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## Women are directly benefited through yoga for their reproduction health in modern society

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### **Abstract**

Reproductive Health Benefits of Yoga for Women through the practice of Yoga and explore how Yoga can significantly enhance their health. Women are the king maker of the family as well as the modern society. The illness or death of a woman negatively impacts to children's and her family, and also society. Women with healthy mind and body are likely to enhance the family's health. Hence, it would be applicable to say that women's health is the key to a healthy society. Yoga is salutary to both men and women. Women need yoga indeed more than men as the liabilities thrust upon them by nature are lesser than men. They've to suffer three important stages in life- period, gestation, and menopause. In the ultramodern age, mortal depends on bias to do nearly everything; as a result, they invite hypo-kinetic complaints. Women especially have limited prospects of performing physical work like men in our Indian culture and Society.

**Keywords:** Yoga, hypo-kinetic, reproductive health

### **Introduction**

Yoga is a spiritual discipline grounded on an extremely subtle wisdom, which focuses on bringing harmony between mind and body. It's an art and wisdom of healthy living. The word 'Yoga's deduced from the Sanskrit root 'Yuj', meaning 'to join' or 'to servitude' or 'to unite'. As per the Yogic Holy Writ, Yoga leads to the union of individual knowledge with that of Universal knowledge, indicating a perfect harmony between the mind and body, Man & Nature. Yoga is a physical and internal practice that involves the body, mind, and spirit. The practice began in India and is designed to enhance mindfulness, produce a mind-body-spirit balance, cleanse, heal, and strengthen the body, Liberty the true tone and as rehearsed moment, ameliorate fitness. In ancient India, women rehearsed yoga through ritual, prayer, and cotillion. Women understood their cycles and praised the Moon as Nature's companion to how their bodies, feelings, and moods would operate. Thousands of times later, Yoga has been revived in the West as a practice that helps women deal with the stress of civic living, as well as being a gateway to embodied church. Our approach to Women's Health and well-being through Yoga teaches the ultramodern woman to reconnect to her essential biorhythms through practices that admire her cycles; the waning and waxing of the Moon, the Yin and the Yang, or simply, the active and open rates inside the numerous cycles that women go in life. From teenagers to wise elder women, we all go through changes and phases, Gyration of a movement growing and growing. To go against these measures is to defy Nature's wisdom and produce internal imbalances that are frequently called women's health issues. Yoga, being extensively considered as an 'immortal artistic outgrowth' of the Indus Saraswati Valley civilization – dating back to 2700 B.C., has proved it feeding to both material and spiritual upliftment of humanity. introductory humane values are the veritable identity of Yoga Sadhana. In Western culture, the conception of Yoga has been primarily equated with stretching and exercise. You could say that numerous people in America moment are doing "Yoga- suchlike Exercises" without a sense of the bigger picture of where Yoga comes from or indeed what the purpose of practice is. There's nothing wrong with this approach, as we all have to start nearly, but it's good to know that Yoga isn't just about the physical postures. As a gospel and a practice, it deals with all aspects of the mortal experience. When viewed from this larger perspective, we can begin to see Yoga as a life choice. The assignments that we learn in disguise practice bring about a sense of deeper sapience and mindfulness that permeates into diurnal living and helps us produce a sense of connection to a commodity larger

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than ourselves. The great Indian savant Patanjali is considered the father of ultramodern Yoga. His book, The Yoga Sutras describes what's known as the 8 Fold Path of Yoga. This path details the introductory aspects of a Yogic life. Each step is a practical companion that allows interpreters to achieve harmony in the mind, body, and spirit. The first two ways on the 8-fold path deal specifically with actions that can be removed or cultivated to begin the process of purifying the mind.

### **Yoga: A lifestyle of practice**

Still, you probably realize there's much further to it than the postures you do in your daily yoga class, if you've rehearsed yoga for a while. Perhaps you've heard your yoga educator talking about "rehearsing off the mat" or mentioning a sutra or Yama related to the yoga gospel. Your school teacher describes some of the studies and practices you can claw into the outside of class to learn how to live a yoga life for total mind and body heartiness and balance. The morning of the yoga trip brings innumerable questions, like "How do you exercise yoga off the mat?" and "What does it take to become a true yogi?" You'll be pleased to hear you can lead a yogic life without moving to a vihara or cutting yourself off from society. In this composition, I will explain what a traditional yoga life looked like 5000 times ago and how you can apply these same principles to your ultra-modern-day life. Yoga is neither a religion nor an exercise of governance. It's a mind-body practice designed to be incorporated into your daily life. Away from rehearsing acts on the mat, the ancient yogic gospel attendant us to make positive changes in our everyday lives. While Yoga is associated with the Hindu religion, it isn't a religious practice. Anyone can exercise yoga, anyhow of religious beliefs. You don't worship any god through yoga unless that's your intention. Yoga not only incorporates colorful Hindu training but also links to Jainism and Buddhism. Certain aspects of yoga can make people feel like the end is to worship a god, similar to using Sanskrit words or the prayer mudra. Still, these are spiritual aspects of the practice rather than religious bones. Traditional yoga is a spiritual practice, but some styles of ultramodern-day by day yoga make it feel more like a fitness exertion or exercise. While yoga can be adulterated to be purely a physical practice, it's essential to flashback that for centuries, it has been an integral part of numerous people's spiritual practices. To witness the real benefit of yoga you have to make it part of your diurnal exertion taking a too we course on Yoga does not help you much unless you take it up as a part of your life it's better to do a 15 to 30- nanosecond practice every day rather than doing hours of yoga for just to eat and also forgetting it in a long run yoga can help or daily utmost of the life complaint it can also staying for some of the habitual condition causes by them yoga was developed as part of the ancient Indian spiritual culture yoga was integrated into The Art Science and day to day life in the ancient time the effect of these is seen indeed two days seen in the Indian culture it's considered as a way of life which harmonies the body mind and spirit hair by creating a piece full and vivaran Society. Espousing a yoga life is an integral part of successful yoga practice. Yoga life involves integrating your mind body and Soul to perform Karma that takes you towards good health, peace of mind, and ultimate freedom. utmost of us are caught in the whirlwind known as mortal life and spend the utmost of our life in ignorance, without getting awakened. Yoga way of life is an ideal way to live a healthy and happy life.

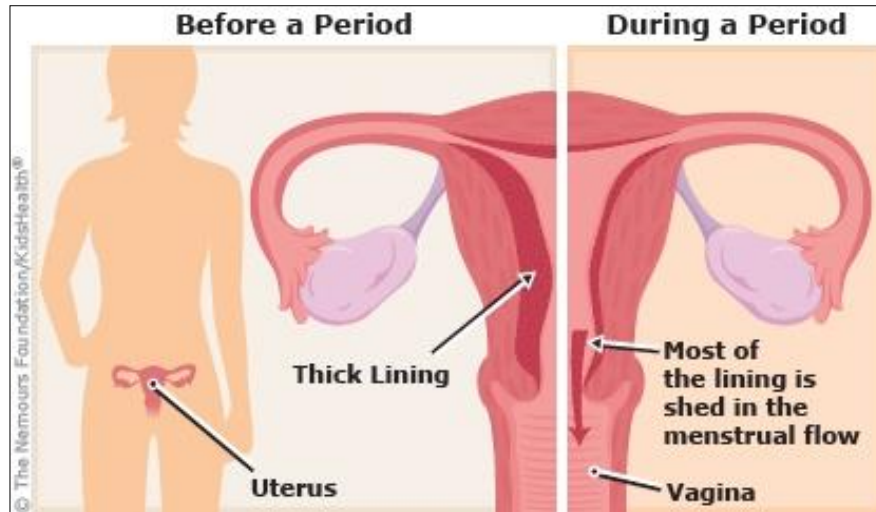
### **Yoga is a science**

Yoga is an existential wisdom. The most important benefit of yoga is it balances our physical and internal conditions. The aging process, which is largely an artificial condition, caused substantially by autointoxication or tone-poisoning, can be braked down by rehearsing yoga (Alleger, I. 2007). By keeping the body clean, flexible, and well-waxed, we can significantly reduce the catabolic process of cell deterioration. To get the maximum benefits of yoga we need to combine the practices of yogasanas, pranayama, and contemplation. Yoga is an exist entail wisdom. The most important benefit of yoga is it balances our physical and internal conditions. The aging process, which is largely an artificial condition, caused substantially by autointoxication or tone-poisoning, can be broken down by rehearsing yoga (Alleger, I. 2007). By keeping the body clean, flexible, and well-waxed, we can significantly reduce the catabolic process of cell deterioration. To get the maximum benefits of yoga we need to combine the practices of yoga asanas, pranayama, and contemplation. yoga doesn't give you a religion but a methodology to follow. It helps you understand your mind, body, conduct, and feelings Yoga is used for medical purposes. it helps cure affections like asthma. In a recent study by experimenters, it was found that yoga reduces BMI, cholesterol, and the threat of heart attack. Yoga costs less than the huge quantum you spend on machines in a spa. It's particularly helpful for women for whom exercising at the spa is delicate.

### **Benefits of Yoga for Women Menstruation**

A period happens because of changes in Hormones in the body. Hormones are chemical couriers. The ovaries release the womanish hormones estrogen and progesterone. These hormones beget the filling of the uterus (or womb) to make up. The erected-up filling is ready for a fertilized egg to attach to and start developing. However, the filling breaks down and bleeds, If there's no fertilized egg. Also, the same process happens all over again. It generally takes about a month for the filling to make up, and also break down. That's why most girls and women get their ages around formerly a month. The growing process begins between the ages of 10 and 15 and stops between 45 and 50.

Getting your period can intrude on your daily conditioning. And let's face it – exercise is frequently the first thing to go. Although the cramping, fatigue, and heedfulness of leaks may beget you to avoid certain forms of exercise during your cycle, that does not mean you have to skip out on the spa entirely. However, consider changing it up a bit with yoga, if your period is putting a mute on your drill. Rehearsing yoga during your period can be salutary for several reasons – read on to learn why. However, yoga could be just what you need, if you're passing mild cramps. The deep breaths promoted during yoga practice help oxygen circulate through the body and get into your muscles. Since a main factor of menstrual cramping is a lack of oxygen in your uterine muscles, 1 this is a great way to soothe painful cramps. What acts are most helpful? Those on the ground will help you maintain stability and concentrate while you get a good stretch Acts like Supine Twist and Child's disguise will stretch your lower aft muscles, loosening pressure in an area that frequently pangs during the period. It's a purely physiological process preparing the womanish body for reduplication- a natural function.



**Fig 1:** Represents before period and after period –yogic effect

### Physiological changes

Puberty is a normal, vital, physiological process including a series of normal hormonal changes resulting in changes in gonads (estrogen and progesterone) and reproductive organs to be functionally mature, resulting in the physical development of sexually mature adults, it is a transition stage between the childhood and adulthood period happens in all normal individuals. This process undergoes different factors; hormonal, genetic, environmental, or even nutritional factors. This period that begins at puberty and ends in early adulthood is called adolescence, ages between 10- 19 as defined by WHO. During this period of menstruation, the female body undergoes visible changes. There is a rapid increase in height and weight.

- Breast development (the larches), the first and most notable sign, occurs with a mean age of 10 years.
- Enlargement of the labia major and labia minor.
- Clear to white vaginal discharge.
- Pubic hair and auxiliary hair development.
- Acne.
- Menarche (first menstrual cycle), begins about 2.5 years after the larches and can range from 9 to 15 years' old
- Height spurt during puberty and accounts for about 20% of final adult height.
- Causes anxiety among teenagers.

### Psychological changes

Just as the physical changes depend upon the hormonal balance of the endocrine system so also the internal changes depend upon a healthy terrain it's the period when there's a certain jump from the simplicity of nonage to a complex emotional state of knowledge and individuality asserts them during this period. A girl's mind becomes redundant sensitive and moral conduct Acquire razor-sharp keenness. Utmost of them suffer from some kind of emotional and internal disturbance before, during, and after the menstrual period. All physical and emotional disturbances concerned with the menstrual cycle are associated with hormonal imbalances. Hormones are chemical substances that induce the colorful processes that do in the body. They're responsible for causing menstruation. However, not only the uterus but the brain, If there's any irregularity in the period. A healthy atmosphere and proper guidance are necessary at this juncture.

### Pregnancy

Yoga is one of the stylish affects you can do for yourself during and after gestation. The yoga practice helps you

prepare your body and mind for labor and birth. It helps you concentrate and concentrate on a healthy life. Yoga is an effective way to keep your body active and supple during and after gestation.

### Benefits of Yoga during and after pregnancy

#### Prepares you for labor

The breath work practice in yoga to some extent prepares you to face labor and pressures related to it. The use of deep belly breath soothes you down and helps you to respond calmly. numerous yoga acts can be helpful during condensation and relaxation. Yoga helps you to use the muscles of your pelvic bottom effectively. However, you'll find it easier to use them during labor, if you're used to working with these muscles. And in natural delivery, you'll want these muscles to work snappily and effectively when it comes to pushing.

#### Facilitates quick recovery

Yoga makes recovery faster. However, indeed after your gestation, it'll help you to recover briskly and more, if you exercise yoga regularly. Yoga helps you in accepting the physical and emotional changes that you go through during your trip to mammy hood.

#### Lose weight

Losing all the weight that you gained during gestation can be grueling. But, yoga can prove veritably salutary for losing weight after delivery. It helps you to bring your body back in shape after delivering a baby. So, if you're a new mama floundering to lose those redundant kilos, yoga is the stylish option for you. As it's relatively effective and has no side goods on the health of your baby.

#### Strike Balance between old and new life

Mommy hood is a new trip, and women frequently find difficulty in handling these unforeseen changes. But, yoga practice post-delivery helps you in dealing with all the new changes. Yoga relieves stress and keeps you calm which helps you balance your work life, home life, and mammy hood.

Yoga helps you in dealing with the symptoms of gestation like morning sickness and mood swings, icing smoother and easier delivery, and brisk recovery after parturition. So, if you want to make your gestation and parturition a peaceful and easy trip, you must go for an antenatal yoga class during and after your gestation. Look for an antenatal yoga program

where you're comfortable with the conditioning, style, and yoga class terrain.

### Increases strength and stamina

Yoga helps stretch your muscles, stimulate your organ systems, and promote the rotation of blood and oxygen. Yoga poses strengthen the hips, back, arms, and shoulders. This, in

turn, increases your stamina and strength to carry the growing baby within you. So, if you feel tired frequently, also yoga is a stylish result for your problem. It offers you a positive, relaxed, and probative terrain where you get a regular emotional boost which keeps you motivated to face any gestation challenge.

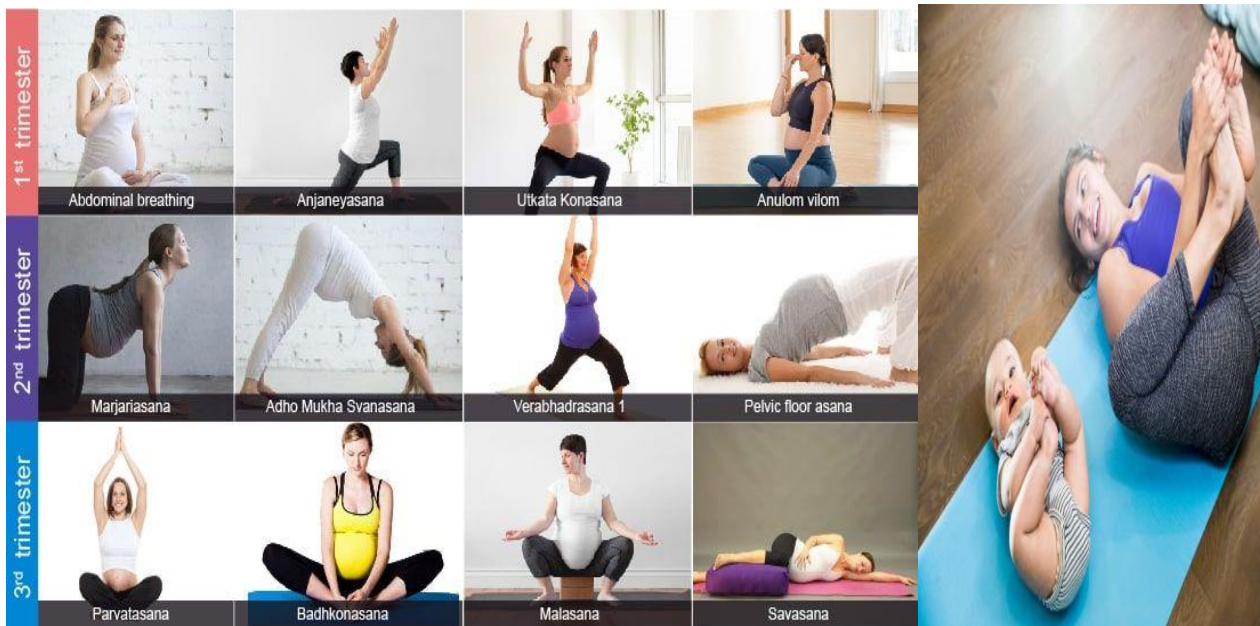


Fig 2: There few Yoga postures during and after Pregnancy time are given below

### Extremely Prohibited

Also, some instructions are given that some asana that pregnant women are extremely prohibited from a few weeks before the baby is born are Sirsasana, Sarvangasana, and Halasana. But at that time some exercises can be done that are all done while sitting, and help to strengthen the spine, Ujjai and anulom-vilom can be done throughout pregnancy.

### Menopause

#### How menopause occurs

For most women, menopause is marked by the end of a yearly period (also known as a menstrual period or 'period') due to loss of ovarian follicular function. This means that the ovaries stop releasing eggs for fertilization. The chronicity and length of the menstrual cycle varies across a woman's reproductive life span, but the age at which natural menopause occurs is generally between 45 and 55 times for women worldwide. Natural menopause is supposed to have passed after 12 successive months without a period for which there's no other egregious physiological or pathological cause and in the absence of clinical intervention. Some women experience menopause before (before 40 times of age). This 'unseasonable menopause' may be because of certain chromosomal abnormalities, auto immune diseases, or other unknown causes. It isn't possible to prognosticate when an individual woman will witness menopause, although there are associations between the age at menopause and certain demographic, health, and inheritable factors. Menopause can also be convinced as a consequence of surgical procedures that involve the junking of both ovaries or medical interventions that beget the conclusion of ovarian function (for illustration radiation remedy or chemotherapy). numerous women have formerly stopped menstruating before menopause, for illustration, those who have had certain surgical procedures (hysterectomy or surgical junking of their

uterine filling) as well as those using certain hormonal contraceptives and other drugs that be get occasional or absent ages. They may still witness other changes related to the menopausal transition.

### How Can Yoga Help You Manage Your Menopause?

yoga can help manage the physical and cerebral symptoms that numerous women witness during the transition from menopause to menopause. It can also ameliorate their long-term physical and internal health in post-menopause when the reduction of estrogen can lead to osteopenia and osteoporosis (brittle bones), Sarcopenia (muscle loss), and the threat of cardiovascular complaint. As women are now living longer, yoga can help retain muscle inflexibility, general mobility, and balance which we need to avoid potentially dangerous cascades. still, the topmost benefits of yoga will be endured if you include it as part of a holistic approach to health and good that includes nutrition, life, and medical advice from your croaker and other health professionals.

### Following Asana will be recommended for Women health. Malasana

Also known as the Garland pose, this asana is all about stretching your thighs and feeling the strength of your body.

#### To perform this

- Stand on the mat with the feet slightly wider.
- Bend your knees slowly in the squatting position.
- Bring your hands together to join the palms in the Namaskar pose by gently pressing the inner knees with your elbows to make them wider apart.
- Bring your hips a little down but make sure your spine is elongated and the chest is opened up.

**Benefits**

- It helps to regulate the menstrual cycle.
- It is good for relieving tension from the thigh and neck region.
- It makes the thigh and groin muscles stronger.

**Vriksasana**

Also known as Tree pose, this asana is one of the most favored female yoga poses mainly because it helps in toning some key areas of the body such as the legs and abdomen. Apart from this, Vriksasana has several other benefits.

**Benefits**

- Helps in getting healthy and strong legs, a flat belly, and toned arms.
- Helps to improve the body's balance and mental focus.
- Adds self-confidence and inner faith to mind and body.

**To perform this**

- This asana is practiced on one leg and the other foot is on the thigh.
- Keep yourself stable on one foot and join your palm near the chest to remember the ultimate God by closing your eyes.
- Make sure the body, from head to toe, is in a straight line.

**Utkata Konasana**

Also known as the Goddess pose, this asana resembles the poses of several Hindu goddesses.

**To perform this**

- Stand with your legs apart
- Now, squat down while keeping both your hands up in a straight and stretched manner.

**Benefits**

- It is good for pregnant women as it prepares the body for childbirth. While performing the asana, pelvic muscles are stretched and they also become stronger to handle childbirth more efficiently.
- This pose helps to reach a level of mental, physical, and spiritual perfection.

**Adho Mukha Svanasana**

Also known as Downward-Facing Dog, this is one of the most popular yoga poses in the world. And finally, we have the Paschimottanasana. It is an easy yoga pose that you can do while sitting down. It targets the muscles and organs in your belly and so is highly beneficial.

**To perform this**

- Start in a plank with your shoulders over your hands, core engaged, feet hip-width apart, and toes tucked. 2. Lift hips to form a straight line from shoulders to heels.
- Lift your hips back and up to form a pyramid shape with your body. Focus on creating a straight line from hands to hips.
- Relax your neck to look back at your feet.
- Release heels toward the floor to stretch the calves.
- Hold the posture, inhaling as you lengthen and lift, and exhaling as you deepen the stretch and increase engagement.

**Benefits**

- This asana is favorable for the female body and stimulates the flow of blood throughout the body parts.

- It helps to remove pimples, wrinkles, and blemishes by providing adequate nourishment through blood
- It helps to prevent the problem of hair fall and grey hair

**Conclusions**

Yoga – A Blessing from Ancient Times. Yoga is a practice that has been around for times. For some time, it was overlooked. Still lately, this drill has come a trendsetter not only in India but across the globe. The great thing about it's that you can do it from anywhere – home, vihara, or your office. The introductory premise is that it focuses on the inner tone and tone- mindfulness. Yoga has three forms – pranayama (breathing exercise), asanas (Yoga postures), and savasana (resting period). It has been proven that regular yoga practice not only brings internal peace but also improves blood rotation, increases awareness, and improves metabolism and digestion thereby helping weight loss. Women, career- acquainted or housekeepers, always have their plates full of liabilities. So much so that it would have sounded insolvable had they not been multi-tasking at so numerous situations. They're always upset about commodity or the other all the time. This is where yoga comes as a blessing. Simple breathing exercises help women calm down and act with grace and effectiveness. It balances the body and the soul. It's salutary in so numerous ways that it's advised to take yogic practice as a diurnal chore and not a rest exertion. Yoga for women has done prodigies; one just needs to be regular in practice. Yoga – numerous feel the benefits of yoga for women are a myth, but that's not true. As per a recent study by the National Center for Biotechnology Information, about 92.16% of people who exercise yoga have set up that yoga has changed their life for good.

**Conflict of interest**

The authors declare that they have no known competing financial interests or personal relationships that could have appeared to influence the work reported in this paper.

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