

## THE EFFECT OF YOGA AND MEDITATION ON HEALTH OF WOMEN IN SANGAMNER (M.S.)

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### Abstract

The purpose of the study was intended to assess the Effect of Yoga and meditation on health of women. For this purpose Twenty women from Sangamner Town, Maharashtra state in age group of 30-56 years were selected. They were divided into two equal groups, each group consist of 10 women, in which group-I belong to yoga practices and meditation and group –II acted as control group who were not allowed to participated and receive any special treatment apart from their regular work. The training period for this study was seven days a week for twelve weeks. Before and after the training period, the subjects were tested for Body health. The paired means differ significantly. It was drawn conclusions that after the training of yoga Group I produced better results. Yoga incorporates many breathing exercises, which could help improve breathing and lung function. yoga may stimulate the nerve and reduce migraine intensity and frequency. increases flexibility. Practicing yoga can help to improve hormonal balance, depression, chronic pain, stress, blood pressure, fatigue, Anger, Backbone pains, weight etc.

**Keywords:** physical exercise, Meditation, health.



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### Introduction

Yoga is the art and science of maintaining physical and mental wellbeing that has its origin in India, is among the most ancient yet vibrant living traditions that is getting increasingly popular today. The word Yoga derived from Sanskrit word ‘YUJ’ meaning to yoke, join or unite. This implies joining or integrating all aspects of the individual body with mind with soul- to achieve a happy, balanced and useful life, and spiritually, uniting the individual with the supreme, Physical exercise in any organised activity that involves continuous participation and effects on whole body. Exercise occupies a leading role in keeping a person fit. It will be quite difficult to adjunct one’s life in terms on stress, diet, and sleep and so on without proper exercise. Regular practices of asana maintain the physical body in an optimum condition and promote health even in an unhealthy body. The practice of yoga – a non-competitive, physical exercise (asana) combined with breathing (pranayama) and meditation techniques (Sengupta, 2012) – indicates that practicing yoga is associated with improved psychological well-being Practicing yoga is said to come with many benefits for both mental

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and physical health, though not all of these benefits have been backed by science. Studies show that yoga may help improve heart health and reduce several risk factors for heart diseases. One study found that participants over 40 years of age who practiced yoga for five years had a lower blood pressure and pulse rate than those who didn't. High blood pressure is one of the major causes of heart problems, such as heart attacks and stroke. Lowering your blood pressure can help reduce the risk of these problems. Practicing yoga significantly improved quality of life, as well as mood and fatigue, compared to the other groups. It was drawn conclusions that after the training of yoga Group I produced better results. Yoga incorporates many breathing exercises, which could help improve breathing and lung function. Yoga may stimulate the nerve and reduce migraine intensity and frequency. It increases flexibility. Practicing yoga can help to improve hormonal balance, depression, chronic pain, stress, blood pressure, fatigue, Anger, Backbone pains, weight etc.

#### **Methodology:**

The purpose of the study was to find out effect of yogasana on selected physical variables such as flexibility and explosive power between yoga and Physical exercises group. For this purpose, Twenty women from Sangamner Town, Maharashtra state (India) in age group of 30-56 years were selected. They were divided into two equal groups, each group consist of 10 women, in which group-I belong to yoga practices and meditation and group –II acted as control group who were not allowed to participated and receive any special treatment apart from their regular work. The training period for this study was seven days a week for twelve weeks. Before and after the training period, the subjects were tested for Body health. The selected women were suffering from diseases like headache, Thyroid, Hypertension, stress, Backbone and knee pains, fatigue ,Anger and overweight. During this period, women attended Yoga class regularly for one hour daily for about twelve weeks. We have applied Suryanamaskar, yogasanas Pranayama and Meditation for them. Group II Acted as control they did not attended yoga class.

#### **Observations-**

It was observed that, Empirical findings indicate that practicing yoga benefits healthy individuals as well as those suffering from various physical or mental health problems (e.g., Jayasinghe, 2004; Innes et al., 2005; Innes and Vincent, 2007; Field, 2011; Roland et al., 2011). Practicing yoga improves mental health in the context of depressive disorders. Studies show that yoga may help improve heart health and reduce several risk factors for heart disease. One study found that participants over 40 years of age who practiced yoga for

five years had a lower blood pressure and pulse rate than those who didn't. Practicing yoga significantly improved quality of life, as well as mood and fatigue, compared to the other group. Yoga may help improve sleep quality, enhance spiritual well-being, improve social function and reduce symptoms of anxiety and depression in patients techniques.

### **Results and Conclusion**

Most types of yoga incorporate these breathing exercises, and several studies have found that practicing yoga could help improve breathing. Traditionally, Headache are treated with medications to relieve and manage symptoms. However, it shows that yoga could be a useful adjunct therapy to help reduce headache. In addition to improving flexibility, yoga is a great addition to an exercise routine for its strength-building benefits. In fact, there are specific poses in yoga that are designed to increase strength and build muscle. High blood pressure is one of the major causes of heart problems, such as heart attacks and stroke. Yoga can help reduce the risk of these problems. Physical activity is good for relieving stress, and this is particularly true of yoga. Because of the concentration required, your daily troubles, both large and small, Doing yoga improves your mind-body connection, giving you a better awareness of your own Since Yoga is a continuous process, it is recommended to keep practicing. The deeper you go into yoga practice, the more profound its benefits will be. *Practicing Yoga helps develop the body and mind, yet is not a substitute for medicine. It is essential to learn and practice yoga under the supervision of a trained Yoga teacher. In case of any medical condition, practice yoga only after consulting your doctor. and a Yoga teacher.* SunSalutation and Kapal Bhati pranayama are highly useful for losing weight in the body. There is a significant reduction in blood pressure as the body calms down. In less than eight weeks of yoga practice, you will find yourself to be more motivated. You will also be able to concentrate better. When you practice yoga, you consume lesser oxygen as compared to other workouts. Therefore, your body works more efficiently. Yoga combines slow movements with gentle pressure on the joints. This works wonders for those suffering from arthritis. Also, yoga relieves the trapped stress in the muscles that increases pressure on the joints. Yoga improves blood circulation. Your head receives a fresh supply of oxygen and nutrients, thereby reducing migraines. Yoga stimulates the digestive system and improves its working. Thus, constipation will be eliminated. Keeps blood pressure in control, Helps reduce pain, Releases stress, Improves the quality of sleep, Improves mental health, Improves overall well being, Have greater clarity in decision making as well as productivity and results in improved creativity, Have more gratitude and spontaneity in life, Reduces stress and bring

peace, Helps in concentration, Helps you sleep better, Makes you emotionally stronger, Keeps you active throughout the day.

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