

VOLUME 9 (SPECIAL ISSUE 2) 2023

ISSN 2454 – 3055

**Manuscripts under Special Issue are published under the
theme “Yoga Practices and Alternative Therapies on
Human Health”**

Guest Editor: Dr. S. Mohanasundaram

Assistant Guest Editors: Mrs. K. Geetha

Mrs. M. Pennarasi

**INTERNATIONAL
JOURNAL OF
ZOOLOGICAL
INVESTIGATIONS**

***Forum for Biological and Environmental
Sciences***

Published by Saran Publications, India



International Journal of Zoological Investigations

Contents available at Journals Home Page: www.ijzi.net

Editor-in-Chief: Prof. Ajai Kumar Srivastav

Published by: Saran Publications, Gorakhpur, India



ISSN: 2454-3055

Well Being of Women Through Yogam – A Treasure of Siddha

Rajeswari K.*, K. Girija Sabari, Sureka A. and Glara A.F.

National Institute of Siddha, Tambaram Sanatorium, Chennai 47, Tamil Nadu, India

*Corresponding Author

Received: 17th March, 2023; Accepted: 5th May, 2023; Published online: 28th June, 2023

<https://doi.org/10.33745/ijzi.2023.v09ispl2.014>

Abstract: WHO states that “Health is a state of complete physical, mental and social well-being and not merely the absence of the disease or infirmity”. Women are more prone to persistent mental stress, both from environment and physical transformation in various stages of their life. The prevalence of stress during pregnancy is between 14 and 23%, in postpartum 13-14%, in pre-menstrual syndrome 20-30%, in pre-menopausal 30-40% of the reproductive female population. An estimated 80% of women experience stress due to the post- menopausal symptoms. As a physician it is our duty to educate them, about the bodily changes and during various stages of women. Here, in our Siddha System, yogam therapy plays a predominant role in relieving stress and to maintain a mental and physical well-being. There are four siddha philosophy namely vadham, vaithiyam, yogam and gnanam. “Yogam” has explained by “Thirumoolar” (father of therapeutic yoga) and has effect on relieving stress. The aim of the study was to relieve stress facing by women at various stages of her life through Yogam – treasure of siddha.

Keywords: Yogam, Postpartum stress, Premenstrual stress, Post menopausal stress

Citation: Rajeswari K., K. Girija Sabari, Sureka A. and Glara A.F.: Well being of women through yogam – a treasure of siddha. Intern. J. Zool. Invest. 9(Special Issue 2): 66-70, 2023.

<https://doi.org/10.33745/ijzi.2023.v09ispl2.014>



This is an Open Access Article licensed under a Creative Commons License: Attribution 4.0 International (CC-BY). It allows unrestricted use of articles in any medium, reproduction and distribution by providing adequate credit to the author (s) and the source of publication.

Introduction

Well being is a experience of health and prosperity in mind. A Sound mind is a sound body i.e., mental wellness is key source for physical wellness. WHO states that, “Health is a state of complete physical, mental and social well-being and not merely the absence of the disease or infirmity”. Women are more prone to persistent mental stress, both from environment and physical transformation in various stages of their life. Worldwide, it is estimated that 10-20% of

adolescent experience mental health conditions, yet these remain under diagnosed and under treated. The prevalence of stress during pregnancy between 14 and 23%, in postpartum 13-14%, in pre-menstrual syndrome 20-30%, in pre-menopausal 30-40% of the reproductive female population. An estimated 80% of women experience stress due to the post- menopausal symptoms. As a physician it is our duty to educate them, about the bodily changes and during

various stages of women. By providing, some therapeutical management, we can get rid of stress along with counselling. Here, in our Siddha System, yogam therapy plays a predominant role in relieving stress and to maintain a mental and physical well-being. There are four siddha philosophy namely vadham, vaithiyam, yogam and gnanam (Thiyagarajan, 2013). “Yogam” has explained by “Thirumoolar” (father of therapeutic yoga) and has effect on relieving stress. The aim of the study was to relieve stress facing by a women at various stages of her life through Yogam – treasure of siddha.

Benefits of Yogam for Women in Various Stages:

- Yoga blesses women with charm, elegance, beauty and suppleness.
- Yoga tranquilises the mind, relaxes the muscle, mobilize the joints, regulates her breath thereby regulating her life to take charge of her roles bestowed upon her with dignity and poise.
- Yogic practise also helps in controlling and reducing fat deposition in the areas prone to it.
- It relieves mental fatigue in women, thereby preventing premature physical changes of aging.
- Yoga also takes care of post-natal functions of women if there are problems like high blood pressure, migraine, postural imbalance, anxiety disorder (Ishwar, 2018).
- Yoga practice uplift and strengthen the woman’s moral and functioning, mentally and physically during the menopause phase, leading her to accept mind, body and life situation with positivism and zeal.

Yogasanam:

Yogasanam is a state of stable body where mind also remains relaxed, happy and light. Yogasanam nourish and strengthen self-confidence and give a feeling of well-being, hence regularity, continuity and patience in their practise are necessary.

Pubertal development and changes in sexual characters leads to stress:

Development throughout adolescence is complex, encompassing not only physiological and anatomical changes but also psychological and social events and their repercussions. Stress in teenage females has been linked to both morphological (e.g., growth of secondary sex features) and physiological (e.g., changes in hormone concentrations) development.

Yogam for adolescent stress:

Pranayamam:

Pranayamam involves breathing methods for respiratory control. Pranayamam—yogic breathing—involves deliberate breathing management, air quality and amount affect respiratory health. Breathing rhythm and fullness affect it. Pranayama benefits the practitioner's respiratory, cardiovascular, and neural systems, bringing emotional stability and tranquilly.

Padmasanam:

The benefits of Padmanasam are –(i) It aids in mental clarity and retention, (ii) There’s a sense of tranquilly and serenity that comes with it, (iii) Benefits to digestion are apparent, (iv) Leg flexibility is increased, and leg muscles are stretched.



Fig.1: Padmasanam.

Pre menstrual syndrome:

Pre menstrual symptoms occurs between the luteal phase and the menstrual phase and completely relieved by the end of the menstruation (Shanmugavelu *et al.*, 2009).

Symptoms of Pre menstrual syndrome (PMS):

The most common symptoms of PMS include:

- Mood swings
- Anxious or Irritable
- Tiredness
- Insomnia
- Bloating
- Breast tenderness
- Headaches
- Greasy hair

Asana for PMS:

Vajrasanam:

Benefits of vajrasanam are- (i) It is a meditative posture and helps in concentration, (ii) It improves digestive system, (iii) It is helpful for boosting blood circulation, reducing anxiety and depression, and (iv) This strengthens muscles of thighs and calf (Yogacharya, 2000).



Fig. 2: Vajrasanam.

Badhakonasanam:

It helps to improve and enhance the function of the reproductive system. It works as a stress reliever and helps to cure menstruation related problem.

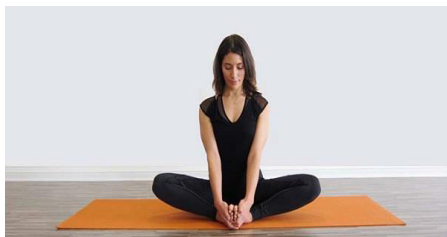


Fig. 3: Badhakonasanam.

Makarasanam:

- It relaxes body and mind both.
- It reduces anxiety and stress.
- It is beneficial for respiratory organs as well as for digestive organs.
- It improves blood circulation in whole body.



Fig. 4: Makarasanam.

Bavanamuthasanam:

- This asana helps to increase digestive power.
- It helps to deal constipation by stimulating the abdominal region.
- It helps in releasing trapped gas from the stomach.
- It helps to dissolve extra fat deposited in the abdominal region.



Fig. 5: Bavanamuthasanam.

Balasanam:



Fig. 6: Balasanam.

It helps in flexing the reproductive organs as well as releasing tension in back, shoulder and neck.

Peri Menopausal Syndrome:

It includes the period beginning with the first clinical, biological and endocrinological features of the approaching menopause, such as vasomotor symptoms and menstrual irregularity and ends 12 months after the final menstrual period.

Symptoms of Peri menopausal syndrome:

- Hot flashes and night sweats, also known as vasomotor symptoms (VMS)
- Breast tenderness
- Worse premenstrual syndrome
- Lower sex drive
- Fatigue
- Irregular periods
- Vaginal dryness; discomfort during sex
- Urine leakage when coughing or sneezing
- Urinary urgency (an urgent need to urinate more frequently)
- Mood swings
- Insomnia

Asana for Peri Menopausal Syndrome:

Bhujangasanam:



Fig. 7: Bhujangasanam.

- This asana makes spine flexible.
- It solves many digestive problems.
- It helps in enhancing focus.

Savasanam:

- It reduces anxiety, fatigue and stress.
- It relaxes the muscles.
- It induces feeling of freshness.
- Shavasana relaxes rigid nerves, boosts up energy level and develops harmony, as well as calmness in the body.



Fig. 8: Savasanam.

Surya Namaskaram:

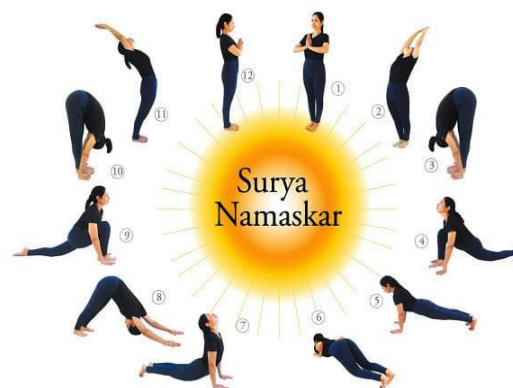


Fig. 9: Surya namaskaram.

- Helps to lose weight
- Helps to keep you disease-free and healthy
- Balances the body and mind
- Improves blood circulation
- Improves digestion system
- Stimulates abdominal muscles, respiratory system, lymphatic system, spinal nerves, and other internal organs
- Tones the spine, neck, shoulder, arms, hands, wrist, back, and leg muscles, thereby promoting overall flexibility

- Regulates the interconnectedness of the body, breath, and mind
- Helps to cure insomnia
- Reduces stress

Pranayamam:

Pranayama means never wearing down your breathing practice. It is the integral part of ashtanga yogam. There are three stages of pranayamam:

- Pooragam indicates the inhalation of the vital air from the atmosphere. The mathirai (the time taken for blinking one's eyes or snapping one's finger i.e as a unit of time is called one mathirai) for this is 16.
- Kumbagam indicates suppression of the vital air inside. The mathirai for this is 64.
- Resagam indicates the suppression of the vital air inhaled for sometimes and then to be exhaled. The mathirai for this is 32.

Close the right nostril with your right thumb, inhale the air through your left nostril; then in a continuous motion close your left nostril with the right ring finger Exhale through your right nostril. Now, inhale through your right nostril and closing your right nostril with right thumb, exhale through your left nostril. The benefits are—(i) It improves blood circulation, (ii) Provide relaxation for body and mind, (iii) Improves your concentration, (iv) Cure asthma, headache, migraine, neurological problems, depression, gastric problems, (v) Improves blood circulation, (vi) Releases anxiety, (vii) Improves the function of reproductive organs, and (viii) Release stress and depression.

The definition of healthy is considered as the well-being of all factors viz. physical,

psychological, social and spiritual in siddha. Those who regularly engage in astanga yogam have their neuro endocrine axis fine-tuned and modulated, according to scientific research. This study concludes that mind-body practises like yoga pair persistent muscular activity with inwardly focused attention, resulting in a transient state of self-contemplation (Padubidri and Daftary, 2004).

The reduction in sympathetic activity is one example of the neuro-hormonal pathway. It activates that has positive health effects. As a result, the functioning of the autonomic nervous system and the higher brain regions are enhanced, and stress and anxiety are reduced.

Conclusion

Siddha physician have much emphasized on the preventive aspect of the curative portion. Mind is considered as one of the important key source in prevention and manifestation of diseases. Yoga keeps the mind relax and helps in prevention of many diseases.

References

- Ishwar VB. (2018) Yoga and wellness as industry. <https://www.businessworld.in/article/Yoga-AndWellness-As-Industry-/29-06-2018-153426>
- Padubidri VG and Daftary Shirish N. (2004) Howkins and Bourne Shaw's Textbook of Gynaecology. 13th edn., Elsevier.
- Shanmugavelu M, Natarajan K and Anaivari RA. (2009) Principles of diagnosis in siddha - Part I: Department of Indian Medicine and Homeopathy, 1st edn..
- Thiyagarajan R. (2013) Siddha Maruthuvam Sirappu, Directorate of Indian Medicine and Homeopathy, Chennai, 4th edn.
- Yogacharya S. (2000) The Secret of Happiness, 1st edn, Yoga Publishing House.