



YOGA FOR WOMEN

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ABSTRACT

Yoga, an ancient science, can help Women cope with health issues and help them develop the state of their body and mind. It can help alleviate the pain that goes with Menstruation, manage stress, and ensure an easier delivery among other benefits. Yoga poses are also designed to tone and exercise the muscles of the body to eliminate excess fat, and make it more flexible and stronger. A Woman's capability to handle stress, whether emotional or physical, highly depends on her health Stress, hormonal changes and self-development. The hormonal changes associated with Menopause, Pregnancy and Menstruation can cause Women to suffer from Premenstrual Syndrome, Menstrual Cramps, headaches, and other symptoms. She also needs to stay healthy to be able to cope with Pregnancy and Menopause. Women have also been under the pressure to look good over the centuries.

KEYWORDS: Premenstrual Syndrome, Menstrual Cramps, headaches.

MENSTRUAL CRAMPS OR DYSMENORRHEA

- Means "Painful Menstruation".
- These are abdominal and pelvic pains experienced before and during Menstruation.
- Menstrual Cramps may last for hours or up to three days.
- The cramps may be mildly or severely painful and can be debilitating and can interfere in regular activities, sometimes leading to absences from work, school or other functions.
- Dysmenorrhea is caused by uterine contractions and can be aggravated by emotional stress.

PREMENSTRUAL SYNDROME (PMS)

- Characterized by uncomfortable mental and physical symptoms 1-2 weeks prior to the onset of Menstruation.
- Caused by the estrogen level, but also a combination of psychological, genetic, nutritional, and behavioral factors are likely to be involved.
- Some psychological manifestations of PMS include Anxiety, Depression, irritability, anger, confusion, forgetfulness and the exacerbation of existing Psychiatric Ailments. Physical symptoms include tenderness of breasts, Migraine, nausea, changes in energy level, swelling of arms and legs, feeling bloated, back pain and difficulty in sleeping.

YOGA FOR MENSTRUAL CRAMPS & PMS

- Several Yoga poses can also help your mind and body adapt with stress, anxiety and depression

making you feel relaxed and calm, and enabling you to cope with psychological symptoms of PMS.

- Having a generally relaxed mind and body can also help in alleviating the Menstrual Pain.
- The healthy Yoga Diet can also help by supplying the body with the necessary vitamins and minerals to counteract the symptoms of PMS.
- To recognize the need to slow down and practice Yoga gently.
- The abdomen should remain soft and inactive throughout the practice so that the Menstrual flow can continue unobstructed.
- Twists and inverted positions are not suitable as this may reverse the flow or squeeze the abdominal area and interfere with the natural discharge of Menstrual fluid.

Yoga Poses suitable for relieving Menstrual Pain

Kapalabhati Breathing Technique	Bhujangasana Cobra Pose
Sukhasana Easy Pose	Matysasana Fish Pose
Bidasana Cat Pose	Pavanamuktasana Wind Relieving Pose
Dhanurasana Bow Pose	Anuloma Viloma Alternate Nostril Breathing Technique

PREGNANCY

Pregnancy Symptoms include missed Menstrual Period, morning sickness, tenderness and swelling of breasts, fatigue, nausea, increased frequency of urination, weight gain, mood swings, and sometimes may also include cravings for unusual substances such as ice, clay or cornstarch.

The risks include ectopic Pregnancy, a serious complication that occurs in the later stage of Pregnancy and is characterized by High Blood Pressure, extreme weight gain and protein in the urine.

Risks: Heart disease, high blood pressure, liver disease, asthma, epilepsy, and sexually transmitted diseases.

YOGA TECHNIQUES FOR PREGNANCY

- Yoga can help you prepare your mind and body for labor and birth as this helps you focus, to concentrate and keep you healthy.
- The Yoga Postures are gentle ways of keeping your body active and supple and minimize the common Pregnancy Symptoms like morning sickness and constipation.
- It can also help in ensuring easier labor and smooth delivery by relieving tension around the cervix and birth canal and by opening the pelvis.
- The Breathing Techniques can also become handy during labor. It also helps in restoring your body shape, uterus, abdomen, and pelvic floor, and in relieving upper back tension and breast discomfort after childbirth.

Caution

- Special care is needed in choosing the Yoga Poses that you will practice
- Should avoid poses that requires laying on the back or belly.
- Do not have to do all these Asanas and remember not to push yourself on a pose.

Yoga Techniques During First Trimester

- Standing Yoga Poses are advised as this will help strengthen the legs, promote Circulation, generate energy, and may reduce leg cramps.
- Do some stretching such as the hamstrings stretch to avoid.

Yoga Techniques During 2nd 3rd Trimester

- Reduce your time spent for practicing the Asanas to prevent fatigue and overwork.
- Not advised to practice from the tenth to through the fourteenth week of Pregnancy since these are crucial times.
- Supine poses, backbends, and twisting can also be done with modification or if the body is on an incline.
- Do not overstretch the abdomen; the emphasis of your twisting poses should be on the shoulders and the upper back.
- Avoid doing inversion poses.

Yoga Poses suitable for Pregnancy

Tadasana Mountain Pose	Standing Spread Leg Forward Bend
Trikonasana Triangle Pose	Paschimottanasana Seated Forward Bend
Veerabhadrasana Warrior Pose	Virasana Hero Pose
Parsvakonasana Standing Side Stretch Pose	Upavista Konasana Spread Leg Forward Fold
Fish Yoga Pose	Halasana Plough Pose
Bidalasana Cat Pose	Marichyasana Sage Twist Yoga Pose
Sirshasana Head Stand	Shoulder Lifts
Vrikshasana Tree Yoga Pose	Neck Exercises

MENOPAUSE

- It is the stage when your menstrual period permanently stops.
- Usually occurs between the age of 40 and 60 associated with hormonal, physical and psychological changes.

- These changes can occur gradually or abruptly.
- Menopause is not an illness but a natural biological process.
- Symptoms include irregular menstruation, changes in sexual desire, hot flashes, vaginal dryness and urinary problems, changes in appearance, mood changes, sleep disturbances, palpitations and backaches.
- Estrogen and progesterone level plays the biggest part in Menopause.
- Menopause is divided into two stages: The Pre-menopause and Post-menopause.
- Pre-menopause is the time when you begin to experience the signs and symptoms though you are still ovulating. Your experience uneven rising and falling of your hormone level that often cause you to feel hot flashes and variations in your periods.
- Post-menopausal stage is when you are about 12 months past your last period and your ovaries no longer produce estrogen and progesterone, nor release eggs.

Yoga Poses suitable for Menopause

Kapalabhati Breathing Technique	Standing Spread Leg Forward Bend
Tadasana Mountain Pose	Trikonasana Triangle Pose
Padahasthasana Hands To Feet	Parsvakonasana Standing Side Stretch Pose
Veerabhadrasana Warrior Pose	Tadasana Tree Pose
Padmasana Lotus Yoga Pose	Child Pose
Single Leg Raises	Paschimothnasana Seated Forward Bend
Sirshasana Double Leg Raises	Marichyasana Sage Twist Yoga Pose
Bhujanasana Cobra Pose	Pavanamuktasana Wind Relieving Pose
Naukasana Boat Posure	Suryanamaskara Sun Salutation
Shalabhasana Locust Pose	Anuloma Viloma Alternate Nostril Breathing
Yoga Nidra Relaxation Pose	Shavasana Final Corpse
Dhyana Simple Meditation Technique	Embracing Menopause

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