Empowering Indian women health through yoga

Urvashi Kodli

Abstract
The Indian women are considered as the perfect home maker in the world. They are also over worked in the field to give economic support for their families as well as complete all the domestic work to play her role perfectly she need a balanced health which means physically, mentally spiritually emotionally & intellectually well being for this women can empower her health through Indian traditional way of extruding that is ‘Yoga’ Good health enables women to enjoy the life & to have opportunity to achieve the goals have set for themselves the yoga is very important in every woman’s life it facilitates empowered health & it can cure acute & chronic diseases & ailments such as Diabetes, blood pressure back ache, head ache Arthritis, obesity etc & yogic activities are very helpful during pregnancy for easier child birth, it also helps to cure menstrual cycle problems of women, yogic activities should do under the supervising of experts in favorable environment.

Keywords: Empowering, women health, yoga

Introduction
India is a one of the few countries where women enjoy a comparatively better status than many women in other parts of world. They are worshiped in the names of Goddess Saraswati, Goddess Durga, Parvati, & Goddess, Kali.
The Indian women are considered as the perfect home maker in the world. They are completely devoted to their families. Indian women suffer immensely they are responsible for bearing children though they are malnourished & in poor health. Women are also over worked in the field as well as complete all the domestic work. Women do the majority of the manual labor work that uses a lot of energy compared to the men. Because of this she should be very heal they. Heal they means not only merely absence of diseases but also physically, mentally, emotionally, spiritually & socially well-being.
Good health enables women to enjoy the life & to have opportunity to achieve the goals they have set for then selves. The real purpose of the health is to develop & maintain vigour & vitality to acquire interest habits in ways of living, that are wholesome & to meet the demands put upon the individual efficiently with energy & satiation.
Now a days the people are promoting their health through gym training, through aerobic classes etc. these forms & physical exercises assure only physical well-being. They have little to do with development of the spiritual body. Being physically fit does not mean good health. To be healthy one should be physically, mentally, spiritually & intellectually & socially well-being these can be attained through Indian traditional way of preserve the health.
The word ‘yoga’ has been derived from the Sanskrit root ‘yuj’ which implies a yoke or harness, invoking the nation it is also means ‘to add, Join, merge, integrate or unite’ Yoga means “the integration or union of the soul with the greater soul”.
Yogic activation help much in making one’s body healthy stronger & disease free. All the senses & systems of the body get sufficient energy for their effective functioning through the performance of these activities. Yogic Sadhana & activities especially the shatkarmas help much in the cleanliness & purification of inner parts & systems of the spray of water, disinfectant & Soap. The other parts in the name of yama, Niyama & party hare then help in purification of thoughts & feeling besides disciplining & controlling the in tellect & emotions.
In this way yoga can be termed as the way & means of helping an individual to reach at the maximum interims of his physical, mental & spiritual gains, to live a happy, well consented & peaceful life having perfect harmony with the self & others.
Objectives of the study
1) To highlight the women health in India.
2) To study the importance of women being healthy.
3) To study importance of practicing yoga in women’s life.
4) To study the importance of yoga on woman’s health.

Women health in India
India is one of the few countries in the world where women & Man have nearly the same life expectancy at birth. The fact that the typical female advantage in life expectancy in not seen in India suggests there are systematic problems with women’s health. Indian women have high mortality rates, particularly during childhood & in their reproductive years the health of Indian women is intrinsically linked to their status in society.
Indian women have low levels 7 both educations formal labor force participation. They typically have little autonomy, living under the control & first their fathers then their husband & finally their sons & all these actors exert a negative impact on the health status 7 Indian women.
In working women is case, striking the night balance between work & home has always been a challenge for working woman this daily “multi-tasking” is taking a toll on their health. These women suffered from life style, chronic & acute ailments such as object, depression, chromic backache diabetes, hypertension, high cholesterol, heart & kidney diseases, Arthritis etc.
It women not be an exaggeration to say that Indian working women are one of the busiest soul on earth. It is good to be in a country with strong culture traditional values still being followed.

Importance of Women being healthy
The women heath should be healthy to handle the daily family tasks, to give attention towards her children health, education & career. A sick women can’t take care for her child or family. If women is in a joint family, every day she has to play multidimensional role like mother, sister, wife etc. to play multidimensional role she must be healthy. If she is not healthy she cannot handle her responsibilities in proper manner, in satisfactory level & she will get stressed, she will discouraged & feel weak herself but she can’t avoid or neglect any of her responsibilities.
Poor health has repercussions not for women but also their families. A women’s health effects the household economic wellbeing, as a women is poor health will be less productive in the Labored force.
The problem with most of the Indian women are they does not give much importance for their won health. She concentrates on various issues of her family member’s but not on herself. Now a day’s all women are plying dual roles such as hoarer holder as well as working outside to support economically her family; to balance this multitask she needs cool & calm mind, physically fit body, emotionally strong (well-being) spiritually & intellectually developed personality.
Over all she needs a balanced health which makes her a perfect women.

Importance of Practicing Yoga in Women’s Life
Yoga is not a religion it is a way of living whose aim is “a healthy mind in a healthy body”. Man is a physical mental & Spiritual being Yoga helps to promote a balanced development of all the the. Other forms of physical exercises like aerobes, assure only physical well-being. Fuey have little to do with the development of the spiritual or astral body.

Yoga facilitates the following
- Yoga Practical helps women in the proper regulation of her blood pressure & heartbeat.
- Yoga activities helps in regulating & controlling the functioning of all the glands including the ductless glands.
- Yogic activities makes to enjoy a sound sleep, help in gaining normal weight & getting increase the power of endurance & energy level.
- These helps in having increased immunity power & keeping her body disease free by not allowing the form fall & disease spreading material a cumulating in her body.
- The yogic activities not only prove as strong deterrent for the prevention of the various bodily ailments & disease but also provide valuable solutions for their proper cure & treatment. For example it has been a matter of aide experience that yogic activities provide substantial care & treatment in the cases of arthritis, back paint & osteoporosis, high & Low blood pressure, diabetes & headaches, heart discuses etc.
- Yoga provides immense help in doing away with the physical & stamina for living a happy. Harmonious & longer life free ailments & diseases.
- Yoga sadhana provide her the desired ability & strength for exercisity desirable control aver her senses, emotions & gratification of desires & fluctuations of the mind.
- It makes an individual relatively a calm & cool perform free from any censual anxiety depressing & fluctuation of mood or temperament.
- Yogic sadhana helps an individual in a big way for remaining away with detrimental personal characteristics such as censual anger & other negative emotions like jealousy envy heatedness enormity etc.
- Yogic sadhana activities helps an individual to exercise proper control over the expression of her emotions & maintaining desirable emotional balance & equilibrium in her personal & social conduct.

Hence it is not an exaggeration that yoga strengthens the body calms her emotions tens up the internal organs & builds up the capacity to endure pain, by training the mind.

Impact of yoga on women’s health
The greatest pleases & happiness for a women les in her healthy & disease free body & mind. It is quite infatuate for her that in the ultra-modern brilliance of the present age, she is suffering from the living style & she is paying a have price for it in the form of getting eviction of the various physical & Mental elements. In this situation she can be helped a lot if she try to adopt & practice the yoga activities & therapy for to adopt & practice the yoga activities & therapy for this purpose. Many for our physical & mental ailments & discuses may be property prevented as well as cured through the yoga are as follows.

Diabetes
The excessive acclamation of sugar in the blood due to malfunctioning of pancreas.
Yoga can be effective supplement to diabetes treatment. It helps in controlling the blood sugar level by helping pancreas to produce more in sulin.

**Yogic Cure**
- The beginners should practice the Jalaneti Kunjala kriya followed by kapalabhati, Nauli & Bastikniy.
- Afterwards she should adapt in her daily practice the pranayama like bhastrika pranayama nadi sreedhan pranayama & Vijjai pranayama.
- After she may practice saunas like Ardhamat syendrasana, paschimothenasan, dhanurasana, mgyarasana, halasanal, Vajasana, Naukasana, shavasana, suryanamaskar. And follow the clattery food.

**High Blood Pressure**
It is the pressure of blood against the artery walls higher than the normal. It is caused due to mental tension, nervousness, depression, fatigue, weakness etc.

**Yoga Cure**
- Practice the kunjala Kriya, Kapalbhati, Nelti & Enema do regular morning & Evening walk at least for 30 minutes.
- Practice the pranayama like sheetali, sheetkari, Bharamari, Ujjayi etc.
- Practice asanas like Pavanamcektasana, Uttanapadasana, Vajasana, Gomuklassana, Trikonasana, Tadasana & Relaxing postures & asanas like shavasana.

**Arthritis**
- A disease of joints caused by deficiency of calcium, by malnutrition by obesity, physical tress tec.
- Yogi cure: - the Yogi activities relax the practitioners & Keep them moderately active do that their joints do not become stiff.
- Practice jalanet, Kapalbhati, suryabhedi & Nadi shodhana pranayama.
- Practice the suryanamaskara, Trikonasana, Gomukhasana, Vrikshasan, Natrajasana, Halasana.

**Back Ache**
- Caused due to bad setting possession trees lack of exercise, overweight etc. yoga stent hens
- Practice the Rechaka & Puraka Pranayama
- Practice the asanas like: Pawanamuktasana, Bhujangasana, Uttanapadasana, Shalbhasana & Shavasana.

**Headache**
- Caused by indigestion, Sinus, eye pain, high or low blood presser, phucholical disturbances etc.
- Yogic care:- Practicing of the yoga activities work forwards reducing chronic headaches. By calming one’s mind.
- Practice the shut karmas like sutraneti, Jalaneti, Keenjala Kriya, Enema with like warm water.
- Practice the deep breaking exercise & meditation.
- Practice the Pranayama like Reghaka, Puraka pranayama, Bhramari & Shitkari Pranayama.
- Practice the asanas like: Pawana muktasana, Vajrasana, Bhujangasana, Shalbhasana, Sarvangasana, Suryanamasjakar & Shavasana.

**Obesity**
Accumulation of excessive fat around the body, caused by over by eatery, lock of exercises, disorders of thyroid gland, Diabetes, Anxiety, stress and anger etc.

**Yogic Cure**
- Practice the shatkarmas like kunjala Kniya,Enema Nauli, Kapalabhathi,
- Practice the Pranayama like: Bhashnka & Bahya Kumbaka.
- Practice like asusa like: Surya Namaskara, Katicha Krasana, Hasta Uttana padasana, sarvangasana, Halasana, Naukasana, Dhanurasana, Shavasana etc.

**During Pregnancy**
During pregnancy which women are battling mood, swimming levels fatigue & sickness, painful leg cramps & breathing problems yoga exercises, techniques & postures ease all such conditions ensuring a period of relived mine months followed by an easier labor and smooth delivery.

**Yogic Cure**
- Practice the asana like vakrasana, Utkatasana, Konasana, Hasta padangustogana, Bhadrasana, Parvatasana, 
- Practice the pranayama :Ujjain, Nudishodhana, Dirgha pranayana, Anuloma, Vilma Pranayama.

**Menstrual Problems**
During menstrual cycle women around world put up with a abdominal and pelvic pain which may also spread to the rower back & things. Vomiting headache, fatigue, dizziness are a few other problems. Yoga strengthens the body physically & aids in alleviating pain cared due to menstrual cramps.

**Yogic Cure**
- Practice the saunas like: suryanamaskar, Dhncerasana, Ardhachakrasana, purnachakarasana, Uttanapada – Chakrasana, Sarvangasana, Halasana, Matsyasana, Ardhamatsyendrasana, Bhijangasana, Paschimothanasana.
- Pranayama:- Kaplabhat, Nadishodhana, Bhramari, Ujjayi.

**Note:** The be grimmer should practice all the yogic activities under the expert supervision, in favourable conditions & in favorable environment.

**Conclusion**
For Indian women to perform their multidimensional role, they should be empowered with the health & this status of health can be achieved through daily practicing of the yogasana, Pranayana, Meditation & shutkarmas which helps to promote a balanced development of physical, mental, emotional & spiritually well-being. Yogic exercises recharges the body with cosmic energy which helps to attainment of perfect equilibrium & harmony, it promotes self-heading & removes negative blocks from the mind & foxiness from the body & enhasional power, increases self-awareness.

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