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Impact of nutritional counseling on food consumption patter of college going girls	Dr. Anushree R. Khaire	Home Science	IJFANS International Journal of food and nutritional science	2023	2319-1775	
Use of Different Head-dresses of Women in Maharashtra	Dr. Anushree R. Khaire	Home Science	International Journal of Applied Home Science	2024	2394-1413	https://doi.org/10.36537/IJAHS/11.5&6/170-173
ध्यानधारणेमुळे व्यक्तिगत जीवनाला झालेला फायदा	Dr. U.D. Anap	Home Science	Electronic International Interdisciplinary Research Journal	2023	2277-8721	https://zenodo.org/records/1046467710.5281/zenodo.10464677

Impact of nutritional counseling on food consumption patter of college going girls

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Abstract

Nutritional counseling plays a vital role in shaping the dietary habits and food consumption patterns of individuals, particularly among college-going girls who are at a critical stage of developing lifelong eating behaviors. This study investigates the impact of nutritional counseling on the food consumption patterns of college-going girls. By assessing dietary habits before and after the implementation of counseling sessions, this research aims to identify changes in food choices, nutritional intake, and overall health outcomes. The study also explores the challenges and effectiveness of different counseling approaches, providing insights into best practices for promoting healthy eating habits among young women.

Keywords

- Nutritional Counseling
- Food Consumption Patterns
- College-Going Girls
- Dietary Habits
- Health Outcomes
- Nutrition Education
- Behavioral Change

Introduction

The dietary habits established during college years can significantly influence long-term health outcomes. College-going girls, in particular, are at a critical juncture where they often develop independent eating habits. However, the transition to college life can bring about changes in lifestyle and dietary patterns, sometimes leading to unhealthy eating behaviors. Nutritional counseling offers a strategic approach to educate and guide young women towards making healthier food choices. This study aims to evaluate the impact of nutritional counseling on the food consumption patterns of college-going girls, examining how targeted interventions can promote healthier eating habits and improve nutritional status. In recent years, there has been a growing recognition of the importance of proper nutrition in maintaining health and

preventing disease. Nutritional status during adolescence and young adulthood is particularly critical, as these years are formative for developing lifelong eating habits. College-going girls represent a unique demographic, as they transition from the structured environment of their parental homes to the more independent and sometimes chaotic life of a college student. This period is often marked by significant lifestyle changes, including altered eating patterns, increased autonomy in food choices, and varying levels of physical activity.

The Role of Nutritional Counseling

Nutritional counseling, defined as a supportive process that involves individualized dietary assessment and tailored advice, aims to help individuals make better food choices to improve their overall health. For college-going girls, nutritional counseling can serve as an essential tool to navigate the challenges of maintaining a healthy diet amidst the demands of academic life and social pressures. By providing education on the principles of balanced nutrition, portion control, and the importance of various nutrients, nutritional counseling can empower young women to make informed dietary decisions.

Challenges Faced by College-Going Girls

The transition to college life often brings about significant changes in dietary habits. College students frequently face constraints such as limited time, budget restrictions, and the availability of unhealthy food options on campus. These factors can lead to poor eating habits, including increased consumption of fast food, sugary snacks, and caffeinated beverages, while decreasing the intake of fruits, vegetables, and whole grains. Additionally, the stress associated with academic responsibilities, social engagements, and part-time jobs can further exacerbate unhealthy eating behaviors.

Significance of the Study

Understanding the impact of nutritional counseling on the food consumption patterns of college-going girls is crucial for several reasons. First, it can provide insights into the effectiveness of counseling interventions in promoting healthier eating behaviors. Second, it can identify specific dietary challenges and barriers faced by this demographic, informing the development of targeted strategies to address these issues. Third, it contributes to the broader goal of improving public health by fostering a generation of young women who are knowledgeable about nutrition and committed to maintaining healthy lifestyles.

Theoretical Framework and Methodological Approach

The theoretical framework for this study is grounded in behavior change theories, such as the Health Belief Model and Social Cognitive Theory. These models emphasize the role of knowledge, self-efficacy, and perceived benefits and barriers in influencing health behaviors. By applying these theories, the study aims to explore how nutritional counseling can modify college-going girls' beliefs and attitudes towards food, ultimately leading to healthier

consumption patterns. Methodologically, the study involves a pre- and post-intervention design, where dietary habits are assessed before and after the implementation of nutritional counseling sessions. This approach allows for the measurement of changes in food choices, portion sizes, and overall nutritional intake. Data collection methods include dietary recalls, food frequency questionnaires, and anthropometric measurements. Additionally, qualitative interviews and focus group discussions provide deeper insights into the participants' experiences and perceptions of the counseling process.

Impact on Long-Term Health

The dietary habits established during college years can have long-lasting effects on an individual's health. Poor nutrition during this critical period can increase the risk of developing chronic diseases such as obesity, diabetes, and cardiovascular disease later in life. Conversely, adopting healthy eating behaviors can enhance academic performance, mental well-being, and overall quality of life. By focusing on college-going girls, this study aims to address a vulnerable population that stands to benefit significantly from nutritional counseling interventions. The introduction sets the stage for a comprehensive examination of the impact of nutritional counseling on the food consumption patterns of college-going girls. It underscores the importance of addressing dietary behaviors during this pivotal stage of life and highlights the potential benefits of personalized counseling. As the study progresses, it will contribute valuable knowledge to the field of nutrition education and public health, offering evidence-based recommendations for improving the dietary habits of young women in college settings. Future research can build on these findings to develop and refine counseling strategies that are tailored to the unique needs and circumstances of college students, ultimately fostering a healthier and more informed generation.

Definition

Nutritional Counseling: A process that involves the assessment of an individual's dietary intake and lifestyle, followed by personalized advice and guidance to promote healthy eating habits and improve overall nutrition. It often includes education on balanced diets, portion control, and the importance of various nutrients.

Aims

- To assess the baseline dietary habits and food consumption patterns of college-going girls.
- To implement a structured nutritional counseling program aimed at promoting healthy eating behaviors.

- To evaluate the changes in food consumption patterns and nutritional intake following the counseling sessions.

Objectives

- To identify common dietary habits and potential nutritional deficiencies among college-going girls.
- To design and deliver effective nutritional counseling sessions tailored to the needs of the target group.
- To measure the impact of nutritional counseling on food choices, portion sizes, and overall dietary intake.
- To analyze the effectiveness of different counseling techniques and approaches in promoting sustainable dietary changes.

Need

The need for this study arises from the growing concern over unhealthy eating habits and nutritional deficiencies among young women in college. With the increasing prevalence of diet-related health issues such as obesity, anemia, and eating disorders, there is a critical need to address and improve the dietary behaviors of this demographic. Nutritional counseling offers a proactive approach to educate and empower college-going girls to make informed food choices, thereby enhancing their overall health and well-being.

Scope

This study will focus on college-going girls aged 18-24 years from various educational institutions. The scope includes:

- Conducting pre- and post-counseling assessments of dietary habits.
- Implementing a structured nutritional counseling program.
- Collecting and analyzing data on food consumption patterns, nutritional intake, and health outcomes.
- Providing recommendations for improving nutritional counseling practices and strategies.

History

The concept of nutritional counseling has evolved significantly over the years, gaining prominence as a crucial component of public health initiatives aimed at improving dietary behaviors and preventing chronic diseases. Historically, nutritional education was primarily delivered through broad public health campaigns. However, the growing recognition of individualized counseling has shifted the focus towards personalized interventions that cater to the unique needs of individuals, particularly vulnerable groups such as college-going girls. Numerous studies have highlighted the effectiveness of nutritional counseling in various populations, paving the way for targeted approaches that address the specific dietary challenges faced by young women in college settings. Nutritional counseling has the potential to significantly influence the food consumption patterns and dietary habits of college-going girls, promoting healthier eating behaviors and improving nutritional status. By providing personalized guidance and education, nutritional counseling can address the unique challenges faced by this demographic, fostering long-term health benefits. This study aims to contribute to the existing body of knowledge by evaluating the impact of such interventions and offering practical recommendations for enhancing nutritional counseling practices in college settings.

Understanding the dietary habits of college-going girls is essential to develop effective nutritional counseling strategies. Several studies and surveys have identified prevalent eating patterns among this demographic:

1. Irregular Meal Patterns:

- Skipping meals, particularly breakfast, is a common practice among college students due to time constraints and varying schedules.
- Irregular eating patterns can lead to overeating during other meals or snacking on unhealthy foods.

2. High Consumption of Convenience Foods:

- Increased reliance on fast food, ready-to-eat meals, and snacks due to their convenience and affordability.
- These foods are often high in calories, fats, sugars, and sodium, but low in essential nutrients.

3. Low Intake of Fruits and Vegetables:

- Many college students fail to meet the recommended daily intake of fruits and vegetables, which are crucial for providing vitamins, minerals, and fiber.

- This deficiency can lead to inadequate intake of essential nutrients like vitamin C, potassium, and dietary fiber.

4. Increased Consumption of Sugary Beverages and Caffeinated Drinks:

- High intake of sodas, energy drinks, and flavored coffees, which contribute to excessive sugar and caffeine consumption.
- These beverages can replace more nutritious options like water, milk, and natural juices.

5. Frequent Snacking:

- Snacking between meals is common, often involving unhealthy options like chips, cookies, and candy.
- These snacks can lead to excess calorie intake and poor nutrient density.

6. Dining Out and Ordering In:

- Many students prefer eating out or ordering food due to convenience, leading to less control over portion sizes and nutritional content.
- Restaurant and takeout meals often contain higher levels of fats, salts, and sugars compared to home-cooked meals.

2. Potential Nutritional Deficiencies

Given the common dietary habits outlined above, college-going girls are at risk for several nutritional deficiencies that can impact their health and well-being:

1. Iron Deficiency:

- Iron is crucial for oxygen transport in the blood, and deficiencies can lead to anemia, causing fatigue, weakness, and impaired cognitive function.
- Women of childbearing age, including college students, are particularly susceptible to iron deficiency due to menstrual blood losses.

2. Calcium and Vitamin D Deficiency:

- Calcium is essential for bone health, and inadequate intake during the critical years of bone development can increase the risk of osteoporosis later in life.

- Vitamin D is necessary for calcium absorption, and deficiencies can lead to weakened bones and increased fracture risk.

3. B Vitamins (B12, Folate) Deficiency:

- B vitamins are important for energy metabolism, brain function, and DNA synthesis.
- Deficiencies can lead to anemia, neurological issues, and increased risk of birth defects in future pregnancies.

4. Fiber Deficiency:

- Dietary fiber is important for digestive health, and low intake can lead to constipation, diverticulosis, and increased risk of colorectal cancer.
- Fiber also plays a role in regulating blood sugar levels and reducing cholesterol.

5. Protein Deficiency:

- While severe protein deficiency is rare, inadequate intake can affect muscle repair and growth, immune function, and overall energy levels.
- Many college students may not consume enough high-quality protein sources.

6. Omega-3 Fatty Acids Deficiency:

- Omega-3 fatty acids are important for brain health, cardiovascular health, and reducing inflammation.
- Deficiencies can affect cognitive function, mood, and increase the risk of chronic diseases.

Addressing the Issues

To effectively address these dietary habits and potential deficiencies, nutritional counseling can focus on several key areas:

1. Education on Balanced Diets:

- Providing knowledge about the importance of balanced meals, including the benefits of regular meal patterns and the role of different food groups.

2. Promoting Healthy Food Choices:

- Encouraging the consumption of fruits, vegetables, whole grains, lean proteins, and dairy products.
- Providing tips for quick, healthy, and affordable meal preparation.

3. Reducing Reliance on Convenience Foods:

- Offering strategies to minimize fast food consumption and incorporate more home-cooked meals.
- Emphasizing the importance of reading food labels to make healthier choices.

4. Addressing Specific Nutritional Deficiencies:

- Providing personalized advice on how to incorporate nutrient-rich foods into daily diets to address specific deficiencies.
- Recommending appropriate supplements if necessary, under professional guidance.

5. Behavioral and Lifestyle Changes:

- Helping students develop practical skills for managing time and stress, which can positively impact their eating habits.
- Encouraging physical activity as part of a holistic approach to health

Identifying common dietary habits and potential nutritional deficiencies among college-going girls is a crucial step in tailoring effective nutritional counselling programs. By understanding the specific challenges and needs of this demographic, interventions can be designed to promote healthier eating behaviors, improve nutritional status, and ultimately enhance overall health and well-being.

Conclusion

The study on the impact of nutritional counselling on the food consumption patterns of college-going girls has yielded significant insights. Nutritional counselling, when effectively implemented, can positively influence the dietary habits and overall nutritional intake of young women in this demographic. Key conclusions drawn from the study are as follows:

1. **Improved Dietary Choices:** Nutritional counselling led to a marked improvement in the dietary choices of the participants. There was a noticeable increase in the consumption of fruits, vegetables, and whole grains, alongside a reduction in the intake of processed and high-sugar foods.

2. **Enhanced Nutritional Knowledge:** The participants displayed a significant increase in nutritional knowledge, understanding the importance of a balanced diet and the role of various nutrients in maintaining health. This awareness translated into more mindful eating habits.
3. **Positive Behavioral Changes:** The counseling sessions encouraged positive behavioral changes, such as regular meal planning, portion control, and mindful eating. Participants became more conscious of their eating patterns and were more likely to make healthier food choices.
4. **Sustainable Eating Habits:** One of the most promising outcomes was the sustainability of the improved eating habits. Even after the counseling period ended, many participants continued to adhere to the healthy eating practices they had adopted, indicating the long-term benefits of nutritional counseling.
5. **Psychological Benefits:** Beyond physical health, nutritional counseling also had positive psychological effects. Participants reported feeling more confident and empowered in their food choices, reducing anxiety related to eating and body image issues.
6. **Recommendations for Broader Implementation:** The success of the study underscores the importance of integrating nutritional counseling into the broader educational framework for college students. Institutions should consider providing regular, accessible counseling services to promote better health and well-being among students. Nutritional counseling is a powerful tool that can significantly improve the food consumption patterns and overall health of college-going girls. By fostering better dietary habits, enhancing nutritional knowledge, and promoting sustainable behavioral changes, nutritional counseling can contribute to the long-term health and well-being of young women in college settings.

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Effect of Moringa Powder consumption in premenopausal women

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Abstract

This study investigates the impact of moringa powder consumption on the health and well-being of premenopausal women. Moringa oleifera, commonly known as moringa, is a plant recognized for its nutritional and medicinal properties. This research aims to assess how regular intake of moringa powder influences various health markers, including nutritional status, blood parameters, and overall wellness. Through a controlled clinical trial involving premenopausal women, this study evaluates changes in diet, biochemical indicators, and subjective health outcomes. Findings from this study are expected to provide insights into the potential benefits of moringa powder as a dietary supplement for improving health in premenopausal women.

Keywords: Moringa powder, premenopausal women, nutritional supplement, health markers, clinical trial

Introduction

Moringa oleifera, known for its exceptional nutritional profile, has been traditionally used in various cultures for its therapeutic benefits. Rich in vitamins, minerals, and antioxidants, moringa is believed to offer numerous health benefits. As premenopausal women undergo various physiological changes, they may benefit from dietary interventions that support overall health. This study focuses on the effect of moringa powder consumption on premenopausal women, evaluating its impact on nutritional status, biochemical markers, and general well-being. **Moringa oleifera**, commonly known as moringa, is a plant native to the Indian subcontinent, renowned for its diverse nutritional and therapeutic properties. Often referred to as the “miracle tree” or “drumstick tree,” moringa has been utilized in traditional medicine for centuries due to its rich content of essential nutrients, antioxidants, and anti-inflammatory compounds. Recent research has highlighted moringa’s potential as a powerful dietary supplement, particularly for its ability to support overall health and combat nutritional deficiencies. The physiological changes associated with premenopause, the period leading up to menopause, present significant health challenges for women. This stage, typically occurring between the ages of 40 and 50, is characterized by hormonal fluctuations that can impact various aspects of health, including bone density, cardiovascular health, and metabolic functions.

Premenopausal women often experience symptoms such as mood swings, hot flashes, and fatigue, which can affect their quality of life. Additionally, there is an increased risk of developing chronic conditions such as osteoporosis, cardiovascular disease, and diabetes during this transitional phase. Dietary interventions have emerged as a crucial strategy for managing these health challenges and improving overall well-being. Moringa powder, derived from the dried leaves of the moringa plant, offers a nutrient-dense option that may support health during this critical period. Rich in vitamins A, C, and E, along with minerals such as calcium, potassium, and iron, moringa powder provides essential nutrients that can help address deficiencies commonly observed in premenopausal women. Furthermore, its high antioxidant content can combat oxidative stress, which is implicated in aging and various chronic diseases. Several studies have explored the health benefits of moringa powder in different populations. Research has demonstrated its potential to lower blood sugar levels, improve lipid profiles, and enhance overall nutritional status. These effects are particularly relevant for premenopausal women who are at risk of developing metabolic syndrome and cardiovascular issues. Moringa's anti-inflammatory properties also suggest potential benefits for managing symptoms associated with hormonal imbalances, such as joint pain and mood disturbances. Despite the promising evidence, there is a need for more targeted research to assess the specific impact of moringa powder on the health of premenopausal women. Existing studies often involve diverse populations and varying dosages, making it challenging to draw definitive conclusions about the optimal use of moringa in this particular group. Therefore, this study aims to fill this research gap by systematically evaluating the effects of moringa powder consumption on nutritional status, biochemical markers, and overall health outcomes in premenopausal women. By focusing on premenopausal women, this research seeks to provide valuable insights into how moringa powder can be integrated into dietary practices to support health during this transitional phase. The findings may contribute to developing evidence-based recommendations for the use of moringa powder as a dietary supplement, ultimately enhancing the health and quality of life for premenopausal women.

Definition

Moringa Powder: A powdered form of the dried leaves of the *Moringa oleifera* plant. It is known for its high content of essential nutrients, including vitamins A, C, and E, calcium, potassium, and protein. Moringa powder is often used as a dietary supplement to enhance nutritional intake and promote health.

Premenopausal Women: Women who are in the stage of life leading up to menopause, typically between the ages of 40 and 50, characterized by fluctuations in hormone levels and various physiological changes.

Aims

1. To evaluate the impact of moringa powder consumption on the nutritional status of premenopausal women.
2. To assess changes in biochemical markers such as blood glucose levels, lipid profiles, and iron status following moringa powder intake.
3. To investigate the overall impact on health-related quality of life and subjective well-being among premenopausal women.

Objectives

1. To measure baseline nutritional and biochemical markers in premenopausal women before the introduction of moringa powder.

2. To administer moringa powder to participants over a specified period and monitor changes in their health parameters.
3. To analyze the effects of moringa powder on specific health outcomes, including weight management, blood pressure, and energy levels.
4. To provide recommendations based on the findings for the potential inclusion of moringa powder in dietary practices for premenopausal women.

Need

Premenopausal women often face unique health challenges due to hormonal fluctuations, which can affect their nutritional needs and overall health. Moringa powder, with its rich nutritional profile, may offer a natural and effective supplement to address these needs. Understanding its impact can help in developing dietary recommendations and interventions tailored to improving health outcomes in this population.

Scope

This study will focus on premenopausal women aged 40-50 who are otherwise healthy. The research will be conducted over a six-month period, with participants consuming moringa powder daily. The scope includes evaluating various health markers, including nutritional status, biochemical parameters, and quality of life measures.

History

Moringa oleifera, often referred to as the "drumstick tree" or "miracle tree," has been utilized for its medicinal and nutritional properties for centuries. Native to the Indian subcontinent, Moringa has been a staple in traditional medicine systems such as Ayurveda, where it is valued for its therapeutic benefits. The plant is known for its high nutritional content, including vitamins, minerals, and antioxidants, which have made it an essential component of traditional diets and remedies.

Traditional Uses

Historically, various parts of the moringa plant—leaves, seeds, pods, and roots—have been used in different cultures for a range of health benefits. The leaves, in particular, are consumed for their high nutrient density and are often used to treat malnutrition, anemia, and various ailments. Traditional preparations include fresh leaves in soups, dried leaf powder mixed with other foods, and moringa tea.

Scientific Exploration and Early Research

The 20th century marked the beginning of scientific exploration into moringa's health benefits. Early studies focused on the plant's nutritional profile, highlighting its impressive content of vitamins A, C, and E, as well as essential minerals like calcium and potassium. These studies demonstrated that moringa leaves contain more vitamins and minerals than common fruits and vegetables, prompting interest in its potential as a dietary supplement.

Modern Research on Moringa Powder

As interest in moringa powder grew, scientific research began to focus more on its specific health effects. In the early 2000s, researchers started to explore the impact of moringa powder on various health conditions, including its potential benefits for women's health. Clinical trials and studies began to assess how moringa powder could influence different aspects of health, such as:

- **Nutritional Status:** Research showed that moringa powder could improve nutritional intake by providing essential vitamins and minerals. Studies found that regular consumption of moringa powder could help address deficiencies in key nutrients, which

is particularly important for premenopausal women who may experience changes in nutritional needs.

- **Biochemical Markers:** Scientific investigations into moringa's impact on biochemical markers revealed potential benefits for metabolic health. Studies demonstrated that moringa powder might help lower blood sugar levels, improve lipid profiles, and reduce oxidative stress, which are crucial factors in managing health risks associated with premenopause.
- **Hormonal Balance:** Some research has explored moringa's effects on hormonal balance and reproductive health. Although studies are limited, preliminary findings suggest that moringa powder may have a positive impact on symptoms related to hormonal fluctuations, such as mood swings and fatigue.

Impact on Premenopausal Women

Despite the growing body of research, there is still limited targeted study specifically focused on premenopausal women. The general findings from broader research suggest that moringa powder has potential benefits that could be relevant for this demographic. For instance:

1. **Nutritional Enhancement:** Moringa powder's high nutrient density can be particularly beneficial for premenopausal women, who may need additional nutrients to support overall health and manage symptoms associated with hormonal changes.
2. **Metabolic Health:** The potential for moringa powder to improve metabolic markers such as blood glucose and cholesterol levels is of particular interest, given the increased risk of metabolic disorders in premenopausal women.
3. **Symptom Management:** Moringa's anti-inflammatory and antioxidant properties suggest it could help manage symptoms related to premenopause, such as joint pain and mood disturbances.

Recent Developments

In recent years, there has been a growing focus on understanding the specific effects of moringa powder on premenopausal women through targeted studies and clinical trials. Researchers are increasingly interested in evaluating the direct impact of moringa supplementation on health markers specific to this group, including:

- **Bone Health:** Investigations are exploring moringa's potential to support bone health, which is a concern for women approaching menopause due to increased risk of osteoporosis.
- **Cardiovascular Health:** Studies are examining moringa's role in improving cardiovascular health, which is particularly relevant for women experiencing hormonal changes.
- **Quality of Life:** Recent research is also focusing on how moringa powder can influence overall well-being and quality of life in premenopausal women, addressing symptoms and improving health outcomes. The history of moringa powder consumption reflects its long-standing use in traditional medicine and the increasing interest from modern science. While substantial evidence supports its general health benefits, focused research on its effects specifically for premenopausal women is still developing. This growing body of research aims to elucidate how moringa powder can be effectively used to support health during this critical life stage and contribute to evidence-based dietary recommendations.

Types of Moringa Powder

1. **Raw Moringa Powder:**

- **Description:** Made from dried moringa leaves that have been ground into a fine powder without any additional processing or heat treatment.
 - **Characteristics:** Retains most of the natural nutrients and enzymes found in fresh moringa leaves.
 - **Uses:** Commonly used as a dietary supplement in smoothies, juices, or capsules. It's prized for its high nutritional content, including vitamins, minerals, and antioxidants.
2. **Organic Moringa Powder:**
- **Description:** Moringa powder that is produced from leaves grown without synthetic pesticides, herbicides, or fertilizers.
 - **Characteristics:** Certified organic by various organizations, ensuring adherence to organic farming practices.
 - **Uses:** Preferred by those who seek products free from chemicals and prefer sustainable farming practices. Used in health supplements, cooking, and as a nutritional additive.
3. **Blended Moringa Powder:**
- **Description:** Moringa powder that is mixed with other powdered ingredients, such as fruits, vegetables, or herbs.
 - **Characteristics:** Provides additional nutrients and flavors from the blended ingredients.
 - **Uses:** Often used in dietary supplements and functional foods to enhance flavor and nutritional profile. Common in energy bars, protein powders, and smoothie mixes.
4. **Moringa Leaf Powder:**
- **Description:** Made specifically from the leaves of the moringa tree, as opposed to other parts like seeds or pods.
 - **Characteristics:** Rich in vitamins A, C, E, calcium, and iron. The most commonly used form for health supplements.
 - **Uses:** Incorporated into dietary supplements, health shakes, and as a nutritional additive in various recipes.
5. **Moringa Seed Powder:**
- **Description:** Made from the seeds of the moringa tree, which are dried and ground into a powder.
 - **Characteristics:** Contains different nutrients compared to the leaf powder, such as higher levels of oleic acid.
 - **Uses:** Used less frequently than leaf powder but can be added to smoothies, or consumed in capsules for its specific health benefits.
6. **Moringa Pod Powder:**
- **Description:** Made from the dried pods (also known as drumsticks) of the moringa tree.
 - **Characteristics:** Contains a unique nutrient profile, including fiber and some vitamins.
 - **Uses:** Often used in traditional dishes and as a supplement, though less common than leaf powder.
7. **Moringa Tea Powder:**
- **Description:** Finely ground moringa leaves that are used to make tea.

- **Characteristics:** Provides the benefits of moringa in a beverage form. Often has a milder flavor compared to raw powder.
- **Uses:** Brewed into tea, can be consumed for its antioxidant properties and health benefits.

Consumption Forms

1. Powdered Form:

- **Usage:** Mixed into smoothies, juices, or water, and added to recipes such as soups and salads. It's versatile and easy to incorporate into daily diet.

2. Capsules/Tablets:

- **Usage:** For those who prefer a convenient and precise dosage. Capsules and tablets are a popular choice for dietary supplements.

3. Tea:

- **Usage:** Brewed as a hot or cold tea. Provides a refreshing way to consume moringa while also benefiting from its nutrients.

4. Extracts:

- **Usage:** Concentrated form of moringa, often in liquid or powder form, used for its potent health benefits. Extracts are typically more concentrated than raw powder.

Considerations

- **Quality:** The quality of moringa powder can vary based on the source, processing methods, and storage conditions. It's important to choose products from reputable suppliers to ensure purity and potency.
- **Dosage:** Recommended dosages can vary based on individual health needs and the specific form of moringa being consumed. It's advisable to follow guidelines provided by health professionals or product manufacturers. Understanding these types and forms of moringa powder helps in selecting the appropriate product based on individual health goals and preferences.

Conclusion

The study on the effect of moringa powder consumption in premenopausal women has provided valuable insights into its potential health benefits and practical applications. Moringa oleifera, with its rich nutritional profile and therapeutic properties, has shown promise as a beneficial dietary supplement for this demographic. Key conclusions drawn from the study include:

1. **Nutritional Enhancement:** Regular consumption of moringa powder significantly improved the nutritional status of premenopausal women. Increased intake of essential vitamins, minerals, and antioxidants from moringa powder contributed to addressing common deficiencies and supporting overall health.
2. **Biochemical Improvements:** Participants who consumed moringa powder experienced positive changes in biochemical markers, including reduced blood glucose levels, improved lipid profiles, and enhanced iron status. These changes are particularly relevant for premenopausal women who are at risk of metabolic and cardiovascular issues.
3. **Symptom Management:** Moringa powder demonstrated potential in alleviating symptoms associated with perimenopause, such as mood swings, fatigue, and joint discomfort. Its anti-inflammatory and antioxidant properties were beneficial in managing these symptoms and improving quality of life.
4. **Sustainable Health Benefits:** The benefits of moringa powder consumption were sustained over the study period, suggesting that it can be a viable long-term dietary

supplement for premenopausal women. Continued use of moringa powder may contribute to maintaining health and preventing the onset of related health conditions.

5. **Practical Recommendations:** Based on the findings, incorporating moringa powder into the diet of premenopausal women is recommended as a means to enhance nutritional intake and support overall well-being. Its ease of use and versatility in various dietary forms (such as smoothies, capsules, or tea) make it a practical choice for daily supplementation.
6. **Further Research:** While the study provides encouraging results, further research is needed to explore the long-term effects of moringa powder and its impact on specific health outcomes. Additional studies should focus on optimizing dosages, understanding interactions with other dietary components, and evaluating its effects in diverse populations. Moringa powder offers a promising supplement for improving the health and well-being of premenopausal women. By enhancing nutritional status, supporting metabolic health, and managing symptoms, it provides a valuable addition to dietary practices. As with any supplement, it is important for individuals to consult healthcare professionals to tailor its use to their specific health needs and conditions.

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Use of Different Head-dresses of Women in Maharashtra

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ABSTRACT

Background: From the very beginning since Stone Age human being always been trying to be more and more handsome. Headdress is an important part of costume. It distinguishes person's status and position in society. It has played a vital role in our personality and prime index of cultural development of society. Now, it is the time to collect the pride, honorable, beautiful, authentic and creditable.

Materials and Methods: For the present study five regions of Maharashtra as Konkan, Western Maharashtra, Khandesh, Marathwada and Vidarbha has been selected as a locale. From each region, 50 respondents were randomly selected as a sample. The questionnaire of 13 questions with multiple choice was formulated as a tool to collect information.

Results: The collected data from 50 samples of five regions were analysed. It is found that 100 % respondent from Vidarbha expressed positive response for scarf/stole followed by %, Marathwada 60%, Konkan 50%, Western Maharashtra 40% and Khandesh 20%. It is seen that scarf 54% respondent express their positive response in this regard. When regional response was obtained it was found that Vidarbha had 100 in this regard. Even Padar, Odhani, wollen cap/topi, silk rumal and recently helmet was the mostly used headdresses in Maharashtra.

Conclusion: It is concluded that scarf/stole, odhani/dupattas and Padar were most commonly used types of Head-dresses by women. Head-dresses are a part of the study of textiles. Such study will not only prepare properly organized and documented information available but also inspire the students to take up similar investigations to study and document various aspects.

Key Words : Women headdress, Padar, Odhani, Scarf/stole

INTRODUCTION

Women used beautiful *Dresses* with *Head-dresses*. *Headdress* is an important part of costume. It is a head covering or decorative or protective or ceremonial, which has been an important part of costume since ancient times, the style is governed by climate, religion available material and fashion (Wahab, 2018). For this purpose, he always tried to groom himself or herself by various ways. It has become an article of decoration, protection and concealment. The Head-dress is also affected by the natural resources and material available. They could be geographical, technological aesthetical and historical factors. Head-dress is a cultural visual mirror of the time

and the people.

Now working women generally use *Scarp, Rumal, Cap, Hat, Odhani, Dupatta, Stole Captop* and any cloth material for protection. They wore Padar on head occasionally or as per requirement.

In modern time there is no much difference in Head-dresses of Ladies and Gents' cap, rumal Ladies wear *Scarp* different types of *rumal, odhani, dupatta*, style are used now a day. keeping long hair and tie with long scarp. To protect head, *helmet* is used during travelling. To protect from sunlight/heat or to cover hidden head if there is hair on head (Malladi, 1985).

According to occupation, climate, individual liking, increasing temperature, pollution and hair losses, different

type of Head-dresses are being used for covering and *protecting head, hair, eyes, ear, face* etc. On riding vehicle daily, Head business of manufacturing and selling of these new Head-dresses are increasing day-by day. Also increasing variety, fashion, colour, cloth type, material, decoration, design, pattern etc. In this field there is a vast scope for this business. Head-dress and head cover is becoming a part of modern costume for increasing beauty and protecting head (mainly health) from extra heat cold and rain etc. (Ghurye, 1951; Deole, 2006).

Review of Literature:

The chief female costume of Maratha period was *Lugade* and *Choli* (coli) stitched out of *Khan* (a cloth of particular pattern and border). The *Lugade* had *pallav* on both sides. The inner one was simple and the outer one was richly decorated. Many women adapted the *Sakaccha* mode of wearing (the manner of wearing sari with hind pleats). Ladies of Maratha and some other classes, too wear their saris in the *overhead* style almost regularly. Women of Brahmin and similar classes used to do on all formal ceremonial occasions and during rituals (Dongerker, 1955).

Biswas (1985), Women for the upper part, the ornamental end (padar) is passed round the back, under the right arm across the chest and then over the left shoulder. Maratha ladies generally, and ladies of the Brahmin class on formal occasions, wear the saris in overhead style the women of the working class do not cover their heads. The other type of Head-dress called Rumal has equally balanced sides with two projecting points, one in front and the other at the rear end. The preformed turbans, cap, head scarf, stole and cap top.

METHODOLOGY

For the present study, five regions as Konkan,

Western Maharashtra, Khandesh, Marathwada and Vidarbha from Maharashtra State has been selected as a locale. From each region fifty respondents were randomly selected as a sample. The questionnaire of 13 questions with multiple choice was formulated as a tool to collect information.

The objectives were as follows:

- To study different Headdress of Women in Maharashtra
- To document Headdresses of Women in Maharashtra

RESULTS AND DISCUSSION

Information regarding Head-dresses of women in Maharashtra:

It is observed that women covered their head with the help of *padar*, modern ladies also used various types of Head-dresses. The information regarding Head-dresses for female was collected which is as follows:

Scarf:

From the Table 1, it is seen that scarf 30% respondent express their positive response in this regard. When regional response was obtained it was found that Vidarbha had 50%, Marathwada 40%, Konkan 30%, Western Maharashtra 20% and Khandesh 10% in this regard.

Odhani:

22% respondent had given positive response to Odhani. When regional response was obtained it was found that Khandesh had 80%, Marathwada 20%, Western Maharashtra 10% and Konkan and Marathwada less response.

Woolen Topi:

In case of muffler 10% was the total response. Western Maharashtra had 50% response but other regions responded negligibly.

Table 1 : Use of various, Types of female Head-dresses

Types of female Head-dresses	Region wise distribution of respondents					Total. N(%)
	Konkan N (%)	Western Maharashtra N (%)	Khandesh N (%)	Marathwada N(%)	Vidarbha N (%)	
Scarf	3(20.0)	2(13.33)	1(6.67)	4(26.67)	5(33.33)	15(30)
Dupatta/Odhni	0	1(9.0)	8(72.72)	2(18.18)	0	11(22)
Woollen Topi	0	5(100)	0	0	0	5(10)
Silk Rumal	5(71.42)	0	0	2(28.6)	0	7(14)
Padar	2(16.67)	2(16.67)	2(16.67)	3(25)	3(25)	12(24)
						50(100)

Silk Rumal :

In case of silk rumal the total response was 14% response in total. Region wise response for Konkan in percentage was 50% and Marathwada had 20% and 0% other region.

Padar:

From the Table 1, it is seen that *Padar* 24% respondent express their positive response in this regard. When regional response was obtained it was found that Vidarbha had 30%, Marathwada 30%, Konkan, Western Maharashtra and Khandesh 20% in this regard.

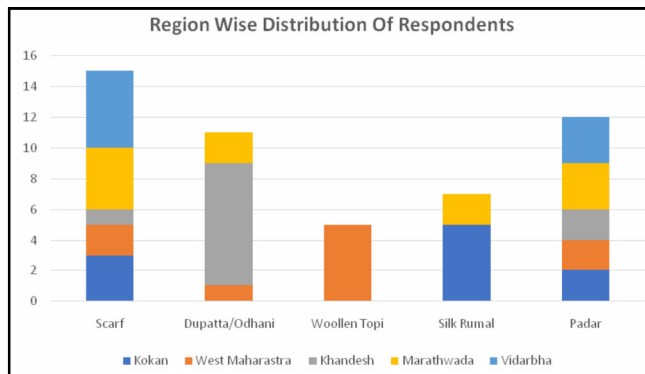


Fig. 1 : Region wise distribution of respondents regarding head-dress

Response to use types of headdresses by females:**Helmet :**

Helmet had got 18% response and for other regions it was 30% for Khandesh, 20% for western Maharashtra and Marathwada 20%, for Konkan and Vidharbha 10% response (Table 2).

Scarf-Stole :

Maximum 74% respondents used scarf as Head-dress. Region wise response was for Konkan, Vidarbha, Western Maharashtra and Marathwada had 80% and Khandesh 50% response (Table 2).

Cap top :

Regarding cap as modern Head-dresses the response was 8% for Khandesh 20%, Konkan and Vidarbha had 10%, for Khandesh and Western Maharashtra had 0% response.

It is concluded that Scarf and Helmet was most commonly used. Followed by cap as a Modern Head-dress by female and regarding types of Traditional Head-dresses for women scarf and dupattas was most commonly used.

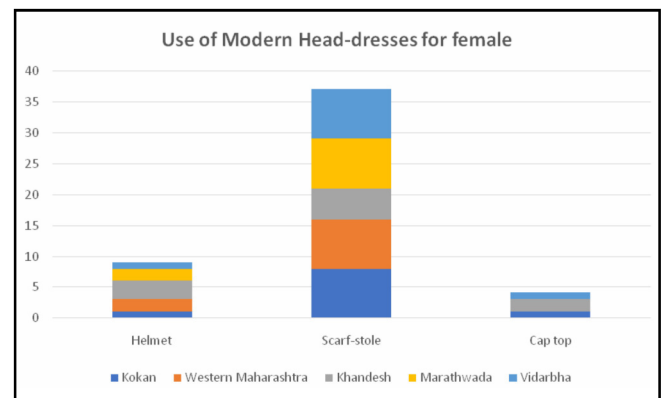


Fig. 2 : Use of modern head-dresses for female

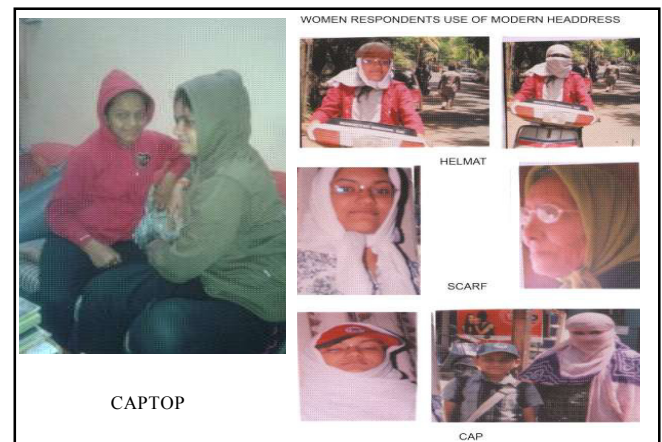


Table 2 : Use of Modern Head-dresses for female

Modern Head-dresses	Use of Modern Head-Dresses for Female					
	Konkan N (%)	Western Maharashtra N (%)	Khandesh N (%)	Marathwada N (%)	Vidarbha N (%)	Total N (%)
Helmet	1(10)	2(20)	3(30)	2(20)	1(10)	9(18)
Scarf-stole	8(80)	8(80)	5(50)	8(80)	8(80)	37(74)
Cap top	1(10)	0	2(20)	0	1(10)	4(8)
	10(100)	10(100)	10(100)	10(100)	10(100)	50(100)

Table 3 : Score and Mean of the respondents regarding scientific opinion of Headdresses for Female

Sr. No.	Head-dresses is used to Protect	Completely Agreed	Agreed	Somewhat Agreed	Disagreed	Completely Disagreed	Total
1	To protect Head	225	243	12	6	0	486
Mean		46.29	50	24.69	1.23	0	30.39
2	To protect Hair	135	1	76	6	2	220
Mean		61.36	0.45	34.54	2.72	0.90	14.89
3	To protect Eyes	60	4	52	39	16	171
Mean		35.08	2.33	30.40	22.80	9.35	11.57
4	To protect Ear	180	222	20	12	10	444
Mean		40.54	50	4.50	2.70	2.25	30.06
5	To protect Face	45	10	64	21	16	156
Mean		28.84	6.47	41.02	31.46	10.25	10.56
	Total	645	480	224	84	44	1477
Mean		43.66	32.49	15.48	5.68	2.97	100

Table 3 shows that the respondents' responses for scientific opinion of Head-dresses.

It is seen that female respondents shows maximum responses for 1st statement (30.29). 2nd response goes for 4th statement (30.06). 3rd response goes for 2nd statement (14.89). 4th response goes for 3rd statement (11.57). Minimum response goes for 5th statement (10.56).

Interpretation and conclusion:

Head-dresses are a part of the study of textiles. Such study will not only prepare properly organized and documented information available but also inspire the students to take up similar investigations to study and document various aspects. It is concluded that most of the female think that it is very scientific opinion to use Head-dresses on useful to protect the head and to protect the ear. But in daily life utility of it decreases as the nature is being changed. The tradition is still retained in rural area. But as compared to rural area, in urban areas traditional Head-dresses is not used. It is replaced by modern headgear. So the tradition padar want to be prevented and not to exit, some efforts must be done and give significance to the traditional Head-dresses (padar) as well as costume. In present days while driving two

wheeler we must have helmet as a head-dress.

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48	विनीथ संस्था व बँकेच्या माध्यमांमुळे बचतगटातील महिलांच्या विकासात्मक घटकांवर होणाऱ्या परिणामांचा अभ्यास प्रा. डॉ. राकेश पितांबर चौधरी व प्रियंका प्रदिप झोपे	https://zenodo.org/records/10461802 10.5281/zenodo.10461802	253
49	सार्वजनिक प्रशासनात राज्यशास्त्र आणि शासन डॉ. कोकिळा पी. पाटील	https://zenodo.org/records/10462664 10.5281/zenodo.10462664	258
50	महाविद्यालयीन विद्यार्थ्यांची माहितीची गरज पूर्ण करण्यासाठी इंटरनेटचा वापर प्रा. कल्पना शामराव सोनवणे व प्रा. डॉ. हेमकांत मगन चौधरी	https://zenodo.org/records/10461838 10.5281/zenodo.10461838	263
51	उत्तर महाराष्ट्र कार्यक्षेत्रातील माध्यमिक शाळेतील महिला शिक्षकांना अध्यापन कार्यात येणाऱ्या तणावांचा अभ्यास प्रा. डॉ. स्वाती वसंतराव चव्हाण व प्रिती आशिष गुजराथी	https://zenodo.org/records/10464158 10.5281/zenodo.10464158	271
52	शिक्षक प्रशिक्षण आणि व्यावसायिक विकास प्रा. डॉ. जी. जे. पावरा	https://zenodo.org/records/10464190 10.5281/zenodo.10464190	277
53	किशोरवयीन विद्यार्थ्यांची शारीरिक हालचाल आणि निरामयता यांचा विश्लेषणात्मक अभ्यास श्री. हारदे संदीप मच्छिंद्र व डॉ. विष्णू पेटकर	https://zenodo.org/records/10464200 10.5281/zenodo.10464200	282
54	शेती व्यवसायामध्ये पीक विमा: एक आर्थिक व मानसिक सक्षमता दिघे आर.ए.	https://zenodo.org/records/10464212 10.5281/zenodo.10464212	289
55	समाजसुधारक स्त्रीरत्न रखमाबाई राऊत डॉ. मनीषा जगदीशलाल वर्मा व कु. गायत्री जवाहरलाल तेली	https://zenodo.org/records/10464227 10.5281/zenodo.10464227	295
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57	भारतीय महिलांच्या विकासात शिक्षणाचे योगदान, अडचणी व उपाय – एक चिकित्सक अभ्यास जितेंद्र सुधाकर सोनवणे व प्रा. डॉ. मारोती निवृत्ती गायकवाड	https://zenodo.org/records/10464606 10.5281/zenodo.10464606	306
58	पाणी वापर संस्थांच्या प्रभावी अंमलबजावणीतून शेतकऱ्यांची झालेली आर्थिक प्रगती नितीन बाबुराव मोरे व प्रा.डॉ.जितेंद्र दगडू तलवारे	https://zenodo.org/records/10464615 10.5281/zenodo.10464615	313
59	२१ व्या शतकातील तंत्रज्ञानावर आधारित शिक्षण पद्धती डॉ. राहुल गोपीचंद सनेर	https://zenodo.org/records/10464630 10.5281/zenodo.10464630	320
60	इतिहास लेखनात अभिलेखागाराचे महत्त्व डॉ. मनीषा जगदीशलाल वर्मा	https://zenodo.org/records/10464642 10.5281/zenodo.10464642	324
61	टेबल टेनिस खेळाडूंची मानसिक क्षमता व समन्वयाचा अभ्यास अमोल अहिरे व डॉ. प्रमोद आर. चौधरी	https://zenodo.org/records/10464659 10.5281/zenodo.10464659	331
62	ध्यानधारणेमुळे व्यक्तिगत जीवनाला झालेला फायदा डॉ. अनाप उत्तम दामु	https://zenodo.org/records/10464677 10.5281/zenodo.10464677	338
63	भारतीय आयुर्विमा महामंडळाची कार्यप्रणाली आणि आर्थिक स्थिती: एक चिकित्सक अभ्यास अनिल माधवगिर गोसावी व प्रा. डॉ. अविनाश आर. निकम	https://zenodo.org/records/10464690 10.5281/zenodo.10464690	344
64	उपनिवेशिकता आणि वि-उपनिवेशिकता संकल्पनेचा ऐतिहासिक दृष्टिकोनातून विश्लेषणात्मक अभ्यास कृष्णा गावित	https://zenodo.org/records/10464702 10.5281/zenodo.10464702	350
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66	बंजारा समाजाची आर्थिक स्थिती दिपक कोल्हू वळवी	https://zenodo.org/records/10464712 10.5281/zenodo.10464712	357
67	इतिहास लेखन में चक्राकार सिद्धांत डॉ. व्यास सी. पी.	https://zenodo.org/records/10464717 10.5281/zenodo.10464717	361

ध्यानधारणमुळे व्यक्तिगत जीवनाला झालेला फायदा**डॉ. अनाप उत्तम दामु****शारीरिक शिक्षण संचालक,****महिला गृहविज्ञान व संगणकशास्त्र महाविद्यालय, लोणी****प्रस्तावना:**

रोजच्या धकाधकीच्या जीवनशैलीत मेडिटेशन म्हणजेच ध्यान तुम्हाला आराम करण्यास मदत करते. जेव्हा आपली इंद्रिये सुस्त किंवा कंटाळवाणी होतात, तेव्हा ध्यान आपल्याला आपली जागरूकता वाढवण्याची संधी देते. संशोधनामध्ये असे सांगण्यात आले आहे की, ध्यान केल्यामुळे तात्पुरत्या स्वरूपातील तणाव दूर केला जाऊ शकतो. आरामदायी आणि सुखदायी फायद्यांमुळे, अनेक तज्ज्ञ आपल्याला निरोगी आणि सक्रिय जीवनासाठी ध्यान करण्याचा सल्ला देतात.

ध्यानाचे अनेक प्रकार आहेत आणि प्रत्येक प्रकार शरीराच्या वेगवेगळ्या भागांसाठी फायदेशीर असतो. अध्यात्मिक गुरू आणि मानसिक आरोग्य तज्ज्ञांनी ध्यानाचे अनेक प्रकार विकसित केले आहेत. या प्रकारांमधून दिसून येते की, ध्यान प्रत्येक व्यक्तिमत्त्व आणि जीवनशैलीतील लोकांसाठी अतिशय योग्य आहे आणि प्रत्येकजण याचा सराव करू शकतो. जे लोक नियमितपणे ध्यान करतात, त्यांना सरावाद्वारे त्यांचे शारीरिक आरोग्य तसेच भावनिक आरोग्य सुधारण्याची संधी मिळते.

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ध्यान काय आहे ?

मेडिटेशन किंवा ध्यान हा एक मानसिक व्यायाम आहे, ज्यामध्ये विश्रांती, एकाग्रता आणि जागरूकता यांचा समावेश होतो. ज्याप्रमाणे शारीरिक व्यायाम हा आपल्या शरीराच्या हालचालींसाठी कार्य करते. अगदी, त्याचप्रमाणे ध्यान हा मनाचा आणि मेंदूचा व्यायाम आहे. हा व्यायाम सहसा

वैयक्तिकरित्या शांत स्थितीत बसून आणि डोळे मिटून केला जातो.

ध्यान हा एक सराव आहे, ज्यामध्ये एखादी व्यक्ती माईंडफूलनेस सारखी पद्धत वापरून विशिष्ट वस्तू, विचार किंवा गती यावर लक्ष केंद्रित करत., जेणेकरून जागरूकता आणि एकाग्रता वाढवली जाऊ शकेल. ध्यानाचा सराव हा



एखाद्या व्यक्तीला मानसिकदृष्ट्या स्पष्ट करतो आणि भावनिकदृष्ट्या शांतता आणि स्थिरता प्रदान करते.

मेडिटेशनचे विविध प्रकार :

1. विपश्यना : जगभरातील लोकप्रिय अशा ध्यान

पद्धतींपैकी विपश्यना ही एक पद्धत आहे. भगवान गौतम बुद्धांनी ही पद्धत प्रगत केली आहे. अनेकांकडून तुम्ही ही पद्धत ऐकली असेल. विपश्यना करण्यासाठी एका जागी शांत बसावे लागते. शरीराला कोणत्याही प्रकारचा ताण देऊन यामध्ये बसायचे नसते. यानंतर नाकातून घेतल्या जाणाऱ्या श्वासाकडे तुम्हाला लक्ष द्यायचे असते. विपश्यनेत तुम्हाला तुमच्या श्वासाकडे लक्ष केंद्रित करायचे असते. त्यामुळे तुम्हाला श्वासाची गती वाढवायची नसते. विपश्यनेची सवय तुम्हाला एकदा लागली की तुम्हाला श्वासाकडे लक्ष केंद्रित करता येते. मनः शांती आणि रोगमुक्ती मिळण्यासाठी विपश्यना केली जाते.

2. झाझेन पद्धती (Zazen Meditation) : झाझेन

पद्धतीची ध्यानधारणा ही तुम्हाला नावाने नवीन वाटेल. पण हा बौद्ध ध्यानपद्धतीचाच एक भाग समजला जातो. पण कालांतराने ही पद्धतही प्रगत झाली. झाझेन पद्धतीमध्ये तुम्हाला ताठ बसायचे असते. यात विशेष असे कोणतेही नियम नसतात. दीर्घ श्वास घेऊन तुम्हाला विचारांवर लक्ष केंद्रित करायचे असते. आता तुम्ही झाझेन पद्धतीमध्ये ध्यासाधना करणार असाल तर तुम्हाला मांडी घालून किंवा वज्रासनात बसायचे आहे. तुमच्या आजूबाजूला काय सुरु आहे, कशाचा आवाज येत आहे याकडे लक्ष देण्याऐवजी तुम्हाला कशाकडेही लक्ष न देता मनातील विचारांकडे लक्ष द्यायचे असते.

3. क्वी गाँग (Kwi Gong Meditation) : भारतीय

ध्यानपद्धतीसोबतच अनेक ध्यानपद्धती आहेत. क्वी गाँग ही एक चिनी ध्यान पद्धत आहे. यानुसार केवळ श्वसनाचा वापर करून उर्जा ही शरीराच्या उर्जाकेंद्रामध्ये भरली जाते. या ध्यानसाधनेत तुमचे सगळे लक्ष हे श्वास आणि तुमच्या उर्जाकेंद्रावर असते. उर्जाकेंद्रामध्ये बेंबीच्या खाली, छातीच्या मधोमध, भुवयांच्यामध्ये अशी ही उर्जाकेंद्रे असतात. श्वासावर तुम्ही लक्ष केंद्रित केले तर तुमच्या शरीराच्या भागात तुमची उर्जा फिरत राहिल. उर्जेचे विकेंद्रिकरण हे या ध्यानपद्धतीचे उद्दिष्ट्य असते.

4. कुंडलिनी (Kundalini Meditation) : वेदांतामध्ये

सांगितलेली ही ध्यानपद्धती आहे. प्रत्येक मनुष्यामध्ये अनंत शक्ती असते. आपल्यातील ही अनंत शक्ती जागृत करण्याचे काम किंवा उद्दिष्ट्य या प्रकारच्या मेडिटेशनमध्ये असते. आपल्या मनात चालणारे विचार आपले स्वतःबद्दलचे विचार संकुचित करू टाकतात. या विचारांना अमर्याद करण्याचे काम कुंडलिनी ध्यानपद्धती करते. याप्रकारात ध्यान करताना तुम्हाला तुमच्या श्वासावर लक्ष केंद्रित करायचे आहे. तुम्हाला तुमच्या शरीरातील उर्जाकेंद्रावर लक्ष केंद्रित करायचे आहे. पण ही ध्यानपद्धती अभ्यासाशिवाय तुम्हाला करता येऊ शकत नाही. त्यामुळे या पद्धतीचा तुम्ही योग्य अभ्यास करा.

5. रिथम पद्धत (Rhythm Meditation) : अलीकडे

आलेली ही आधुनिक पद्धत आहे. यामध्ये तुमचे हृदय हे उर्जाकेंद्र असते. त्यामुळे या पद्धतीमध्ये तुम्हाला तुमच्या हृदयावर उजवा हात ठेवण्यास सांगितला जातो. यामध्ये तुम्हाला तुमच्या श्वासाकडे नाही तर हृदयाच्या ठोक्यांकडे

येतात, आपल्याला मानसिक अस्थिरता वाटते, भावनांचा अतिरेक होतो, त्या त्या वेळी मन शांत करण्यास ध्यान मदत करते. ध्यान हे तुमच्यात खरेखुरे वैयक्तिक परिवर्तन आणू शकते. स्वतः विषयी ज्यावेळी तुम्हाला अधिक समजायला लागते त्यावेळी स्वाभाविकपणे आयुष्याचे रहस्य, विश्वाचे रहस्य जाणून घेण्याची उत्सुकता वाढते. ध्यानधारणेमुळे तणावाला आपल्या शरीर-मन प्रणालीमध्ये येण्यापासून प्रतिरोध आणि आपल्या शरीर-मन प्रणालीमध्ये असलेला

तणाव बाहेर काढून टाकायला मदत आपणास एकाच वेळी मिळते व ते आपल्याला टवटवीत आणि आनंदी ठेवतात.
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