

HEALTH TIPS

**Few words to recall the honour of feminine power:**

- "Yatra Naryastu Pujyante, Ramante Tatra Devata" - Manu Smruti (3.56)-the most ancient Indian text
- "The position of women in any society is a true index of its cultural and spiritual level"- Dr. Radhakrishnan
- "21st century will be the century of women - predicted by Swami Vivekananda
- According to yogic texts, the frame of a woman, her emotions, and her psychic evolution is definitely higher than that of a man. Therefore awakening of the spiritual force "kundalini" is much easier in the body of a woman than in the body of a man.

*Contributed by CA R. S. Agrawal, Mumbai
He can be reached at
rsagrawal@icai.org*

Women Health - Home Cure and Yogic Techniques:

| Disorders | Home care | Yogic techniques |
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| Leucorrhoea | <p>It is a non-infectious and painless but excessive discharge</p> <ul style="list-style-type: none"> • Take a cold hip bath 2 times for 10 minutes • Intake of shatavari granules • Fenugreek seeds • Intake of Peanuts (Moongphali); • Coriander (1 teaspoon seed) boiled in 2 cups of water reduced to 1 cup. Add sugar to taste and drink while lukewarm-repeat 2-3 times a day. | <ul style="list-style-type: none"> • Asanas: Surya-namaskar, Shvasan, Vajrasan, Supta-vajrasan, Vipareeta-karani; • Pranayama-Ujjayi; • Yoga Nidra |
| Menstrual irregularities /Menopause | <ul style="list-style-type: none"> • In irregular: (a) Take ¼ teaspoon of tulsi seed with warm water 2 times a day some days before the date (b) Intake of dry fruits and nuts helps a lot. • In delay: (a) ½ teaspoon of grounded cinnamon (dalchini) every night with 1 cup milk (b) Intake of dry fruits and nuts helps a lot. • In scanty: (a) Pudina/ Tulsi/ Neem decoction (Put the content in water and reduce it to half as you boil it) twice a day; (b) Pinch of salt + ½ teaspoon Ajwain seeds + some water sip by sip; (c) Take 3-4 glasses of water and put 1 big black cardamom in it. Keep on flame for boiling till 1 glass remains. Drink sip by sip. • In pain: Boil one teaspoon saffron (kesar) in ½ cup water. Reduce to 1 tablespoon. Divide into 3 parts and take with equal quantity of water, 3 times a day for 3 days. • In general (a) beet juice; (b) Jatamasi-2 grams daily; (c) increase vitamin-D (beef, bread, cheese, eggs, milk and cereal) (d) include fruits, nuts, vegetables, sprouted seeds, alfalfa, soybeans, cabbage and olive oil. | <ul style="list-style-type: none"> • Asanas: Bhujangasana, Dhanurasana, Halasana, Matsyasana, Sirshasan, Pishimottanasana, Sarvangasana, Shalabhasana, Supta-Vajrasana, Vajrasana • Yoga Nidra |
| During pregnancy | <ul style="list-style-type: none"> • Intake of shatavari granules; • Spiritual nourishment: <ul style="list-style-type: none"> ❖ In the fourth month the jiva enters and from this time the unborn child has its own awareness, its own atman. From this moment, the mother then has to nourish the child not only physically, but also spiritually through sharing the purity and power of her own consciousness. Basic fabric of a child's spiritual personality is woven in the womb, and this knowledge has been passed down to us from shastras. ❖ Matra japa and Dhyana allow a woman to enter the depths of her being where her consciousness merges with the consciousness of the growing child. | <ul style="list-style-type: none"> • Asanas: (first 3 months) Supta vajrasan, Bhujangasana, Pashimottasana, (from 4th month) Shvasan, Pranamasana, chakichalan, (6th month onwards) Kali asana, Paschimottasana, Asanas (throughout pregnancy) Swastikasan, Padmasan, Ardha Padmasan, Sidhayoniasana • Yoga Nidra twice a day • Pranayama: Sheetali, Sheetkari, Bhastrika and Nodi Sodhana • Bandha Jalandhar |
| Post delivery | <ul style="list-style-type: none"> • Home care: take ajwain for cleaning purposes, take sounth (dry ginger) for vat-dosha-mukta, fresh fruit and juices; • Asanas: Pawanmuktasana so that no post delivery vat-dosh remains; • Bandha: first Moola bandha, later Udiyan bandha, • Yoga Nidra | |
| Prolapse | <p>It is a condition where an organ "to fall out of place".</p> <ul style="list-style-type: none"> • Asanas: Vipareet-karani (up to 5 minutes), Naukasan, Shvasana • Bandha: <ul style="list-style-type: none"> ❖ Udiyan bandha with Moola bandha in standing position-hold as long as possible; ❖ Moola bandha (sitting 100 rounds) | |
| Incontinence | <p>It is a very common and distressing problem of involuntary leakage of urine.</p> <ul style="list-style-type: none"> • Home care: Take Brahmi; Ashwagandha, Bala and Vidari (in ratio of 5:3:2), white sesame seeds; • Asanas: Forward bend asanas, Naukasan (5 round hold as long as possible), Vajrasana • Bandha: Udiyana Bandha (7 rounds sitting or standing); Moola bandha (100 rounds) • Mudras: Vajroli Mudra and Ashvini Mudra | |
| Cystitis | <p>It is an inflammatory condition of bladder.</p> <ul style="list-style-type: none"> • Home care: Avoid tea, coffee, chillies, spicy foods; drink plenty of water; take coconut water; consume eatables more containing more Vitamin-C; • Asanas: Backward bending asanas to stimulate kidneys-Sputa-vajrasan, Ustrasana, Bhujangasana, Shvasan, Sarvangasana, • Pranayama: Sheetakari and Nadisodhan; • Meditation | |
| Varicose Veins | <p>Varicose Veins are veins that have become enlarged and tortuous commonly refers to the veins on the leg.</p> <ul style="list-style-type: none"> • Home care: Massage of Rosemary oil to relieve pain and to restore circulation; carrot juice; hot Epsom salt bath; hot and cold hip bath; increase Vitamin-C; • Asanas: Tadasan, Halasan, Sarvangasana, Shvasan, Vipreetkarani Paschimotasan, • Pranayama: Deep breathing; • Yoga nidra | |

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