



## YOGA BENEFITS FOR WOMAN

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### **Abstract -**

*Yoga & Ayurveda* are allied science. The changing concept of life & modernity, urbanization & industrial development in modern world have entirely changed. *Yoga & Ayurveda* are not only allied disciplines but are complimentary to each other. It is most appropriate to consider *Yoga* as a branch of *Ayurveda*. *Ayurveda* is the complete science of life & is supposed to safeguard *Arogya* i.e. health in all its dimensions. Application of the science of *Yoga & Ayurveda* in the social & personal life of a common man. In day to day life woman can part time housewife & part time working woman so that in there busy schedule they can't do any other activities like *Pranayama, Yogasanas, Dhyana, Dharna* so that so may disease like HTN, hypothyroidism, obesity, DM, PCOD are attack the woman's body. And woman recovery period increases.

Key word – *Ayurveda, Yoga, Woman*

### **Introduction –**

*Yoga* is an ancient sport to unite the Body , Spirit, and Mind. The word *Yoga* in *Sanskrit* refers to unity, communication and integrity. *Yoga* was originated in the ancient India and became popular in the West. It is known to as all the that *Yoga* is a traditional Indian philosophy which unites physical & mental health.

*Yoga* means union in *Sanskrit*, which is the language of ancient Indian where it is believed that *Yoga* originated. This union is said to occur between the Mind, Body, & Spirit. We define *Yoga* as a discipline that focus is on the body's posture musculature, breathing mechanism & consciousness.

Lifespan of women have lower death rate & longer life span than men & on average live 5 years longer. Nature of females are less aggressive than males. So that regular practice of *Yoga* can help to build the body and its posture for long time. Woman suffers so many changes in their life like menstrual phase, pregnancy, menopausal phase, old age.

### Materials –

Journals

Articles

Classical text books like *Charak Samhita*, *Asthang Sanghrha*,

### Observation & Discussion –

A) *Yoga* for young girls-

6-12 yrs – kids

13-17 yrs – teenagers

In this age groups they live in a 'hurry – up – world' and their parents are busy in work, school/ college pressure, highly competitive environment, sedentary lifestyle, diet mostly unhealthy fast food. In this age group developing muscles & bones, pre teens & teens undergoing rapid physical & physiological changes, poor body image. So that *Yoga* helps to physical, physiological, psychological benefits like better growth & physical development, create body awareness & healthy eating habits, boost self confidence, stress relieving, overall feeling of well – being.

### B) *Yoga* for Working Woman –

Working woman wakeup early in morning , coking, children care, office work in day to day life . So that some women suffering from hypertension – blurred vision, fatigue, chest pain, headache, palpitation. Insomnia , Back ache- upper lower middle backache , mild to sever. Obesity – breathlessness, snoring, joint pain, increased sweating. Polycystic ovarian syndrome – menstrual disturbance Androgen level increases. so that Aasanas helps switch on the parasympathetic nervous system and turn off the sympathetic nervous system.

### C) *Yoga* in pregnancy –

In pregnancy some common complaints like morning sickness, backaches, heartburn, breathlessness, hormonal changes & imbalance, weight gain & oedema. In prenatal *Yoga* helps to encourage gently stretching, focus on breath to relax the mind, emphasizes good posture, strengthens & condition the vital muscle groups to easy pregnancy, labor & recovery.

Benefits of *Yoga* during pregnancy helps quicker muscle recovery after childbirth, decreases lower back pain, nausea, carpel tunnel syndrome, headache, & shortness of breath.

During pregnancy take precautions like inversions, deep twists, deep forward bends, hot *yoga* & power *Yoga*, extreme backbends, over exertion.

### D) *Yoga* for Menopause -

In menopause signs and symptoms are depression, mood swings, weight gain, hot flushes vaginal atrophy, menopausal syndrome. *Yoga* postures like inversion process helps us to accept the changes more openly.

### E) *Yoga* for old age women –

Age group of the old age varies from 60 & above. In this age physiological changes occur in body as a natural part of aging. Some diseases & condition become more prominent in the elderly. Psychological

issues can also play a role in physical & mental health. A balanced diet & regular exercise helps influence the well being of an individual.

Table no 1.

<i>Yoga for</i>	<i>Common ailments</i>	<i>Aasanas</i>	<i>Physical benifites</i>
Young Girls	Unhealthy fast food , busy parents	All <i>Aasanas</i>	Stronger flexible bone, boost self confidence, stress reliving
Working Women	Hypertension, Insomnia, Back Ache, Obesity, PCOS	<i>Badhkonasana</i> , <i>Paschimottanasana</i> , <i>Nadishodhana</i> , <i>Veerasana</i>	Switch the parasympathetic nervous system, used to fight-or-flight stress response
PCOS	-	<i>Suptavirasana</i> , <i>Upavishtakonasana</i> , <i>Prasarita</i> <i>padottanasana</i> , <i>Savasana</i>	Weight loss, relives stress improves blood circulation,
Pregnancy	Breathlessness , backache, weight gain, constipation, PTSD	Seated twist, <i>Utkatasana</i> , Bridge Pose, Warrior Series, Cat- Cow	Quicker muscle recovery after childbirth, Strengthens muscle for easier labor,
Menopause	Depression , mood swings , Hot flushes ,	<i>Pranayama</i> , <i>Bandhas</i> , <i>Mudras</i> , <i>Savasana</i> &	Calms mind, relaxative technique

	Vaginal atrophy, Weight Gain	<i>Yoga Nidra,</i> <i>Sarvangasana,</i> <i>Chkrasana</i>	
Old Age	Arthritis , DM, HTN, Osteoporosis, Alzheimer or Parkinson's	<i>Sukshma Vyayama,</i> <i>Bhujangasana,</i> <i>Balasana,</i> <i>Ushtrasana,</i> <i>Pranayama</i>	

## CONCLUSION -

### Benefits of *Yoga*-

- 1) Massage all body organs
- 2) Increases lubrication of ligaments, tendons & joints.
- 3) Increases flexibility
- 4) Increases muscle strength & tone
- 5) Cleanses the body
- 6) Improves respiration, energy & vitality
- 7) Protects from injury
- 8) Decreases anxiety, depression, & stress
- 9) Improves posture

### Precautions –

Injuries may occur from doing *Yoga* in a harmful way.

- \* Straining to do poses & breathing techniques
- \* Breathing in stale air while doing poses & breathing techniques

- \* Doing *Yoga* right after eating
- \* Competing with someone
- \* Doing *Yoga* fast in a heated environment
  - *Yoga* discourages anything harmful, unnatural , or competitive so if you don't feel comfortable , don't do it!

## SUMMARY

Yogic practices of *Shatakarma, Asana, Pranayama, And Dhyana* support & nurture the overall health of women from childhood to old age.

Many lifestyle issues that lead to lifestyle chronic disease are also resolved through regular *Yoga* practices. The primary of these being stresses.

Stress at any age affect the mind body complex negatively & is the root of all health disorders in one way or another.

*Yoga* provides a way for us to relieve ourselves of stress. A positive lifestyle with regular practice of *Yoga* can ensure that people can live healthier & happier lives without the onset of disease & degenerative ailments.

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