Case Report

Improvement in Menstrual Duration and Flow in Hypomenorrhea Following Super Brain Yoga: A Case Report

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ABSTRACT

Hypomenorrhea, characterized by reduced menstrual flow and shortened duration, can affect reproductive health and quality of life. Non-pharmacological interventions such as yoga-based practices are increasingly explored for their role in regulating menstrual function. This case report describes a 26-year-old female with a 6-month history of scanty menstruation, presenting with regular cycles but minimal flow lasting one day. The patient was advised to practice Super Brain Yoga, consisting of 51 repetitions twice daily with synchronized breathing, for 5 months. Following the intervention, the duration of menstruation increased to three days, and menstrual flow improved to approximately two sanitary pads per day. No adverse effects were reported. The findings suggest that Super Brain Yoga may improve menstrual flow in functional hypomenorrhea, possibly through neuroendocrine modulation and stress reduction. Further studies are required to validate these observations.

Key words: Hypomenorrhea, Menstrual Disorders, Yoga, Complementary Therapies

Hypomenorrhea is a menstrual disorder characterized by a noticeable reduction in menstrual blood flow and/or a shortened duration of bleeding, occurring in the presence of otherwise regular menstrual cycles. Although often perceived as a minor variation, it may reflect underlying alterations in endometrial development or hormonal regulation and can have implications for reproductive health and overall well-being [1]. The etiology of hypomenorrhea is multifactorial, with contributing factors including hormonal imbalances, inadequate endometrial proliferation, thyroid dysfunction, nutritional deficiencies, excessive physical activity, and gynecological conditions such as Polycystic Ovary Syndrome. However, in a subset of individuals, no identifiable organic or endocrine abnormality is detected, suggesting a functional basis for the condition [2].

Functional hypomenorrhea is increasingly associated with subtle dysregulation of the hypothalamic–pituitary–ovarian (HPO) axis. This axis plays a central role in maintaining normal menstrual physiology through coordinated hormonal signaling. Psychological stress is known to influence this system by altering hypothalamic activity and disrupting gonadotropin-releasing hormone secretion, which may subsequently affect ovarian hormone production and endometrial response [3]. Such stress-related neuroendocrine alterations can manifest clinically as changes in menstrual flow or duration, even in the absence of overt pathology.

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Conventional treatment approaches for hypomenorrhea are largely centered on hormonal therapy aimed at correcting endocrine imbalances. While these interventions may offer symptomatic improvement, they are not always well tolerated and may not address underlying functional disturbances, particularly those related to stress and lifestyle factors [3]. As a result, there is a growing interest in complementary and integrative approaches that emphasize regulation of physiological processes through non-pharmacological means. Yoga-based interventions have gained attention in this context due to their potential to influence both psychological and physiological domains. Regular yoga practice has been associated with improvements in autonomic balance, reduction in perceived stress, and modulation of endocrine function [4].

These effects are thought to contribute to improved regulation of the HPO axis, thereby supporting menstrual health. Several studies have reported beneficial effects of yoga in conditions such as dysmenorrhea and premenstrual syndrome, although its role in addressing reduced menstrual flow remains less clearly defined [5]. Super Brain Yoga is a simple yet distinctive practice that integrates physical movement with ear acupressure, involving synchronized squatting and controlled breathing. It is proposed to facilitate neural activation, enhance coordination between cerebral hemispheres, and stimulate neuroendocrine pathways, particularly those involving the pituitary gland [6].

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Preliminary evidence suggests its benefits in improving cognitive function, attention, and emotional regulation [7]. However, its potential influence on reproductive hormonal balance and menstrual function has not been explored in clinical settings. Considering the close interrelationship between neural regulation, endocrine function, and menstrual physiology, it is plausible that practices such as Super Brain Yoga may have a role in modulating functional menstrual disturbances. Nevertheless, there remains a lack of clinical evidence examining its effectiveness in conditions like hypomenorrhea. In this context, the present case report aims to evaluate the potential role of Super Brain Yoga in improving menstrual flow and duration in an individual with functional hypomenorrhea, thereby contributing preliminary clinical insight into this underexplored area.

CASE PRESENTATION

A 26-year-old female presented with a chief complaint of reduced menstrual flow for the past 6 months. She reported regular menstrual cycles occurring at intervals of 28–30 days; however, the duration of bleeding was limited to one day with minimal flow, approximately one-fourth of a sanitary pad per day. There was no history of dysmenorrhea, intermenstrual bleeding, or passage of clots. The patient had no significant past medical or surgical history. There was no history suggestive of endocrine disorders like thyroid dysfunction or hyperprolactinemia, and no prior diagnosis of gynecological conditions, including Polycystic Ovary Syndrome. She was not on any hormonal medications or oral contraceptives. Her dietary habits were regular, and there was no history of excessive physical activity or recent weight changes. The patient reported experiencing mild psychological stress over the preceding months.

On general physical examination, vital signs were within normal limits. Systemic examination did not reveal any significant abnormalities. Menstrual blood loss was assessed using the Pictorial Blood Loss Assessment Chart (PBAC). The patient demonstrated a low PBAC score, indicating reduced menstrual blood loss, which supported the clinical diagnosis of hypomenorrhea.

Intervention

The patient was advised to practice Super Brain Yoga as a non-pharmacological intervention. The technique involves performing squats while holding the earlobes in a cross-handed manner with gentle but firm pressure, combined with synchronized breathing, inhaling during descent, and exhaling while returning to the standing position. The patient was instructed to perform 51 repetitions twice daily, in the morning and evening, preferably on an empty stomach. The intervention continued consistently for a duration of 5 months. No additional medications or therapeutic interventions were administered during this period.

Table 1 – Intervention Protocol

Component	Details
Intervention	Super Brain Yoga
Repetitions	51
Frequency	Twice daily
Duration	5 months
Additional Treatment	None

RESULTS

The patient followed the prescribed Super Brain Yoga practice regularly over a period of 5 months, with good compliance and no reported interruptions. Changes in menstrual characteristics were observed gradually over successive cycles. At baseline, the patient had markedly reduced menstrual flow, with bleeding lasting for only one day and minimal quantity, estimated to be approximately one-fourth of a sanitary pad per day. Despite the reduced flow, the menstrual cycle remained regular, occurring every 28–30 days. The pattern of bleeding was suggestive of significantly low menstrual blood loss, corresponding to a low PBAC range.

With continued practice of the intervention, a progressive improvement in menstrual parameters was noted. By the end of 5 months, the duration of menstruation had increased to three days. In addition, the quantity of menstrual flow improved to a moderate level, with the patient reporting the use of approximately two sanitary pads per day. The improvement in menstrual flow was consistent across consecutive cycles toward the later phase of the intervention, indicating a shift toward a more normalized menstrual pattern. The cycle interval remained regular throughout, and no new menstrual complaints such as dysmenorrhea, irregular bleeding, or clot passage were reported. No adverse effects or discomfort associated with the practice were noted during the study period. The patient reported subjective satisfaction with the outcome and perceived improvement in overall menstrual health. The comparative changes in menstrual characteristics before and after the intervention are summarized in Table 2.

Table 2 – Changes in Menstrual parameters before and after intervention

Parameter	Before Intervention	After Intervention
Cycle Regularity	Regular (28–30 days)	Regular (28–30 days)
Duration of Menstruation	1 day	3 days
Menstrual Flow	Very scanty (~¼ pad/day)	Moderate (~2 pads/day)
PBAC Score	Low (<20)	Improved (near-normal 50–80)
Associated Symptoms	None	None

DISCUSSION

This case demonstrates a significant improvement in menstrual duration and flow following regular practice of Super Brain

Yoga over a period of 5 months. The observed improvement may be attributed to neuroendocrine modulation, stress reduction, and improved autonomic balance.

Evidence from yoga-based interventions supports the role of mind–body practices in improving menstrual health. Studies have demonstrated that yoga can reduce perceived stress, regulate autonomic function, and positively influence endocrine parameters, leading to improvement in menstrual disorders such as dysmenorrhea and premenstrual syndrome [8]. Although direct evidence specific to Super Brain Yoga is limited, the convergence of neural, autonomic, and circulatory effects provides a plausible biological basis for its observed benefits.

Despite these observations, certain limitations must be acknowledged. This is a single case report, and therefore, the findings cannot be generalized to a wider population. The assessment of menstrual blood loss was based on patient-reported pad usage, which may be subject to recall bias and lacks objective precision. In addition, hormonal parameters and imaging studies were not evaluated, limiting the ability to correlate clinical outcomes with underlying physiological changes. Furthermore, the absence of a control group makes it difficult to attribute the observed improvements solely to the intervention. Future studies with larger sample sizes, controlled designs, and objective outcome measures are required to validate these findings and further elucidate the mechanisms involved.

CONCLUSION

Super Brain Yoga may improve menstrual flow and duration in functional hypomenorrhea. Further studies are required to confirm these findings.

Patient Consent: Written informed consent was obtained from the patient for publication of this case report and associated clinical information. Patient identity has been kept confidential.

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