



Women Empowerment and Health through Yoga Practice

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Abstract

Yoga is more a path of spiritual growth. The focus of this paper will be highlight yoga which can empower women. The focus of this paper will be highlight yogic practices which can empower women. The important role of yoga is empowering women today. It will also bring up the issue of how we perceive our sexuality and our gender characteristics, and how their does and does not affect our true spiritual ideality. The paper will give more insight into the gender biases prevent in the society and also focus on the yoga empowering women. 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 wellbeing 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 & chronic diseases & ailments such as Diabetes, Blood pressure, back 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: Women, Empowerment, Yoga.

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Introduction

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 vigor & vitality to acquire interest habits in ways of living, that are wholesome & to meet the demands put upon the individual efficiently with energy & satiation. Yoga is one of the simplest way in which to build your self-confidence and to feel empowered. Its teaches you to use your body to accomplish things that you have once thought impossible able to reach your toes, or coming to balance in arm balance, Compassionate yourself, which helping you to find inner peace and serenity in finding your true authentic self-able to embrace and happiness and life love, bringing into deeper level. Yoga can increase self-confidence, self-love and passion and energy. Yoga is a systematic practice for the realization of higher perception. Yoga is the union of mind & body control of modification of mind.

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Is the science of life and an individual way of living. Maharishi Patanjali yoga sutra is universally accepted treatise on the subject of yoga. Yoga is a science that aims at the total development of personality. It is a method in the sense that yogic practice are methodically pure. As humanity prepares itself for the next great leap in consciousness, a leap that is but a simple decision away for all of us, the need to feed our energy systems with appropriate nutrition that facilitates and powers this leap becomes more critical. Yoga is a scientific system of physical and mental practices that originated in India more than three thousand years ago. Its purpose is to help each one of us achieve our highest potential and to experience enduring health and happiness. With Yoga, we can extend our healthy, productive years far beyond the accepted norm and, at the same time, improve the quality of our lives. The branch of Yoga that forms the main focus of my teaching work with both adults and children is called Hatha Yoga. Hatha Yoga begins by working with the body on a structural level, helping to align the vertebrae, increase flexibility, and strengthen muscles and connective tissue. At the same time, internal organs are toned and rejuvenated; the epidermal, digestive, lymphatic, cardiovascular, and pulmonary systems are purified of toxins and waste matter; the nervous and endocrine systems are balanced and toned; and brain cells are nourished and stimulated. The end result is increased mental clarity, emotional stability, and greater sense of overall well-being. The practice of yoga is surest way to acquire a disease free and positive health

to facilitate mind control.

There's a lot of chatter in the yoga world about how modern practice emphasizes the physical component, resulting in the loss of yoga's purpose to unite ourselves with our highest nature. The yoga industry's possibility—and responsibility—to further women's development may just be another well-intentioned idea that you forget after reading this article. But think of how many women have initiated profound changes when yoga was made available. So many women practicing yoga, or involved in the yoga lifestyle, it seems intuitive that yoga should be a part of an accessible yoga education. By making classes affordable and creating more than just headstand workshops as a way to educate our women, we impact the local—and eventually global—community. The word “Yoga” is derived from the “Yuj” which means union joining, contact, or connection. It is union between individual self into universal self. Yoga means the integration of mind, body the whole psyche. Since ancient time we understand the importance of sound mind that invariably necessitates a healthy body, the practice of yoga is a surest way to acquire a disease free and vigorous body and the positive health is sure to facilitate the process of mind control.

Empowerment

- Women's empowerment entails increasing the economic, social and political strength of women
- Women's Empowerment has one prerequisite – gender equality

The Empowerment of Women through Yoga

Yoga is above all a path of personal transformation and the way to that place in each of us is different. So often I come across women who are depressed, suffering with anxiety or just lost – not sure who they are or aware of their power or beauty. Their age or background doesn't seem to matter, we are so often looking externally for something to make us happy these days and we don't realise that that something is already within us – we cannot be happy until we have an unshakable relationship with ourselves and through our practice of yoga we can achieve this. Often in our modern society we are living very much in our heads and not in our hearts, we give little awareness to the health of our bodies and we do not give ourselves time to really explore how we are truly feeling. For hundreds of years women have been subject to controls because of our sexuality and beauty and this power has been so misunderstood that men's fear of being inadequate has meant governance has been put in place to manage the power of women.

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 vigor & Vitality to acquire interest habits in ways of living, that are wholesome & to meet

the demands put upon the individual efficiently with energy & satiation. Yoga therapy, every individual is an integrated person, a combination of the physical, emotional, intellectual and spiritual aspects of the being. The technique incorporated in yoga therapy helps to integrate all aspects of the person into a harmonious whole. Yoga involves no ingesting of medicines and so non-toxic. It is augmentative or complementary in nature.

Objectives

- 1) To highlight the women health.
- 2) Importance of women being healthy.
- 3) Importance of practicing yoga empower the women's life.
- 4) Importance of yoga on woman's health and self - confidence.

Impact of yoga on women's health

The greatest pleasures & happiness for a women les in her healthy & disease free body & mind. She can be helped a lot if she try to adopt & practice the yoga activities & therapy for to adopt & practice the yoga activities & therapy for this purpose. Many for our physical & mental ailments & discuses may be property prevented as well as cured through the yoga are as follows.

Suryanamaskar

Surya Namaskar or Sun Salutation A is a brilliant way to start introducing the practice of yoga. It can be practiced several times a day, building strength throughout the body, opening the hips, improving back flexibility, lengthening the hamstrings and quietening the mind. The practice of pranayama or breathing through this series helps gain awareness of the breath, filling the lungs properly, filling the body with fresh oxygen, calming the mind and allowing the practitioner to begin a moving meditation and become present. This is a sequence of movements or asanas which can be practiced at varying levels of awareness, ranging from that of physical exercise to a deeper practice of pranayama and meditation. This is a great place to start as the series can deepen as your practice deepens.

Warrior or Virabhadrasana

The Warriors are empowering postures. They are ironic in a sense as they are named after an encouraged. But yoga is about Ahimsa or non-violence right?! Well yes but the Warrior postures allow us to be a Warrior against ourselves and the damage we do to ourselves. They are challenging when held for a long time and are difficult to find the balance between strength and flexibility. The pose, in other words, is about the triumph of spirit, a universal theme in yoga.

Lions Breath – Simhasana

Lions Breathe is a fantastic posture for empowerment. It stimulates the plasma, a thin flat

rectangular shaped muscle on the front of the throat and helps to keep this firm as we age. It also stimulates the bandhas or internal locks helping us lock prana or life force into our system. Most importantly this posture allows us to blow away our negativity, our anxiety, our stresses and pressures, relieving ourselves of toxins from the body and empowering us to feel better and stronger both physically and mentally

Diabetes

The excessive accumulation of sugar in the blood due to malfunctioning of pancreas. Yoga can be effective supplement to diabetes treatment. It helps in controlling the blood sugar level by helping pancreas to produce more insulin.

Yogic practice

The beginners should practice the Jalanetikriya followed by kapalabhati, Nauli&Bastrika. Afterwards she should adapt in her daily practice the pranayama like bhastrika pranayama nadishodhana pranayama &Ujjay pranayama. After she may practice saunas like Ardhamatsyendrasana, paschimothanasana, dhanurasana, halasana, Vajrasana, Navasana, shavasana, suryanamaskar. Satvik 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, Kapalabhati, Nelti & Ennemado regular morning & Evening walk at least for 30minutes.

- Practice the pranayama like sheetali, sheetkari, Bharamari, Ujjayi etc.
- Practice asanas like Pavanamuktasana, Uttanpadasana, Vajrasana, Gomukhasana, 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, Kapalabhati, suryabhedhi&Nadishodhana pranayama.
- Practice the suryanamaskara, Trikonasana, Gomukhasana, Vrikshasana, Natarajasana, Halasana.

Back Ache

- Due to bad sitting posture lack of exercise, overweight etc.
- Practice the Rechaka&Puraka Pranayama

- Practice the asanas like: Pawanamuktasana, Bhujangasana, Uttanapadasana, Shalabhasana&Shavasana.

Headache

- Caused by indigestion, Sinus, eye pain, high or low blood pressure,
- Yogic cure: - Practicing of the yoga activities work forwards reducing chronic headaches. By calming one's mind.
- Practice the shat karmas like sutra neti, Jalaneti with like warm water.
- Practice the deep breathing exercise & meditation.
- Practice the Pranayama like Rechaka, Purakakumbaka pranayama, Bhramari Pranayama.
- Practice the asana like: Pavana muktasana, Vajrasana, Bhujangasana, Shalabhasana, Sarvangasana, Suryanamaskar&Shavasana.

Obesity

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

Yogic cure

- Practice the shatkarmas like kunjalaKriya,EnemaNauli, Kapalabhati,
- Practice the Pranayama like: Bhastrika&BahyaKumbaka.
- Practice like asana like: Surya Namaskara, Katichakrasana, Hasta Uttanapadasana, 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 relieved nine months followed by an easier labor and smooth delivery.

Yogic Cure

- Practice the asana like vakrasana, Utkatasana.
- Practice the pranayama: Ujjain, Nadishodhana, Anuloma, Viloma Pranayama.

Menstrual Problems

During menstrual cycle women around world put up with 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 asanas like: suryanamaskar, Dhanurasana, Ardhashakrasana, Uttanapadasana

Chakrasana, Sarvangasana, Halasana, Matsyasana, Ardhamatsyendrasana, Bhujangasana, Paschimothanasana.

- Pranayama: - Kaplabhati, Nadishodhana, Bhramari, Ujjay pranayama.

Conclusion

Yogic exercises recharges the body with cosmic energy which helps to attainment of perfect equilibrium & harmony, it promotes self-healing & removes negative blocks from the mind & foyness from the body & enhance power, increases self-awareness. 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, Pranayama, Meditation & shatkarmas which helps to promote a balanced development of physical, mental, emotional & spiritually well-being.

Spirituality teaches us that we are not the body, but a soul. We should realize that we are not black or fair, but it is our skin that is either fair or black. We, who inhabit this frame which wears a skin, are, in fact distinct from the garment we wear. Yoga gives us a divine eye, which enable us to see the hidden in the body i.e the soul beneath the skin, which is neither male nor female. Hence every human being has the same potential quality and same every whether it is male or female. In other words soul consciousness is the solution of all kind gender bias in the society.

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