

YOGA FOR GYNECOLOGICAL PROBLEMS

Km. Naghma Hashmi¹ & Dr. Mahendra Pratap- Gaur²

¹B.P. Ed, G.S.R.M.P.G. College, Lucknow (U.P.) India.

²Dr. M.P. Gaur, Associate Professor, Department of Physical Education, I.G.N.T.U.,
Amarkantak (M.P.) India.

Abstract:

There are several problems that a woman may encounter during her lifetime in relation to her periods. For instance, irregular periods, immense pain, and mood swings are all things a woman must grapple with. But while there are medications out there that can help beat these ailments, yoga can do better and help relieve the symptoms without any side effects. There has been a sharp increase in gynecological disorders such as polycystic ovarian syndrome, endometriosis, uterine prolapse, and infertility issues in recent times. Stress, unhealthy eating habits, lack of sleep and exercise, and genetics contribute to these endocrinal disorders. Yoga can help establish equilibrium in the body and set a balance between the body and mind.

Research has shown that yoga is one of the best ways to counter the erratic hormonal changes that lead to PCOS. It can also improve reproductive functions by reducing stress and balancing the neurohormonal profile. Yoga is a holistic science which was originated in ancient India. Yoga could cure all diseases, which is presented scientifically, rationally, and persuasively to the public. It also gives both physical and mental health. This paper concentrates on the effects of Yoga on Gynecological problems.

Key Words: Yoga, Gynecological problems, Salabhasana, Halasana, Clinical Use.

INTRODUCTION

Yoga is derived from the Sanskrit word Yuj, which means to join, bind, attach, and yoke, i.e., the union of individual consciousness with the universal divine consciousness states known as „Samadhi“ (a state of super consciousness). Yoga is a holistic science that originated in ancient India; Pathanjali –author of the Yoga sutra, spread the word “practice of Yoga.” In yoga, each pose has a specific physical and mental health benefit. Yoga works on physical, mental, emotional, spiritual, and social. Asana means pose (or) posture. Asana is essential in the practice of Yoga. In yoga, each pose has a specific physical and mental health benefit.

There has been a sharp increase in gynecological disorders such as polycystic ovarian syndrome, endometriosis, uterine prolapse, and infertility issues in recent times. Stress, unhealthy eating habits, lack of sleep and exercise, and genetics contribute to these endocrinal disorders. Gynecological disorders are those disorders that affect the female reproductive system. The organs included the Breast, Uterus, Fallopian tubes, Ovaries, and External genitalia. Every woman suffers from some gynecological problem at some point in her life. Research has shown that yoga is one of the best ways to counter the erratic hormonal changes that lead to PCOS. It can also improve reproductive functions by reducing stress and balancing the neurohormonal profile. Studies suggest that regular yoga practice could help relieve gynecological problems.

YOGA FOR GYNECOLOGICAL PROBLEMS

1. UTTANA PADASANA

Uttana means 'raised', and Pada means 'foot', i.e., raised position of the feet.



TECHNIQUE

- (1) Adopt a supine lying position of legs together, hands by the side of the body. (2) Palm resting on the ground. (3) raise the right leg without bending the knee to 30°, 45°, and 60° angle while inhaling. (4) Maintain the position of normal breathing, exhale, and bring down the leg. (5) Repeat the same from left leg. (6) Now raise both legs together slowly up to a 30° angle. (7) After holding the position for a few seconds, raise the legs together to 45° then to a 60° angle. (8) Maintain the final position with normal breathing. (9) While returning, follow the same sequence and finally place both legs on the ground.

CONTRAINDICATIONS

- Abdominal injury
- Recent abdominal surgery
- Pregnancy
- Menstrual time
- High blood pressure
- Disc bulge

CLINICAL USE

It improves the function of reproductive organs and abdominal organs. It is good for reducing abdominal bulges after childbirth. It strengthens the lower back muscle and relieves the lower back ache. It also strengthens the Hamstring muscle. It stretches the lower abdomen and strengthens and tones the abdominal wall and the organs of the lower abdomen. It cures hernia because of the weakness of the lower abdominal muscle. It removes constipation, Gastric trouble, and acidity. It reduces excessive fat deposition on the lower abdomen and thighs. Improve the tones of the muscle and ligament of the Uterus and pelvis. Reduce the abdominal girth and increase the circulation of the lower extremity, pelvic, and abdominal region.

2. PAVANAMUKTASANA

Pavan means ‘Wind,’ Mukta means ‘Removing,’ and Asana means ‘Pose,’ so this Asana is known as “wind removing pose” or “Wind liberating pose”.

PAWANMUKTASANA GAS RELEASE POSE



yogicwayoflife.com

TECHNIQUE

(1) Lie on the back palm facing upwards. (2) Inhale, slowly raise the right leg, and fold at the knee, interlocking the fingers just below the knee. (3) The right thigh touches the abdomen. (4) Keep the left leg flat on the ground. (5) Try to touch the knee with the chin /nose by raising the head, thorax, and abdomen and breathe normally. (6) Exhale slowly and return to the original position (i.e.) Savasana. (7) After maintaining the final posture for considerable periods, release the posture and repeat on the other side. (8) Now fold both the legs and encircle the arms around the knees. (9) Raise the head and chest slowly. (10) Initially maintain the posture with normal breathing for a few seconds. (11) Return to the normal posture by bringing the head and neck back to its original posture. (12) Release the hand from the knee. (13) Straighten the leg and back to the normal posture.

CONTRAINDICATIONS

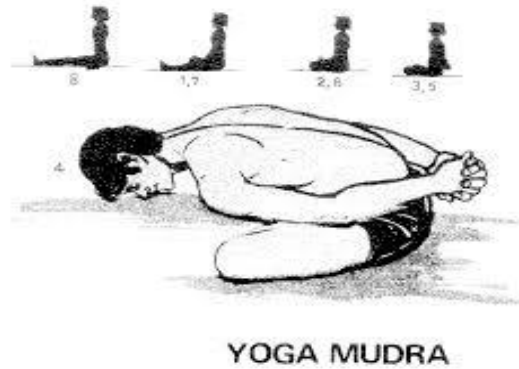
- Recent abdominal surgery
- Hernia
- Hemorrhoids
- Pregnant and Menstruating Women
- Cardiac problem
- High blood pressure
- Neck and back problem

CLINICAL USE

It reduces the abdominal girth. Improve the blood circulation to the pelvic organs and hip joint and cure lower back aches and reproductive problems. It stretches the lower abdomen. Thus, it strengthens and tones the lower abdominal organs and legs. It extremely cures uterine-related diseases. It also reduces the excessive fat deposition on the buttocks, tummy, and thighs. This Asana acts like a massage on the abdominal muscle, Intestine, and other abdomen organs.

3. YOGA MUDRA

Yoga Mudra is the 'symbol of Yoga'. It is the psychic union pose. Kumbhaka has to be practiced while performing this Asana.



TECHNIQUE

(1) Sit in Padmasana. (2) Palms are placed over the heel. (3) Inhale and take both hands backward, fuse your palms together comfortably (or) touch the elbow with opposite hands. (4) Exhale slowly bends forward; without raising your buttock from the ground, your chin should touch the ground. (5) After slowly inhaling, then exhale. Stay in this position for a few seconds and come back to the original position. (5) If Padmasana is difficult, sit in Sukh asana. If you cannot touch the ground with your chin, try to go down as far as possible.

CONTRAINDICATIONS

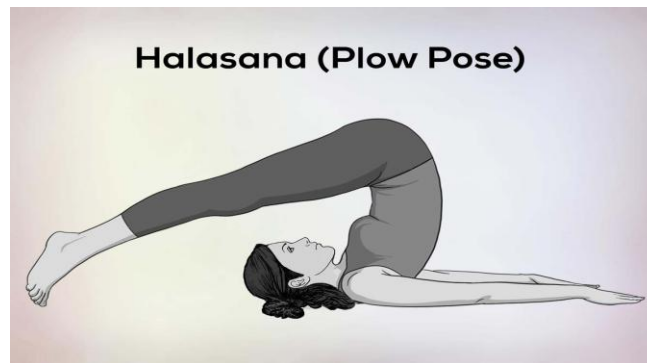
- Heart disease
- Severe Knee and Hip joint problems
- Hernia
- Pregnancy

CLINICAL USE

The whole of the Lumbo-Sacral nervous system gets toned. The Liver and Spleen will feel the pressure and begin to work well. Diabetes is cured. For women, menstrual disorders go away. It massages the abdominal organs, increases peristaltic movement, cures constipation and digestive problems, and improves digestive power. It activates the Manipura chakra.

4. HALASANA

Hala means 'Plough.' The Posture of this Asana resembles the Plough (Agricultural equipment).



TECHNIQUE

(1) Lie in a supine position, hands straight by the side of the thighs, palm resting on the ground and facing downwards. (2) Keep both the legs together. (3) Inhale, slowly raise the legs together without bending at the knee and stop at a 30° angle. (4) After a few seconds, raise the legs further up to a 60° angle and maintain, now slowly bring the legs to a 90° angle. (5) Breathe normally; push both hands and bring the legs a little towards the head. (6) Bending of legs till toes touch the ground around the head backward. (7) Now place both palms on the head, making a finger-lock, and bring your elbow to the ground. (8) Keep the knees quite straight and close together. (9) When returning to the original position, first release the finger lock. (10) Stretch the hands straight and place them on the ground by the side of the body. (11) Lower the waist and raise the legs from the ground. (12) Slowly let the waist rest on the ground and stop bringing the legs at a 90° angle. (13) Come back to the original position gently.

CONTRAINDICATIONS

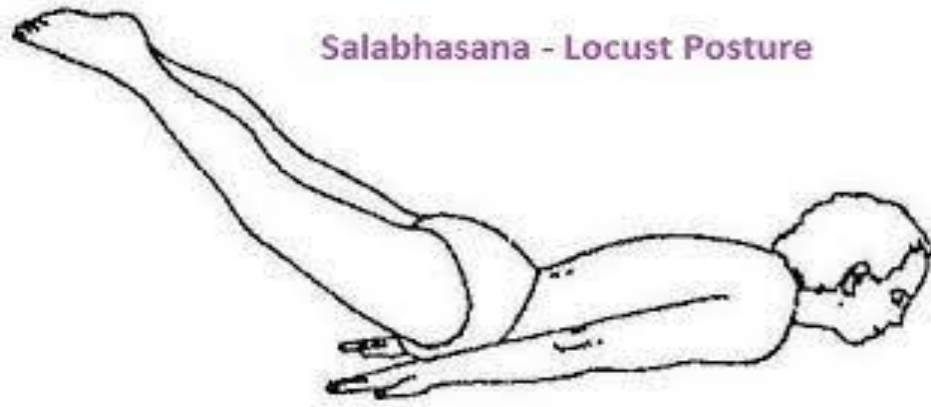
- Diarrhea
- High blood pressure
- Menstruating and pregnant women
- Neck and Back injury

CLINICAL USE

It strengthens the lower abdomen and pelvic region, increases blood circulation to the organs, and stimulates the reproductive organs. This Asana works on thyroid glands. Stretches the muscles and ligaments of the abdomen, thighs, and calves. It relieves the symptoms of Menopause and strengthens the spinal nerves, vertebral bones, and Sympathetic nervous system that runs along the vertebral column on both sides.

5. SHALABHASANA

Shalabh means 'Locust' or 'Grasshopper', i.e., Locust yoga poses. While doing this, Asana's body and legs resemble a 'Locust.'



TECHNIQUE

(1) Liesupine, hands on the side of the body, palms facing down, and shoulder and wrist contact with the ground. (2) Keep your chin on the floor. (3) Inhale slowly and raise both the lower extremities, i.e., legs, hips, and lower abdomen. (4) Keep the knees without bending, your toes pointed, and your legs straight. (5) Hold the breath for 5-10 seconds. (6) Lift the legs as far back and up as possible and exhale slowly; lower the legs on the ground.

CONTRAINDICATIONS

- High blood pressure
- Heart diseases
- Hernia
- Recent abdominal surgery
- Uterine prolapse
- Menstruation and Pregnancy

CLINICAL USE

Strengthen the lower abdominal region and thus enhance the function of lower abdominal organs. It is the best Asana for the gynecological problems. Strengthen the muscles of the legs, lower back, and shoulder. It stimulates the function of the bladder, pancreas, Liver,

Spleen, and uterus. It toned the Lumbosacral plexus. Remove the unwanted fat around the abdomen, waist, and thigh.

References

- Dr. Ishwar. V.Bhasavaradi, Yoga Management of Gynecological Disorder Published by Moraji Desai National Institute of Yoga, New Delhi; 2009.
- Christopher Haslet, Edwin R. Chilvers, Nicholas R. Boon and Nicki R. Colledge, Davidson Principle & Practice of Medicine, published by Elsevier –Health Service Division,UK; 19th Edition, 2002.
- Yog Acharya Sundaram, The secret of happiness (or) Yogic physical culture, Published by Yoga Publishing House, Coimbatore; 5th Edition (Revised) 2000.
- Michael Bessar and Michael. O. Thorner, Comprehensive clinical Endocrinology, Published by Mosby, the University of Michigan; 3rd Edition, 1994.
- [www. the healthsite.com](http://www.thehealthsite.com)
- gulfnews.com
- yogicwayoflife.com