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Yoga for rural women

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Abstract

Yoga in Daily Life is a system of practice consisting of eight levels of development in the areas of physical, mental, social and spiritual health. When the body is physically healthy, the mind is clear, focused and stress is under control. This gives the space to connect with loved ones and maintain socially healthy relationships. When you are healthy you are in touch with your inner Self, with others and your surroundings on a much deeper level, which adds to your spiritual health. Yoga increases the flexibility of the spine, improves body's physical condition and heightened awareness to the importance of relaxation. It has been emphasized that each exercise be practiced slowly, coordinating movement with the breath, pausing motionless in each position and always with full concentration.

Yoga Practices improved physical and psychological and physiological and Healthy. Yoga is able to help a person have control over their body through control of their mind. Yoga leads not only to physical fitness, but also peace of mind which is the ultimate goal of all human beings.

Keywords: Yoga health spiritual menstruation cardiovascular

Introduction

The Natural state of the body is health. Every smallest part and function has one overriding biological aim, to seek and restore health at all times. Wounds heal, bones mend, fevers abate, toxins are removed, fatigue is repaired-we have at our command a miracle of Bio-engineering which should last us into a peaceful and healthy later life. The most remarkable feat of balance we perform each day is simply standing upright on two feet. The human frame aligns itself to support and distribute our weight with the greatest economy of effort-the arch of the foot, the precise curves of the spine, the design of every joint, the tilt of the pelvis-is designed to combine freedom of movement with strength and protection of the vital organs. The joints are held firmly by strong, elastic ligaments and the whole structure is supported, moved and returned to alignment by the muscles.

Yoga in Daily Life is a system of practice consisting of eight levels of development in the areas of physical, mental, social and spiritual health. When the body is physically healthy, the mind is clear, focused and stress is under control. This gives the space to connect with loved ones and maintain socially healthy relationships. When you are healthy you are in touch with your inner Self, with others and your surroundings on a much deeper level, which adds to your spiritual health. Yoga increases the flexibility of the spine, improves body's physical condition and heightened awareness to the importance of relaxation. It has been emphasized that each exercise be practiced slowly, coordinating movement with the breath, pausing motionless in each position and always with full concentration.

One of the main concerns of modern Indian health and fitness experts is the concern regarding the physical health of women. Particularly of Rural women Since the half of the Nation's population is constituted by Rural women, this concern has to be addressed properly. It is on the health of women that the future of the next generation lies. A woman has many roles to play: taking care of Children, looking after the family, maintaining the domestic life and any other work that wants her attention. In this busy and hectic schedule, she cannot go out for gym, fitness club or even a moderate evening walk. This prone a modern women to many ailments in India. The present Article tries to solve this problem by proposing a home based simple technique that uses the combination of aerobics and yoga

Except when the body is going through hormonally influenced biological changes, yoga practice for women can consist of the same postures as those practiced by males.

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Women tend to have more open hips and greater flexibility than men, while men tend to have more strength than women. Women often have less competitive natures than men so that the non-competitive aspect of yoga comes naturally. Their non-competitive nature can help women realize more easy progress in the spiritual realm.

Asanas – Surya Namaskar (Sun Salutation), Sarvangasan (Shoulderstand), Halasan (Plough), Matsyasan (Fish), Kandhanasan (Shoulder Pose), Ardha Chakrasan (Half Wheel), Chakrasan (Wheel Pose), Bhujangasan (Cobra), Shalabhasan (Locust), Dhanurasan (Bow), Paschimottanasan (Forward Bend), Ushtrasan (Camel), ViparitKarni (inverted Pose), Sirshasan (Headstand), Ashwini Mudra (Horse Gesture), Aakarna Dhanurasan (Archer’s Bow), Marjariasan (Cat), Garudasan (Eagle), Veerasan (Warrior), Trikonasan (Triangle).

Yoga and Woman’s Life Stages

A regular yoga practice is beneficial in every stage of life. When an individual goes through changes, such as those associated with pregnancy, menstruation, or menopause, illness or injury. Yoga helps them approach life with more equanimity. Yoga practitioners with depression, eating disorders arthritis, or bone loss find that yoga can contribute to their healing. Special sequences of poses are available for a wide variety of health conditions. We encourage you to approach yoga with a regular ongoing practice, not only doing prescriptive yoga poses. A yoga practice is healing and preventative of many types of illness. It can be emotionally balancing and spiritually nourishing. Yoga can help women on a day-to-day basis by allowing time for inner focus in a culture that is often hurried and which many women find stressful. Transitions in a women’s life call for different yoga practices. We offer some guidance about pregnancy and menstruation below. During the postnatal time, women recover physically from birth and should slowly get back to doing yoga after about 4 to 6 weeks. After pregnancy, a women can strengthen abdominal muscles with poses like. The Boat Post (Navasana) and other core strengthening yoga positions. Through a yoga practice, she can regain her muscle tone and help her body deal with the physical strain of feeding, carrying, and taking care of a new baby. Puberty brings hormonal challenges, and yoga can help young women transition gracefully into adulthood while loving themselves and their bodies at the same time, being more attuned to self. In menopause, yoga helps deal with emotional imbalance and hot flashes that some Rural women experience. After menopause, women can expect better posture with a more upright and flexible spine, and more mobility into old age.

Yoga for Menstruation

Women particularly Rural women are cyclic in their nature and physiology. Most sequences of poses for menstruation include supported forward bends. Forward bends quiet the brain an are perfect for this time in which one typically feels like going inward. For health reason, it is suggested that you avoid doing inversions during menstruation. Some women also avoid standing poses or backbends at this time. Having a regular practice with a variety of yoga poses for the rest of the month is recommended for women, keeping them healthy, fit and emotionally centered. Yoga helps a woman particularly Rural to deal with heavy or irregular menses and PMS. Special sequences exist for these and other problems, depending on why she is having difficulty becoming pregnant, certain yoga poses may help women become more

fertile.

Overall, a woman can balance her endocrine system improve her blood circulation develop better posture, become more toned, have better physical balance, increase her flexibility and strength, and build her immune system through yoga practice. A lifelong and daily practice will cultivate the many health benefits and spiritual growth possible with yoga throughout all stages of life.

Child Birth Women

Child birth women, who attend yoga classes before, during and after pregnancy, have almost no problem during and after childbirth. Practicing yoga regularly during pregnancy can help to give birth to a child naturally and without any complications. If you are able to practice yoga on regular basis, you will find manifold and noticeable benefits in your body. You will also feel change in your thinking and attitude towards life and other factors. When you are performing yoga asanas, make sure, the room is free from any disturbances and is comfortable and warm. Early morning is the best time for yoga. However, maintaining a good and nutritious diet along with yoga asanas helps women remain healthy for a long time

Types of Bebufutes

Physical	Psychological	Health
Weight Management	Stress	Asthma:
Flexibility:	Concentration and Sharpness:	High Blood Pressure:
Strength	Emotion	Physical Benefits
Endurance	Aggression	Blood Pressure
Balance	Anxiety	Diabetes

Benefits of Yoga

- Improved concentration leading to better. High blood pressure Grades
- Balanced Blood Pressure. Type 2 diabetes
- Decreased Absenteeism & Tardiness. Breast and colon cancer
- Improved Interpersonal Relationships. Falls
- Enhanced Confidence Level. Depression
- Sharper Brain. Improve bone health.
- Early death. Improve cardio respiratory and Muscular fitness.
- Coronary heart disease. Decrease levels of body fat.
- Stroke. Reduce symptoms of Depression.

Cardiovascular Exercise

The main difference between yoga and aerobic exercise occurs in the effect each exercise has on the heard muscle. Cardiovascular exercise such as running and swimming elicit intense demands on the large muscles of the body, which require more oxygen to perform exercises. The increased need for oxygen causes the heart muscle to work harder, and as your heart adapts to the stress, it becomes more efficient. The slower pace of yoga does not require much oxygen. Therefore, it does have the same conditioning effect on the heart that aerobic exercises do.

Another key difference between yoga and aerobic exercise lies in caloric expenditure. The average 50 minute Hatha Yoga class burns approximately 144 calories, according to the American Council on Exercise. A 50 minute Ashtanga class, the more vigorous style of yoga, burns slightly more at 237. Compare this to 50 minutes of running or swimming at 355 and 507 calories respectively. Aerobic exercise burns considerably more calories than yoga.

A study published in the “Indian Journal of Physical and Pharmacology” in 2004 evaluated energy costs and cardiovascular changes during a sequence of eight yoga poses. The highest recorded heart rate among study participants was 101 beats per minute, which is only 50 percent of maximum heart rate for a 30-year-old. Although yoga involves systematic breathing that improves respiratory fitness, ultimately aerobic exercise outperforms yoga in the cardiovascular arena because it involves elevation of the heart rate for sustained periods of time or for distinct intervals. This improves the efficiency of the heart muscle, allowing it to do more work with less effort during rest times.

Strength

Yoga does tend to boost muscular strength and muscular endurance, according to the American Council on Exercise, particularly in the chest, triceps and abdominal regions. Yoga also helps to develop strength and endurance in many of the core muscles, especially the oblique’s and the erector spine. Cardiovascular exercise will help develop muscular endurance, however as a rule, aerobic exercise does not encourage the development of muscular strength to the same extent that yoga does.

In 2011, researchers followed a group of 79 male and female volunteers as they engaged in sun salutations – a basic yoga sequence – six days a week for 24 weeks. The “Asian Journal of Sports Medicine” published the study, which found a significant increase in strength and endurance among both men and women whose bench press one rep maximum increased by 15 and 6 pounds, respectively.

Flexibility

Aerobic exercise has little Impact on the development of flexibility, whereas yoga significantly improves it, according to a 2010 USA Department of Health study published in the “Journal of Bodywork and Movement Therapies”. In the study, 108 physically fit firefighters took yoga classes over six weeks. None of the participants had practiced yoga prior to the study. Researchers marked significant improvements in trunk flexibility, and the study participants also reported less musculoskeletal pain overall.

Fat Loss

Fat loss occurs when more calories are expended than consumed. Aerobic exercise-specifically running at 5 miles per hour— burns about 600 calories in one hour. A yoga class of moderate intensity -- as practiced in Ashtanga Yoga— burns about 350 calories. However, calories burned do not tell the whole story. The gain in lean muscle from yoga practice yields a slight improvement in basal metabolic rate. Nevertheless, when exercising five days a week for one hour, running has the potential to burn off pounds more than yoga over the course of eight weeks.

Health Benefits

Most rigorous studies suggest that yoga is a safe and effective way to increase physical activity, especially strength, flexibility and balance. There’s some regular practice is beneficial for:-

Leads to total health of the body.

1. Calms the mind.
2. Improves mental strength and perception.
3. Increases concentration.
4. Several asanas increase the strength of many muscles and improve the efficiency of all the organs and brain.

Conclusion

Yoga Practices improved physical and psychological and physiological and Healthy. Yoga is able to help a person have control over their bod through control of their mind. Yoga leads not only to physical fitness, but also peace of mind which is he ultimate goal of all human beings.

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