

INTEGRATED LIFE STYLE SOLUTIONS FOR WOMEN WELLNESS

Dr. Minal Bhartiya Jain

योगेनचित्तस्यपदेनवाचामलंशारीरस्यचवैद्यकेन।
योऽपाकरोत्तम्प्रवरममुनीनांप्रजलिप्रांजलिनतोऽस्मि॥

1. To purify the mind (citta), purify the consciousness, - **YOGA**
2. To purify our use of words (pada) and speech (vacha), - **VYAKARANA**
3. To remove the impurities (malam) of the body (sarira) - **AYURVEDA**

Abstract:- Significant and positive transformation of the society of women rises in every profession. There was a promising growth of women in all streams and indecision making bodies across the globe. In the urge of all kinds of fulfillment, whole mankind including women folks, tried every hardship to work out to the maximum. No matter day or night, restlessly working to meet the dreams. Long awaiting dreams which were deeply hidden within the hearts of women, all getting unraveled to materialize in any possible way. Generations after generations, the personality, the attitudes shifted from self-satisfaction to restlessness increased multifold. Unbothered of how adversely this workaholic approach may impact her holistic life. A bolt from blue. Worked for Centuries, yet Desires always remain unfulfilled even after taking new forms. Rather than work for a living, people were now programmed to do work. These created disturbances and mess in daily life. Varied disorders and tensions (physical, emotional and mental) in individual lives adversely affected society. Medical and psychological reports confirmed that materially more affluent people had more grip of tensions. This depicted, that the causes of imbalance were endless desires and lust for worldly pleasures but not scarcity.

Keywords:- Life Style Management, Integrated Health Sciences Model, Working Women, Wellness.

1. INTRODUCTION

Upon exploring the role of working women in India, following key findings were observed. Ancient Indian Women had respectable position in society. In Medieval times, women had to live behind the scenes for their safety and security from invaders. Until industrialization, women going out for earning was not the trend, across the globe not only just for India. But Modern world has many reasons for women to work for living. Women globally were progressively growing in many fields. Indian women marked their presence in multiple areas of work and life – like varied services, law and order, academicians, engineering, technology, armed forces, politics and many more fields, Indian women are working for excellence.

They are now unravelling new career option of choice and challenge. Paul (2006) shared India has growing number of employed women. In various fields like IT, education, banking and finance, healthcare has highest number of certified women professionals after USA. The contribution of Indian women for the overall growth and development of the country is remarkably progressive. Shah (1998) found that aggravated frustrations and resentments led to stress and tensions which further worsened up work life balance.

The problem of work life balance is becoming prominent with current hectic schedules and complicated life style. It is a problem not only of Indian working women but of every individual in today's complicated world. But the scope of the current study is to understand and manage the problem of work life balance in the context of Indian working women. As greater work life imbalance was found in their lives with multitude of responsibilities both at personal level and professional level with complex life style.

1.1 Objective

The objective of this study is to work on finding applicable health protocol for Right Integration of Differential Life Sciences for holistic health and balance in every individual life. The future of holistic health is right integration of differential life sciences. Initial diagnosis and Investigations to understand the core reasons and symptoms of varied



physical, emotional, psychosomatic and spiritual disturbances. It is highly important to understand the panchkosha system and energy centers of participants. Experts Review for various essential tools and techniques of all life sciences and modern medical science.

The 3 Tridoshas, 3 Gunas and 5 Elements helps us to understand the personality inside out of the participant. Precautions and pre care Solution are must before we are trapped with heavy encircle of diseases. Hence, right integration of following streams of Health: YOGA, AYURVEDA, NATUROPATHY, Modern Medicine, Healing Therapies and other Life Sciences and Life Style Management are the real integrated solutions shaping soon, for early awakeners for health.

2. LITERATURE REVIEW

Jain et al., (1993) shared that the modern world availed all luxurious, amenities and pleasant comforts of life. Yet due to materialistic outlook, it's hard to find happiness and satisfaction. The expansion in all walks of life could not sublimate greedy, selfish and egoistic nature. This filthiness dominated individual and social behavior. Countries were relying on atomic power than fellow beings. The ethics which were required for meaningful and peaceful life were forgotten. The aggressive violent world has been nothing but the projection of minds agony, mostly from the ignorance of the self which results in self-hatred and competitiveness. The intoxication of limitless ambitions has demoralized us. The tragic irony in the roadmap of mankind evolution - Man has become Machines - CYBORG (Human Robot) and Machines learning to be human.

Sparks (1997) found that the pressure on working persons to work longer hours under inflexible work schedules was greater than ever (Department of Trade and Industry, 2002). He suggested that the lack of balance between work and non-work activities was related to reduced psychological and physical well-being.

Kapashi (1998) shared desires always remain unfulfilled even after taking new forms. Rather than work for a living, people were now programmed to do work. These created disturbances and mess in daily life. Varied disorders and tensions (physical, emotional and mental) in individual lives adversely affected society. Medical and psychological reports confirmed that materially more affluent people had more grip of tensions. This depicted, that the causes of imbalance were endless desires and lust for worldly pleasures but not scarcity. Shah (1998) found that aggravated frustrations and resentments led to stress and tensions which further worsened up work life balance. Guest and Sturges (2004) found that it is essential to balance and integrate career necessities and family needs. Frone et al., (1997) found that the problems related to work life balance increased significantly.

Schlitz Marilyn (2005), shared today, 101 medical schools incorporate patient spirituality in their curriculum, up from 17 in 1995. This fact suggests that these principles are being incorporated into medical education, albeit at an elective level. Some hospitals such as UCLA Medical Center encourage physicians to include spiritual histories in patients' charts. This acknowledges that in fact these kinds of principles are being incorporated into mainstream medicine. Harold G Koenig, MD, who works at Duke University, recommends that physicians ask every patient if they consider themselves spiritual or religious. Doctors should encourage prayer and religious participation if that is a source of comfort. Religion has the power to heal. Many people believe that if I pray for you, you will become better, or if you pray for me I'll become better, and yet we know very little of the mechanism to explain how this might happen. Health systems have an obligation to value that power alongside medicine.

Buddhapriya (2009) found the impact of family responsibilities on the career decisions of female professionals. Worked on to find out the kind of work-life support they would require to balance their work and life in a better manner. 'lack of gender sensitive policies by the business owners' and 'commitment to family responsibility' were considered as prominent obstacles which affected the career growth of women professionals to senior positions. Found that middle and senior level professionals believed more strongly than the junior level women professionals that commitment to family responsibility hindered women professionals' advancement.



In general, it is expected that the female spouse must take care of the family responsibility. Women professionals agreed that children's responsibility hindered their ability to advance. Many times, they must make career trade-offs due to the family responsibilities. A noteworthy percentage of respondents showed their strong preference for provisions like emergency care for children and elders, childcare facilitates, wellness, flexible working hours, support for non-work commitment and personal development programs. The requirement for all these work-life provisions were felt more at the middle and junior level rather than at the senior level.

Wellness, considered a multidimensional synergistic concept (Roscoe, 2009) has been viewed as a fundamental component of counseling (Myers & Sweeney, 2005c). As such, wellness concepts integrated within clinical supervision need to be explored. In this article, the authors identify the need for a model of supervision that features wellness concepts, discuss some relevant concepts of wellness in the helping profession, and describe how they can be integrated within a model of clinical supervision. In addition to proposing a model for integrating wellness as a central construct into a clinical supervision, case examples are utilized to illustrate the implementation of this model.

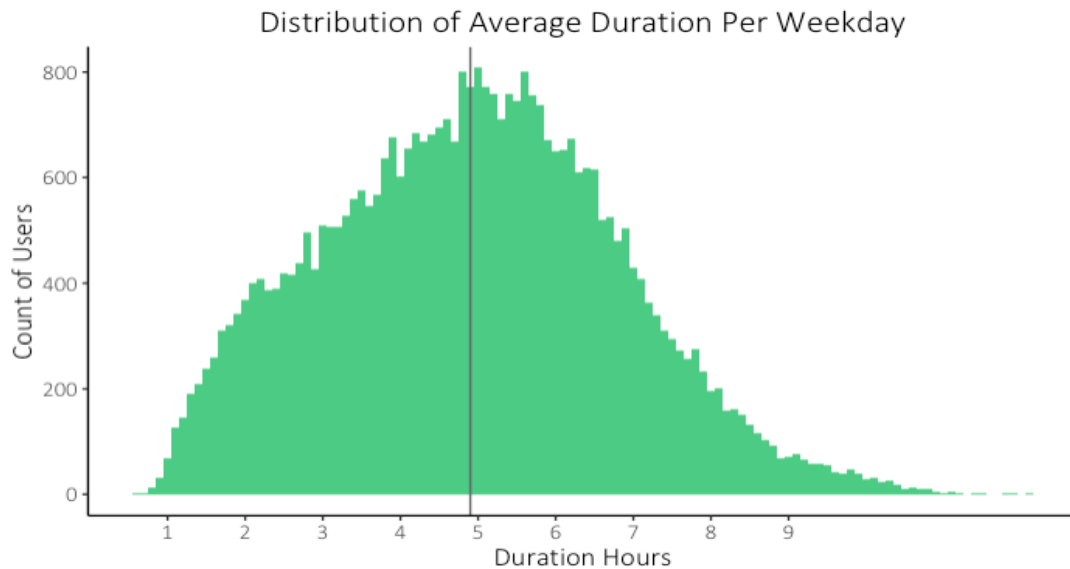
3. WORK-LIFE BALANCE STATISTICS

Harvard Business School survey, 94% service professionals give 50+ hours per weekly. Some claim long hours are must, studies shows that when we lose work life balance, everyone suffers the consequences. Achieving a work-life balance, no jest intended, is a work in progress. In a world where work can follow anywhere, finding right balance is increasingly more difficult. The new infographic from Family Living Today and Now Sourcing looks at why it is especially hard for workers in the US. Compared to the 38 countries of the Organization for Economic Co-operation and Development (OECD), US No. 30 Reason: 11.4 % Americans work 50+ hours/weekly, while they spend 11.4 hours for leisure and personal care daily.

No. 1 Netherlands, only 0.5 % people work for long hours and they dedicate 15.9 hours for leisure and personal care. The issue of work-life balance seems to be more important for millennials than it is for older workers. For Small businesses hiring this group, with policies in place, making this balance possible is key to sustain employ happily. In US, full-time persons spend 8.35 hours in the workplace, while women work 7.84 hours. And of the employed adults, 33 percent work on an average Saturday, Sunday, or holiday. This has led 66 percent of full-time employees to say they don't strongly believe they have a work-life balance. When it comes to gender, the infographic states women are more likely to say they have a good work-life balance.

The State of Work Life Balance in 2019: Studied 185 million hours of working time. 2014 study, Americans now work 47 hours/weekly on average—one of the highest in the world. Findings, average knowledge worker spends just over 5 hours/day on their computers alone. This doesn't include time spent in meetings, on calls, or checking email and Slack on your mobile device (few studies: add anywhere from 50-100% more time to workday).





By itself, 5 hours of time on your device might seem like a non-issue. Unfortunately, those 5 hours aren't entirely productive. In fact, they're far from it. Workers, on average, spend just 2.8 hours a day on productive tasks. In 2018, we found that knowledge workers, on average, have just 2 hours and 48 minutes a day for productive tasks (14 hours and 8 minutes a week). The rest of the day is spent on neutral activities (1 hour and 6 minutes) and distracting activities (1 hour and 12 minutes). In fact, on average, 21% of the workday was spent on entertainment, news, and social media.

The average breakdown of time spent in 2018 worked out to:

- 1 hour on communication and scheduling
- 36 minutes on business tasks
- 36 minutes on design and composition
- 42 minutes on software development
- 24 minutes on References and learning
- 30 minutes on utilities
- 12 minutes on news sites
- 18 minutes on social media
- 30 minutes on entertainment
- On average, people start using their digital devices at 9:30 AM, with 28% of people starting working before 8:30 AM and 5% starting their day before 7 AM.
- When we break this down by job role, however, a few changes show up. First, people who work in support are more likely to start the day earlier (closer to 8:30 AM), while designers and students have the latest average start time (around 9:40 AM).
- 40% of people use their computers after 10pm
- And what about end time? Looking at the average time people stop using their digital devices painted a picture of our inability to disconnect.
- While a large number of people ended their day between 5–6PM, nearly 40% continued to use their devices after 10 PM. (Note: this is time spent on desktop computers and laptops only. Not smartphones.) 26% of work outside of working hours, 71% happens before / after work (mostly after), while 29% happens on weekends.
- Your work life balance is under attack.

Distractions: 21% to devices at work.

Social Web Site	Blocks (k)	Unblocked % times
Youtube	163	15.2
Facebook	125	12
Reddi	47	2.7

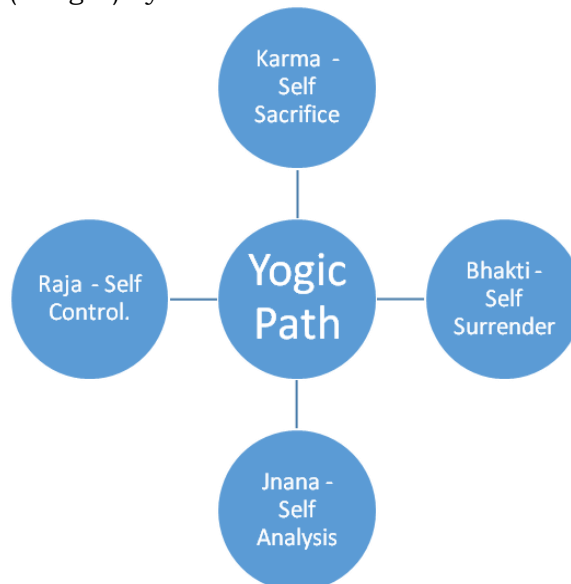


Twitter	44	16
Amazon	17	31

4. RESEARCH METHODOLOGY

Methods used are application of right integration of different life sciences. The process of making common protocol universally has started, The brainstorming of World Class Real Practitioners and Subject Matter Experts of each stream is going on. At common person level, we must 1st we need to understand the importance of these stream fundamental basis of these life sciences. Then unravel the basic concept of each of the life sciences individually.

4.1 YOGA: The science of Yoga considers every aspect of human life. Yogic practices covers not only body but beyond it to other subtle regions of mind and spirit. It is now a subject of universal acceptance. Yoga as a life science is approved by world health organization as must preventive care mechanism. In the sixth chapter of the Bhagavad Gita, which is the most important authority on Yoga philosophy, Sri Krishna explains to Arjuna the real meaning of Yoga-a deliverance from contact with pain and sorrow.' Rishi Patanjali has mentioned this in the second pada, SadhanaPada in the following aphorism: **Yamniyamsanpranayampratyahardharanadhyansamadhyoshtavangani || P Y S 2.29.** There are different paths (margas) by which a man travels to his Maker.



Happy is the man who knows how to distinguish the real from the unreal, the eternal from the transient and the good from the pleasant by his discrimination wisdom. Twice blessed is he who knows true love and can love all God's creatures.

4.2 AYURVEDA: The word Ayurveda is a Sanskrit word (आयुर्वेद) that evolves from combination of two words, "Ayush" (आयुस्) meaning life and "veda" (वेदः) meaning knowledge. Ayurveda means "Knowledge about Life" Ayurveda is more than 3000 year old science that originated in Bharat. Ayurvedic Medicine is the world's oldest comprehensive health care system and is indigenous to Bharat.

This ancient art of healing asserts that the science, philosophy and spirituality are all necessary aspects of healthy living. Thus Ayurveda is not only a comprehensive medical system but also a way of living and the very concept of "mind, body and spirit" originates from Ayurveda. Ayurveda originated in Vedic time, ancient universities like was 'Nalantha' and 'Takshashila' was the main hub off education of Eastern Land. Due to 'Jainism' and 'Buddhism', Ayurveda spread all over the world, 'Buddhist' saints spread the Ayurveda to Southern part, Srilanka, Indonesia etc.



4.2.1 Ayurvedic approach to Life-style

Swastha-vritta - Life-style (the rules and guidelines)

- दिनचर्या (Diet and regimen for the daytime)
- रात्रिचर्या (Diet and regimen for the night)
- ऋतुचर्या (Seasonal Diet and regimen)

4.2.2 Eight Branches in Ayurveda

The Branches in Ayurveda are derived from classical Sanskrit literature, in which Ayurveda was called "the science of eight branches" (Sanskrit: aṣṭāṅga अष्टांग).

The components are:-

1. Kayachikitsa (general medicine): "cure of diseases affecting the body".
2. Kaumāra-bhṛtya and Bala Roga: deals with the treatment of children.
3. Shalya tantra deals with surgical techniques.
4. Śālākya-tantra - deals with diseases of the teeth, eye, nose, ear etc.
5. Bhuta-vidya deals with the causes, which are not directly visible and not directly explained by tridosha pertaining to micro-organisms or spirits.
6. Agada-tantra deals with antidotes to poison.
7. Rasayana-tantra (Geriatrics)/(Anti Agings) : deals with rejuvenation.
8. Vajikarana tantra (aphrodisiacs) deals with healthy and desired progeny.

4.2.3 Ayurvedic Approach to Health and Wellness

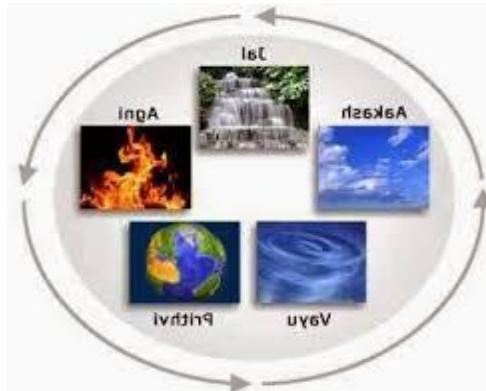
To maintain the health of a healthy person (swasthavrittha) and cure the disease of a diseased. NADI Parikshan –a technique from Ayur Sciences, by experts with empty stomach of the human body.

4.3 Naturopathy

Naturopathy is a drugless system of medicine that involves the use of five great elements (Panchamahabhutas) of nature to restore, to build up & to maintain health. Naturopathy believes that all disease arise due to accumulation of morbid matter in the body. Naturopathy believes that human body possesses inherent self constructing & self healing powers, if scope is given for removal of morbid matter its know as cure or relief.

4.3.1 Five elemental theory

The Five Elements theory has had considerable influence in physiology, pathology and treatment.



- A harmony of these elements translates into health and wellbeing.
- Disease occurs when there's a congestion or depletion of one or more elements, leading to an accumulation of morbid matter, further leading to the growth of bacteria or viruses.
- Naturopathy addresses the equilibrium of these elements and restores the ill body to health.

Element	Associated sense	Associated sense organ	Finger	Chakra
Akash /space	Sound	Ear	Middle	Saharara, ajna, vishuddha
Vayu/air	Touch	Skin	Index	Anahata
Agni/fire	Sight	Eye	Thumb	Manipura
Jal/water	Taste	Tongue	Little	Swadhisthan
Prithvi/earth	Smell	Nose	Ring	Muladhara

4.4 Diet therapy

These diets are broadly classified into three types which are as follows:

- Eliminative Diet: Liquids-Lemon, Citric juices, Tender Coconut water, Vegetable soups, Butter milk, Wheat Grass juices etc.
- Soothing Diet: Fruits, Salads, Boiled/Steamed Vegetables, Sprouts, Vegetable chutney etc.
- Constructive Diet: Wholesome flour, Unpolished rice, little pulses, Sprouts, Curd etc.
- Naturopathy supply all essential nutrients to the body & maintain acid- alkaline balance in the blood.
- Naturopathy does not use medicines, according to naturopathy "Food is medicine".
- Our diet should consist of 20% acidic and 80% alkaline food for maintaining health.
- Symptoms associated with acidic blood are fatigue, headache, loss of appetite, insomnia, nervous tension, hyperacidity.
- Alkaline – fruits, vegetables, tubers, milk & milk products
- Acid – cereals, pulses & legums, nuts, food of animals origin, cheese & butter.

5. CONCLUSION

The West has understood the importance of work-life balance. Employers there have purposely formed processes to deal with this challenge. The trend now started coming up in our country, where employers started recognizing the significance of providing better work-life balance and are focusing on the well-being of their employees. For a full time working professional, it seems hard for an individual to ever achieve healthy work-life balance.

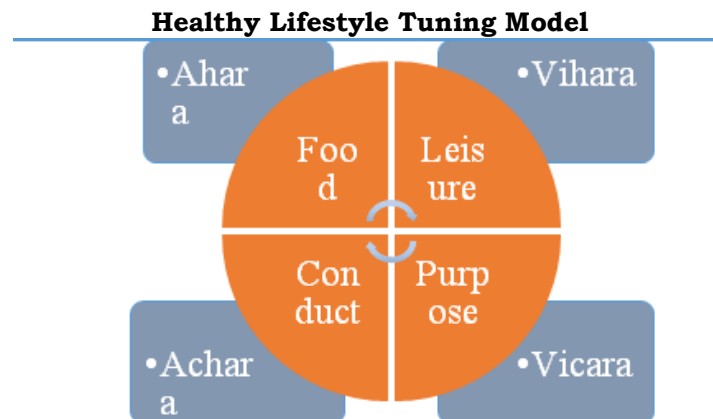
The quest for better work-life balance reduced the stress employees experience. When they spend most time on work-related tasks and feel as if they are neglecting the other important components of their lives, causes stress and unhappiness. Symptoms of such imbalance include high stress, overtime, absenteeism and staff turnover. Better Work-life balance enables to pay attention to all the necessary aspects of life.

5.1 Effective Management of Work Life Balance: Self Help Portfolio for Life (SHPL) and Jeff Davidson WLB Model to be incorporated for overall wellness and work life balance of every individual.

5.2 Ways to Improve Work Life Balance:

- Think Different
- Shifting goalposts
- Offer work flexibility
- Reduce commute time allow work from home:
- Encourage leaves and time offs
- Doing Vs Getting Done





REFERENCES

1. Aziz NM. Cancer survivorship research: state of knowledge, challenges, and opportunities. *Acta Oncol.* 2007; 46: 417-432.
2. Afonso, R. F., Hachul, H., Kozasa, E. H., Oliveira Dde, S., Goto, V., Rodrigues, D., et al. (2012). Yoga decreases insomnia in postmenopausal women: A randomized clinical trial. *Menopause*, 19(2), 186–193.
3. Bloom JR, Petersen DM, Kang SM. Multi-dimensional quality of life among long-term (5+ years) adult cancer survivors. *Psychooncology*. 2007; 16:691-706.
4. Bowman, A. J., Clayton, R. H., Murray, A., Reed, J. W., Subhan, M. M., & Ford, G. A. (1997). Effects of aerobic exercise training and yoga on the baroreflex in healthy elderly persons. *European Journal of Clinical Investigation*, 27(5), 443–449.
5. Brown, R. P., & Gerbarg, P. L. (2005). SudarshanKriya yogic breathing in the treatment of stress, anxiety, and depression: Part I-neurophysiologic model. *Journal of Alternative and Complementary Medicine*, 11(1075–5535), 189–201.
6. Carson, J. W., Carson, K. M., Porter, L. S., Keefe, F. J., Shaw, H., & Miller, J. M. (2007). Yoga for women with metastatic breast cancer: Results from a pilot study. *Journal of Pain and Symptom Management*, 33(3), 331–341.
7. Ebnezar, J., Nagarathna, R., Bali, Y., & Nagendra, H. R. (2011). Effect of an integrated approach of yoga therapy on quality of life in osteoarthritis of the knee joint: A randomized control study. *International Journal of Yoga*, 4(2), 55–63.
8. Edelstein-Keshet, L. (2018). *Differential Calculus for the Life Sciences*.
9. Galantino, M. L., Greene, L., Daniels, L., Dooley, B., Muscatello, L., & O'Donnell, L. (2012). Longitudinal impact of yoga on chemotherapy-related cognitive impairment and quality of life in women with early stage breast cancer: A case series. *Explore (NY)*, 8(2), 127–135.
10. Innes, K. E., Bourguignon, C., & Taylor, A. G. (2005). Risk indices associated with the insulin resistance syndrome, cardiovascular disease, and possible protection with yoga: a systematic review. *The Journal of the American Board of Family Medicine*, 18(6), 491–519.
11. Joshi, S., Khandwe, R., Bapat, D., & Deshmukh, U. (2011). Effect of yoga on menopausal symptoms. *Menopause International*, 17(3), 78–81.
12. Kamei, T., Toriumi, Y., Kimura, H., Ohno, S., Kumano, H., & Kimura, K. (2000). Decrease in serum cortisol during yoga exercise is correlated with alpha wave activation. *Perceptual and Motor Skills*, 90(3 Pt 1), 1027–1032.
13. Larson, J. S. (2006). The World Health Organization's definition of health: Social versus spiritual health. *Social Indicators Research*, 38(2), 181–192.
14. Raghavendra, R. M., Nagarathna, R., Nagendra, H. R., Gopinath, K. S., Srinath, B. S., Ravi, B. D., et al. (2007). Effects of an integrated yoga programme on chemotherapy-induced nausea and emesis in breast cancer patients. *European Journal of Cancer Care (England)*, 16(6), 462–474.
15. Rakhshani, A., Maharana, S., Raghuram, N., Nagendra, H. R., & Venkatram, P. (2010). Effects of integrated yoga on quality of life and interpersonal relationship of pregnant women. *Quality of Life Research*, 19(10), 1447–1455.
16. Rocha, K. K., Ribeiro, A. M., Rocha, K. C., Sousa, M. B., Albuquerque, F. S., Ribeiro, S., et al. (2012). Improvement in physiological and psychological parameters after 6 months of yoga practice. *Consciousness and Cognition*, 21, 843–850.
17. Santaella, D. F., Devesa, C. R., Rojo, M. R., Amato, M. B., Drager, L. F., Casali, K. R., et al. (2011). Yoga respiratory training improves respiratory function and cardiac sympathovagal balance in elderly subjects: A randomised controlled trial. *BMJ Open*, 1(1), e000085. doi:10.1136/bmjopen-2011-000085.
18. Singh, P., Singh, B., Dave, R., & Udaiya, R. (2011). The impact of yoga upon female patients suffering from hypothyroidism. *Complementary Therapies in Clinical Practice*, 17(3), 132–134.
19. Schlitz July 2005, Meditation, Prayer and Spiritual Healing: The Evidence, 66 *The Permanente Journal/ Summer 2005/ Volume 9 No. 3*
20. Tuzun, S., Aktas, I., Akarimak, U., Sipahi, S., & Tuzun, F. (2010). Yoga might be an alternative training for the quality of life and balance in postmenopausal osteoporosis. *European Journal of Physical and Rehabilitation Medicine*, 46(1), 69–72.



21. Ulger, O., &Yagli, N. V. (2010). Effects of yoga on the quality of life in cancer patients. *Complementary Therapies in Clinical Practice*, 16(2), 60–63.
22. Visceglia, E., & Lewis, S. (2011). Yoga therapy as an adjunctive treatment for schizophrenia: A randomized, controlled pilot study. *Journal of Alternative and Complementary Medicine*, 17(7), 601–607.
23. Woodley, M. A. (2011). The cognitive differentiation-integration effort hypothesis: A synthesis between the fitness indicator and life history models of human intelligence. *Review of General Psychology*, 15(3), 228–245.
24. <https://www.tandfonline.com/doi/full/10.1080/07325223.2010.518511?scroll=top&needAccess=true>

