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YOGA:AS TOOL FOR COMBATING GYNECOLOGICAL PROBLEMS

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ABSTRACT

Unhealthy eating habits, sedentary lifestyle, excessive levels of stress and lack of adequate sleep have upped the risk of women developing various gynecological disorders. The number of cases of women experiencing endometriosis, adenomyosis, PCOS, and other such infertility issues have increased at a skyrocketing pace when compared to the last decade. These conditions are quite critical in their own ways. But studies suggest that following a good, healthy eating pattern along with regular yoga practice could help in offering relief from such traumatic endocrinal disorders.



KEYWORDS: *sedentary lifestyle , aerobic exercise , mind, and spirit.*

HOW DOES YOGA HELP IN COMBATING GYNECOLOGICAL PROBLEMS?

Yoga is the art of creating a connection among the body, mind, and spirit. It is a gentle, yet powerful aerobic exercise regimen that gifts you a body-mind-soul rejuvenating experience.

As you breathe into every posture, you release the stress, improve your metabolism, and learn more about your body. The inversions help in improving the circulation to the reproductive system, alleviating painful conditions like Adenomyosis. Certain twists and forward bends in yoga help in burning the abdominal fat and massaging the reproductive organs, healing PCOS and irregular menstruation. Studies suggest that yoga is a one-stop solution to thwart stress and restore hormonal balances. Various breathing and locking techniques, called the bandhas, help in revitalizing your body and mind, clearing the energy paths.

The poses that have been mentioned above works simultaneously on multiple gynecological issues and is beneficial for every woman out there. Start with simple poses, holding each for a small period of time. Increase the intensity of your workout as your body gets used to the poses. It is also advisable to check with your doctor before you start practicing yoga. Practicing under a trained yoga teacher with appropriate props would also help in reaping the benefits in a better way.

YOGA POSES FOR VARIOUS GYNECOLOGICAL ISSUES

Trikonasana

It is a great way to massage the hips and waist and eliminate the excess fat stored there. It stimulates the flow of blood to all the parts of the body. It is also a great way to release any and all excess tension and stress stored in the body and mind. Trikonasana is also a great pose to heal digestive issues. Stand apart, right feet turned to the right. Inhale and lift your hands at shoulder level. Exhale and bend to your right, opening your left hand and chest to the ceiling while right palm moves towards the floor. Deepen the pose with each exhalation till you experience a stretch in your hamstrings. Hold here for a couple of breaths. Inhale and come back to the center. Repeat the same with the other side.

Chakrasana

This asana works on your entire body, stretching and massaging the abdominal muscles and reproductive organs. It is known to be beneficial in restoring the hormonal levels. Lie down on your back, folding the legs and resting the foot firmly on the mat. Separate the knees at hip distance, palms resting under the shoulders, fingers facing the shoulders. On an inhale, lift the entire body, including the head, off the floor, balancing yourself on the palms and feet. Hold the pose, breathing deeply, for about 10 breaths. Exhale and gently place the body back on the mat.

Dhanurasana

A natural solution for irregular menstruation and PCOS, Dhanurasana can be considered as the opposite of Chakrasana. A full body exercise, the Bow gives a good massage to the ovaries and Uterus, alleviating the pain experienced during menstruation. Regular practice of Dhanurasana could also help in lowering dysfunctional uterine bleeding to a certain level.

Lie down on your tummy, bending the knees, and allowing the foot to come as close as possible to the buttocks. Stretch the hands backward and hold the ankles with respective palms. Taking a deep inhale, lift your head, torso and legs off the ground, balancing your body on the lower abdomen. Keep pulling the thighs away from the buttocks till you experience a stretch on the lower back. Hold the pose, breathing deeply, for 10 deep breaths. Exhale and slowly rest the legs, torso, and head on the mat.

Upavistha Konasana

This pose works wonders for women suffering from adenomyosis and endometriosis by restoring the balance of the endocrine system. It also alleviates the discomfort experienced during menstruation. Sit on the mat, keeping your spine, neck, and head erect and aligned. Stretch your legs outward as wide as possible. Inhale and lift your hands up and lengthen your spine. Exhale and bend forward. Bring your hand down, aligned with the bending of the body, and hold the feet. Deepen the forward bend with each exhalation. Hold the pose till you feel uncomfortable. Come up with a slow, deep inhalation.

Ardha Matsyendrasana

Relax your body while massaging the hips, waist, uterus, and ovaries with this fabulous twist. It alleviates the problems experienced due to PCOS, irregular menstruation, dysmenorrhea, and dysfunctional uterine bleeding. It soothes the nervous system and rejuvenates the muscles and spine. It also eases the back pain experienced due to enlarged uterine conditions.

Chakki Chalanasana

It is one of the basic yoga poses that could help in normalizing the functioning of reproductive organs. It restores your endocrine system and massages the reproductive organs and uterus, healing PCOS and enlarged uterus. Regular practice of this simple yoga pose also helps in toning down the abdominal fat.

Sit straight, stretching your legs in the front. Spread them out at hip distance. Stretch out your hands at shoulder level in front of you and clasp the palms. Taking a deep breath in, rotate your torso, clockwise. Inhale as your upper body moves forward and release the breath as it moves backward. Complete 15 rounds in clockwise direction and then repeat the same number of count in an anticlockwise way also.

CONCLUSION

There are numerous yoga poses and many of them are beneficial for the improvement of gynecological conditions. Practice yoga poses regularly along with breathing techniques for best results.

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