



# International Journal of Physical Education, Sports and Health

P-ISSN: 2394-1685  
E-ISSN: 2394-1693  
Impact Factor (ISRA): 4.69  
IJPESH 2016; 3(2): 494-497  
© 2016 IJPESH  
www.kheljournal.com  
Received: 27-03-2016  
Accepted: 30-04-2016

**Urvashi Kodli**  
PCI Govt. First Grade College,  
Manhalli Bidar-585403,  
Karnataka, India.

## 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 & cronic diseases & ailments such as Diabetes, blood pressure bach ache, head ache Arthritis, obesity etc & yogic activities are very help full daring 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, Godess 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 goods they have set for then selves. The real purpose of the health is to develop & maintain vigoar & 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 greeter 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.

**Correspondence**  
**Urvashi Kodli**  
PCI Govt. First Grade College,  
Manhalli Bidar-585403,  
Karnataka, India.

### 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 is 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 India women is intrinsically linked to their status in society.

Indian women have low levels of both education and formal labor force participation. They typically have little autonomy, living under the control of first their fathers then their husband & finally their sons all & these factors exert a negative impact on the health status of Indian women.

In working women's case, striking the right balance between work & home has always been a challenge for working women. This daily "multi-tasking" is taking a toll on their health. These women suffered from life style, chronic & acute ailments such as obesity, depression, chronic backache, diabetes, hypertension, high cholesterol, heart & kidney diseases, Arthritis etc.

It would not be an exaggeration to say that Indian working women are one of the busiest souls 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 should be healthy to handle the daily family tasks, to give attention towards her children health, education & career. A sick woman can't take care for her child or family. If a woman is in a joint family, every day she has to play a multidimensional role like mother, sister, wife etc. to play a multidimensional role she must be healthy. If she is not healthy she cannot handle her responsibilities in proper manner, in a satisfactory level & she will get stressed, she will be discouraged & feel weak herself but she can't avoid or neglect any of her responsibilities.

Poor health has repercussions not only for women but also their families. A woman's health affects the household economic wellbeing, as a woman's poor health will be less productive in the labor force.

The problem with most of the Indian women is they do not give much importance for their own health. She concentrates on various issues of her family member's but not on herself. Now a day's all women are playing dual roles such as homemaker as well as working outside to support economically her family; to balance this multitask she needs a cool & calm mind, physically fit body, emotionally strong (well-being) spiritually & intellectually developed personality.

Overall she needs a balanced health which makes her a perfect woman.

### 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 these. Other forms of physical exercises like aerobics, assure only physical well-being. They 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 help in regulating & controlling the functioning of all the glands including the ductless glands.
- Yogic activities make to enjoy a sound sleep, help in gaining normal weight & getting an increase in the power of endurance & energy level.
- These help in having increased immunity power & keeping her body disease free by not allowing the germ fall & disease spreading material accumulating in her body.
- The yogic activities not only prove as a 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 experience that yogic activities provide substantial care & treatment in the cases of arthritis, back pain & osteoporosis, high & low blood pressure, diabetes & headaches, heart diseases etc.
- Yoga provides immense help in doing away with the physical & stamina for living a happy, harmonious & longer life free from ailments & diseases.
- Yoga sadhana provides her the desired ability & strength for exercising desirable control over her senses, emotions & gratification of desires & fluctuations of the mind.
- Yoga activities help the women to imbibe the spirit of self-awareness, confidence & strength, self-discipline & intrinsic motivation, self-acceptance & self-activation etc. for seeking the maximum self-development & enhancement.
- It makes an individual relatively calm & cool, free from any sensual anxiety, depression & fluctuation of mood or temperament.
- Yogic sadhana helps an individual in a big way for remaining away from detrimental personal characteristics such as sensual anger & other negative emotions like jealousy, envy, heatedness, enormity etc.
- Yogic sadhana activities help an individual to exercise proper control over the expression of her emotions & maintaining a desirable emotional balance & equilibrium in her personal & social conduct.

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

### Impact of yoga on women's health

The greatest pleasure & happiness for a woman lies in her healthy & disease free body & mind. It is quite infatuated for her that in the ultra-modern brilliance of the present age, she is suffering from the living style & she is paying a heavy price for it in the form of getting evicted of the various physical & mental elements. In this situation she can be helped a lot if she tries to adopt & practice the yoga activities & therapy for to adopt & practice the yoga activities & therapy for this purpose. Many of our physical & mental ailments & diseases may be properly prevented as well as cured through the yoga as follows.

### Diabetes

The excessive accumulation of sugar in the blood due to malfunctioning of the pancreas.

Yoga can be effective supplement to diabetes treatment. It helps in controlling the blood sugar level by helping pancreas to produce more inulin.

### Yogic Cure

- The beginners should practice the Jalaneti Kunjala kriya followed by kapalabhati, Nauli & Bastikniys.
- Afterwards she should adapt in her daily practice the pranayama like bhasrika pranayama nadi hsohdhan pranayama & Vijjayi pranayama.
- After she may practice saunas like Ardhamat syendrasana, paschimothanasana, dhanurasana, mqyarasana, halasana, Vajrasana, 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, Kapalbhathi, Nelti & Ennema do regular morning & Evening walk at least for 30 minutes.
- Practice the pranayama like sheetali, sheetkari, Bharamari, Ujjayi etc.
- Practice asanas like Pavanamcektasana, Uttanpodasana, Vijrasana, Gomuklhasana, Trikonasana, Tadasana & Relaxing postures & asanas like shavasana.

### Arthritis

- A disease of joints caused by deficiency of calcium, by malnutrition by obesity, physical stress etc.
- Yogi cure: - the Yogi activities relax the practitioners & Keep them moderately active do that their joints do not become stiff.
- Practice jalaneti, Kapalbhathi, suryabhedi & Nadi shodhana pranayama.
- Practice the suryanamaskara, Trikonasana, Gomukhasana, Vrikshasan, Natrajsana, Halasana.

### Back Ache

- Caused due to bad sitting posture, lack of exercise, overweight etc. yoga helps
- Practice the Rechaka & Puraka Pranayama
- Practice the asanas like: Pawanamuktasana, Bhujanagasana, Uttanapadasana, Shalbhhasana & Shavasana.

### Headache

- Caused by indigestion, Sinus, eye pain, high or low blood pressure, psychological disturbances etc.
- Yogic care:- Practicing of the yoga activities work forwards reducing chronic headaches. By calming one's mind.
- Practice the shat karmas like sutraneti, Jalaneti, Keenjala Kriya, Enema with like warm water.
- Practice the deep breathing exercise & meditation.
- Practice the Pranayama like Rehgaka, Puraka pranayama, Bhramarji & Shitkari Pranayama.
- Practice the asanas like: Pawana muktasana, Vajrasana, Bhajangasana, Shalbhhasana, Sarvangasana, Suryanamasjkar & Shavasana.

### Obesity

Accumulation of excessive fat around the body, caused by over eating, lack of exercises, disorders of thyroid gland, Diabetes, Anxiety, stress and anger etc.

### Yogic cure

- Practice the shat karmas like kunjala Kriya, Enema Nauli, Kapalabhati,
- Practice the Pranayama like: Bhastika & Bahya Kumbaka.
- Practice like asana 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 yogic exercises, techniques & postures ease all such conditions ensuring a period of relaxed nine 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 pranayama, 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 lower back & thighs. Vomiting headache, fatigue, dizziness are a few other problems. Yoga strengthens the body physically & aids in alleviating pain caused due to menstrual cramps.

### Yogic Cure

- Practice the saunas like: suryanamaskar, Dhncerasana, Ardachakrasana, purnachakrasana, Uttanapada – Chakrasana, Sarvangasana, Halasana, Matsyasana, Ardhamatsyendrasana, Bhijangasana, Paschimothanasana.
- Pranayama:- Kapalabhat, Nadishodhana, Bhramari, Ujjayi.

**Note:** The beginner 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 & shat karmas which helps to promote a balanced development of physical, mental, emotional & spiritually well-being. Yogic exercises recharge the body with cosmic energy which helps to attainment of perfect equilibrium & harmony, it promotes self-healing & removes negative blocks from the mind & foolishness from the body & enhances power, increases self-awareness.

### References

1. Chatterjee Meera. India Women Their health & Economic productivity, world Bank Discussion Washington DC. 1990, 109.
2. 75% of working women have health problems: Survey – The Hindu, 2014, 9.
3. Gupta Yogi Yoga. Long life New York: Dodd, Mead &

Co, 1958.

4. Jacobsen Knut. A (Editor); Larson Gerald James (Editor) They & Practice of Yoga: Essays in Honor of Goold James Larson. Brill Academic publishers, 2005. ISBN 9004147578.
5. Majumdar SM. Introduction to Yoga principles & Practices. New Hyde Park. N.Y; University Books, 1964. Reprint, Secaucus, N.J: Citadel Press, 1976.
6. Taimni IK. The Science of Yoga. A commentary on the yoga sutras of Patanjali. Wheaton, III, U.S.A the theosophical publishing House. (3<sup>rd</sup> Printing), 1972.
7. Dr. Mangal SK, Dr. Uma Mangal, Dr. Satish Kumar Mana. (Reprint), Man sikh, Arya Book Publication, Kahol Bagh New Delhi. Copcity), 2011.