

Influence of Iyengar Yoga on the Bio-functional Age of Postmenopausal Women

NCT04705623

Status	RECRUITING
Phase	Not Applicable
Sponsor	Insel Gruppe AG, University Hospital Bern
Enrollment	72 participants

Key Eligibility Criteria

Inclusion (8)

- Informed consent
- Women after Menopause (defined as 12 months of spontaneous amenorrhea or 6 months of spontaneous amenorrhea with serum FSH levels ≥ 40 mIU/ml or 6 weeks postsurgical bilateral oophorectomy with or without hysterectomy)
- Age over 18 years
- At least 4 hot flushes per day (examined through the Menopause rating scale MRS-II)
- No regular yoga practice for two years
- ... and 3 more (see full listing online)

Exclusion (12)

- Acute and/or serious disease in the past two years (e.g. Cancer, major surgery)
- Autoimmune or chronic inflammatory disease (e.g. rheumatism, thyroid dysfunction)
- Mental illness (e.g. Depression or anxiety disorder (HADS ≥ 8))
- Acute or chronic back pain or herniated vertebral disc
- Compulsion to participate in the trial
- ... and 7 more (see full listing online)

Locations (1 total)

Dep. of Obstetrics and Gynecology, Bern University Hospital, Bern, Bern, Switzerland