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Yoga (A way of healthy life for women)

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Abstract

Yoga is derived from the Sanskrit root yuj, meaning “to yoke,” or “to unite”. Indian yoga is positive in life and considered important to keep energetic. Women have a special place in our heart and in the society. Yoga for women is very essential in today's busy lifestyle. Yoga is a blessing for women. Yoga provides wisdom and peace, Yoga is highly recommended for women in their youth. The trend of women's participation in yoga is going to beat all records. Women should incorporate yoga into their lives as like breathe. Do regular practice again and again, it will prove beneficial for women of any age group.

Keywords: Yoga, women, healthy life, asana

Introduction

The word yoga is derived from the Sanskrit root yuj, meaning “to yoke,” or “to unite”. The practice aims to create union between body, mind and spirit, as well as between the individual self and universal consciousness. Twenty first century has witnessed a land mark development in science and technology. Tension and competitive feeling increased. Every one desires good health and it is the ultimate objective of all those who want happiness in life. Indian yoga is positive in life and considered important to keep energetic which means to unite, by regular yoga practice, we remain physically and mentally healthy and by strengthening our immune system, many diseases can also be avoided.

Yoga for women

Women have taken a special place in our hearts and in the society. She takes care of everyone around her. But who takes care of them? The answer lies in yoga – yoga is the balance of 'beauty and intelligence' - which is needed in today's times. Yoga is very essential for women in today's busy lifestyle. Whether it is a woman or a man, the benefits of yoga are many for both. But the body of women is much more complex than that of men. Because of this, there is also a high risk of disturbances in their body. Women are often troubled by problems like headache, back pain, fever, sexual infection and stress. These problems can be solved very easily by regular practice of yoga kriyas.

"Besides all this, be the actress of your life, not the victim" - Nora Ephron

Age is the hardest for any gender. But women have to handle this complication alone. Women experience menopause, weight gain, thyroid problems and other problems. Yoga gives immense benefits to women at this time. Yoga has curative powers that balance hormones, keep weight under control, and make the digestive system healthy. Pranayama and meditation provide untold benefits to women during these difficult times or ups and downs. Many experts recommend yoga for women, which can help them to successfully meet many of their responsibilities and demands of time. Does. They are always expected to do a lot of work at the same time, women also have to handle their household chores with full efficiency and dignity and have to justify their education and intellectual ability outside the boundary as well as men. Yoga is a blessing for women. Yoga makes women healthy. A part from this, it does many other things. It balances the mind and nourishes the soul. So women do not consider yoga as an extra burden, rather it is an essential activity of their busy life which helps them to fulfill their responsibilities to the fullest. The trend of women participation in yoga is going to beat all the records.

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Yoga plays an important role in different stages of life of women. Its various elements keep women away from psychosis, mood swings, irritability during the many changes of adolescence, motherhood, menopause and old age. Daily exercise according to age and requirement, asanas are designed for women. With their help, she can lead a fulfilling life by attaining physical balance and mental peace.

Yoga for women in teenage

In this fluctuating time, many changes take place in the body and mind of young girls which affect their whole life ahead. Many yogasanas have been made for women of this age, with the help of which they adopt many changes easily and without pain. Along with this, pranayama and meditation help to calm the restless, scared and confused teenage mind. The reason for the wandering and confused mind is the physical changes through which the youth have to go through. Dhanurasana and Vajrasana are very helpful for women, in developing regular and healthy menstrual cycles. Regular practice of these asanas strengthens the muscles of women, gets rid of obesity and develops healthy reproductive organs, thereby maintaining hormonal balance.

Yoga for women in pregnancy

Women go through many physical changes at the time of conception and becoming a mother. Yoga improves the fertility level of women. It is essential that he attains good physical and mental health at this time. Many hormone changes take place at this time, which are sometimes difficult to stop. Experts recommend doing some special asanas at this time, which can keep them physically and emotionally healthy. Yoga keeps the flexibility of women's body so that they are able to reproduce normally. She can prepare herself to a great extent to deal with the difficulties that may arise during pregnancy or childbirth.

Asanas for women and its benefits

Women should incorporate yoga into their lives as like breathe. Do regular practice again and again, it will prove beneficial for women of any age group. There are many benefits of yoga for women. You can practice all the asanas keeping in mind your ability.

Benefits of Marjaree asana

Marjaree asana is especially beneficial for women. Marjaree asana can be practiced for the first three months during pregnancy. Can prove to be effective in getting rid of leucorrhoea and menstrual problems in women. Marjaree asana provides relief in back pain. This asana energizes the body.

Benefits of Sarvangasana

The whole body is exercised in Sarvangasana and hence it is named Sarva-Asana = Sarvangasana. Some yoga experts also call this asana the mother of all other asanas. By doing this asana, fatigue and weakness are removed. Strengthens the back and shoulders and is also helpful in reducing weight. Constipation and digestive diseases are removed. Useful in removing problems related to the uterus and menstruation of women. Concentration and intelligence increase. This asana makes the thyroid gland active.

Benefits of Dhanurasana

Women doing this asana helps in removing menstrual disorders. Disorders related to constipation, indigestion and

digestion are removed. The muscles of the legs and shoulders are strengthened.

Benefits of Shanshakasana

By doing this asana regularly, the body becomes strong and flexible. Removes work disorders. Reduces anger, fear, grief, etc., passion and emotional imbalance. Yoga is useful for a person suffering from many diseases like heart disease, asthma, diabetes. It is helpful in removing obesity by reducing the extra fat stored on the stomach.

Benefits of Supta Bajrasana

This asana removes menstrual and vaginal disorders of women. Infertility of women is also removed by this asana. If you want to look beautiful then definitely do this asana. By doing this asana, the belly fat is reduced and the waist becomes thin, flexible, beautiful and attractive. This brings lightness in the body. Eyesight increases. Strengthens legs, knees, thighs, waist, and chest. Respiratory diseases are cured. Removes the pain of brain, stomach, and knees.

Benefits of setubandhasana

This asana, which strengthens the pelvic and core, is beneficial in many cases. For pregnant women, being effective in irregular periods or painful periods, transmits vitality to all the vital organs.

Benefits of Pranayama

Pranayama has its own special benefits after asanas. Especially the more the focus is on slow deep breathing, the more it will keep the body and mind better. Pranayama not only enhances breathing and quality of life, but is also effective in improving mood immediately.

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