

Title: The Positive magic of kolam – The Traditional Therapeutic Art

Sripriya Shaji

Srisha Counselling – A centre, India

Received Date: December 19, 2022 Accepted Date: December 21, 2022 Published Date: May 17, 2023

Polycystic ovary syndrome (PCOS) is the most common endocrine disease affecting women in reproductive age group globally. It is associated with dyslipidemia, insulin resistance, atherosclerotic diseases and is one of the leading cause for anovulatory infertility. Women with PCOS also present with severe anxiety, anger, mood disorders, low self-esteem and depression. As the causes for PCOS is multiple and complex, it demands several therapeutic strategies for effective management.

Art therapy in the form of Kolam, a traditional art of India was studied for its effectiveness as an additional therapeutic modality in PCOS. Kolam is a traditional decorative art of drawing geometrical lines, curves and loops around a grid pattern of dots by holding pinch of rice flour, chalk powder, white stone powder or color powders with three fingers. It is usually drawn by women on the floor who stretch their body where several physical postures in which yoga exercises like malasana (squat), utkatasana (chair pose) and vajrasana (thunderbolt pose) are hidden. Many research studies had pointed out that the practice of Yoga which is an ancient Indian exercise called asanas had brought significant improvement in several metabolic disorders.

The chief purpose of drawing kolam is to exercise both mind and body simultaneously. The art of kolam helps in directing the attention of mind exclusively towards a satisfying creation and sustain that concentration without any distractions. It helps in venting out their emotions in a healthier way without any usual verbal outbursts. It thereby helps them to regain their confidence which boost their self-esteem.

As women face several physical and mental health related issues in PCOS, art therapy in the form of kolam where exercises for body and mind are properly blended can be implemented as an additional therapeutic tool.

Biography

Sripriya Shaji is a Doctorate in Counseling Psychology and also a Nutritionist and Art therapist. Nutritional Psychology is her passion and she is the pioneer in the subject in South India. She has the work experience over 2 decades.

Her scientific publications have figured in 12 International and National Journals. And also presented in several conferences. She is the founder of Srisha Counselling, Kozhikode which is affiliated to World Mental Health Federation. She works with individuals, groups and organizations to amplify their authenticity and empower them to become a better version of themselves. She have also co-founded Community Nutrition Forum, Kerala a community relentlessly works towards eradicating "Nutritional illiteracy"

Also, a renowned speaker and her signature topics are Women empowerment through nutritional psychology, Wellness and self-care, Managing anxiety and stress, Prioritising mental health through good nutrition, Healthy periods.