



Yoga

ROLE OF YOG AND AYURVED IN WOMEN'S MENTAL HEALTH- A DESCRIPTIVE STUDY

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ABSTRACT Yog and Ayurved are Vedic methods of every human being, Yog is way of life and ayurved is science of that life. Yog deals with the purification of the body mind and soul. Ayurved is the health science that focuses on healing the mind and body. Both advocate the use of Aasan, Pranayam, Meditation, Nutrition for healing the entire being. Yog and Ayurved help to gain complete harmony so that we can discover our true Self that is one with all. So, if we talk about present scenario a woman faces so many challenges in her personal and professional life. A working and a home maker woman both must do multiple tasks at one time with mind and body. At the end of the day, she feels physically tired and this continued physical tiredness first converts into mental tiredness than after some time in stress and depression. These are called mental disorders, some mental disorders are common in women such as anxiety, depression. These kinds of disorders are led to physical disorders, so that every woman should take care of her health. Here is the role of Yog and Ayurved to promote women health physically as well as mentally.

KEYWORDS : Yog, Aasan, Pranayam, Meditation, Ayurved, Mental health

YOG AND AYURVED:

The word 'Yog' is derived from the Sanskrit root 'Yuj', meaning 'to join' or 'to unite'. This is spiritual discipline based on an extremely subtle science, which focuses on bringing harmony between mind, body & soul. It is an art and science of healthy living. The techniques of yog abhyas are very practical, so that they can always be applied. This is the reason why Yog has been practiced for thousands of years and still everyone is practicing. There are some parts of this beautiful path of Yog that are should be necessary for healthy life style, these are Aasan, Pranayam, Meditation. We first talk about Aasan, a physical posture in Yog is called Aasan. According to Patanjali Yog Sutra Aasan is "sthira-sukham-āsanam"² 2.46 Posture is that which is conducive to steadiness and ease. It means Aasanas to be performed in a slow, relaxed and scientific manner. In addition to developing the physical body, brain is also impacts in a positive way.

Pranayam is the yogic practice of focusing on breath. In yog, breath is associated with pran, thus, pranayam means to elevate the pran-shakti, or life energies. According to Patanjali Yog Sutra Pranayam is "tasmīnsati śvāsapraśvāsayorgativicchedaḥ prāṇāyāmaḥ"³ 2.49 There upon follows 'Breath-Regulation', which consists in the stopping of the process of Inhalation and Exhalation. Pranayam is regulation of inhaling and exhaling of breath with retention. It is a main component of Yog that practice with Yog postures. One can control the rhythms of pranic energy with Pranayam and achieve healthy body and mind.

Our mind is what drives our body. A calm and steady mind is required to keep our body in optimal condition. Positive thinking helps to purify the mind and experience inner peace. When we shift our focus from negative thoughts to positive thoughts, it changes our perception about the world around us. We start to see things in a more positive way, negative situations stop affecting us in a strong way. Along with positive thinking, a regular meditation practice helps to keep the mind clear and focused. According to Patanjali Yog Sutra meditation is "tatra pratyayaikātānatā dhyānam"⁴ 3.2. The continuous flow of similar mental modifications is called dhyān or meditation. It is uninterrupted flow of mind to the object. Swami Vivekanand said about Dhyān that The mind tries to think of one object, to hold itself to one particular spot, as the top of the head, the heart etc. and if the mind succeeds in receiving the sensations only through that part of the body and through no other part, that would be dharana and the mind succeeds in keeping itself in that state for some time it is called Dhyān.

Now we talk about Ayurved, Ayurved is an ancient Indian system of natural and holistic medicine. When translated from Sanskrit, Ayurved means "the science of life" (the Sanskrit root ayur means "longevity" or "life" and ved means "science"). Definition of Health according to Sushrut Sutra is: "Samādoshaḥ Samāgnishca Samādhatumalā Kriyāḥ, Prasannatmendriyamanah Swastha Ityabhidhiyate"⁵ (Sushrut Sutra 15.41)

It means only that person is healthy, whose doshas, dhatumal and agni (the basic elements and functional energy streams as per one's natural constitution/prakriti) are balanced and free from all defects and whose

mind and soul are (happy) in perfect harmony.

In Ayurved, every person is influenced by certain elements more than others. This is because of their prakriti/natural constitution which we talk about in definition of health. Ayurved categorizes the different constitutions into three different doshas.

Vaat dosh, in which the air & space element dominates, Pitt dosh, in which the fire element dominates, Kaph dosh, in which the earth & water elements dominate.

These doshas affect not just the shape of the body but also bodily tendencies (like food preferences and daily routine habits etc.), and the temperament of one's mind and emotions. For example, the earth element in people with Kaph dosh is evident in their solid, sturdy body type, their tendency for slower digestion, their strong memory and their emotional steadiness. Most people's prakriti is made up of a combination of two doshas. For example, people who are "Pitt Kaph" will have the tendencies of both Pitt dosh and Kaph dosh, with Pitt dominating. By understanding the qualities of our natural constitution we are better able to do what is needed to keep ourselves in balance.

Women Mental Health:

In India women are considered like goddesses and sign of beauty but unfortunately, women consider less than men and they always seem to fight for their rights. However, women always proof that they are not less than any men and do everything which men can do, along with household work. Now they are working in every field but reality shows something else. With time the mental health of women is deteriorating. Before moving ahead on this topic, it is important for us to know what mental health is?

According to WHO 'Mental health is the capacity of the individual, the group and the environment to interact with one another in ways that promote subjective well-being, the optimal development and use of mental abilities (cognitive, affective and relational), the achievement of individual and collective goals consistent with justice and the attainment and preservation of conditions of fundamental equality.' Women's mental health is a complex and multifaceted area of concern that deserves significant attention. Women experience distinct biological, social, and cultural factors that can influence their mental health. From mood disorders to body image concerns and trauma-related conditions. Women navigate various challenges that impact their mental well-being. As per a survey by WHO, one in every five women experiences a common mental health condition in her lifetime. Women are biologically and psychologically more vulnerable to specific disorders.

These Are Some Symptoms Of Mental Disorders In Women:

- Persistent sadness or feelings of hopelessness
- Noticeable changes in mood, energy level
- Difficulty in sleeping or sleeping too much
- Appetite or weight changes
- Decreased energy or fatigue
- Excessive fear or worry

- Seeing or hearing things that are not there
- Aches, headaches or digestive problems without a clear cause
- Anger or irritability
- Social withdrawal

These Are Some Factors That Affect Women's Mental Health:

- Personal relationships & support system
- Economic and financial pressures
- Physical health and chronic illness
- Social & cultural factors

Role Of Yog And Ayurved In Women's Mental Health:

Yog promotes a harmonious connection between the body and mind. The physical postures in Yog improve strength, flexibility, body posture and enhance ability of awareness. This physical awareness, combined with mindfulness, enables women to better understand their bodies and minds. Yog postures stretch and protect the spine, keep the muscles strong, increase the blood flow, immunity, improve metabolism, strength the bones, increase concentration and relieve stress and depression.

Pranayam regulates the rate of breathing and heart rate, blood pressure, stimulates blood circulation, expels toxins from the body, improve digestion, increase immunity, induced sleep, calms the body and mind. Now we talk about Meditation, Meditation is the superb medicine of women's all over problems. With practicing of Meditation they can improve their attention, increase innovation, they can be a better problem solver. Most of the women do not take proper sleep due to stress, Meditation reduce stress and enhance sleep quality.

Ayurved also has so many benefits on women mental health, this is the science along with tradition of Indian culture. In daily life routine we use this system but if we become aware of its benefits then we can use in a proper manner. Ayurved also promotes healthy eating habits and encourages women to eat a balanced diet that is tailored to their individual needs. This can be especially important for women who may have unique nutritional needs during different stages of their lives, such as during pregnancy or menopause. Ayurvedic dietary guidelines can help women make choices that support their physical health and mental well-being.

In addition to promoting physical health, Ayurved also recognizes the importance of emotional and spiritual health. Women are often expected to be caretakers and may neglect their own emotional needs in the process. Ayurved encourages women to take time for themselves and engage in activities that promote emotional well-being.

These Are Some Best Practices For Women For Their Daily Routine:-

- Abhyang, the Ayurvedic practice, is one of the most suitable way for women to tend their minds and bodies. The gentle ritual involves the process of applying warm oil to the body. It helps beyond just relaxation and offers numerous benefits. Abhyang increases blood circulation of the body, toxins are eliminated in the form of sweat and urine. This practice opens up the pores of the body and cleaned⁶.
- **Herbal Tea:** Drinking herbal tea in the morning can help stimulate digestion and flush toxins from the body. Instead of herbal tea we can use lukewarm water.
- **Mindful Eating:** Eating mindfully and choosing fresh, whole foods that are in season can promote overall health. Do not drink water during meals, consume water half an hour before and half an hour after meals, always drink water sip by sip⁷.

By incorporating these Yog and Ayurvedic practices in daily routine, they can experience greater health empowerment and overall well-being.

CONCLUSION:

Yog and Ayurved are two beautiful ways for attain healthy lifestyle. In Yog texts we found so many ways like Aasan, Pranayam, Dhyan, Shatkriya which are very beneficial for overall health, and from ayurved we get to know about so many good habits, like which food is good & which is bad for us, abhyang, feel connection with nature, understand about our body type and many more. We can say that Yog and Ayurved are two sides of a coin, and we cannot neglect any one and in women health issues both are equally beneficial.

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