

(REVIEW ARTICLE)



## Yoga for emotional intelligence & holistic empowerment for women

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### Abstract

**Background and rationale:** Yoga was recommended in both clinical and non-clinical populations as therapy methods. The diversity of yoga practice as a therapy method has rarely been discussed and it is essential to address the effect of yoga in women.

**Primary study objective:** This Study aims to investigate the effect of different types of yoga in women and their health.

**Method/ Design:** A systematic literature review was conducted to identify the articles, The effect of yoga and yoga related interventions on women health. And all Samhita Granthas.

**Results and conclusion:** Yoga Having role in emotional intelligence and empowerment for women.

**Keywords:** Women; Yoga; Emotional intelligence; Holistic empowerment; Health; Disease

### 1. Introduction

A hundred years has been a cherished wish of mankind since ancient times. It was considered necessary for the acquisition of the four main life instincts, i.e. *dharmā, Artha, Kama and moksha*<sup>1</sup>. To maintain health in all its dimensions, members of the *Hindu* tradition have developed holistic methods of positive health<sup>2</sup>. Health, as it is still defined today, is not just the absence of disease. It is a holistic state of well-being that refers to an individual's physical, mental, spiritual and spiritual well-being<sup>3</sup>. This concept of holistic health is related to the multidimensional concept of human life unique to Indian traditions. Life or a living being is considered a composite entity consisting of a physical body with the addition of a highly sensitive sensory apparatus, a mind and a soul<sup>4</sup>. This multidimensional concept of *Ayu* i.e. Life is still a step forward compared to the current western way of thinking. Western medical sciences treated the living being only as a physical body, which of course has many vital functions<sup>5</sup>. They do not correspond to the status given to the sense apparatus as *Indriya* in Indian medicine. According to *Ayurveda*, the *Pancha Indriya* are not simple body parts but are special units that function under the control of *Manas* and through which higher perceptual functions are performed<sup>6</sup>. Western thought has just begun to understand the role of the "psyche", but they still do not give enough attributes to the role of the mind, while Indian medicine considers the mind as an important dimension of the living, and it is not. it is possible to study life without understanding the role of the mind<sup>7</sup>.

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## 2. Content of the study

In recent years, yoga practice has undergone a major change, where feminine energy and its influence have been greatly emphasized. *Yoga* evolved in the 20th century to include elements that celebrate and acknowledge femininity. This change reflects a wider social movement towards recognizing and empowering women, promoting inclusion and adopting a more balanced perspective. One of the reasons why *yoga* has strongly influenced femininity in 2024 is the recognition of the inherent qualities and strengths associated with feminine energy<sup>8</sup>.

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## 3. Yoga facilitates the following system in women

### 3.1. On respiratory system

It helps to maintain strength and flexibility in respiratory muscles. And it improves FEV1 and FVC ratio and it increases the vital capacity of the lung.

### 3.2. On cardiovascular system

It improves heart rate and activates the rest and digest response, and it helps in lower the level of stress hormone i.e. cortisol and it helps in improving blood circulation. It helps to prevent plaque formation.

### 3.3. On muscular system:

It helps to increase muscle strength and endurance. Isometric poses and it improves muscle flexibility, and it prevents stiffness of muscles.

### 3.4. On reproductive system:

It helps in improve your fertility rate and chances of conceiving. It helps in stimulates ovaries and uterus and it makes the groin, hips, and spine more flexible. And it relives tension, mood swings, and Depression.

As *yoga* evolves and adapts to the changing needs of society, embracing the female ushers into a new era of balance, empowerment and holistic well-being. Some important factors we can point out here.

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## 4. Yoga facilitates the following in women

*Yoga* Practical helps women in the proper regulation of her blood pressure & heartbeat.

*Yoga* help in regulating & controlling the functioning of all the glands including the ductless glands.

*Yogic* practice promotes sound sleep, help in gaining normal weight & getting increase the of endurance skeletal muscles and qualities of basal metabolic rate.

These helps in having increased immunity & keeping her body disease free.

The *yogic* activities not only prove as strong deterrent for the prevention of the various bodily ailments & disease but also provide valuable solutions for their proper cure & treatment. For example, it has been a matter of aid experience that *yogic* activities provide substantial care & treatment in the cases of arthritis, back pain & osteoporosis, high & Low blood pressure, diabetes & headaches, heart diseases etc<sup>9</sup>.

*Yoga sadhana* provide her the desired ability & strength for exercised desirable control over her senses, emotions & gratification of desires & fluctuations of the mind.

*Yoga* activities help the women to knowledge the spirit of self-awareness, confidences & strengths self-discipline & intrinsic motivation self-acceptance etc. for seeking the maximum self-development & enhancement.

It makes an individual relatively a calm & cool perform free from any sensual anxiety depressing & fluctuation of mood or temperament.

*Yogic sadhana* helps an individual in a big way for remaining away with detrimental personal characteristics such as sensual anger & other negative emotions like jealousy envy heatedness enormity etc.

## 5. Art and ethics of yoga

As discussed, earlier *Yoga* is a system of mental and spiritual development with a scope of mental transformation. The propounds of yoga have described certain ethical values and techniques to be used for spiritual development on the path of yoga which forms the basic approach to the practice of *Yoga* as agreed upon by the classics including both the *Yoga sutras* of *Patanjali* and *Śrīmadbhagavad Gita* and other *Upanishads*. All these texts unanimously agreed that (1) *Abhaya* (continued practice) and (2) *Vairagya* (Renunciation) are the two fundamental ways for progressing in the field of *Yoga*- "*Abhyāsa Vairagyabhyāmtannirodhaḥ 'Abhyāsen Tu Kaun- teya Vairāgyena Ca grhyate*. Similarly, the four material means through which one can achieve the *Sidhi* of *Yoga* as admitted by certain ancient Indian texts including the *Yoga Sutras* of *Patanjali* are-(1) Ability by birth (*Janma*), (2) Drugs (*Aushadhi*), (3) Meditation (*Tapa*), (4) Chanting (*Mantra*) and (5) Trans (*Samadhi*) "*Janma-Aushadhi Mantra Tapak Samadhi Jah*" However, more practical approach as regards the Ethics and Art of *Yoga* has been described by *Patanjali* in his *Yoga-Sutras* through *Astanga Yoga*. He describes Eight steps in the pursuit of the path *Yoga* as mentioned<sup>10</sup>

1.Yama 2. Niyama 3. Asana 4. Pranayama 5. Pratyahara 6. Dharana 7. Dhyana 8. Samadhi.

- ETHICAL PRACTICE: *YAMA, NIYAMA*
- PHYSICAL PRACTICE: *ASANA, PRANAYAMA*
- SENSORIAL PRACTICE: *PRATYAHARA*
- MENTAL PRACTICE: *DHARANA, DHYANA, SAMADHI*<sup>11</sup>.

## 6. Discussion

The object of the present monograph is to present a scientific outlook on the alienness of *Ayurveda* and *Yoga* and their possible scope as positive health. such being relevant to the study of man and his basic problem India primarily the science of man in its various dimensions. Though they are degree of overlapping on the scope and application of these two systems of Bio sciences, the aim of both these disciplines is the total human welfare.

*Ayurveda* is relatively a wider discipline with greater applicability to the problems of health and disease. It is a fundamental as well as an applied science designed to preserve health and to cure ill health. The aim is to safeguard *Arogya* which has been considered the basis of achieving the four primary instincts of life namely-*Dharma, Artha, Kama, Moksha*. Thus, *Ayurveda* is not only a health science or system of medicine but is a science of life. *Yoga* is essentially a branch of *Ayurveda*. Its objective is not to provide health to achieve all the four instincts of life as mentioned above as in case of *Ayurveda*. Its main emphasis appears to be an achievement of *Moksha* and the is why some authorities consider *Yoga* as *Moksha Sastra*. *Moksha* is a very comprehensive concept in Hindu traditions, and it is not purely another worldly affair. It refers to the possibilities of the state of *Jivana-Mukta* and transformed state of consciousness of man. Through such achievements are primarily spiritual and mental in nature

- **Physical Fitness and Strength:** *Yoga* enhances flexibility, cardiovascular health, and overall physical fitness. Regular practice can improve strength, metabolism, and overall well-being.
- **Hormonal Balance:** *Yoga* supports women's health by regulating menstrual cycles, relieving menopausal symptoms, and strengthening pelvic floor muscles. Balancing hormones contributes to emotional well-being.
- **Mind-Body Connection:** *Yoga* encourages self-awareness and mindfulness. By connecting with your inner self, you can better understand emotions and respond to them effectively
- **Emotional Intelligence:** *Yoga* teaches empathy and compassion. As you listen to your body, you also learn to understand others' emotions, fostering harmonious relationships both on and off the mat.
- **Self-Confidence and Body Image:** *Yoga* can positively impact self-confidence and body image. Certain poses promote self-acceptance and self-love.
- **Stress Reduction:** *Yoga* practice helps manage stress by promoting relaxation and reducing cortisol levels. Techniques like deep breathing, meditation, and restorative poses can alleviate emotional tension.
- **Community and Support:** Joining a *yoga* class or community provides social support. Connecting with like-minded individuals fosters a sense of belonging and emotional well-being.
- **Chakra Balancing:** *Yoga* acknowledges energy centres called *chakras*. Balancing these chakras through specific poses and meditation can enhance emotional stability and self-awareness.

- **Self-Compassion:** *Yoga* encourages self-compassion and self-love. Practicing non-judgment and self-acceptance contributes to emotional empowerment.
- **Empowerment through Asanas:** Certain *yoga* poses symbolize strength, courage, and resilience. Practicing these asanas can evoke feelings of empowerment and confidence.

Remember that *yoga* is a holistic practice that encompasses physical, mental, and emotional aspects. And *yoga* is a personal journey, and each woman's experience may vary.

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## 7. Conclusion

The heavy influence of the feminine in *yoga* represents a significant shift towards a more balanced, inclusive, and empowering practice, and a more balanced world. By embracing and celebrating the feminine energy within *yoga*, practitioners are encouraged to cultivate qualities such as nurturing, intuition, compassion, and emotional intelligence. This shift acknowledges the historical contributions of women to the *yogic* tradition, promotes inclusivity and equality, and fosters body positivity and self-acceptance. As *yoga* continues to evolve and adapt to the changing needs of society, embracing the feminine brings forth a new era of balance, empowerment, and holistic well-being. Some of the important factors we can enrol here

- **Consistency is important:** Regular practice is key. Consistency in your yoga routine helps build emotional resilience and encourages a deeper connection with your inner self.
- **Listen to your body:** Pay attention to how your body reacts during exercise. Adjust the positions and intensity according to your comfort level. Trust your intuition.
- **Self-Reflection:** Take a moment to reflect after each session. What emotions did you experience? How has exercise affected your mood? Self-reflection increases emotional awareness.
- **Gratitude:** Cultivate gratitude. Recognize the privilege of practicing yoga and appreciate its positive impact on your well-being.
- **Strengthen the Mat:** Transfer the lessons of your yoga practice into your daily life. Use mindfulness, compassion, and self-love to navigate challenges.

Remember that yoga is a lifelong journey and is about more than just the physical poses. It is the path to holistic empowerment and emotional balance.

### *Key takeaways*

*Yoga* offers a holistic approach to well-being, empowering and nourishing women at every stage of life. It enhances flexibility, hormonal balance, and physical fitness, improving strength, cardiovascular health, and metabolism.

*Yoga* supports women's health by regulating menstrual cycles, relieving menopausal symptoms, and strengthening pelvic floor muscles.

Remember, *yoga* is not just about physical postures; it's a powerful tool for self-discovery, inner peace, and empowerment. Listen to your body, practice kindness, and celebrate your journey!

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## Compliance with ethical standards

### *Disclosure of conflict of interest*

No conflict of interest to be disclosed.

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