

Yoga as a Solution for Indian Urban Women's Health Problem

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Abstract – The Indian women are regarded as the world's perfect home-maker. They are often over-worked in the field to provide economic security for their families as well as complete all domestic work to fulfill their function properly they require a healthy health which implies physically, psychologically spiritually and intellectually well-being for this woman will motivate her health through the typical Indian way of extruding that is 'Yoga' Good health helps women to enjoy.

They are competent, versatile and successful-at work, dynamic, and at home doing! We are the cement that binds together a great many bits of life. Every homage would fall short of where women keep their position in our hearts and cultures. But women are stressed and stretched too. When responsible for those around them, who looks after them? The solution is in Yoga - the equilibrium that requires today's 'beauty with brains' Several professionals have suggested meditation for women to help them fulfill the various demands of their time with performance. Women always have had it hard if they dare to dream big. We are supposed to be multi-tasking all the way, acting as Superman-daytime daily office worker and nighttime super hero. Not only do women have to take care of their domestic duties with efficiency and grace, but they also have to work outside the four walls to justify their educational and intellectual ability on a par with men.

People across the world ought to be able to hold several balls in the air and at the same time making sure that not one of them slips at any moment. This is why yoga appears as a blessing to women. Yoga is a way of finding peace and serenity in their universe of litigation and taxes. Clear relaxation exercises can help people settle down with competence to poise to manage their various duties.

To women yoga offers more than just making their bodies supple. It brings the mind peace, and nourishment to the spirit. This is why, on their crowded calendar, people do not see yoga as another task, but as a required exercise that will help them handle their other responsibilities optimally. The philosophical problem emerging in relation to yoga is when to start. For women, this is the icing on the cake, because yoga is suitable for all ages. Read on to see how women can maximize the multiple advantages of yoga to the max.

Keywords: Yoga, Solution, Urban, Indian Women, Problem

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INTRODUCTION

The WHO (World Health Organization)'s new 'national action plan on physical activity' highlights safety and wellbeing as an result of being 'connected'. Health is a large term whose origins lie in physical, emotional, social and spiritual well-being. Public health implementation in this sense is essential to the development of evidence-based application with complementary strategies for the public benefit.

India is one of the few countries where women in other parts of the world enjoy a comparatively better status than so many women. The titles of Lord

Saraswati, Goddess Durga, Parvati, & Queen, Kali are worshiped in them. India is by area the sixth largest nation, and the second most populous nation. Today we see poor oral health awareness of air pollution, soil pollution and water pollution.

Alimentary habits have changed. Due to lack of time women are unable to prepare food from a hygienic standpoint, preserved foods are not good for health. Typically, these produce unnecessary fats and spices and are acidic. Since the product is rich in calories but does not have adequate nutrition, it often damages the preservatives used, such as

nitrogen, chlorine, carbonic acid, vinegar and impure sugar.

There are several imbalances within the public life in general. Water is poisoned, air is dirty and land toxic. It contaminates the food available on the market. Green vegetables are readily accessible at every season in the year. Pesticides and toxic chemicals are required for healthy crop growth ... Cold beverages involve full blend of preservatives. Pizza, Berger's, noodles, and ready-made treats are our youngsters' favorite items. Use microwaves and computer devices significantly reduces the nutritious content of the product. Medical issues get numerous, blockage of the lungs, arthritis, tuberculosis etc.

Often shifting landscape and species impact on the environment / climate, as a consequence, most plants and animals are often affected by human beings directly to the shift in position on power.

Good health allows women to have the opportunity to enjoy life and attain the goods they set for themselves. The health's real purpose is to develop & maintain vigorous & vitality in order to acquire interest habits in living ways that are healthy & meet the demands placed on the individual with energy & satiation efficiently.

Health is a significant contributing factor to human wellbeing and economic growth. Health leads to healthier workplace and development in the country. Social position, economic prosperity aggregate affects the development of the nation and can only be accomplished by human well-being. Women in India today suffer from many of the modern ailments. Over recent years the growing extent of women's health awareness has become a topic of concern. Indians have also been active in meditation, among other practices linked to wellness. Yet now people of a day are very vigilant with their diet and wellbeing, too.

Women's wellbeing in society is linked to their rank. Bindings and patriarchal mindset have a detrimental impact on Indian women's health status. She is content and fulfilled because she sits in community

For ill health mothers give birth to babies of small weight. We are not in a place to provide their children food and proper treatment. We do not reach an equal standard of health, particularly in the areas impacted by development and deprivation. People take advantage of their rights and people are weak and ineffective. By athletic fitness, workout classes etc. these types & physical workouts mean just physical well-being, the citizens are now supporting their wellbeing. They have nothing to do with the spiritual bodily growth. Getting mentally healthy doesn't guarantee wellbeing. To be safe one should be physically, emotionally, morally & culturally & socially well-being by the conventional Indian method of maintaining wellness.

In India, it has been seen particularly in urban areas, because of Hindu culture and social standing, women are far less respected in their families. Racial disparities, affect women's health. Pregnancy also impacts women's wellbeing. While some of the women suffer from incurable illnesses, there was a decrease in the number of ailments even then compared with the previous decade or so.

Cancer

Breast Cancer is a growing global concern. It's my own observational morning poll in New Delhi Parks that most people are conscious of cancer but not everybody present in the park learns about symptoms and indications. We were able to pose them for breast checkup. We were concerned about excitement; their expression was full of fear. They'd been told to behave differently. Survival levels for multiple forms of tumors have increased in recent years. Cancer incidence may be that by the implementation of a balanced lifestyle. Hair, lung, prostate tumors are the ones that people care about and women today are especially worried regarding breast cancer. Sometimes it can exaggerate the fear of breast cancer, stopping women from going to doctors and teaching them the exact position of the disease. Several other illnesses are growing day by day where knowledge of women needs to rise steadily.

Knee Pain:

It's a fresh phenomenon that draws the main female concern lately. Symptoms of knee pain include fatigue, movement discomfort, exhaustion, swollen redness, and stiffness. This happens: knee bursitis, broken cartilage, gout, rheumatoid arthritis, osteoarthritis, hip cartilage, degeneration of the bone attributable to age. In this sort of pain certain home remedies are really useful: consuming combined ginger and warm water. Massage of Castor oil on the portion concerned until getting water. Until heading to bed, one may relax too to alleviate knee discomfort. One can take new and warm cooked foods in these forms of discomfort. Stop beverages which are cold. Stop fast eating and junk food. Keep the food gently. However, overeating can be stopped. Reclining knee bent twist and these forms of discomfort are really effective for avoiding knee pain certain asanas like tad asana and veer asana.

Disc problem:

The signs may differ based on the position and extent of a broken disk. Most patients who display signs of faulty disks being tested have no effects. It means that there are simply no signs, most generally. Specific indications therefore can include:

- Getting back pain

- Pain which radiates down the legs
- Escalating discomfort related to bent over or sitting for a long period
- Escalating discomfort related to behaviors such as coughing or sneezing
- Numbness of arm or leg or pins-and-needles.

Risk factors for disc problems

Some people are more sensitive to problems with the discs than others. Risk factors cover:

- Adipose
- Poor muscle sound
- Without some daily workout
- Smoke tobacco
- Gender Advancement
- Poor attitude
- Faulty training methods.

Yet there is also no identifiable risk factor present.

Jump to top

Types of disc problems

Popular disks include degenerative disk disorder, ruptured (or 'slipped') disc, and sciatica (nerve pain). Disc Recovery Issues Many disk issues fix regardless of medication. Bed rest is sometimes better for initial treatment of serious sciatica, although most people will remain healthy despite few pain-dependent limitations. Strong pain management and a successful solution is always to encourage the individual to travel.

Some common treatments include:

- Warmed diagnosis
- Routine Massage
- An exercise program designed to improve strength and flexibility
- Non-steroidal antiviral medications (NSAIDs) or hormones
- Medicine which relieves pain
- Anti-inflammatory steroid injection into the Disc region

- In extreme cases of ruptured disk an operation might be required to trim the protruding bulge (laminectomy)

Depression:

More people have had depression than males. Women continue to get anxious as they feel alone and inappropriate conflict with coworkers and family members.

Diabetes:

This has been shown in many instances where individuals don't know they 're diabetes sufferers. Kidney disease comes to know only when vision loss occurs.

Dementia:

Dementia issue is one that is rising in India, memories are losing among the elderly and even women are experiencing it after sixty. In this type of disease, anxiety, tension, stress, inattention, headaches, forgetfulness create problem.

Cervical disorder and osteoporosis. After 35 fresh bone starts formation in people, and the emphasis is on preserving old bones. Sitting and inactive position affects spinal cord in cervical and osteoporosis.

Today, owing to growing greed, expectations and struggles, the environment has been full of pain, mental deformity. Our program filled with comprehensive syllabus and instruction of demands from parents contributes to anger and depression.

Classic problems including diarrhea, tuberculosis, and TB — along with estimates for maternal infant mortality (although rising but still worrying)—are a problem. On the other hand, as big killers emerge non-communicable diseases which are called life-style diseases.

Heart disorder is the number one male and female rapist. Many people die of heart attack compared with women.

Mal-nutrition

Both obesity and malnutrition are considerable public health issues in our India. We have a very high infant population as well as strong senior / citizen community. Even though our doctors work diligently and even then, won the battle of many diseases, there is a need for exercise, yoga and meditation and nutritional diet.

Yoga practices help prevent disease, and maintain the level of energy and health. It treats illnesses. Diabetes, asthma, obesity are all non-communicable disorders, an immense amount of money is

expended on curative treatment per year and the economic pressure is growing. It is important to follow a healthier lifestyle that will reduce the economic pressure to a greater degree. It destroys our pessimistic thoughts and fills with joy and gladness.

Community life, moral upliftment, peace and unity, intellectual discipline by practicing yoga everything will be done.

Yoga is an ancient discipline, but thanks to modern life, its importance today retains greater than ever. You've got to sprint harder and faster to remain in the same spot.

Not only is yoga a collection of workouts, it's a total blueprint for a nice, safe, happy and respectful existence.

Eight organs called Yam, Niyama, Asan, Pranayama, Dhyana, Pratyahara, Dharna, and Samadhi are introduced into Yoga. The absolute peak, Samadhi. But a subject, a regular person shouldn't be afraid to reach that point. To a typical human the road is too long and too full of obstacles. Only practice yoga to the degree that you can, and profit automatically starts to accrue.

A normal person that regularly study and practice Asan, Pranayama and Dhyana, with amazing results since yoga is science.

A regular person is in fear of death. Yoga keeps us mindful of this universal reality of physical existence and takes out the fear of mortality from the consciousness of the Yogi. While living long and well. Yoga not only improves physical fitness and mental faculties; it also strengthens the technical skills, practical performance. Above all it helps you more socially appropriate and respectful. The affluence of resources does not offer happiness on itself. You will build a balanced body, in which a stable mind will exist. There will come contentment and bring peace to living.

Why Yoga?

Yoga teaches us the path which leads us to free ourselves from all tensions and concerns. This grounds us on how we will be raised on harmony and joy.

Yoga is more of a science. A comprehensive program of animas life (non-violence), of harmony. This is also named ASHTANG YOG, which is made up of Yam, Niyama, Asan, Pranayama. Pratyahara, Dharana, Samadhi, Dhyana, and ... The guidelines for being a successful citizen and a productive member of society are provided by Yam and Niyama. Pratyahara helps one to separate ourselves from impulses. Dharana teaches us to build our attitudes,

and Samadhi is the ultimate state of bliss enjoyed by a perfect Yogi.

Asan, Pranayama, and Dhyana are the practices for good physical, mental, and spiritual health which need to be performed. Yoga works on all aspects of fitness, such as strength, stamina, flexibility, coordination, skill and agility. It decreases weight, shades the body, adds shine to the eyes, increases the member and the focus. Get rid of pains in the joint, keep fresh all day. Great health, healthy eyes, a body of color, a good degree of energy and a positive mind are all signs for a fit human. Fitness is an inseparable aspect of living conditions. Which is to add, we should claim it's a wellness study. Let's see first what those three yoga constituents are.

ASANA

A pose in which we sit, stand or lie down; any defined position in which the subject will remain steady, with no discomfort for a long period (several minutes) Backbone erection is the essential. Both nerves, lungs, arteries etc. joints are regularly sharpened and toned, Asanas, along with yam and Niyama offer such physical strength and internal wellbeing that no other way can. Whereas an Asana would help an underweight put on weight, the same asana would help an obese adult lose extra weight without side effects.

Getting slender has now become a trend a day. Shun food for this people. It is the type of life that is pessimistic. The question is about getting fit. Stress on proper food must be provided.

Your body requires food for energy, immune building and keeping you healthy. Holistic lifestyle habits, dietary / nutritional correction practices and balance of all is the safest approach and is the appropriate attitude to exercise. The only safe way to stay healthier is to adopt a particular lifestyle for individuals. Life style, and routine of workout. In terms of body structure, each person is special and assesses its own specific criteria, and yoga incorporates all of this.

PRANAYAM

Through stating that Pranayama is a series of breathing exercises, we may simplify it-really logical. This is dedicated at avoiding many common illnesses such as asthma, migraine, etc. His regular practice leads to a healthy and long life of alertness. This also strengthens our capacity to focus our energy and attention.

DHYAN

It's assumed that Dhyana or meditation brings an individual to spirituality. Right. But much later, much later. First, it helps you focus on your actual activity. Doing on thing when on the highways, kitchens and

factories worrying of another trigger crash. Forces you to go on reading the same topic for hours before memorizing it so how critical it is for teachers, staff, drivers, executives and housewives;

NIYAM AND PRATYAHAR

This is for the spiritually values-based curriculum. We make a Yoga follower an apt and cherished part of the community. (And the follower does not mean a person who believes in Yoga but also performs Yoga in his / her everyday life. Yoga is not only an activity to be practiced for a set time. However, it is a way of life. Blissful life) the follower is valued not for money or some other sort of power he / she wields but because it is a delight to talk to him / her. Yoga takes one off narrow personal attitude to wider world outlooks. India has the unique distinction of setting examples in the f social and cultural values of various fields. The broad view exemplifies our predecessors who openly exchanged their observations and work with the rest of the planet. Patents and copyrights will carry capital. Yet patents and copyrights often build copy-cats. The copy-cats and the rights holder, all chase for capital in pursuit of pleasure. Yet become entangled in lawsuits.

PRATYAHAR

Pratyahara stands for eschewing; resisting desire, envy or something that draw us which is likely to be detrimental to our wellbeing or morals. There are 5 Yams, and 5 Niyama. We 're posing only four out of ten here, as follows:

- Satya: Unflinchingly, on the road of reality.
- Ahimsa: Live and let live, non-violence.
- Parikrama: Shunning the accumulation tendencies of material objects.
- Ishwar Pranitha: Take everything with equanimity, attributing progress to God and Karma (our past actions).

HYGIENE

Yoga requires personal grooming at great depths and lays down, for starters, many Shushi Kriyas:

1. Kunal: Drink a lot of water (one and a half liters to two or more liters) and drain it until the water falls down into the intestines. This will cleanse your stomach. Acidity and stomach ulcers are among the risks.
2. Sutra Neta: The nostrils are washed with a light unspun batch of cotton fibers.
3. Jal Neta: To clean the nostrils by pouring water through one nostril and making the other nostril float.

4. Kapil Bhatti: Even a pranayama, it holds good skin, wards off illnesses such as migraine.

Yoga is a method of living in a safe, peaceful, nay joyful way and of building harmonious communities founded on shared confidence and reverence, merging the material opulent and the needy. The affluence of resources does not offer happiness on itself. You will build a balanced body, in which a stable mind will exist. There will come contentment and bring peace to living.

There is a growing understanding and recognition of the importance of Yoga as a balanced way of life today, worldwide. Yoga is a worldwide step for the world's Safe Living and Life Style.

YOGA FOR URBAN WOMEN

Yoga – Blessing for women in those beginning years

Yoga is particularly recommended for teenage students. A turbulent era forms the whole lifespan of young girls as they experience drastic shifts in their bodies and mind. Specific yoga asanas are built for women at this level to ensure that they quickly and painlessly respond to such various shifts. The practice of pranayama and meditation, for example, help calm the restless, fearful and confused adolescent mind. The roaming and wavering mind is a result of the physical changes that the teenage body is going through. Among other yoga an as that are suitable for women and help them establish a normal and balanced menstrual cycle are asanas such as Dhandapani and Vajrayana. Daily practice of these asanas can ensure that women maintain muscle mass, prevent obesity and grow healthier reproductive organs while maintaining their hormones in balance.

During the years of pregnancy and childbirth people experience numerous physical adjustments. Yoga lets women maximize efficiency. During their pregnancy, women experience various 'alien' feelings; it is important that they attain good physical and mental health; Given the various hormonal changes that are sometimes not under their control, it's a difficult task. Experts also advised some of the yoga asanas for women to physically and mentally hold them in a peak state. Yoga often keeps women healthy and ready to perform in a regular manner. It makes sure they have an optimal chance to tide themselves over any complications that may occur during pregnancy or delivery.

Yoga - Perfect for women's peak productive period

Pre-natal yoga has many advantages that can be tailored to suit changing needs and capacities of the body. It also helps strengthen the uterine muscles of

women and supports the spine, thus allowing the back to cope with additional pressure. Post-natal yoga in the form of pranayama and yogic relaxation can help women heal from childbirth easily, regain firmness in their muscle fibers and improve lactation.

Yoga in the transitional period

This is one of the toughest ages for either sex but for women the complications are singular. Women experience menopause, weight gain, thyroid problems and other such conditions and ailments. The benefits of yoga for women during this time are substantial. Yoga has great healing powers and can help balance hormones, keep weight in check, help menopause pass smoothly and maintain a healthy digestive system. Pranayama and meditation will help women immeasurably in this difficult and rather tumultuous time in their lives.

Sri Sri Yoga - A lifetime companion for women

In these periods of women's lives the Sri Sri Yoga has essential elements. Women undergo many life changes right from adolescence to motherhood, menopause and old age. Yoga will give women relaxation from big mood changes which can contribute to disharmony and discord in their lives. We can customize a daily routine for women according to their age and needs. The asanas in yoga can be built to hold women happy in such a way that they do. Via this they will attain inner health and bodily poise.

A Sri Sri Yoga course teaches a variety of yoga routines that can be practiced anywhere – either at home or at work. The yogasana, pranayama, and mediation methods are demonstrated in the course of Sri Sri Yoga and can guide a woman through the various, difficult phases of her life.

Yoga for the glow in women's golden years

Daily practice of my Sri Sri Yoga regimen has provided me with both apparent and surprising benefits for body, mind and spirit. It has brought me warmth, meditation, happiness, encouragement and peace in my body. It has helped me interact with my inner radiance and power in the most difficult moments, allowing me mindful of my abilities and shortcomings when discovering the different perspectives of my fast-paced existence.

The golden years of women's lives carry with them more particular problems for women. Women's yoga in this period will reflect their decreased physical exercise and therefore have fewer complicated asanas. These asanas seek to increase fluid supply. A stable nervous system would enable the body expand and ultimately relax fully.

The secret for women is to make yoga a part of their lives – as much as breathing. The practice of yoga

will be ideal for women at any age, with repetition and regularity.

Impact of yoga on women's health

For a woman in her healthy & disease-free body & mind the greatest pleasures & happiness. For her it is quite infatuating that she is suffering from the living style in the ultra-modern brilliance of the present age and she is paying a price for it in the wake of giving the various physical & mental elements evicted. She can be helped a lot in this condition if she tries to adopt and practice the yoga activities & therapy for this purpose to adopt and practice the yoga activities & therapy. Some can be avoided property for our physical & mental ailments & discuses as well as cured by the yoga are as follows. Diabetes high sugar accuulation in the blood as a consequence of pancreas dysfunction.

An important complement to diabetes care can be the International Journal of Physical Fitness, Athletics, and Wellness Yoga. It works to regulate blood sugar levels by making the pancreas generate further insulin.

Yogic Cure

The beginners will learn the Kunjala kriya Jananeti accompanied by kapalabhati, Nauli & Bastikniys

So she will incorporate the pranayama as bhastrika pranayama nadi hsoadhan pranayama & Vijjayi pranayama into her everyday life.

She may then perform saunas such as Ardhamat syendrasana, paschimothanasan, dhanurasana, mgyarasana, halasanal, Vajrasana, Naukasana, shavasana, suryanamaskar. And follow the dietary clattery. High blood pressure This is higher than normal blood pressure against the artery walls. It is triggered by internal stress, nervousness, fatigue, tiredness, exhaustion etc.

Yoga Cure

Practice the Kunjala Kriya, Kapalabhati, Nelti & Ennema for at least 30 minutes of daily morning & evening exercise.

The pranayama as sheetali, sheetkari, Bharamari, Ujjayi, etc.

Practicing asanas such as Pavanamcektasana, Uttanpodasana, Vijrasana, Gomukhasana, Trikonasana, Tadasana & Relaxing postures & asanas such as shavasana Anthropology

A joint condition triggered by calcium loss, by obesity deprivation, physical tress tec.

Yogi cure:

Practitioners ease their yogi behaviors and hold them somewhat busy such that their joints do not get rigid.

Jalaneti, Kapalbhathi, suryabhedi and Nadi shodhana pranayama practice

The suryanamaskara, Trikonasana, Gomukhasana, Vrikshasan, Natrajsana, and Halasana class. Back Ache induced lack of sleep, overweight etc. yoga stent hens owing to poor environment ownership trees

Practice The Pranayama Rechaka & Puraka

The asanas such as: Pawanamuktasana, Bhujanagasana, Uttanapadasana, Shalbhasana & Shavasana.

Headache Caused by indigestion, Sinus, eye pain, high or low blood presser, pfucholical disturbances etc.

Yogic care

Practicing meditation contributes toward minimizing recurrent headaches. Through calming the mind.

Practice the karmas shut, such as sutraneti, Jalaneti, Keenjala Kriya, Enema with warm water. • Perform an activity intense splitting & contemplation.

The Pranayama practice such as Reghaka, Puraka pranayama, Bhramarji & Shitkari Pranayama. Asanasa practice such as: Pawana muktasana, Vajrasana, Bhajangasana, Shalbhasana,

Sarvangasana, Shavasana, Suryanamasjkar &. Obesity Accumulation of excess fat around the body, caused by excessive eatery, exercise lock, thyroid gland disorders , diabetes, anxiety , stress and anger etc.

Yogic cure

Do the shatkarmas such as Kunjala Kniya, Enema Nauli, Kapalabhati, The Pranayama exercise as: Bhastnka & Bahya Kumbaka.

Such as: Surya Namaskara, Katicha Krasana, Hasta Uttana padasana, sarvangasana, Halasana, Naukasana, Dhanurasana, Shavasana etc. During labour people battle attitude, swimming speeds exhaustion & nausea, debilitating leg cramps & breathing issues yogic exercises, strategies & postures promote both of these factors guaranteeing a duration of relived mine months accompanied by better function and faster delivery.

Yogic Cure

Practice asana like vakrasana, Utkatasana, Konasana, Bhadrasana, Parvatasana, Hasta padangustogana,

Pranayama practice: Ujjain, Nudishodhana, Dirgha pranayama, Anuloma, and Vilma Pranayama. Menstrual complications People around the world have an abdominal and pelvic discomfort that can even extend to the rower back & stuff during the menstrual process. A few common symptoms include pain , nausea, dizziness. Yoga mentally supports the body & tends to relieve discomfort induced by menstrual cramps.

Yogic Cure

Practice the saunas such as: suryanamaskar, Dhncerasana, Ardhachakrasana, purnachakarasana, Uttanapada-Chakrasana, Sarwangasana, Halasana, Matsyasana, Ardhmatsyendrasana, Bhijangasana, Paschimothanasana.

Pranayama:- Kaplabhat, Bhramari, Nadishodhana, Ujjayi. Note: The grimmer should be performing all the yogic practices under the guidance of the professional in suitable circumstances and in a favorable climate. Conclusion For Indian women to perform their multidimensional role, they should be empowered with health and this health status can be achieved through daily practice of yogasana, pranayana, meditation & shutkarmas that helps promote a balanced physical , mental , emotional & spiritual well-being development. Yogic exercises recharge the body with cosmic energy that helps achieve perfect balance & harmony, promotes self-heading & removes negative blocks from the body 's mind & foxiness, increases self-consciousness.

Knowledge of Yoga for Health Benefits

In our present research , we found that 92.6 percent of the participants claimed, irrespective of their gender, that yoga aims to attain superior health outcomes. In comparison to the nationally common belief that it avoids diabetes, the research may prompt further inquiry into what roles weaker self-regulation and tacit attitudes perform after decreased yoga practice. Yoga exercise often includes professional yoga practicers to prepare. It is believed that the number of expert practitioners is limited to just 2034, where 1360 practitioners are limited to the Indian states of Tamil Nadu and Karnataka. This shows the country's need for more yoga practitioners, and training schools.

CONCLUSION:

For Indian women to fulfill their multidimensional function, they should be empowered with health and this health status can be achieved through daily practice of yogasana, pranayana, meditation &

shutkarmas that helps promote healthy physical , mental , emotional & spiritual well-being growth. Yogic exercises recharge the body with cosmic energy that helps to achieve perfect balance & harmony, promotes self-heading & removes negative blocks from the body 's mind & foxiness, increases self-consciousness.

The study highlights the variation in yoga practice prevalence based on demographic features and contends that 11.8 per cent of the Indian population practice yoga across both rural and urban areas. Further research, however, are needed to establish the preventive or therapeutic effects of yoga under different clinical conditions along with evidence-based inclusion of yoga in clinics, which can partially address the gap between yoga awareness and practice. The report even advises yoga philosophy and activity curriculum and instruction for students and physicians alike. Additionally, academic work can further incorporate yoga for public education , instruction, and disease prevention.

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