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MANAVALAKALAI YOGA - TO SOLVE PHYSICAL PAIN FOR WOMEN



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ABSTRACT:

Generally, women have more aches and pain than men. Women are more prone to having headaches, back pain, neck pain, rheumatoid arthritis, cramps in the calves, inflammatory muscular disease, rheumatic muscle pain, as well as their own specific pains such as labour pain, period pain and premenstrual body aches. Pain is complicated combination of emotional, chemical and physical components. Pain is one of the most common human experiences. Pain is the body's way of sending a warning to the brain that something is wrong. Aches are felt when pain messages, carried by chemicals called neurotransmitters, travel from the nerves along the spinal cord to the brain. In the brain, pain messages are meshed with thoughts, emotions and expectations that shape our interpretation and response to pain. Muscle aches and pains are common and can involve more than one muscle. Muscle pain also can involve ligaments, tendons and fascia the soft tissues that connect muscles, bones



T. Jenila

and organs. Muscle pain is most frequently related to tension, overuse, or muscle injury from exercise or physically- demanding work. There are many reasons joint pain can flare up seemingly suddenly. Many people look at arthritis as being a culprit. The most common arthritis is osteoarthritis and rheumatoid arthritis.

Hip fractures are common in older women, especially those with osteoarthritis (decreased bone density). Symptoms of hip fracture include pain when you straighten leg or stand on your leg. Many tendons around the hip connect the muscles to the joint. Back pain can be a symptom of many different illnesses and conditions. The main cause of the pain can be a problem with the back itself or by a problem in another part of the body. Genetic factors such as degenerative disc disease can lead to arthritis and as well as chronic anxiety/ depression can also play a part in the flares of neck and back spasm and pain. A headache is pain or discomfort in the head or face area. Headaches vary greatly in terms of pain



location, pain intensity and how frequently they occur. In turn, the muscle tension may be caused by physical or emotional stress, eyestrain, head and neck postural strain, neck injuries, miss-aligned jaw or teeth, too-tight headbands, sleep deprivation, hypertension, cervical(neck) arthritis, or any combination of these factors. Computers use-related stresses and strains are an increasingly common cause of headaches.

Vethathiri Maharishi combined the best of everything and introduced a method and named is Simplified physical exercise form the healthy life of all human beings. Blood circulation, heat circulation, respiration and all systems become normal. As they function normally and effectively these exercises prevent diseases. Inner organs also get the benefit of the exercises. By hand, leg and body movements slowly and little fast, the blood circulation will be maintained at a normal speed. And also the parts of the body get cleaned.

KEY WORDS: Pain management, women physical problem, Simplified Physical Exercise.

INTRODUCTION:

Generally, women have more aches and pain than men. Women are more prone to having headaches, back pain, neck pain, rheumatoid arthritis, cramps in the calves, inflammatory muscular disease, rheumatic muscle pain, as well as their own specific pains such as labour pain, period pain and premenstrual body aches. Emotionally too, they have more “pain” than men, as they frequent mood swings due to the nature of their hormonal cycles and their sensitive nature. Nature has given them more tolerance and therefore they complain a lot less than men about pain or other symptoms of diseases. Women are more prone to mineral deficiencies like, calcium deficiency, iron deficiency, iodine deficiency and chronic fatigue. Therefore, the suffering from a range of illnesses, including joint and muscle disorders. Women generally work longer hours than men. They are the first to get up and last to sleep. From childcare to organizing meals and sorting out the general affairs of the family, they usually play an important role. The wear and tear in the joints and muscles are obvious. As working women, additionally, they have a full day of normal duties to carry out. Their posture is generally bad due to fatigue and over exertion.

PAIN PROBLEM OF WOMEN

Pain is complicated combination of emotional, chemical and physical components. Pain is one of the most common human experiences. Pain is the body’s way of sending a warning to the brain that something is wrong. Aches are felt when pain messages, carried by chemicals called neurotransmitters, travel from the nerves along the spinal cord to the brain. In the brain, pain messages are meshed with thoughts, emotions and expectations that shape our interpretation and response to pain.

Pain is an unpleasant sensation that can range from mild, localized discomfort to agony. Pain has both physical and emotional components. The physical part of pain results from nerve stimulation. Pain may be contained to a discrete area, as in an injury, or it can be more diffuse, as in disorders like fibromyalgia. Pain mediated by specific nerve fibers that carry the pain impulses to the brain where their conscious appreciation may be modified by many factors.

Pain motivates the individual to withdraw from damaging situations, to protect a damaged body part while it heals, and to avoid similar experiences in the future. Most pain resolves promptly once the painful stimulus is removed and the body has healed, but sometimes pain persists despite removal of the stimulus and apparent healing of the body; and sometimes pain arises in the absence of

any detectable stimulus, damage or disease.

MUSCLE PAIN: Muscle aches and pains are common and can involve more than one muscle. Muscle pain also can involve ligaments, tendons and fascia the soft tissues that connect muscles, bones and organs. Muscle pain is most frequently related to tension, overuse, or muscle injury from exercise or physically-demanding work.

JOINT PAIN AND ARTHRITIS: There are many types of joints in the human body, fixed, hinge, ball and socket and pivot. A joint is how the bones are connected to each other by ligaments. There are many reasons joint pain can flare up seemingly suddenly. Many people look at arthritis as being a culprit. The most common arthritis is osteoarthritis and rheumatoid arthritis. Arthritis is inflammation of the joints (the points where bones meet) in one or more areas of the body. There are more than 100 different types of arthritis, all of which have different causes. The symptoms of arthritis usually appear gradually but they may also occur suddenly. Cartilage is a flexible, connective tissue in joints that absorbs the pressure and shock created from movement like running and walking.

HIP PAIN: Hip fractures are common in older women, especially those with osteoarthritis (decreased bone density). Symptoms of hip fracture include pain when you straighten leg or stand on your leg. Many tendons around the hip connect the muscles to the joint. These tendons can easily become inflamed if you overuse them or participate in strenuous activities.

BACK PAIN: Back pain can be a symptom of many different illnesses and conditions. The main cause of the pain can be a problem with the back itself or by a problem in another part of the body. Back pain varies widely. Some symptoms may suggest that the back pain has a more serious cause. These include fever, recent trauma, weight loss, a history of cancer and neurological symptoms, such as numbness, weakness or incontinence (involuntary loss of urine).

NECK PAIN: Neck pain and back pain are more common in women than in men. No one knows for sure why but some theories exist. Genetic factors such as degenerative disc disease can lead to arthritis and as well as chronic anxiety/ depression can also play a part in the flares of neck and back spasm and pain.

HEADACHE: A headache is pain or discomfort in the head or face area. Headaches vary greatly in terms of pain location, pain intensity and how frequently they occur. Headaches are usually divided into two groups: muscular and vascular. Garden – variety headache is usually caused by increased muscle tone or tension, particularly of the scalp, eye, neck, or jaw muscles

EYE STRAIN: The 30 to 45 years age groups are an in-between and difficult to describe or predict group when it comes to their eye floaters. They may have the typical fine, small, close-to-the retina vitreous condensations common to the younger age group, or they may have prematurely experienced a posterior vitreous detachment typical of the older age group.

MANAVALAKALAI YOGA SOLVE THE PAIN PROBLEMS:

Life is to be happy, successful and harmonious, good physical health is indispensable. Realizing the importance of proper exercise, Vethathiri Maharishi has synthesized a simple yet comprehensive exercise, routine, practicable without strain by anyone. The system consists of seven main sections of seven postures each. Each section cover a particular aspect of good health such as adequate blood circulation, heat circulation and air circulation, lung-expansion, muscle-coordination and spinal flexibility. If a regular morning habit is established, one will feel bright and fresh throughout the day and would be able to increase one's immunity against disease.

PHYSIOLOGICAL BENEFITS OF SIMPLIFIED PHYSICAL EXERCISES:

Circulation of blood, heat, air and life-force in hands and arms becomes normal and regular. Hand, neck and shoulders are strengthened. Arthritis and conditions where the limbs become numb during rest are reduced and possibly cured. Pain in shoulder joints and hip joints are cured. Breathing exercises helps curing headache, insomnia, asthma and other bronchial troubles. Functioning of the nervous systems is improved. Eye exercise also prevents eye-strain, itching and other eye disorders. Makarasana strengthens the abdominal muscles. It helps to cure diabetes, arthritis, sciatica, high blood pressure, hip pain, spinal pain and neck pain. As the spinal column is systematically twisted from bottom to top, the backbone and discs get strengthened. All nerves emanating from the backbone are strengthened. It helps to cure the hearing problems and regulates the function of ear. It reduces the tension in the body and mind and brings calmness. It regulates the circulation of blood, heat, air, life-force and bio-magnetism throughout the body.

CONCLUSION:

We all want only joy and happiness. We experience happiness through the body, mind and senses. Happiness is ours only when the health of these three is maintained. If health deteriorates our happiness declines, becoming pain and misery. Sometimes there are depths of pain and misery that can steal away our future happiness and even life itself. That is why it has been said that "HEALTH IS WEALTH".

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