



IMPORTANCE OF YOGA FOR WOMEN'S HEALTH

Dr. ShobhaPramodShinde

Smt. C. K. Goyal Arts and Commerce College Dapodi, Pune 12.

Abstract :

This Paper Will Focuses On The Practices Benefits Theories Of Yoga And Yoga Can Signify Cuty Enhance Their Health. 5000 Years Go Back Yoga Is Realism Spiritual science comes From India. The Indian Guru Patanjali says In His Yoga Sutra, Yoga As The Control Of The Activities Of The Mind, And Physical Emotional, And Mental To The Spiritual Methods Includes Ethical Disciplines, Physical posture, Breath Control And Meditation. Yoga Is An Ancient System Developed Over The Centuries By The Sages of India. A training of mind body and spirit . For purification of soul and attaining oneness with the supreme consciousness . The goal of yoga is to calm the mind , better coordination of mind and body so we live a healthy life and experience spiritual growth . Nowadays women suffer many common and severe elements due to lack of exercise , healthy food and hygiene . Today's generation of women are busy with the hectic schedule. The present professional life they live is under a lot of stressful condition and they are lagging vital energy of mind . Today's women's play a role which is much more than a housewife's job or a mother and daughters extended role behind four walls . She takes an equal role in decision of her social , economical and political life .She is dynamic and uniquely influential part of our society one of the most important simple and effective act to the achieve their distress is yoga and perfection in every aspect of women's golden years of life and they have their unique challenges . Practice of asana improves flexibility , blood circulation , and healthy nervous system , it relaxes stress controls the emotions and help the body fully relax .The aims of yoga as always to maintain physical , mental and social health . Therefore teaching about bringing balance and harmony to life .Regular practice or certain asana provides the body with necessary strength to face the contractions to help easy recovery , restore energy level , speed , coordination fitness etc . Practice of yogic breathing helps body to ease in recovery. Asana helps to restore or monetize fiber and encourage a continuous supply of energy .

KEYWORDS : HELATH, YOGA BENIFITS , WOMENS ASANAS

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DR. SHOBHA PRAMOD SHINDE

Director of Phy.Edn.& Sports

SMT C.K. GOYAL ARTS & COMMERCE COLLEGE DAPODI, PUNE 12

INTRODUCTION :

Yoga is an ancient system developed over the centuries by the sages of India . Yoga focuses on concentrating the mind , body and spirit and fostering greater feeling , connections between the individual and the surrounding so that we live a healthy life and spiritual growth . The present paper focuses on the theories and practices of yoga for women's health . Women's body is fragile . All fat women's are sensitive and strong at the same time. One of the most effective way to achieve their desire is through yoga . The word "Yoga" comes from a Sanskrit word . It focuses on mind and the body . The yoga asana supports basic system of our body and boosts the immune system . Yoga has secondary goals such as , improving physical health and enhancing mental betterment , well being and emotional balance . A women's golden years of life has its unique challenges with age , yoga is said to be a group of spiritual practices which are ancient as well . The very best time to practice yoga is in the morning before breakfast on an empty stomach . The second time to practice yoga is in the evening during the early sunset . Yoga has beneficial effect on physiological actions it even improves blood circulation , it decreases blood pressure , improvement of excretory functions etc and biochemical actions like decrease in glucose sodium , keeps cholesterol in level , and many other to maintain physical and mental health . With a continue practice of yoga it teaches you about balance and harmony . Yoga teaches women's to accommodate the physical limitations in increasing age . Regular practice of certain asana provides the body with strength to contraction labor recovery speed and restore energy . Today's women's traditional role of being a housewife , mother or daughter is an extended role of social economic and political life . She takes an equal part in the society and every aspect of life .

POSES OF YOGA FOR BENEFITS OF WOMENS HEALTH :

Yoga is a complete exercise for the body and this is not possible with any other workout systems and it is highly recommended for women's to practice yoga .

Yoga science is a part of the technology it deals with creating pressure , stretching and flexibility and specific organs of the body and providing sufficient oxygen to different cells of the body.

1] YOGA HELPS TO GET RID OF TENSION AND STRESS :

The major benefit of yoga is that it reduces tension and stress . Yoga is important on breathing and meditation that helps to calm and make your mind peaceful , yoga moderates your body's typical response to tension or stress . Yoga controls your blood pressure and stress hormones and simply decreases your overall tension which can have a tremendous impact on your daily life .

Yoga also helps in disease management and preventing heart disease , it helps the immune system perform more effectively .

YOGA POSTURE :-

- 1] Sukhasan
- 2] Uttanasan
- 3] Standing forward bend [PrasaritaPadottanasan]
- 4] Rabbit pose
- 5] Vajrasan with eagle pose
- 6] Side stretch
- 7] Plow pose [Halasan]
- 8] Corpse pose [Savasan]
- 9] Child pose [Balasan]
- 10] Reclined bound asana pose[SuptaBaddhaKonasan]

2) BENEFICIAL FOR PREGNANCY AND NAURAL CHILD BIRTH :

Yoga is the most beneficial for pregnant women , pregnant women shall practice yoga before delivery to have natural delivery without any complications . However maintaining a good nutritious diet along with yoga help men and women to lead a healthy life .

- 1) Breathing into the side ribs 2) Suptabaddhakonasan
- 3)Kegals in in suptbadhhakonasan 4) Clam Shell Leg Lifts
- 5)Side Lying Leg Lifts 6) Lying Rotation Lift 7) Side Lunges
- 8)Virbhadrasana 9) Trikoasana 10) ArdhChakrasan

3) MAINTAIN FITNESS AND WEIGHT MANAGEMENT :

Regular yoga practices can improve your overall fitness and maintain a healthy weight ,

yoga strengthens bones and muscles enhances your balance, improve flexibility and greater range of motion which help the body against everyday injuries , women's who practice yoga daily tend to have lower body mass index and better control over their weight than those of them who don't practice yoga.

Begin your yoga exercise with these yoga asana for weight loss that will help burn fat , build up muscle , and give more flexibility to the body fitness .

- 1) Boat Pose 2) Extended Side Angle Pose
- 3) Four Limb Staff Pose 4) Pose Dedicated to Sage Marichi
- 5) Seated Forward Bend 6) Upward Plank Pose
- 7) Upward & Downward Facing Dog Pose8) Plank Pose
- 9) Weight Loss , Warrior 2 Pose(Virbhadrasana)
- 10) Warrior 3 Pose (Virbhadrasana-C)
- 11)Trikonasana (Triangle)12) Sarvangasan(Shoulder Stand]

4) REDUCTION IN PAIN :

Yoga is most helpful in managing pain caused by lower back or back pain and other types of chronic pain , arthritis , carpal tunnel syndrome , etc . Many yoga poses can target specific muscles and specific parts of the body that may need to be stretched in order to reduce pain.

Regularly practicing yoga can increase flexibility , reduce pain and overall prevent further injuries .

Poses i.e.: -Reduce all aches and pains with these relaxing postures.

- a) Pain Killers: Dog - Pose -Being in Downward facing.
- b) High Heel Pain : Standing Forward foldwith crossed legs.
- c) Headaches
- d) Back Pain : Toe Pose - Can help build Strength and Flexibility and Back pain .
- e) Carpal Tunnel Syndrome :Cow face pose . This syndrome causes tingling , numbness in hand and the wrist. This is a kind of injury difficult to avoid , poses like cow face can help get you back on track.
- f) Tummy Trouble : Reclined twist and upset stomach can be the unfortunate aftermath of spicy or exotic meal . Reclined twist gently massage your internal organ .
- g) Deep breathing dealing with chronic pain h) Hamstring stretch at the wall
- i) Adductor stretch at the wall j) Hip and Buttock stretch
- k) Groin stretch / pelvic floor relax position l) Hip flexor stretch
- m) Cobra pose n) Child pose

5) HELPFUL FOR REPRODUCTIVE ORGANS :

Yoga is really helpful for reproductive organs .

Camel pose ; Adjusts the reproductive organs and helps the women to remain fit and healthy .

Poses : Ujjayi Pranayama , cat pose , cow pose , AdhomukhSavasan , utthitatrikonasana , Anjaneyasana .

6) PROMOTES THE ENDOCRINE SYSTEM :

This system is very important as all internal hormonal secretions are controlled and secreted with the help of endocrine system . Yoga asana enhances and promotes this system.

poses : 1 plank pose , chaturangdandasan , upward facing dog pose , bhujangasan , uttarasan , marichyasana , baddhakonasana , nadishodhanpranayanam , sukhasana , savasan

7) IMPROVES METABOLISM :

Yoga stimulates thyroid & parathyroid glands and encourages metabolism , all yoga asana help for weight management and weight loss.

Postures :sukhasana , utarasan , suptavirasana , halasana , salmbasarvangasana , anjaneyasana ,pawanmuktasana , garudasana , salabhasana , dhanurasana

8) YOGA HELPS CURE MANY DISEASES :

Yoga does not only help in weight loss or weight management it helps cure disease and helps keeping women's tension free and happy . Yoga has great and positive effect on mind and it gives positive energy that results in eradicating depression .

Yoga can even help relive back pain and neck pain . Yoga is important stretching to the body muscles and body parts that will help you have great flexibility and keep your joints free. Asanas and meditation helps keeping diabetes and high blood pressure under control.

Posture to cure diseases or body issues :

- a) Thyroid : Halasana (PloughPose) : Gives Compression to the neck and stimulate thyroid glands.
- b) Matyasana :Fish Pose : provide adequate stretching triggering the thyroid gland .
- c) Dhanurasana : Bow Pose : helps in galvanizing reproductive organs.
- d) Bhujangasana : Cobra Pose: helps in activating ovarian functions.
- e) Shishusana : Child Pose : can helps you straighten your vertebra.
- f) AdhomukhaShivasana : Dog Pose : improve flexibility ofthe body and stretches the spine.
- g]Supt Matsyendrasana:Lower back pain.
- h) Vrikshasana :tree Pose: helps in balancing the spine and body.

- i] Ardhamatsyendrasana:Half Spinal Twist: To control body sugar level.
- j] Chakrasana : Wheel Pose : Helps people suffering in diabetes.
- k] Apanasana : Knee to Chest Pose : this pose helps in solving constipation , Indigestion , bloating and acidityit is beneficial for digestion and helps removing toxic substances from the body.
- l] Paschimottasana : Seated forward Bend Pose: Helps in digestion
- m] Padmasana : Lotus Pose : Relaxthe mind and alleviates headaches .
- n] Sirsasana : Head Stand : " King of All Asanas" it increases blood flow in the brain.
- o] ArdhaBhekasana : Half Frog Pose : helps in the ones going through lives issues.
- p] Parighasana : Gate Pose : Beneficial for liver ailments.
- q] BaddhaKonasana : Bound Angle Pose: Helps to fight depression.
- r] Sukhasana : Easy Pose : Helps Mind Alleviatethrough depressing thoughts.
- s]Naukasana : Boat Pose : Strengthens and stimulate the abdominal organs, improves digestion and alleviates stress.

CONCLUSION

Due to modernization there is lack of time and social thoughts . Today's women's have no time for performing yoga practices which are very important for women's health .

Teenage years shapes the entire life time of young girls as they tend to undergo important changes in overall internal and external body and mind this is the ideal period to begin the practice of Yogasanas , meditation and Pranayama . It not only help develop a healthy body and menstrual cycle but it also helps psychological changes , curiosity , fear . Regular yoga practices helps developing muscle strengths , flexibility , reproduction organs and avoid obesity and balance the hormones.

Middle age for a new set of physical change in a women , yoga will help to maintain physical , mental and emotional health specially yoga , Pranayama and meditation during the menopause phase , yoga helps to internally balance the hormones , control weight , avoid thyroid , and have a healthy digestive system .

Women's changing needs in each phase of life helping her to achieve peace of mind and controlled body .

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