am happy that a supplement on Yoga Protocol for 40 plus women prepared by Ministry of AYUSH has been included in this issue of POISE, systematically arranged considering the menopause health conditions. This Yoga Protocol offers minimally invasive solutions, for the entire spectrum of physiological and psychological challenges faced by women over the age of 40.

I thank and congratulate the entire team for their dedication and excellent contribution in compiling this magazine. I hope the magazine will be useful for women mid-life health. I also hope the partnership between IMS and Ministry of AYUSH will expand in the coming years to encompass various aspects of health of women. I wish IMS all the very best for future.

**Sh. Shripad Yesso Naik**

Hon'ble Minister of State (I/C), Ministry of AYUSH

## Message

### PRESIDENT IMS 2017-18

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Dr. Ratnabali Chakravorty

Let me share with you a personal emotion that got me involved into this unique organisation's activity. Since childhood, I loved my mother too intensely to believe she will pass her prime. As I grew up I saw my dream shattered. This personal helplessness urged me to ponder over ways and means to reset this conspicuous infirmity into a bright graceful existence. It led me to involve with this distinguished institution of which I have now become an integral part.

I sincerely express our indebtedness to two stalwarts Dr. R. Vaidya and Dr. U. P. Jha who had founded the Indian Menopause Society in the year 1995 at Mumbai. Since then, there was no looking back and the journey continues with 44 chapters established across the country. I also congratulate all past presidents and convey my heart felt thanks for trying so hard to reach the position where we are now.

Tackling menopause is truly a social activity and requires involvement of all. We need the help of our entire medical fraternity to whom we implore to contemplate the problem with more compassion. We also urge our fellow citizens to address the issue seriously for a great potential lies within the women-power that will remain under-utilised if we do not take remedial steps. Our Indian Menopause Society pledges to pursue this vision to extend our clinical service for the care of these suffering women.

At present our society has a strong position at International Menopause Society and SAFOMS. This is a result of concerted effort of all our previous office bearers who individually paved the way to newer possibilities.

Our on going catch phrase is New Mind-set. We wish to approach the issue of menopause holistically. I use the word deliberately because it has both a philosophical and a medical connotation. Holistic- philosophically means: characterized by the belief that the parts of something are intimately interconnected and to form the whole. In Medical parlance holistic approach is one that is focussed on treatment of the whole person, taking into account mental and social factors, rather than just the symptoms of a disease. We have also set for ourselves the tasks of statistically computing a macro-data base of the osteoporotic conditions in females post menopause and metabolic x syndrome of the same survey group collating hypertension, blood sugar and dyslipidaemia parameters. It will help in publishing the results nationally and internationally. We can inform and urge Ministry of Health & Family Welfare to take action in prevention of these diseases.

We have already approached the Government of India to help us spread our initiative. We would like to dream each and every primary health centre equipped with health care unit for women 40+ and the entire inhabitants becoming conscious of the problem that can lead to deterioration of quality of life for those unfortunate women who render so much to the society family and that they ought to lead a carefree life till the end. I am delighted and grateful that the Ministry of AYUSH has supported us with developing an entire protocol of Yoga for Women of 40 Plus age. This protocol figures as a supplement in this issue of POISE, making this truly a collector's issue.

I sincerely hope that these ideas will take shape consummately with your interactive opinions. Mind-set is the will to pursue a dream. As clinicians we can humbly emulate this spirit and spread our yearning to take up this issue at a social level and fight it out involving the entire humanity. I would like to quote the famous song of John Lennon and end saying :

*“You may say I'm a dreamer  
But I'm not the only one  
I hope someday you'll join us  
And the world will be as one”*

Dr. Ratnabali Chakravorty

## Message

### SECRETARY GENERAL IMS 2017-18

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Dear Friends,

Greetings from IMS,

It is my proud privilege to be serving this organisation as secretary general and I have been lucky to see the organisation flower out and grow in the most mature fashion. Thanks to all our past presidents and the present governing council for achieving this. It is your passion and dedication which has brought up the organisation to where it is today. Now we are looking at our social responsibility towards educating and empowering women to be able to handle their Midlife problems with greater understanding and passion.

Through this awareness they are also able to prevent a lot of long term implications and deal with others in a more stable manner. POISE magazine has been the tool through which a lot of information on mid life health is transported to the public. I congratulate Dr Anju Soni for taking POISE magazine to greater height and giving it wider acceptability. Looking forward to many positive outcomes.

Dr Pushpa Sethi

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## Message

### IMS ELECT PRESIDENT 2019-20

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Dear Friends,

Greetings from the incoming President !

It is with great enthusiasm and a sense of responsibility that I undertake the presidency of the Indian Menopause Society. As an active member of this society for many years, I have seen it grow immensely and shape into its current role. IMS has now become an important medium to bring awareness to women about health problems of mid life and to empower them to seek intervention for these problems and to connect the physicians with the community. This has been possible because of the vision of the pioneers and continuous efforts of each and every member of the society under the able guidance of the past presidents.

As I take over, my goal is to continue these efforts and stress upon a holistic approach to aging healthily and productively. Healthy aging means optimizing the physical, social and mental well-being as we age to take active part in the society and to maximize the quality of life. We will be focussing on public awareness regarding all these aspects of healthy aging by stressing upon life style modifications. An effort will be made to achieve this through a multi disciplinary approach keeping in mind the principle of compression of morbidity.

As Oscar wilde aptly puts it: "Die Young as late as possible"

My heartiest congratulations to Dr. Anju Soni and the POISE team their dedication, tireless efforts and excellent achievements. I wish them all the very best for future. Long Live IMS!

Professor Neelam Aggarwal

*"Be grateful that you don't have everything you want it means you still have an opportunity to be happier tomorrow than you are today."*





Dr. Ratnabali Chakravorty  
President IMS India, 2018-19

**R**ejuvenating Body  
ekindle Soul



# Indian Menopause Society

Theme 2018: **Menopause ....A New Mindset!**

Slogan: **Fit @ Forty, Strong @ Sixty & Independent @ Eighty**

## Indian Menopause Society

The Indian Menopause Society is multi disciplinary organization formed in 1995. It has 44 chapters and more than 3250 members in India. It is affiliated to the global organizations council of associated medical societies – CAMS, APMF & SAFOMS

The Indian Menopause Society is a national society committed to fostering the comprehensive well being of the mature & elderly Indian women. IMS conducts Public Forii at all Chapter levels, and publishes a health magazine POISE for Community. The society provides a common forum for medical and other interested health professional and people from all walks of life to work toward a healthy community. In this evolving field, IMS tries to keep the members updated by means of the IMS Journal – Journal of Midlife Health, Website and also conducts IMS Credential Exam and a Quiz for our young upcoming doctors every year.

Forty four affiliated Menopause Societies of Indian Menopause Society all over India conduct in addition to medical education programmes actively organize Public awareness Programmes, health camps at villages and free clinics under Midlife Health Charitable Clinic project (IMS Varishta Janaswasthya Yojana initiated last year).

The Themes for 2018-19 is “Menopause....A new Mindset!” and the focus is on Cardiovascular diseases , HRT & Life style Modification in Menopausal Women through Exercise, Meditation and YOGA.



आय.एम.एस.  
वरिष्ठ महिला स्वास्थ्य योजना

IMS Varishta Janaswasthya Yojana  
Midlife Healthcare Charitable Clinic-IMS-MHCC

On 5th of every month Members of Indian Menopause Society run Midlife Healthcare Charitable Clinic(IMS-MHCC)”. They offer Primary and Preventive Healthcare for OlderWomen free of charge. They volunteerto provide subsidies and freeships to poor and needy 50+ women and organize free camps for osteoporosis screening and cervical cancer screening



Indian Menopause Society- 44 Chapters

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