



## MODERN WOMEN'S ON STRENGTHEN THROUGH YOGA

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### ABSTRACT

Yoga accepts the challenge of modern day health problems based on the vivid scientific explanation derived through research studies. Hence yoga as a great tool for the physical, mental, emotional and spiritual upliftment of human being has been widely practiced. This paper will highlight the yoga for women through the practice of yoga and how yoga can significantly enhance their health. Yoga is a spiritual science of self-realization. It comes from India and goes back over five thousand of years. The Indian sage Patanjali, in his yoga sutra defines yoga as the control of the activates of the mind; yoga methods encompass the entire field of our existence, from the physical, emotional and mental to the spiritual, Its methods include ethical disciplines, physical postures, breathing techniques as well as meditation. Today's women are is much more than her traditional role of a Daughter, Housewife, and Daughter in law, Mother, Mother in law and Grandmother. Depression is the most common enemy of a women whether working or a house wife. We may think housewives are having a nice time, but they may be experiencing more problems staying at home, At times, women may feel frustrated, hopeless and trapped in the monotonous daily routine. However, most of the depression and stresses of life can be avoided with regular exercise more awareness.

**KEYWORDS:** Spiritual Science, Self-realization, Emotional, Depression, Monotonous.

### INTRODUCTION

Yoga practicing regularly can prove very beneficial for women. Yoga can provide innumerable benefits to women like improving reproductive system, Obesity problems, in fertility, Premenstrual Tension, thyroiddiseases, infections, Menopause, helping in natural child birth, health recovery after child birth, giving complete workout to the body.

Yoga practice provides natural relaxation which is not available with any other exercise. Yoga exercises stimulates all the body organs and endocrine glands,. Specific yoga exercise can help with pregnancy and subsequent recovery postpartum.

Yoga also boosts immune systems to ward off autoimmune diseases like arthritis and fibromyalgia for with there is no permanent cure available in allopath.

Best option is to start yoga when we are youth and healthy. Yoga has potential to prevent most of the health conditions described above. In case you are suffering from any ailment, **yoga exercises for women helps to handle it better and make life easier.**

### ADOLESCENCE PERIOD

Yoga is highly recommended for women in their adolescence. This period shapes the entire life time of young girls as they undergo major changes in their body and mind. Various Asanas of yoga are



designed for women at this state to ensure they adapt to these multiple changes easily and painlessly. The practice of Pranayama and meditation help calm the restless, fearful and confused teenage mind.

Asanas such as Dhanurasana and Vajrasana are among those asana that are ideal for women to help them develop a regular and healthy menstrual cycle.

### **BENEFITS FOR YOGASANA ESPECIALLY FOR WOMEN**

Yoga for women on both the mind and body. It makes strong both physically and emotionally to handle the challenges of life. Yoga practice provides natural relaxation which is not available with any other exercise. Yoga exercises stimulate all the body and endocrine glands. Asanas give a complete stimulate the entire body and this is not possible from any other workout system. It enhances the internal organs by providing sufficient oxygen to different cells of the body.

### **REGULATES THE ENDOCRINE SYSTEM**

The endocrine system includes all of the glands in the body, The proper functioning of the endocrine system is absolutely critical to fertility. Scientist and doctors are continually discovering additional ways in which the endocrine system impacts and controls key aspects of the reproductive process. A few glands such as the ovaries and thyroid gland have for a long time been clearly implicated in fertility problems. If they are not working properly, the ovaries may not be ovulating at all. Yoga is innately designed to work on the endocrine system.

### **STIMULATES THE REPRODUCTIVE SYSTEM**

Yoga poses which have the specific effect of bringing extra blood flow to the abdominal area, providing additional stimulation for the ovaries, uterus and other abdominal organs.

### **IMPROVES THE METABOLISM**

“Shoulder stand” stimulates thyroid and parathyroid glands and encourages metabolism. All the yogic asana are good for weight loss. It is never too late or too early to start yoga. Start slow and stretching asana.

### **STRESS**

Relieving stress and discomfort during menopause period. Yoga gives better and sound sleep and relieves stiffness, fatigue and weakness in our body.

### **COMMON GYNAECOLOGICAL PROBLEMS**

Recently a problem about gynecological disorders among women has increased sharply. Issues related to PCOS (polycystic ovarian syndrome), uterine prolapse, endometriosis and infertility have become common among women, Some of the common causes contributing to these problems are stress, unhealthy eating habits, lack of sleep and exercise. With various yoga asana the body can its balance between the mind and body, and eliminate most of the problems.

### **HELPS FOR NATURAL CHILD BIRTH**

Women who attend yoga practices during pregnancy can help to give birth to a child naturally and without any complications.

### **FITNESS**

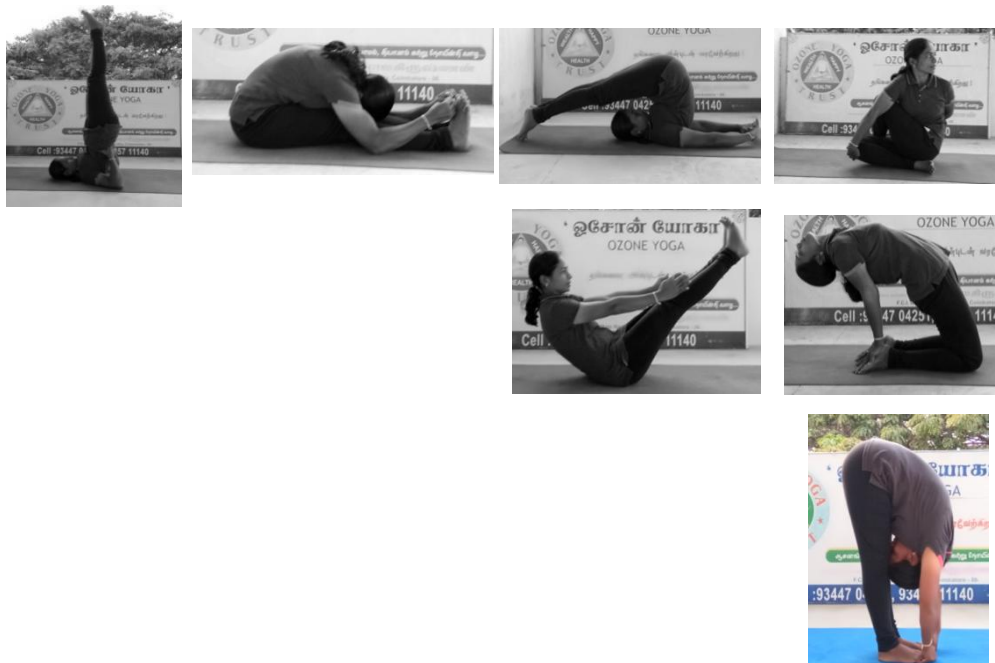
Practicing yoga can improve fitness and maintain a healthy weight. Properly executing yoga poses strengthens our bones and muscles, enhances balance and flexibility and protects our body against everyday injuries. Women who practice yoga tend to have lower body mass indexes.

**MENOPAUSE**

Menopause brings about lot of physical and emotional changes in women. During the yoga practices these changes can be endured better by adopting a healthy life style or a new mission in life.

**Sarvangasana, Patchimothanasana, Halasana, Artha Machendrasana, Padhahastasana, Chakarasana, Dhanurasana, Boat Pose (Navasana), Ustrasana, Trikonasana, Vakarasana. Vajrasana, Cat Pose, Artha Sirasasana, Bridge Pose, Bhujangasa.**

**BEST YOGA POSTURES FOR WOMEN**



**CONCLUSION**

Many Experts have recommended yoga for women to help them successfully cater to the multiple demands on their time. Yoga practicing regularly will ensure that women develop muscular strength, avoid obesity and develop healthy reproductive organs by keeping their hormones in balance.

A daily yoga Routine can be modified and adapted to suit a women’s changing needs in each phase of life, helping her to achieve peace of mind and bodily poise.

Regular Yoga practice modified to our body, **Cleansing \* Strengthening \* Maintaining.**

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