ABSTRACT
In the present era of globalization there has been a transient change in the life style to a more sedentary existence overtime, lack of physical exercise, stress, strain, high caloric food and indiscriminate dietary habit, result in metabolic, endocrinal, reproductive, alimentary, nervous and cardiovascular etc. disturbances. Therefore, Women faces various problems related to the reproductive disorder like delay puberty, various disorder related to menstruation i.e.(Oligomenorrhea, Polymenorrhea, Metrorrhagia, DUB, Dysmenorrhea), Yonivyapada, P.C.O.D, Garbhavyapad, i.e (IUGR, IUD, etc), Garbhopadravas i.e.(hypermesis-Garbhini chhadri), Garbhini pandu, Garbhajanya vishamayata (Pre-eclampsia - eclampsia) etc. Sutikarog, Stanyaks, Stanyadushti, Etc. To overcome through this problem the people are looking forward to Ayurveda and allied Branches for successful option. “Yoga is one of these.”

KEYWORDS: Yoga, Reproductive, Yonivyapada, Garbhavyapad, Garbhajanya Vishamayata.

INTRODUCTION
The God has blessed the female with the most valuable gift of motherhood. The preparation of motherhood starts with puberty and ends with menopause.

Concept of “Maternal and child health” has gained importance in modern science in recent era but the concept of healthy reproduction was a primary concern of Ayurveda since old time.

Yoga means “union.”
Union of mind with super natural power having separated from the disharmonious worldly objects. Mind is a battle field of satva (the tranquil) Rajas (the Passinate) and tamas (the inert) qualities of nature. Yogik processes greatly help the development of mental potentialities and powers.

In Ayurveda Charak sharir sthan indicate that yoga is highly essential for the human being, so he has indicated that isolation of my mind from its object leads to moksha, Which is ultimate end of human life.

Maharshi Patanjali describes Asthtang Yoga as follows.
1) Yama – Abstention
2) Niyama – Strict observance
3) Asana- Easy posture
4) Pranayama- Control of breath
5) Pratyahara- Withdrawal of sense
6) Dharana- Concentration
7) Dhyan- Meditation
8) Samadhi- Contemplation

According to Patanjali ashtang yoga first two that is Yama, Niyama are mainly concerned with person’s behavior towards outer world especially with regard to ethics and morality.

Rest are i.e. Asana, Pranayama, Pratyahora, Dhyan, and Samadhi mainly concerned with regulation of activities of mind. These are very useful to correct the various disorders of women life as follows.

1. **Asana (posture)**
   * The steady and comfortable posture brings about letter co-ordination of muscular system with nervous system.
   * Integrate central nervous system with autonomic nervous system through their intertwined musculature.
   * Increase the compatibility of sympathetic and parasympathetic branches of autonomous sympathetic to dominate the Rajasika sympathetic component.
   * Increase in correcting excessive or insufficient secretion of endocrine gland (hormone), so that their optimal integration is achieved.
* Hormones go to shake our emotional making their taming produces emotionally balance and mentally poised personality and building a strong will.

“Sarvangasana, Shirshasan, Yogamudra, Halasan, Bhujangasan, Shalabhasan, Ushtrasana” help.

a) To improve blood circulation and also the muscle tone of blood vessels help in removal of accumulated toxins and metabolic wastes from the body. Help in control the miscarriage and pregnancy complications.

b) To activate the pituitary gland and thyroid gland hypothalamus, adrenal gland, Hypothalamus (GnRh)

\[\text{Pituitary} \rightarrow \text{Ant.- FSH,L.H,PROLACTIN}\]
\[\text{Post.- Oxytocin}\]

\[\text{Ovary} \rightarrow \text{Oestrogen}\]
\[\text{Progesteron}\]

Useful in Obst.&Gynac purpose.

Three month (daily 10 to 15 minutes) practice noticed that the normal development of secondary sexual character well development of breast, glowing face, regularies and correction of menses, correction of PCOD, infertility, removal of inferiority complex, physical and mental stress, unhappiness, which is most important for garbhadhan for future a healthy progeny.

Sukhasan - Improve blood supply to uterus and pelvic organ.
Siddhasan - Waist and lower Region become flexible.
Padmasan - Maintain the intra-abdominal pressure.

Improve the utero-placental foetal blood supply to get proper nourishment. It helps in full term pregnancy avoid IUGR, IUD, foetal distress, premature labour, as well as help in normal labour process.

Baddha padmasan
Strengthen the breast tissue and keep then in good form. In purperial period help in involution reproductive organ.

Garbhasan - Dysmenorrhea.
Yoga mudra - Dysmenorrhea.
Gomukhasan - Useful in backache, Cure D.M., Leucorrhoea, Semen debilities, inguinal hernia, and tightness in genital organs after delivery.

2] Pranayama, Dhyana
a) During pregnancy disorder like anxiety, depression, panic disorder, bipolar mood, obsessive-compulsive disorder.

Increased resistance in uterine artery blood flow to leading to decreased, blood low to developing foetus, results in miscarriage, IUGR, IUD, foetal distress.

Therefore psychotherapy plays an important role to cure this condition.

Therefore Pranayam, Dhyana, helps to achieve a perfect balance between body and mind, also help in mood Swings and make one more calm and relaxed.

b) Also helps in “Post-partum blues” syndrome. (Difficulty in making choices, eating, insomnia, crying for no reasons).

c) During pranayama process
Purak (Inhalation of breath).
Kumbhak (Retention of breath).
Rechak (Exhalation of breath).

Trains are body to stand in high Co2 pressure.

Pranayama tackle the ego sense and maintain the equalibrium and mental calm, helps in garbhadhan continuation of pregnancy, as well as in family planning.

D) Ujjayini, Shitali Pranayama prevent the high B.P., purifies the blood and improves blood circulation to great extent.

3] Bandha: Means to bind
Pranayama, Dhyana in the position of Jalandhar, Uddiyana and mula bandha cures the disease of intestine, abdomen, kidney, piles during pregnancy.
4] Mudras: (finger posture)
It stabilizes the union of Pran (inhalation) and apan (exhalation).

Directly action upon kundalini Shakti

Which shines and illuminate the whole body.

Apart from these days are numerous physiological, cultural and therapeutic benefits of yogic exercise, to maintain the health of women.

Yoga develops harmony, good fellowship, compassion, love and it is concept which provides human brotherhood in its most real senses and these is no fear of war or AID’S which we have today in the society.
Yogamudra  Badha Padamasana  Siddhasana
Tadasana  Vrukshasana  Trikonasana
Ushtrasana  Naukasana  Bhujangasana
Sarvangasana  Halasana  Pranayama (Anulom-Vilom)
REFERENCES