

Simple Approach to Myriad Problems of Women

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Abstract

“You were formed inside a borrowed womb – a nourishing safe haven for months – then delivered through painful effort and sacrifice by a woman willing to give you the precious gift of life. That truth alone deserves your gratitude and respect” – Richelle .E. Goodrich

In the world human beings are divided into two: male and female. The structure of women is provided by Nature in such a way it helps her purpose. All these factors are Divine’s wondrous creation; and woman is the brighter side of Nature. Womanhood is the threshold of the divine abode through which all births happen. Maharishi in his poetic collection, Gana Kalanjyam, exclaims the creation of women is the best creations by God. In today’s modern world right from the adolescent age, young girls are suffering with the disorders of the reproductive system. Maharishi has come out with a wonderful exercise for women called the “Deer Exercise”. This exercise is simple, inexpensive, drugless therapy, a non-pharmacological approach to the problem by yoga. Yoga acts on the physical, astral and causal bodies. Based on the simplicity of the practice it can be practiced anywhere and at any time, without any side effects. Through this research study, I want to prove, this painless drugless therapy, which is a boon that helps many women to come out of their suffering.

Keywords: Deer Exercise, Painless Drugless Therapy, Physical, Astral and Causal Bodies, Yoga, Female Reproductive System

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Introduction

Man and women represent two forms of Divine energy, they are the male and female elements. Traditionally, men have worked outside the home and served as the sole bread winner of the family. Women on the other hand, governed the domestic sphere. They were expected to stay home to take care of the family and the household duties. The role of women is much different today compared to the past. Today, women play a role both in personal and professional walks of life. Women manage a lot more today than in the past, where they play a multitasking role.

Women and Suffering

- 1) Women first gives importance to look after the needs of the family, by neglecting her health. She considers everyone to be important to her other than her own self.

- 2) In the past, when she gave birth to a girl child, in some families a girl child wasn't accepted happily, so she was forced to give many births till a male child was born, in this case her uterus got affected.
- 3) She could not express these health problems to others and she would try to bear the pain as long as she could, as this part of her health was never given importance.
- 4) Due to lack of education in the low strata society women were suffering with these problems.
- 5) Due to expensive treatments or lack of financial support from her family, when it comes to her health it is considered as an expense.
- 6) Fear of undergoing painful tests, treatments and its side effects.
- 7) At times while multi-tasking, she has no time to go to the doctor or at times no one in her family takes her to the doctor (in some cases if she's dependent on someone to take her).
- 8) Due to physical / mental torture, stress and malnutrition, she neglects her health.
- 9) Lack of family love and support from the family.
- 10) In today's modern world, young girls and women have a lot of stress related to their education and jobs, wherein they have little or no physical activity.
- 11) Today junk food is considered more important than healthy food.

Problems of Women related to their Reproductive System

In the past when women had their menstrual cycles, they were given enough rest. Today women are multitasking, they have no rest, overstrain and work like a machine. Having no sufficient rest, they face a lot of problems with their reproductive system right from the adolescent age. The related disorders with the reproductive system are: polycystic ovarian syndrome (PCOS), ovarian cysts, amenorrhea, dysmenorrhea, menorrhagia, leucorrhoea, cancer, uterine polyps, fibroids, premenstrual syndrome (PMS), early menopause, menopause, etc. Today in the society women are still treated as second class citizens, conventionally menstrual related aspects were viewed differently from today. It was given a special concern and respect, probably as it is connected with reproduction and was concerned more divine. For the reason of modesty and decency society never discussed the related problems.

Advantage of Maharishi giving Deer Exercise to Women

Looking at the importance given to her health by the society, Maharishi saw women suffering with their personal health problems. He came across the deer exercise, analysed its benefits, and prescribed for women. By regular practice it would remove them from pain and suffering. Like parents give dowry to their daughters, Maharishi has given dowry in the form of this exercise. It is simple and a blessing to womanhood.

Concept of Deer Exercise

The deer exercise works on the physical, mental and spiritual layers of being. It gets its name because a deer in nature continuously stimulates its sexual glands by contracting and relaxing the anal muscles, and moving its tail side to side. The deer exercise is so effective in eradicating period problems, is that it balances the endocrine systems in the body. By doing deer exercise you help your body heal yourself and bring balance to the endocrine system. The exercise also includes massaging and stimulating the glands to cultivate your own innate energy. The regular practice prevents the undue, excessive loss of blood. It also prevents the loss of her vital energy, vitality and nutrients during menstruation. The deer exercise has a few objectives:

- 1) It builds up the tissues of the sexual organs.
- 2) It draws energy up through six of the seven glands of the body into pineal gland to elevate spirituality.
- 3) A greater sense of self determination is derived from the deer exercise. If one gland in the seven gland system is functioning below par, the energy shooting up the spine will shoot up there. The energy will continue to stop there till that gland is healed. Once that particular gland starts functioning normally, the energy will move further up along the spine to the pineal gland.

Method of Deer Exercise

- 1) Keep the heel of your right foot on the vagina with a slight pressure. Let the other leg stay bent or stretched.
- 2) Rub your palms till you feel the heat.
- 3) Do Ashwini Mudra 10 times, followed by Moolabandhan
- 4) Keep your palms on the breast and do the massage in a rotation around the breast outwardly, without touching the nipple for 36 times. From the 2nd week of the practice the massage is extended to 72 times. From the 3rd week of practice do the massage for 108 times. While doing the massage if the Moolabandhan is weakened or lost, hold it again and continue the rotational massage.

Note: To be learnt only from an experienced teacher

Problem in Propagating Deer Exercise

Since this exercise is done on the private parts, and the society being orthodox even today women feel shy in propagating it and on the other side women feel shy to learn about it. Being a wonderful exercise and the above mentioned problems are faced only by women. They should come forward in propagating it and helping womanhood. In this case only a woman can help a woman. A simple way of practice given to her should be encouraged to learn it, would save her from undergoing these problems. By doing this practice she will overcome all her problems physically and mentally. Thereby she will lead a happy and healthy life.

Benefits of Deer Exercise

- 1) The deer exercise also eliminates the problems related to the **menstrual cycle**, even in the middle and the late stages of the period. These problems include emotional ups and downs, water retention, hormone blockages, cramps and abnormal flow of blood.
- 2) **Increases Oestrogen production** - man-made oestrogen will eventually cause problems by over dosing or under dosing. The fact that oestrogen is produced naturally is very important because the body knows exactly the appropriate amount of other substances needed to balance its increase of oestrogen. A surge of oestrogen can greatly relieve symptoms of menopause and relieve women.
- 3) Corrects hormonal imbalance, regulates menstruation, **decreases or eliminates pre-menstrual syndrome**, anaemia, menstrual and menopause problems.
- 4) Serves as a **natural antidepressant**.
- 5) Prevents and eliminates **haemorrhoids, menstrual irregularities, and vaginitis**.
- 6) Helps **prevents lumps** in the breast and breast cancer.
- 7) It **tones the rectal and anal muscles** thereby preventing deterioration of health.
- 8) This exercise tones, **strengthens the vaginal muscles and the ligaments** supporting the ovaries, and the fallopian tubes **increases fertility** and increases pelvic blood flow.
- 9) Can prevent and reduce **incontinence**.
- 10) **Menopause will arrive on schedule** at the time specified with individual's biological clock. However, the problems usually associated with menopause will not appear.

Conclusion

Yoga has a fine way of balancing the human body physically, emotionally and spiritually. Yoga can help ease the symptoms of menstrual cycle and move energy healing throughout your body. A great pose exercise for easing pms, menstrual headaches, menopausal symptoms, irregular cycles, heavy bleeding, painful periods, lumpy breasts, PCOS, and other menstrual related problems is the Deer Exercise. It is a simple routine and takes a few minutes. While this exercise is practised regularly we will reap very good benefits.

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