

## Ayurlog: National Journal of Research in Ayurved Science

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### Conceptual study of yoga from anatomical view in female.

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#### Abstract:

In present era women have to remain healthy able to cope with pregnancy and menopause together with the accompanying symptoms. Besides, women's ability to tackle stress situation, whether emotional or physical, highly depends on their health. Yoga is beneficial for both mental and physical health. Here, an effort has been made to elaborate the various benefits of certain Yogasanas for relieving the physical and mental stress in females during certain conditions.

**Key word:** Yogaasana, Anatomical structure involve, Pregnancy, Menopause.

With the growing advances in every field related to modern life, role of woman also seems to have advanced from a 'home maker' to a 'society maker'. Though this changing scenario has helped in improving the social status of a woman, it has invited lot of changes for women with the

increasing burden of workload outside and inside the house. With the changed lifestyle and increasing demands, women are becoming more prone to develop lifestyle related disorders

The main challenges faced by woman are problems related to reproductive health. As all of us are aware the average age of menarche has decreased from 14 years to 10 years in most parts of the world. The modern lifestyles of adolescents are associated with disturbed day and night schedule because of stress of studies, sedentary lifestyle with lack of exercises, faulty dietary habits and tremendous mental and emotional stress. This has probably resulted in genesis of increasing incidence of PCOS-polycystic ovary syndrome at an alarming rate. Number of women suffering from dysmenorrhea, backache.<sup>1</sup>

The asanas which follow are designed to work on the spine and the muscles attached to it and through these tone up

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those nerves which affect that area. Blood circulation is improved and the spine is made supple, resulting in graceful carriage, improved health and bodily vigour.<sup>2</sup>

Name of Asana	Anatomical structure involve
Viparitkarani	Lumbosacral region stretch
Matsyasana/the fish pose	Cervical and upper dorsal region, Keep the spine supple and strong
Suptavajrasana	Vertebral column
Bujangasana/Cobra pose	General toning upto the system
Halasan/Plough pose	Abdominal muscle
Paschimottanasan/Seated forward bend	- Stretches the back of the body especially spine and legs

### Yoga in pregnancy

Yoga does wonders for pregnancy. It not only helps a woman to have a natural child birth and a smooth pregnancy but also helps in the physical and mental development of the fetus.

#### Benefits of yoga in pregnancy –

- Relieves edema and cramping which are quite common in the last trimester.
- It has a great deal of influence on the position of the baby. It helps to strengthen and massage the abdomen

- muscles which help to increase appetite and stimulate bowel action.
- Raises energy level and helps restoring the metabolism.
- Yoga in combination with pranayama and meditation helps relieving morning sickness, nausea, and mood swings.
- Decreases tension around cervix and birth canal and opens the pelvis to make child birth quicker and easier.
- It also helps to restore the uterus, abdomen and pelvic floor after childbirth and also relieves the upper back tension and breast discomfort<sup>3</sup>.

### For First Trimester:

Name of asana	Anatomical structure involve
Half butterfly or ardha titli asan	This posture stimulates the reproductive and digestive organs
Full butterfly or purna titli asana	helps to open up the hips and thighs and

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	improves flexibility.  This posture also stimulates the reproductive and digestive organs
Supta udarakarshanasan or sleeping abdominal stretch pose	It stretches the abdominal muscle and organs
Chakki chalan asana or churning the mill pose	Tones the uterine muscles in females, so it is very useful in preventing painful cycles if practiced regularly Consistent practice helps reduce abdominal fat
Kati chakrasana or waist rotating pose	Good exercise for spine, waist, chest, knees, shoulder and joints
Tadasana or palm tree pose	the thigh muscles are stretched and toned and strengthen knees, buttocks, lower abdomen

**For second Trimester:**

<b>Name of asana</b>	<b>Anatomical structure involve</b>
Vajrasana or thunderbolt pose	It helps to strengthen the pelvic muscles for labor
<b>Bhadraasana   Gracious Pose</b>	makes the pelvic muscles strong and thus helps with labor
<b>Marjariasana   Cat Stretch Pose</b>	It makes your spine shoulders and neck more flexible
<b>Tadaasana   Mountain Pose</b>	This asana or posture helps to exercise and stretch your spine.
<b>Kati Chakraasana   Waist Rotating Pose</b>	This asana or posture exercises your hips, waist and back
<b>Utthanaasana   Squat and Rise Pose</b>	This asana or posture helps to strengthen the muscles of your ankles, thighs, uterus and back.
<b>Meru Akarshana asana   Spinal Bending</b>	This asana or pose helps to strengthen

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<b>Pose</b>	your abdomen, inner thighs and hamstrings.
<b>Ardha Chandraasana   Half Moon Pose</b>	This asana or posture helps to strengthen your waist, back, chest and abdomen.
<b>Baddha Konaasana   Restrained Angle Pose</b>	helps to improve your blood circulation and also stimulates your reproductive system.

**For Third Trimester:**

<b>Name of asana</b>	<b>Anatomical structure involve</b>
Half butterfly or ardha titli	This posture stimulates the reproductive and digestive organs
Purna titli asana	helps to open up the hips and thighs and improves flexibility.  This posture also stimulates the reproductive and digestive organs
Supta udarakarshanasan or sleeping abdominal stretch pose.	It stretches the abdominal muscle and organs

**Post Menopause:** The symptoms experienced during menopause are the result of changing hormone levels. The Yoga help to improve the functioning of

the endocrine system and smoothen out the hormonal fluctuations, helping to calm both the mind and the body. Yoga asana or poses for post menopausal symptoms.

<b>Name of asana</b>	<b>Anatomical structure involve</b>
<b>Child's pose or balasana</b>	a resting pose or a counter pose for a back bend.
Bridge pose /Setu Bandh Sarvangasana	Strengthens the back, buttocks, and hamstrings
Ardha Halasana/Half Plough Pose	Tone the thigh and hip muscles overall abdominal muscles
Salamba Sarvangasana/Shoulder Stand with chair	Because of the increased blood flow

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	to the top of the body, shoulder stand can help improve brain function and cognition and reduce anxiety and depression
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Hence, Yoga, the ancient science of health, rejuvenation and longevity, can help women cope with health problems and develop a state of body and mind most conducive and acceptable to them.<sup>4</sup>

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