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Effect of yoga on the menstrual pain, physical fitness, and quality of life of young women with primary dysmenorrhea

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1 **TITLE PAGE**

2 **ORIGINAL RESEARCH STUDY**

3 **Title of the article**

4 Effect of yoga on the menstrual pain, physical fitness, and quality of life of young women  
5 with primary dysmenorrhea

6 **Running title**

7 Effect of yoga on primary dysmenorrhea in young women

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