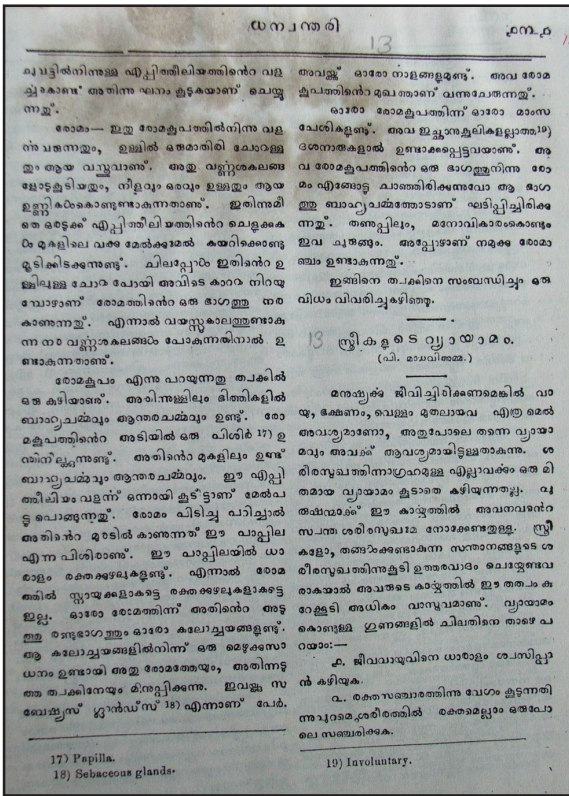


Streekalute vyaayamam (Exercises for women)

Madhaviyamma P.

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1. Intake of more oxygen
2. Faster and even blood flow
3. Vitality and strength for the vital organs
4. Proper excretion without any discomfort

Since the weaker women, especially that of Kerala, often find the regimen hard, a mind storming is imperative to tackle it. The following are some of the protocols tailor made for the Malayali womenfolk omitting the expensive ones. Most of the housekeeping chores that the women undertake or are bound to undertake as per the societal norms, are forms of natural exercise protocols by themselves. Brooming the floor, dusting the curios, spreading the sheets, drawing water from the well and others provide all the necessary movements for the muscles in the body and bless them with strength and proper structure. They wouldn't find it arduous nor a waste of time but would rather feel a sense of gratitude which in turn would add enthusiasm to the said chores.

Exercise is as inevitable as food, water and others for mankind. Those who crave for well being are bound to obey the physical regimen. The women, who are to care for the young ones and the household, should adhere to it even more than the men. The following are some of the salient factors of physical exercises.

It doesn't mean that they have to tire themselves out by lifting heavy objects or other such strenuous ones. When they are tired, they have to take rest. It is ludicrous to think that the time taken for the rest is a waste of time. In fact, the rest provides them with the zest which rubs over the tasks ahead and makes it easier to accomplish them. Efforts on the contrary will result in failure. Mindfulness

in certain things will make sure that the chores won't be tiresome. Properly ventilated rooms happen to be the best way to beat fatigue.

Since it is one of the common pointers of faith and belief in God, conducting *Pradakshina* (circumvilation) after sunset in the nearby temple is also an excellent protocol to follow. Farming in lands and fields is yet another protocol. It is to be noted that those who indulge in such activities have a beautiful structure and allure when compared with the elite class of women who usher the servants to provide the water to wash their hands. The latter crib from fatigue and waste their bodies and lives to be a burden to their husbands and children. All I can do is let them be jealous of the zest and beauty of their sisters, those who work the fields.

There are numerous protocols that the women can do in their own rooms, especially for those who are in the postpartum phase. These provide stability for the entire body, particularly the abdomen and bless them with proper functioning. The protocols are as follows:

1. Lie supine, with or without a pillow, and lift the head as far as possible and bring it back to the resting position. Deep breaths are to be taken once the head is lowered. Repeat the process until weakness is on the horizon.

2. Lie supine and bend the right knee and bring it parallel to the body, hold and return it to the original position. Repeat the same with the left. The

process is to be continued until fatigue is on the horizon.

3. Lie supine, lift the legs and bring it parallel to the body and slowly return them to its original position. This protocol is a bit difficult hence should only be practised after gaining enough strength with the first two protocols.

Prescribed timings are in the mornings, after bathroom chores and nights, before the dinner. Do mind not to tire yourself out. Once the strength is gained, the pace of the protocols is to be increased. The list is endless and to explain every one of them will extend the length of the piece.

The dress code should also be ideal. Tight blouse and saree invariably shorten the breath and hence fatigue sets in rather quickly. Therefore attires that are loose and help the movement of the body are prescribed.

The protocols tailor-made for the abdomen are all recommendable for the women. Since it's not that time consuming, they can be practised twice daily for 15 or 20 minutes. Adherence to the regime without fail, bless the pregnant woman with the strength equivalent to that of a man. Specific timings are necessary for everything, especially for exercise. The latter without will reap only half the benefits.

Apart from providing appropriate strength to the muscles, the protocols help in proper bowel movements as well. It is a given fact that proper excretion results in well-being.

