

YOGA

Class XII



CENTRAL BOARD OF SECONDARY EDUCATION

Shiksha Sadan, 17, Rouse Avenue, New Delhi-110 002





Yoga

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THE CONSTITUTION OF INDIA

PREAMBLE

WE, THE PEOPLE OF INDIA, having solemnly resolved to constitute India into a ¹**[SOVEREIGN SOCIALIST SECULAR DEMOCRATIC REPUBLIC]** and to secure to all its citizens :

JUSTICE, social, economic and political;

LIBERTY of thought, expression, belief, faith and worship;

EQUALITY of status and of opportunity; and to promote among them all

FRATERNITY assuring the dignity of the individual and the² [unity and integrity of the Nation];

IN OUR CONSTITUENT ASSEMBLY this twenty-sixth day of November, 1949, do **HEREBY ADOPT, ENACT AND GIVE TO OURSELVES THIS CONSTITUTION.**

1. Subs, by the Constitution (Forty-Second Amendment) Act, 1976, sec. 2, for "Sovereign Democratic Republic" (w.e.f. 3.1.1977)
2. Subs, by the Constitution (Forty-Second Amendment) Act, 1976, sec. 2, for "unity of the Nation" (w.e.f. 3.1.1977)

THE CONSTITUTION OF INDIA

Chapter IV A

FUNDAMENTAL DUTIES

ARTICLE 51A

Fundamental Duties - It shall be the duty of every citizen of India-

- (a) to abide by the Constitution and respect its ideals and institutions, the National Flag and the National Anthem;
- (b) to cherish and follow the noble ideals which inspired our national struggle for freedom;
- (c) to uphold and protect the sovereignty, unity and integrity of India;
- (d) to defend the country and render national service when called upon to do so;
- (e) to promote harmony and the spirit of common brotherhood amongst all the people of India transcending religious, linguistic and regional or sectional diversities; to renounce practices derogatory to the dignity of women;
- (f) to value and preserve the rich heritage of our composite culture;
- (g) to protect and improve the natural environment including forests, lakes, rivers, wild life and to have compassion for living creatures;
- (h) to develop the scientific temper, humanism and the spirit of inquiry and reform;
- (i) to safeguard public property and to abjure violence;
- (j) to strive towards excellence in all spheres of individual and collective activity so that the nation constantly rises to higher levels of endeavour and achievement;
- ¹(k) who is a parent or guardian to provide opportunities for education to his/her child or, as the case may be, ward between age of six and fourteen years.

1. Ins. by the constitution (Eighty - Sixth Amendment) Act, 2002 S.4 (w.e.f. 12.12.2002)

भारत का संविधान

उद्देशिका

हम, भारत के लोग, भारत को एक सम्पूर्ण ¹प्रभुत्व-संपन्न समाजवादी पंथनिरपेक्ष लोकतंत्रात्मक गणराज्य बनाने के लिए, तथा उसके समस्त नागरिकों को:

सामाजिक, आर्थिक और राजनैतिक न्याय,
विचार, अभिव्यक्ति, विश्वास, धर्म

और उपासना की स्वतंत्रता,
प्रतिष्ठा और अवसर की समता

प्राप्त कराने के लिए
तथा उन सब में व्यक्ति की गरिमा

²और राष्ट्र की एकता और अखंडता
सुनिश्चित करने वाली बंधुता बढ़ाने के लिए

दृढ़संकल्प होकर अपनी इस संविधान सभा में आज तारीख 26 नवम्बर, 1949 ई० को एतद्वारा इस संविधान को अंगीकृत, अधिनियमित और आत्मार्पित करते हैं।

1. संविधान (बयालीसवां संशोधन) अधिनियम, 1976 की धारा 2 द्वारा (3.1.1977) से “प्रभुत्व-संपन्न लोकतंत्रात्मक गणराज्य” के स्थान पर प्रतिस्थापित।
2. संविधान (बयालीसवां संशोधन) अधिनियम, 1976 की धारा 2 द्वारा (3.1.1977) से “राष्ट्र की एकता” के स्थान पर प्रतिस्थापित।

भाग 4 क

मूल कर्तव्य

51 क. मूल कर्तव्य – भारत के प्रत्येक नागरिक का यह कर्तव्य होगा कि वह –

- (क) संविधान का पालन करे और उसके आदर्शों, संस्थाओं, राष्ट्रध्वज और राष्ट्रगान का आदर करे;
- (ख) स्वतंत्रता के लिए हमारे राष्ट्रीय आंदोलन को प्रेरित करने वाले उच्च आदर्शों को हृदय में संजोए रखे और उनका पालन करे;
- (ग) भारत की प्रभुता, एकता और अखंडता की रक्षा करे और उसे अक्षुण्ण रखे;
- (घ) देश की रक्षा करे और आह्वान किए जाने पर राष्ट्र की सेवा करे;
- (ङ) भारत के सभी लोगों में समरसता और समान भ्रातृत्व की भावना का निर्माण करे जो धर्म, भाषा और प्रदेश या वर्ग पर आधारित सभी भेदभाव से परे हों, ऐसी प्रथाओं का त्याग करे जो स्त्रियों के सम्मान के विरुद्ध हैं;
- (च) हमारी सामासिक संस्कृति की गौरवशाली परंपरा का महत्त्व समझे और उसका परिरक्षण करे;
- (छ) प्राकृतिक पर्यावरण की जिसके अंतर्गत वन, झील, नदी, और वन्य जीव हैं, रक्षा करे और उसका संवर्धन करे तथा प्राणी मात्र के प्रति दयाभाव रखे;
- (ज) वैज्ञानिक दृष्टिकोण, मानववाद और ज्ञानार्जन तथा सुधार की भावना का विकास करे;
- (झ) सार्वजनिक संपत्ति को सुरक्षित रखे और हिंसा से दूर रहे;
- (ञ) व्यक्तिगत और सामूहिक गतिविधियों के सभी क्षेत्रों में उत्कर्ष की ओर बढ़ने का सतत प्रयास करे जिससे राष्ट्र निरंतर बढ़ते हुए प्रयत्न और उपलब्धि की नई उंचाइयों को छू ले;
- ¹(ट) यदि माता-पिता या संरक्षक है, छह वर्ष से चौदह वर्ष तक की आयु वाले अपने, यथास्थिति, बालक या प्रतिपाल्य के लिये शिक्षा के अवसर प्रदान करे।

1. संविधान (छयासीवां संशोधन) अधिनियम, 2002 की धारा 4 द्वारा प्रतिस्थापित।

Preface

School Youth being a developmental phase of life requires these indicators to be advanced from the absolute starting point of life. The schools being focalized community for wellbeing, instructions and youngsters can assume a path breaking job in the development and advancement of our country.

Yoga, an ancient Indian art and Science of wellbeing and agreement, has been rediscovered as having an immense potential for physical, mental, passionate, social and other worldly soundness of each individual. During the most recent three decades, there has been a spray in logical research in the field of Yoga which set it up as a significant asset for everybody to achieve and advance comprehensive wellbeing.

Yoga assumes a significant job in school wellbeing. Numerous examines have indicated that Yoga sustains sound brain and body in each school going youngster. The job of Yoga in schools subsequently turns out to be essentially significant. New Education Policy will help in encouraging Yoga in school curriculum. Yoga Olympiad will be held every year to enable participation of states with an aim that school children learn Yoga's it is a part & parcel of National Curriculum Frame work.

CBSE, on the eve of International Yoga Day to be observed on 21 June, has conceptualized the idea of developing textual material on Yogic Activities for students of Senior Secondary to glamorize and popularize the Yoga in masses.

The Book has three units. The first unit contents comprise of basic Knowledge of Yoga, aims and objective, its origin, historical background, rules and regulations to be followed by Yoga Practioners, major schools and introduction to Yogic Practice. The second unit deals with Yogic texts i.e. Patanjali Yoga Sutra, Bhagavat Gita, Hatha Pradapika and Gheranda Samhita. Finally, the third unit discusses about the human body, role of Yoga for health promotion, Yogic Attitudes, Holistic Approach of yoga towards health, Yogic Diet, Dincharya and Ritucharya with respect to Yogic Lifestyle.

In the Demonstration and Practice Skills, we have briefly elaborated about Suryanamaskar, Asanas, Pranayams, Bandh, Mudra and their benefits.

The material was created by Beauty and Wellness Sector and Skill Council, reviewed by group of Experts in Yoga and Practioners from Morarji Desai National Institute of Yoga, AIIMS, IGIPES, University of Delhi, Association of Indian Universities.

We are profoundly obliged to every one of them for their priceless assistance in setting up this literary material. It is trusted that the learners and educators will think that its valuable.

Chairman
Central Board of Secondary Education

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unit-1

Introduction to Yoga and Yogic Practices-II



1.1 Shatkarma Meaning, Purpose and their Significance in Yoga Sadhna

Meaning

Shatkarma are cleansing techniques (shuddhi kriyas). They are prescribed to set up the body for yoga practises. They are named shatkarma in view of fact that they are six in number. In short, these techniques are used to clean digestion and excretory system of our body. These systems mean eyes, respiratory system, digestive system and excretory system. If there is any imbalance in these systems of the body, it leads to diseases. Yoga recommends six purification processes to keep the equilibrium in. They are known as Shat kriyas (six purification processes) which are given as under:

1. **Kaphalabhati** - Purification of frontal lobes and lungs.
2. **Trataka** - Blinkless gazing.
3. **Neti** - Nasal cleansing.
4. **Dhauti** - Cleaning of digestive track and stomach.
5. **Nauli** - Abdominal massage.
6. **Basti** - Colon cleaning.

The shatkarmas should always be learned and practiced under the supervision of an experienced teacher.

Purpose and Significance :

- To maintain balance between tri-dosh Vata, Pitta and Kapha
- Improve chemical functioning of the body and mind.
Balance prana stream in Ida (left nostril) and Pingala Nadi (right nostril). From that point reviving the course through Sushumna Nadi (both the nostrils).
- To eliminate toxins from our body.
- To purify our body from inside and keep our body healthy.
- Contribute strength to our internal systems like respiratory system, blood circulation, digestive, and immune system.

These six cleansing processes are excellent practices designed to purify the whole body, and to get good health.

A. KAPAL BHATI

Kapal Means Skull and Bhati means shining. In this practice, the breath is forcefully exhaled through the nostrils by firmly contracting the abdominal muscles after which the inhalation happens naturally. This is repeated 20 times in quick, rhythmic process. This Kriya or cleansing process cleanses the impurity of the Kapal region and makes it shine with purity, so it is called as Kapal Bhati.



Figure 1.1 (A)

BENEFITS

- This is a great cleanser for the respiratory passage including the sinuses.
- It improves respiratory function and promotes circulation.
- It improves balance.
- It removes acidity and gas related problems.
- It cures sinus, asthma, and hair loss.

PRECAUTIONS

- a. Slipped disc patients, and asthma patients should avoid it.
- b. It should not be performed during menstruation

B. TRATAKA

It is a still-gazing based technique for eyes. In this purifying method, you place a light source like a flame at a manageable distance from yourself. Then look at the point of the flame without blinking your eyes until tears start to flow.



Figure 1.1 (B)

BENEFITS

- It improves the eyesight and tones up the visual mechanism.
- It also helps in increasing concentration.
- It helps to calm the mind and remove distractions.

PRECAUTIONS

- a. People suffering from epilepsy should not practice trataka on candle.
Kids should avoid practicing trataka.



C. NETI:

A nasal cleansing procedure which purifies the nasal passages and prevent the onset of sinuses. It can be performed in two ways: either using a neti pot to purify the passages with salt called Jala Neti, or using a thread passed through the nostrils and out from the mouth called Sutra Neti.



Figure 1.1 (C)

TECHNIQUE OF JALA NETI

- In a feeding cup or a small pot having a nozzle, take tepid water with a little salt added to it.
- Insert the nozzle in one of the nostrils.
- Bend the head a little sideward and pour water slowly into the nostril.
- Then repeat the same procedure with the other nostril. Thus, the nasal cavity is cleansed with water.

BENEFITS

- a. Jal Neti removes excess mucus and impurities inside the nasal cavity.
- b. It reduces inflammatory conditions and builds up resistance to the atmosphere.
- c. Helps in preventing cold and cough.
- d. If practiced daily, it can cure headache and migraine.

D. DHAUTI:-*

It is a cleansing process for the alimentary canal, including mouth, oesophagus, stomach, intestines and rectum.

BENEFITS

- a. It removes all unwanted contents from the stomach including excess secretions of the stomach and undigested food.
- b. It cures the problem of gas, acidity and indigestion.
- c. It helps to cure cough and sore throat.



Figure 1.1 (D)

*It must be performed under the careful supervision of a qualified Yoga Expert

E. NAULI:-

It is cleansing practice of abdominal muscles to massage and clean stomach and small intestine. This is one of the most difficult techniques to master. Nauli can be performed by Pachima nauli, Madhyama nauli and Vama nauli.

BENEFITS

- It tones and massages the entire abdominal area, including muscles, nerves, intestines, reproductive, urinary and excretory organs.
- It is a training of internal organs such as stomach, liver, spleen, urinary bladder, pancreas, gall bladder, and large and small intestine.
- It helps to remove the toxic materials from the digestive tract.

F. BASTI:-

It is a method for purifying the large intestine either with or without water.

Benefits

- Basti helps in are coming gastric troubles, indigestion and purification of the large intestine absorbs the nutrients and water from undigested waste.



Figure 1.1 (E)



Figure 1.1 (F)

1.2 Introduction to Yogasanas: Meaning, Principles and their Health Benefits

Yoga is a spiritual discipline dating back to some the 5000 years in the history of Indian philosophy. It's purpose is mainly to unleash spiritual and mental powers of an individual. However, in recent times yoga has been extremely popular in context of fighting stress, anxiety and depression in these times of industrialization and super-fast lifestyle. While yoga may look like just a couple of body-bending exercises to the normal eye, a lot goes on under the skin when the limbs are twisted and are left to the breath consciously.

Yoga is not just a set of asanas that one performs on the mat, but rather a way of living. With a healthy body and calm mind, one is bound to live a happier and stress-free life.

ASANAS: MEANING, PROCEDURE, PRECAUTIONS AND THEIR HEALTH

BENEFITS



Asana means a state of being, in which one can remain steady, calm, quiet and comfortable, both physically and mentally. According to the Yoga Sutras of Patanjali "Sthiram sukham asanam" means a position which is comfortable and steady. So, it is wrong to say that yoga asanas are practiced to improve the practitioner's ability to sit comfortably in one position for an extended period of time, as it is necessary during meditation. Nowadays, a particular asana is explained in various ways by different teachers that make students confused. Therefore, it is necessary for the practitioners to know why they practice a particular technique. Before we explain the importance of the particular technique for particular asanas, we should first understand the importance of asanas from the point of view of physical health.

Human body is made up of various organs and organs are made up of tissues. So, it can be stated that the health of the human body depends on the health of tissues.

Physiologically speaking, there are three conditions on which the human body remains healthy. They are -

- I. Constant supply of adequate nourishment to the endocrine glands and other tissues.
- II. Effective removal of waste products.
- III. Proper functioning of all the nerve connections.

Cultural poses are fully capable of fulfilling these conditions. (I,II) Elements necessary for the nourishment of tissues are carried to them through blood. This supply of nourishment depends not only on the quality and quantity of the food, but also on the power of digestion and absorption of the digestive system. In that way, the circulatory system and digestive system are interconnected. This system can be kept in a disciplined manner through cultural poses. The smooth muscles of our digestive track need a gentle and automatic massage for proper functioning. When these abdominal muscles become strong and elastic, they can work more effectively. Asanas like Bhujangasana, Salbhasana, Paschimatanasana, Ardha-matsyendrasana, yoga-mudra etc., help to keep our digestive function normal by making the abdominal muscles stronger and more elastic. Asanas keep all the organs in their respective places and help in proper removal of waste products.

Human health depends not only on the adequate supply of nourishment but also on the secretions of the endocrine glands. Yogic exercises have been observed to be outstanding exercises for the functioning of the endocrine glands' functions.

The most important element for nourishment is oxygen. By practicing asanas, we can keep our respiratory system in a well-organized condition. For proper breathing activity, the health of lungs and the respiratory muscles should be in a good condition. Salbhasana helps to keep them more strong and elastic. The practice of anulom-vilom pranayama helps to improve our lung volume capacity.

The third condition of the healthy body is the healthy functioning of the nerve connections. Functioning of all the organs and tissues are regulated by the nervous system.

Every organ and tissue can perform their proper function mainly because of adequate nerve connections. Asanas are found to be capable of preserving the health of the brain and spinal cord. They have beneficial effects on the autonomic as well as the peripheral nervous system which is spread throughout the body.

Asanas can be categorized into meditative and cultural poses. Cultural poses can be divided into physical poses and relaxation poses.

Practice of yogic asanas, inattentively, may cause several injuries. Therefore, some important points to be kept in mind while performing yogic asanas are as follows:

1. Asanas should not be done by only following books, it should be under the guidance of an experienced teacher.
2. Asanas should not be performed with jerks, but slowly and step by step, gradually up till the final pose on the condition that counter poses are also done.
3. The final posture should be held for some time, but not beyond one's capacity. In case of injuries or illness, the teacher should be consulted and followed.
4. The place should be clean and well ventilated.
5. Always breathe through the nose, unless specific instructions are given to the contrary.
6. Do not practice beyond your capacity.
7. Concentrate on the effects of the asanas on the mind and the body.
8. Shavasana may be performed at any point of time during asana practice, especially when feeling physically and mentally tired.
9. After completing shatkarma, asanas should be performed, followed by pranayamas.

Regarding asanas, there are a few aspects that need to be taken care of, such as the perfect time, place, duration of an asana and the condition in which the practice should be done. The aspects that need to be taken care of, are as follows:

Time

Early morning is the best time for practicing asanas. It should be kept in mind that after taking lunch up to 4 hours, no asanas, mudras or pranayamas should be done.

Place

Practicing yoga asanas in a well-ventilated place or open air place is recommended. We should avoid artificial air.

Duration of asanas

It depends on the availability of the time. Normally, a healthy man should practice asanas for 45 minutes every day, and pranayamas for 15 to 20 minutes. If kriyas are to be performed, 30 minutes can be given for them.

Restricted conditions



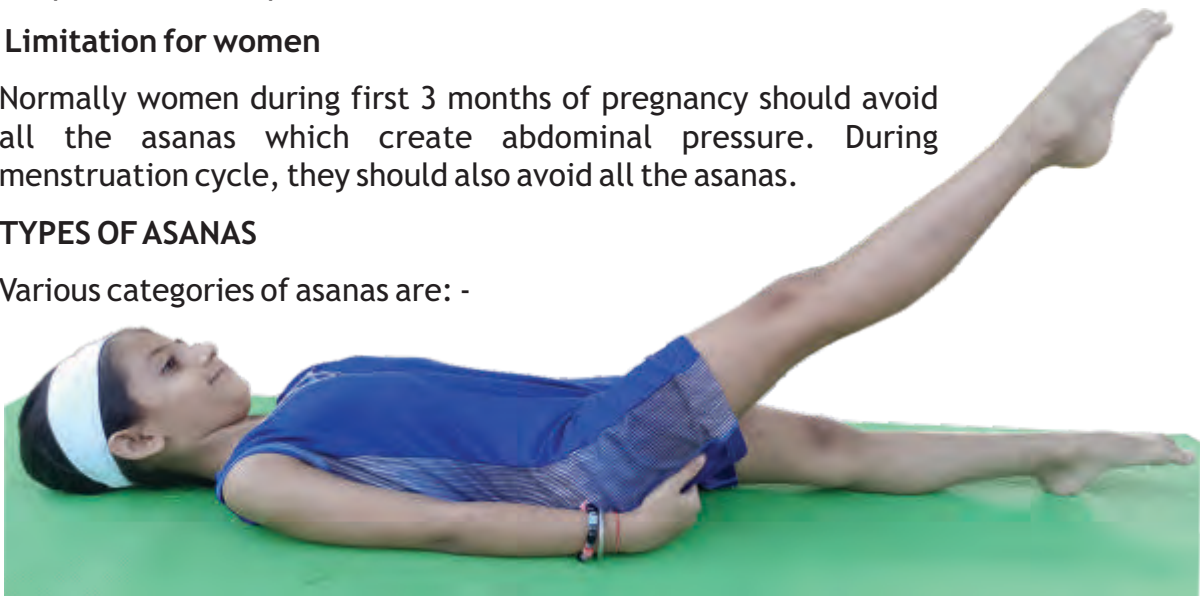
After going through a major surgery, one should be advised not to perform asanas within 6 months. One can restart the practice under the guidance of the teacher after 6 months or so, when the affected parts and muscles become strong enough to bear the pressure of the performance.

Limitation for women

Normally women during first 3 months of pregnancy should avoid all the asanas which create abdominal pressure. During menstruation cycle, they should also avoid all the asanas.

TYPES OF ASANAS

Various categories of asanas are: -



Straight Leg Raise

Figure 1.2



Halasana Step-1

Figure 1.2



Halasana Step-2

Figure 1.2



Halasana Step-3

Figure 1.2



Halasana Step-4

Figure 1.2

- **Supine Line Asanas** - These prepare you to proceed further in yoga and bring consistency in the development of physical and mental pliability. Examples of such Asanas are Sarvangasana, Ardha Halasana, Chakrasana & Pawanmuktasana.



- **Prone Line Asanas** -These bring physical and mental, sharpness and alertness. The postures are the opposite of forward bends as are the effects. In prone line asana, the posterior spine is extended, bringing constituency and mental peace. Such Asanas are Bhujangasana, Salbhasana, Dhanurasana & Naukasana.



Asanas in Prone Line

Figure 1.2



Bhujangasana Step-1

Figure 1.2



Bhujangasana Step-2

Figure 1.2

- **Sitting Asanas**- Sitting upright in supine extending positions, and sadaka help prepare physically and mentally for pranayama. Some of them are Padmasana, Supta Vajrasana, Paschimottanasana, Ardh-matsyendrasana & Yogamudra.



padahasthasana step-1

Figure 1.2



padahasthasana step-2

Figure 1.2



padahasthasana step-3

Figure 1.2

- **Standing Asanas** - Beginners should start with these as they bring elasticity in the joints and muscles, in addition to building up stamina and physical ability. These constitute the most basic of trainings in the early stage of yoga practice. Some basic standing poses are utkatasana Tadasana, Trikonaasana, Hanumanasana, Gyan Mudra.



Gomukhasana

Figure 1.2



Gyan Mudra

Figure 1.2



Gomukhasana

Figure 1.2



Jalandhar Bandhas Step-2

Figure 1.2

NOTE: PROCEDURE AND HEALTH BENEFITS OF EACH ASANAS WILL BE DESCRIBED IN PRACTICAL AND DEMONSTRATION CHAPTER.

1.3 INTRODUCTION OF PRANAYAMA AND DHYANA AND THEIR HEALTH BENEFITS

PRANAYAMA MEANING, PROCEDURE, PRECAUTIONS AND BENEFITS

Pranayama forms an important component of yogic practice. Pranayama is a science which helps to regularize vital energies through the regulation of breathing. The main purpose of pranayama is to gain control over the autonomous nervous system and mental functions.

Pranayama practice involves slow deep inhalation (Puraka), holding breath (Kumbhaka) and near complete exhalation (Rechaka).

The flow of Prana or vital energy to all the vital parts of the body is regulated by these breath-regulating practices. Regular practice of pranayama can modulate the sensitivity of chemo-receptors and can also make the mind calm and quiet.

These are the pranayama mentioned in the Hatha Yoga Texts.

- (a) Anulom- vilom
- (b) Suryabhedana,
- (c) Ujjayi,
- (d) Bharmari,

(c) Sheetkari,

(d) Sheetal,

Nadishodhan or Anulom-vilom, Suryabhedan, Ujjayi, Sheetli, Bhramari, Pranayama are important pranayamas to be practiced.

Before doing the above pranayamas, one must follow the essentials for practicing them as stated below:

1. **External environment :-** Any place that is well- ventilated and free from noise, insects and flies should be preferred to practice pranayamas.
2. **Right season to begin the practice of Pranayama :-** One should start to practice Pranayama in spring season i.e. March-April and autumn season i.e. Sept- Oct. One who is already in practice should continue its practice.
3. **Right time :-** Morning is the best suited time to practice Pranayamas.
4. **Seat or Asana: -** The seat should be soft, thick and comfortable.
5. **Asana :-** Asanas such as Padmasana, Siddhasana, Vajrasana and Sukhasana are considered the most suitable postures for the practice of pranayama.

NOTE: PROCEDURE AND HEALTH BENEFITS OF EACH PRANAYAMA WILL BE DESCRIBED IN PRACTICAL AND DEMONSTRATION CHAPTER.

1.3 (MEDITATION) DHYANA AND THEIR HEALTH BENEFITS

MEDITATION

Meditation (Dhyan) is a state of pure consciousness, which transcends the inner and outer senses. Meditation can be an effective form of stress reduction and has the potential to improve quality of life and decrease health care costs. Meditation involves achieving a state of "thoughtless awareness" in which the excessive stress producing activity of the mind is neutralized without reducing alertness and effectiveness. Authentic meditation enables one to focus on the present moment rather than dwell on the unchangeable past or undetermined future.

Meditation is the art of focusing 100% of your attention in one area. The practice comes with a myriad of well- publicized health benefits including increased concentration, decreased anxiety, and a general feeling of happiness. Although a great number of people try meditation at some point in their lives, a small percentage actually stick with it for the long-term. This is unfortunate, and a possible reason is that many beginners do not begin with a mindset needed to make the practice sustainable. Meditation is an absolutely wonderful practice, but can be very difficult in the beginning.

Types of Meditation (Dhyan)

Mindfulness Meditation: The most well-known type of meditation, mindfulness meditation, is about being aware of the sounds and activities happening around you. It's almost a flow-like type of meditation, because you just let your mind be fluid and



flow from one thought to the next, not really focusing on one particular thing. For instance, if you live in a noisy city, you don't have to block out the outside sirens and screaming children, you let your mind be aware of the sounds without becoming too focused.

Spiritual Meditation: This type of meditation is for those who regularly participate in prayer, as it's based on communicating with God. Just like the other styles, you must be calm and quiet and then begin to focus on a question or problem you might have. This style of meditation can not only be relaxing, but rewarding as well.

Focused Meditation: If the idea of clearing your mind of all thoughts stresses you out, focused meditation is great because you can focus on a sound, object, mantra, or thought. The key here is to just focus on one of these things and stay committed to that one thought or object. This is when relaxation music comes in handy. Even though you're essentially using your mind, you'll be amazed at how rejuvenated you feel afterwards. In our day to day lives, our minds really are in 10 different places at once!

Movement Meditation: Movement meditation may seem intimidating, but if you're by yourself and you really get into it, it can be extremely uplifting and relaxing at the same time. Sitting with your eyes closed, simply focus on your breath and try out different gentle, repetitive flowing movements. Rather than focus on a sound, object, or thought, just turn your attention to your movement. A slow left and right swaying motion can be therapeutic, or you could try moving your entire upper body in a slow circular motion.

Mantra Meditation: Mantras are words that are chanted loudly during meditation. It may seem odd to make loud noises during a meditation session, but it's actually the sounds that becomes the object being focused on. In yoga, the mantra Om is regularly used since it delivers a deep vibration that makes it easy for the mind to concentrate on that particular sound.

Benefits of Meditation (Dhyan)

- A feeling of tranquility and freedom in daily life.
- Reduction in psychological disorders like anxiety, tiredness and depression etc.
- Relief from various pains, such as headache, joint pains etc.
- Highly beneficial in insomnia.
- Increase in patience, and affection and sympathy for others.
- Growth in devotion and belief in the Supreme Being.
- A stronger urge and aptitude for service and cooperation in social life.

1.4 Identify career opportunities in Yoga

- To accredit the students to become competent and committed professionals willing to perform as yoga instructor, yoga teacher, yoga therapist, resource officer in yoga, yoga instructor and naturopathy doctor

- To accredit the students to have good health, to practice mental hygiene, to possess emotional stability, to integrate moral values, to attain higher level of consciousness
- To acquaint students with the theory and practical knowledge of yogasana, Bandhas, Mudras and Pranayama.
- To enable students to prepare the yoga programme, yoga demonstrator etc.



QUESTIONS

Unit-1

Topic 1.1

- Q.1 What is the meaning of shatkarma?
- Q.2 What is the purpose and significance of shatkarma?
- Q.3 Write the benefits of kaphal bhati?
- Q.4 What are precautions for trataka?
- Q.5 What are the technique of jalaneti?
- Q.6 What are the benefits of practicing jalaneti?
- Q.7 What are the benefits of dhauti?
- Q.8 What are the precautions of kapalbhati?
- Q.9 What is nauli?
- Q.10 What are the benefits of practicing nauli?
- Q.11 Define basti?
- Q.12 What are the benefits of basti?
- Q.13 How to perform trataka?

TOPIC- 1.2

- Q.1 Define yoga asana and explain its principles?
- Q.2 Explain the health benefits of yoga asanas?
- Q.3 What is the meaning of asana ?
- Q.4 Write restricted conditions of asanas?
- Q.5 What are the limitations for women in asana?
- Q.6 Explain procedure of asanas?
- Q.7 What are precautions of asanas?
- Q.8 Write in detail the correct time, place and duration of asana?
- Q.9 Describe various categories of asanas?
- Q.10 Write the correct season to begin the practice of prayanama?

TOPIC- 1.3

- Q.1 What is meditation?
- Q.2 Explain pranayama?
- Q.3 Write the procedure of pranayama?
- Q.4 What are the precautions for pranayama?
- Q.5 What are benefits of pranayama?
- Q.6 Explain mindfulness meditation?
- Q.7 Write about spiritual meditation?
- Q.8 What is mantra meditation?
- Q.9 What are benefits of meditation?

TOPIC -1.4

- Q.1 What are the career opportunities in yoga?



unit-2

Introduction to Yoga Text- II



2.1 Concept of Aahara (Diet) according to Yogic Text

An individual can't exist without air, water and food. Food is fundamental need for everybody to live. Nutrition is essential for sound life. A balanced and nutritious diet routine is important from the onset of life for development and advancement. With regard to younger students, it expects more significance as earlier stages, like youth and puberty are the phases of development and improvement; the requirement of nutrition during these phases of development is definitely more. Balanced and nutritious eating regimen is a fundamental requirement for keeping one healthy.

Balanced Diet:- A balanced diet is the one which contains all the elements of food that are needed to keep one healthy. A balanced diet can be divided into two parts: the macronutrients and micronutrients.

Macronutrients:- Macronutrients cover principally three components namely carbohydrates, fats and proteins. Carbohydrates and fat provide energy and heat. Proteins are crucial for building of tissues, maintenance of the cellular integrity and functioning of the cells.

Micronutrients: The micronutrients comprise of vitamins and minerals. They maintain tissues and regulate functions of the body. They also enhance the utilization of carbohydrates, proteins and fats by the body.

Therefore, school children require nutrients in large quantities for maintenance as well as for further growth.

Concept of Aahara

Shrimadbhagavadgita classifies three types of Yogic Diet

The ancient yogis have characterized Aahara into three qualities namely, Sattvic, Rajasic and Tamasic. Each individual has three distinct qualities which are transcendent and decide the nature and likings of an individual. Yogic system categorizes Aahara(diet) into three groups:

Sattvic diet:

Diet that relates to expansion of lifespan, mental essence, quality, wellbeing and

charm, that are tasty, Unctuous, stable, and fulfilling to the heart are the nourishments that are favored by sattvic."

Sattvic diet is also mentioned as Yogic diet. It is considered as condition in which food occurs naturally and liberated from any added substances or preservatives. Sattvic diet ought to be expended in its normal structure as could be expected under the circumstances, for example raw, steamed or lightly cooked. Sattvic diet contains Whole grains (carbohydrates), pulses, nuts and seeds (proteins), fresh leafy foods (nutrients and minerals), herbs, natural sweetners, for example, honey (in small quantities) etc.

Rajasic diet:

"Bitter, sour, salty, excessively hot, pungent, dry, and burning are the foods favored by rajasic, causing discomfort, depression and illness."

Rajasic things of food ought to be abstained in a yogic eating diet; they include: Caffeinated beverages, for example, tea and coffee, Over processed artificial added substances in food. Hot chilli or anything that can aggravate the mucous membranes, garlic, onion, mushrooms etc.

Tamasic diet:

Not completely cooked, flavorless, smelly, extra food by others, not fit as a contribution to health is known as tamasic."

Tamasic diet contains food items which are substantial and cause exhaustion or laziness in a person. Such nourishment is best avoided by individuals experiencing chronic depression. Tamasic diet includes food items like: Red meat, alcohol, spoiled food, overripe or unripe organic products, burnt food, overly processed food sources, fermented food.

Basis of yogic Diet

Various yogic scriptures identify food items to be as Pathya (wholesome) and Apathya (unwholesome) food and forms basis of Yogic diet. They are discussed below:

Apathya/ Un-Wholesome food:

The foods which are restricted (for the yogi) are: those which are, sour, bitter, salty, heating, green vegetables (other than those ordained), oil, sesame and mustard, alcohol, fish, flesh foods, curds, buttermilk, oil cakes and garlic.

Undesirable eating routine ought not be taken, what is warmed subsequent to getting cold, which is dry (without common oil), which is too much salty or acidic, has too much (blended) vegetables.



Figure 2.1 (a)



Figure 2.1 (b)



Pathya/Wholesome food:

The most helpful food for the yogi are: acceptable grains, wheat, rice, grain, milk, ghee, sugar sweets (solidified sugar), dry ginger, natural product (types of cucumber), five vegetables and such pulses, and pure water.



Figure 2.1 (c)

The yogi should take nourishing and sweet food mixed with, milk and ghee; it ought to sustain the dhatus (basic body constituents) and be satisfying and suitable.

Yogic scriptures firmly discourage habit of Over-eating and inspiring moderation of diet .

The Indian philosophy says that too much (surplus) of anything is worthless; Yogic literature strongly suggests diet must be taken with some limitation and overeating should be kept away at all cost. Likewise, Higher Yogic practices, for example, meditation and pranayama are done while sitting for extended periods for which light and adequate quantity of any food is relevant.

There is no yoga for an individual who eats plenty or who eats nothing for one who is always ready to sleep excessive or one who rises throughout. Yoga gets insignificant results with over-eating, over-effort, public contact, and irregular state of mind. One should fill half the stomach with food, one quarter with Water and the fourth quarter should be saved for the expansion of the air.

Plan of Yogic diet

- It is said that the Yoga (pranayama) must not be performed soon after the dinners, nor when one is tremendously eager to eat; before starting the training, some amount of milk and butter must be taken.

Effect of Mitahara (Yogic diet)

- In the yogic eating schedule, it is a practice to start the day with a glass of warm water mixed with lemon . This cleanses the body and helps it to get rid of harmful toxins. By the method of standard detoxification, organs in the body can work well, and leads to obtain a body without ailments and diseases.
- The satvik diet keeps one genuinely fit, yet in addition intellectually graceful. It is an eating habit which adjusts the body, mind and soul, subsequently bringing energy in life of a person.
- The yogic diet believes in eating in tandem, therefore the yogic diet perhaps is the most ideal way to lose fat, and it helps to strengthen your body's immunity power altogether. Hence, the eating plan alongside a couple of moments of yoga, pranayama or some physical action will get you far from a wide range of life style ailments like circulatory strain, diabetes etc.

- Sattvic diet includes green leafy vegetables, fruits and sprouts etc. Accordingly, it doesn't take a lot of hard work for the stomach related system to process the food; the final result of which is proper bowel movement, clean skin, etc.
- Sattvic nourishment includes ghee, coconut oil, sprouted seeds etc. These make the food tasty. In addition, the good fats in the diet help in keeping your mind, healthy and memory, sharp.

2.2 Significance of Hath Yoga practices in Health promotion

Hatha Yoga is a energetic and life changing practice of postures (asanas), breath (pranayama), gestures (mudras), locks (bandhas), meditation sounds (nadausandhana), and cleansing process (Shat kriyas) for enhance the physiological functions of the body so as to prepare it for achieving mental balance and realizing spiritual goals.

The word 'Hatha' is made up of two words 'Ha' and 'Tha' .In which 'Ha' means prana shakti ,the most important force, and tha means the shakti of the mind (mental force). Both life force 'Ha' and the mental force 'Tha' are the fundamental creators. In this whole universe including the finest of atom or the largest of star are constituted of these two force or energies. Therefore hatha yoga means union of the pranic force & mental force.

Significance:

1. **Improves Respiratory System:** Hatha Yogasana helps to improve functioning of respiratory system and increase the vital capacity of the practioner.
2. **Improves Cardiovascular Fitness:** Hatha Yoga improves cardiovascular wellness and fitness. Regular practice of yogasana helps to normalize the blood pressure. The regular practice of Hatha Yoga postures are effective in controlling the diseases related to heart.
3. **Improves Digestive System:** The digestive fire or agni is stimulated. This increases the appetite and balances the metabolism. Asanas stretch the body and massage the abdominal muscles. This causes food to move efficiently along the digestive tract. Bowel movement is regulated and constipatio relieved.
4. **Clear and Shiny Skin:** The Shat-kriya practices deeply purify the body and mind and prepare for further practice. Additionally, the postures work as detoxifying agents at some levels eliminating toxins, resulting in increase awareness, inner glow and lustrous skin.
5. **Flexibility of the Joints:** The Hatha Yoga effectively works on the different joints of the body helping them get their full range of motion. Asana helps to tone up the muscles and enhances flexibility of the body.



6. **Improvement in Nervous System:** The Hatha Yoga practice helps to improve nervous system and maintains homeostasis (stability) in the body. The parasympathetic nervous system of human body regulates the bloods pressure and heart rate well when one practice yogasanas regularly.
7. **Regulate the functioning of Endocrine Glands:** In our body several glands are situated at various places, these glands secrete specific hormones which perform specific function. Malfunctioning of these glands may cause disorders. Pranayama rejuvenates pituitary and pineal glands especially.
8. **Regulates extra oxygen and burns fat:** Hatha Yoga assist in weight regulations as extra oxygen burns fat more efficiently. If one is under weight, extra oxygen feeds starving tissues and glands.
9. **Prepare the mind for meditation** mudras prepare the mind for meditation and encourage withdrawal of senses(Pratyahara) and also make the mind focused.
10. **Overall wellbeing of whole body:** Bandha destroy old age and death. Jalandhar Bandh regulates the functioning of thyroid and para thyroid glands. It destroys throat ailments like excess mucous in throat, stuttering, tonsillitis etc. One may feel pressure or uneasiness in heart, brain and ear if Jalandhar Bandha is not applied during the practice of pranayam.

2.3 Concept of mental health well-being according to patanjali Yoga

Mental Health:- Mental health is an important component of overall health and well being. It can be defined as state of psychological and emotional well being in which an individual is able to use learning abilities, can function constructively and fruitfully in society and can meet with the ordinary demands of everyday life.

Yoga is known to play remarkable role in the improvement of mental health as well as in the treatment and prevention of mental (psychological) health related problems. Patanjali yoga sutras start with the idea of 'cittavrti nirodha' enlightening the **importance of controlling the mind.**

Patanjali yoga sutras highlight the capability of yoga to maintain mental health. It concentrats on the promotive, preventive, and curative aspects of the Patanjali Yoga Sutras in its syllabus for the promotion and development of the mental health and healthy personality to maintain peace.

The yoga sutras allows practical philosophy and an applied science of life with all the necessary related processes, tools and techniques. Yoga therapy in sutras offer sound procedure for a harmonious life and also sound principles for higher, spiritual, transcendental life.

There is a wonderful functioning connection between the ultimate goal, and the ways and means prescribed to attain it. Man is lost in pursuit of wealth, comfort and technology at the cost of his peace of mind and health.

Causes of faulty mental health according to Patanjali Yoga Sutras:

Maharshi Patañjali defines yoga as 'yogah cittavrti nirodhah'. He described various thereaputical aspects in his yoga sutras. We can begin with these concepts for promotive curative, and preventive aspects in relation to mental wellbeing. Patañjali explains about the disturbance of the mind and the development of disease (vyadhi), their symptoms and process to overcome them.

[I Chapter, 30th Sutra] says Patanjali.

Disease: Mental laziness, doubt, lack of enthusiasm, lethargy, craving for sense-pleasure, false perception, despair caused by failure to concentrate and unsteadiness in concentration

Effects on Cittavikshepa

Maharshi Patanjali precisely explains the effects of the obstacles on the mental health as pain, (Dukha), depression (Daurmanasya), trembling of the body (Angamejayatva) and, irregular breathing (Shvasprashvasa) are the major symptoms of mental distraction (Cittavikshepa.)



[I Chapter, 31st Sutra]

Developing positive attitudes and feelings for Cittaprasadana

Further Maharshi Patanjali suggests a person to inculcate the qualities to achieve a blissful state of mind called Cittaprasadana,

By cultivating the right attitude towards different kind of people:

Friendliness (maîtri), toward the happy (Sukha), compassion (Karuna) for the unhappy (Dukha), delight (Mudita) in the virtuous (Punya) and indifference (Upeksha) toward the immoral (Apunya) respectively. Then the mindfull-stuff achieve the Citta prasadana (Blissful and peace of mind).

Steps for promoting mental modification of health

Yoga practice is being promoted for a high potential for prevention of illness and promotion of health.

Kriya Yoga

Kriya" is defined as: practical action, practice, and skill. According to Patanjali, Kriya Yoga is classified into three parts: tapas, swadhyaya, and Ishwarapranidhana. It involves the acts of self purification, self observation and self awareness.

Tapas literally means 'to generate heat or energy'. So it means, conservation of heat and energy. In the sense of awakening or stimulating the whole body of our being to higher consciousness. It helps to discipline the mind. It enables the individual to control the urge for materialistic and physical pleasures and thus helps in the attainment of goal.



Figure 2.3

"Swadhyaya means 'self-study.' This is usually interpreted as the study of the scriptures which deals with the nature of the true Self (spirit) and its realization. Continuous self analysis leads towards awareness of entire structure of one's personality involving physical, mental, emotional and spiritual aspects.

"Ishwarapranidhana means the offering of one's life to God. It is an important tool to develop the sense of surrendering the ego to the Supreme Being in humility, it is thought that the character of the divine can be attained. Ishwarapranidhana also signifies placing or combining the consciousness completely in inner awareness.

Patanjali Ashtanga Yoga:

Ashtanaga Yoga is a mode of Yoga which consist of Eight Limbs or Steps i.e. Yama, Niyama, Asana, Pranayama, Pratyahar, Dharna, Dhyana and Samadhi have been found to control the mental modification thereby helping in attaining good health.



Figure 2.4

2.4 Yogic practice of Patanjali yoga:

Bahiranga and Antranga Yoga

Ashtanga Yoga of Patanjali consists of eight limbs. The first five limbs-Yama, Niyam, Asana, Pranayam and Pratyahara constitute Bahiranga Yoga and the remaining limbs i.e. Dharna, Dhyana and Samadhi constitute to form as Antaranga Yoga. It provides sound technique to attain holistic healthy physical mental, social and spiritual. The Ashtanga Yoga promotes healthy living in following ways.

Bahiranga Yoga

Yamas (self-restraints): The yamas are guidelines for how to interact with the outside world at a social level. The five yamas are: Ahimsa (non-violence), Satya (truthfulness), Asteya (non- stealing), Brahmacharya (abstinence), Aparigraha (non-hoarding). The practicing of Yama will help in developing peace and harmony in the society.

Niyamas (observances): The niyamas represent guidelines for self-discipline. According to Patanjali shoucha (cleanliness), santosha (contentment), tapas (austerity), swadhyaya (the study of the scriptures and self-study), and Ishwara pranidhana (surrender to God) are five Niyamas which provides a sense of discipline in person life.

Asana (posture): Asana according to Patanjali, is the sitting posture which should be steady and comfortable so the yogi can sit and meditate for long periods of time.



Figure 2.5



Pranayama (breath control): Pranayama, which literally means stretching or expansion of prana, the vital life force, involves breath control and helps train and prepare the mind for dharana (concentration).

Pratyahara (sense withdrawal): Through pratyahara one gains the ability to withdraw the senses from their objects thus achieving perfect control over the senses. The pratyahara thus helps in mental and spiritual health of an individual.

Antaranga Yoga

Dharana (concentration/focus): Dharana involves focusing the mind on a single object of concentration for long periods of time. Thus it is beneficial for psychological and spiritual growth.

Dhyana (meditation): When there is an uninterrupted flow of the mind towards the object of focus, the yogi enters the state of meditation. The practice of Dhyana promotes towards good health, happiness and harmony in life.

Samadhi (total absorption): Finally when even the self-awareness of the mind disappears, and only the object of meditation shines through, it is called the state of samadhi. This leads to enlighten the state of self realization.

2.5 Concept of healthy living in Bhagawat Gita

The Bhagavada Gita is a yogic scripture, the description of which is found in the Bhishma Parva of Mahabharata. It includes the knowledge of Indian religion and philosophy. Those who cannot read Vedas, Upanishads. texts, they can get full benefit by reading Gita. The Gita is a book that affects various aspects of life. In difficult times of life, Gita guides a person. The Gita has received worldwide acceptance.

The Bhagawat Gita is a Sanskrit text derived from the Mahabharata epic. The Bhagawatgita includes eighteen chapters. The content is in the form of a discussion between Krishna and Arjuna that happened in the middle of war zone of Kurukshetra. Reacting to Arjuna's confusion and puzzle, Krishna explains to Arjuna his duties as a fighter and comments different Yogic and Vedantic philosophies with examples. During this discussion, Krishna declares his identity as the Supreme almighty (God in itself), blesses Arjuna with a glance of his divine universal form, "Vishvarupa". The Bhagawatgita is admired/considered as sacred by ancient Indian traditions. It is commonly known as The Gita.

The following three types of Yoga in particular have been highlight in the Bhagwatgita:

- Bhakti Yoga (Yoga for Devotion) is summarized as a mode of worship, which involves of continuous and loving remembrance of God.
- Karma Yoga (Yoga for Selfless Action), works are done without attachment to the results. It is highlighted by many as the ideal path for Self-realization.

- Jnana Yoga (Yoga of Self transcending Knowledge) is a path to achieve the true knowledge about the self.

Healthy living in Bhagawat Gita

It has been translated into 75 languages of the world. In present times, man is getting trapped in confusion, lies, superstitions and materialism. In the race for industrial progress, a person is becoming distant from his own reality. It has a direct impact on his health. An unhealthy person cannot live life to its full potential.

To understand the concept of healthy life according to the Bhagavada Gita, some important facts are indicated, if a person follows them he can lead a healthy life.

YOGA MEANS EQUANIMITY:

Bhagavad Gita says "Samatvam Yoga Uchate"

Practice of equanimity of mind for any circumstance without any hatred or greed. Treating all pain or pleasure in same way with love. This type of practice helps one to keep mind constantly tranquil. When mind is peaceful, body functions properly. When equanimity is practiced, fear of disease or fear of death will be thrown away from mind, main causes of disease like jealousy, hatred, anger, will disappear automatically and mind gets quiet. Hence practice of Yoga helps to cure and prevent any disease and keeps you healthy.

YOGA IS SKILL IN ACTION:

Yogah Karmasu Kausalam: Gita 2.50: Yoga is skill in action. The skill is in maintaining relaxation and awareness in action. Relaxed action is the process. Regular planning in action is an outcome. Thus yoga is skill in action and ability to stay mastery over the mind. "Yoga is art and science of Healthy Living"

At the point when you practice calmness in mind and are able to concentrate on one thing, you can understand something and takes decisions with its right knowledge at ideal time. Whatever work you do will be fruitful when you do with dedication and commitment. This helps one to live purposefully in every movement of life. This also helps in taking positive decision and positive thinking, moderate eating and sleeping, working sincerely for right goal.

DEDICATING THE DIVINE QUALITIES

The goal of life is to free from destructive human race, one must live with humanity and cultivate divine qualities. These qualities help one to focus lead glory of the self at the same time to dedicate one's achievements towards the divine. It specifies divine qualities as follows:

Fearlessness, purification of one's existence, cultivation of spiritual knowledge, charity, self-control, performance of sacrifice, study of the Vedas, austerity and simplicity; non-violence, truthfulness, freedom from anger; tranquility, gentleness,



steady determination; forgiveness, cleanliness, freedom from envy.

BALANCE IN CONSCIOUSNESS

Eating healthy and right food in minimal quantity can lead to complete positive and good life. He who is mild in his habits of eating, working, sleeping, and fun activities can reduce all material pains by practicing the yoga.

2.6 Importance of Subjective experience in daily Yoga Practice

Yoga in daily life is a means of regular practice comprising of development in the various areas proceeds simultaneously of physical, mental, social and spiritual health. When the body is physically fit, the mind is tranquil, focused and stress is under control. When you are healthy and wealthy, you are in touch with your inner self, with others and your surroundings on a much deeper level, which adds to your spiritual health and well being.

Various processes taking place during the achievement can be studied under the goals of "Experience in Daily Life Practices" are:

- Physical Health"
- Social Health"
- Mental Health"
- Spiritual Health"

Physical Health

The health of the body is of fundamental importance in life. To preserve and restore health there are Asanas, Pranayama and relaxation techniques. Physical development affects whole life. It is the basis of all developments. All other developments depend upon it. Physical development relates to structure of the body, height, weight ratio of the body, anatomical and physiological development of all internal and external organs, nervous system, various physiological and general conditions of health. An even greater factor in the maintenance of good health is the food. What we eat effects both our body and mind, our habits and qualities. In short, the food we eat has an effect upon our whole body. Food is the source of our physical energy and vitality.

Mental Health

Mental health is an important component of overall health and well being. It can be defined as state of psychological and emotional well being in which an individual is able to use learning abilities, can function practically and fruitfully in society and it can meet with the ordinary demands of everyday life. In general, we go through the life by the mind and senses, rather than having these under our control. Negative thoughts and fears create an imbalance in our nervous system and through this our physical function. This is the cause of many illnesses and sorrows. Clarity of thought, inner freedom, contentment and self-confidence are the basis for mental wellbeing. That is the reason we strive to overcome our negative qualities and thoughts and intend to create positive thoughts and behaviour.

Social Health

Social health is simply to be happy within and to be able to make others happy. It intends to nurture authentic contact and communication with other people, to accept the responsibility within society and to work for the community. Social health is also the capacity to relax and experience life with all its beauty. Social development indicates to the development of the attitude and behavior in relations to conduct towards others. It is the outcome of the process of socialization by which mental attitudes and behavior of child are brought into harmony with others.

One of the developing issues which may lead even to committing crimes. It is a clear sign of social illness. Group processes like cooperation, competition, friendship, sympathy and communication are important for social development. The experience of yoga in daily life can assist in overcoming this illness and grant people a new, positive aim and purpose in everyday life. The importance of keeping good, positive company has a great influence upon our mind, as such friendship shape and forms our personality and character. To practice yoga intends to be active in the most positive sense and to work for the welfare of all of humanity.

Spiritual Health

The fundamental principle of spiritual life and the highest precept of humanity are: AHIMSA - PARAMO- DHARMA This principle teaches us non-violence, in thoughts, words, feelings and actions. Prayer, meditation, mantra, positive thinking and tolerance, leads to spiritual health and wellbeing. Humans ought to be protectors, not be destroyers. Qualities that really make us human are the capacity to give, understand and forgive. To secure life and respect the individuality and autonomy of all types of life is a primary practice of the yoga teachings. By following these principles **prominent resilience**, understanding, common love, help and compassion develops - not only between individuals, but between all humans, nations, races, and religious faiths. Spiritual urge is related to the search of happiness and terminations of misery.



QUESTIONS

UNIT- 2

TOPIC -2.1

- Q.1 What is the concept of ahara?
- Q.2 What is balanced diet?
- Q.3 What are the macro nutrients?
- Q.4 What are the micro nutrients?
- Q.5 What is sattvic diet?
- Q.6 Explain rajasic diet?
- Q.7 Explain tamasic diet?
- Q.8 Explain apathya /un-wholesome food?
- Q.9 What is pathya/wholesome food?
- Q.10 Explain effect of mitahara?

TOPIC-2.2

- Q.1 Describe the significance of hath yoga practices in health problems?

TOPIC-2.3

- Q.1 Describe the concept of mental well being according to Patanjali yoga?
- Q.2 Explain the causes of faulty mental health according to Patanjali yoga sutras?
- Q.3 Describe the effects of cittavikshepa?
- Q.4 What are the steps for promoting mental modifications of health?
- Q.5 According to Patanjali, what is ashtang yoga?

Topic-2.4

- Q.1 Explain all parts of bahiranga yoga?
- Q.2 Describe all parts of ashtang yoga?

TOPIC-2.5

- Q.1 Explain concept of healthy living described in bhagwat gita?
- Q.2 Explain the following types of yoga :
- a) Bhakti yoga
 - b) Karma yoga
 - c) Janana yoga
- Q.3 Explain the following:
- a) Yoga means equanimity?
 - b) How yoga is a skill action? Describe?
 - c) How yoga dedicate the divine qualities?

TOPIC-2.6

- Q. Explain the following:
- a) Physical health
 - b) Mental health
 - c) Social health
 - d) Spiritual health



unit-3

Yoga for Health Promotion



3.1 Introduction to first aid and CPR

During medical emergency and accidents, first aid is the first and immediate help given to a sick or injured person, which may include cardiopulmonary resuscitation (CPR) while waiting for an ambulance/ medical help. First aid can be performed by someone with basic medical training or, even untrained person.

Everyone should learn CPR properly, and also know how to use an automated external defibrillator (AED). AED is a machine that is used for electric shock in case of cardiac arrest (stopping of heart beat). The AED is usually available at public places/ commercial set-ups like malls, cinema halls and airports etc.

The primary aim of first aid is to minimize pain, prevent death or serious injury from worsening. The key objectives of first aid are as follows:

1. The primary objective of first aid is to minimize the pain and save lives. First aid done correctly should help reduce the patient's pain and stabilise the patient.
2. First aid also includes addressing the external factors, such as moving a patient away from any cause of harm or site of accident, away from fire as smoke may cause further choking, and applying first aid techniques to prevent worsening of the condition.
3. It would also include to accelerate the recovery from the illness or injury, and in some cases might involve completing a treatment, such as applying adhesive bandage to a small wound or supporting a broken arm or leg.

It is important to note that first aid cannot be compared with the care what a trained medical professional provides. First aid involves making common sense decisions in the best interest of an injured person in an emergency situation.

Following (ABCD) points may be noted in the patient during such emergency :

1. **Airways** : Airways are clear ?
2. **Beathing** : Respiration is adequately maintained ?
3. **Circulation** : Any possibility of internal bleeding ?
4. **Disability** : Difficulty in body functions or, activity limitations ?

In such scenario, the following points should be kept in mind and appropriate actions taken accordingly for the benefit of the patient :

1. Is the environment safe for the person?
2. Is the person conscious or unconscious?
3. If the person appears unconscious, tap and talk, shake his/her shoulder and ask loudly (shout) , "Are you okay?"
4. Call your local emergency helpline number.
5. Look and listen : See the movements of chest, and try to listen breathing sound
6. Try to feel pulse at neck (carotid artery, one side, not more than 10 seconds)
7. Begin CPR.
8. If an AED is available, deliver one shock as instructed, then begin CPR.

CPR

Cardiopulmonary resuscitation (CPR) is a life saving procedure. It's very useful where someone's breathing and/or heartbeat has stopped. Nowadays it is expected that everyone should learn CPR. This may save someone's life during emergency.

There can be two situations regarding CPR :

1. If you're not trained and not confident about CPR, then provide hands-only CPR. That means chest compressions of 100 times in a minute until medical helps arrive.
2. If you're well-trained, start CPR with 30 chest compressions followed by two rescue breaths (mouth to mouth resuscitation; mask may be used to prevent transmission of infection).

CPR can keep oxygenated blood flowing to the brain and other vital organs until more definitive medical treatment restores a normal heart activity.

When the heart stops, the lack of oxygenated blood supply can cause brain damage in a few minutes only. A person may die within 5 to 10 minutes.

CPR : Compression only (hands-only); C-A-B

For adults with cardiac arrest, compression-only (hands-only) CPR involves chest compressions without ventilation support. It is recommended as the method of choice for the untrained person (helper) as it is easier to perform.

The recommended order of interventions is chest compressions, airway, breathing (CAB) in most situations, with a compression rate of at least 100 per minute in all groups. Recommended compression depth in adults and children is about 5 cm (2 inches) and in infants it is 4 centimetres.

In adults, rescuers should use two hands for the chest compressions, whereas in small children one hand should be used and two fingers (index and middle fingers) should



be used in babies (infants).

Compression-only CPR is not as good for children who are more likely to have cardiac arrest from respiratory causes. Both, children and adults, should receive about 100 chest compressions per minute.

ABC vs CAB

The order of CPR interventions in new-born babies : airway, breathing, chest compressions (ABC) whereas in adults and children : chest compressions, airway, breathing (CAB).

CPR : Compressions with rescue breaths

Please note this should be tried only if you are well trained in CPR.

Mouth-to-mouth resuscitation

A universal compression to ventilation ratio of 30:2 is recommended for adults, it means 30 times chest compression followed by 2 rescue breaths, then repeat the same cycle again and again till the medical help arrives.

With children, if at least 2 trained rescuers are present a ratio of 15:2 can be maintained. Rescue breaths for children and especially for babies should be relatively gentle.

CPR : Method : C-A-B

Compressions

1. Put the person on his/her back on a firm surface.
2. Kneel next to the person's neck and shoulders.
3. Place the heel of one hand over the centre of the person's chest, between the nipples. Place your other hand on top of the first hand. Keep your elbows straight and position your shoulders directly above your hands.
4. Use your upper body weight as you push straight down on the chest at least 2 inches (approximately 5 cm). Push hard at a rate of 100 compressions a minute.
5. If you haven't been trained in CPR, continue chest compressions until there are signs of movement or until emergency medical help arrives. If you have been trained in CPR, go on to next step, opening the airway and rescue breathing.

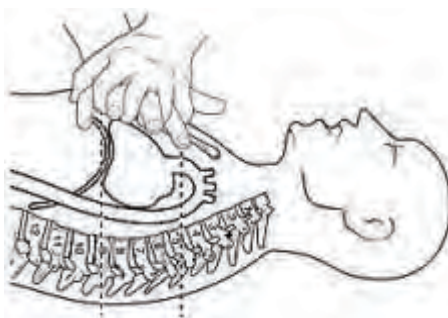


Figure 3.1 (A)

CPR method, compression (Source: Wikipedia)

Airway

If you're trained in CPR and you've performed 30 chest compressions, open the person's airway. Put your palm on the person's forehead and gently tilt the head back. Then with the other hand, gently lift the chin forward to open the airway.

Breathing

Rescue breathing can be mouth-to-mouth breathing or mouth-to-nose breathing if the mouth is seriously injured or can't be opened. A mask may be used to prevent transmission of infection.

1. With the airway open, pinch the nostrils shut for mouth-to-mouth breathing and cover the person's mouth with yours, making a seal.
2. Prepare to give two rescue breaths. Thirty chest compressions followed by two rescue breaths is considered one cycle.
3. Resume chest compressions.
4. As soon as an automated external defibrillator (AED) is available, use it while following the instructions.
5. Continue CPR until there are signs of movement or emergency medical help arrives.



Figure 3.1 (B)

Mouth to mouth resuscitation (Source: Wikipedia)

CPR in children : C-A-B

Compressions

If you are alone, perform five cycles of compressions and breaths on the child - this should take about two minutes - before calling your local emergency help number and getting the AED, if one is available.

1. Put the child on the back on a firm surface.
2. Kneel next to the child's neck and shoulders.
3. Use two hands, or only one hand if the child is very small, to perform chest compressions. Press straight down on the chest about 2 inches (approximately



5 cm). Push hard at a rate of 100 to 120 compressions a minute.

4. If you haven't been trained in CPR, continue chest compressions until there are signs of movement or until emergency medical help arrives. If you have been trained in CPR, go on to next step, opening the airway and rescue breathing.

Airway

If you're trained in CPR and you've performed 30 chest compressions, open the child's airway. Put your palm on the child's forehead and gently tilt the head back. Then with the other hand, gently lift the chin forward to open the airway.

Breathing

Use the same compression-breath rate that is used for adults: 30 compressions followed by two breaths. This is one cycle.

1. With the airway open, pinch the nostrils shut for mouth-to-mouth breathing and cover the child's mouth with yours, making a seal.
2. Prepare to give two rescue breaths. Give the first rescue breath - lasting one second - and watch to see if the chest rises. If it does rise, give the second breath.
3. After the two breaths, immediately begin the next cycle of compressions and breaths. If there are two people performing CPR, conduct 15 compressions followed by two breaths.
4. As soon as an AED is available, use it while following the instructions.
5. Continue CPR until the child moves or emergency medical help arrives.

3.2 Yogic Management of Stress and its Consequences

CONCEPT OF STRESS

Stress is a universal term which is used by anyone or everyone without understanding it properly. Stress is now formalized to mean any change within a system induced by external forces.

Medical science defines stress as a specific response of body to all the nonspecific demand i.e., secretions of certain hormones.

When a person faces problems in his everyday life which exceeds his resources for coping with them, he feels stressed. Stress is a demand on our adaptability to evoke a response.

But we must remember that stress is not just caused by external environment, it can be generated within from our fears, hopes, expectations and beliefs.

How modern medical science deals with stress is not our topic of discussion, we are

going to talk about how yoga can manage stress. It is an accepted fact amongst the world population that 'Yoga' brings happiness, peace of mind and a positive state of health. However, there is a limited understanding regarding the ways in which yoga achieve these things. Actually, yoga aligns with the level body, mind and intellect the by proper knowledge of structure and function, through self-realization and inner awareness.

When our resources are over utilized, our exhausted body stops functioning smoothly. The signs that indicate may be physical signs such as high blood pressure , high blood sugar, digestive disorders, back pain, and many others.

The Yogic asanas stretch and tone every muscle of the body, joints, spine, the entire skeletal muscles organs, as well as nerves, keeping the entire system in radiant health. By releasing physical and mental tension, a person liberates a vast amount of energy. The yogic breathing practice known as Pranayamas, revitalize the body and help to control the mind, leaving the person calm and refreshed. Relaxation helps control anxiety, hypertension and other discomforts of the mind and body.

Definition

According to WHO, " mental Health is a state of well being in which the individual realizes his or her own abilities, can cope with the normal stresses of life, can work productively and fruitfully and is able to make a contribution to his or her community".

Types of STRESS

A good stress has the following characteristic features it:

- Motivates
- Focuses energy
- Improves performance

A bad stress has the following characteristic outcomes:

- Anxiety
- Tension
- Decrease performance
- Mental and Physical problems

CAUSES OF STRESS

There may be various reasons for stress. Few of them are listed below:

1) FINANCIAL PROBLEMS

According to a survey, money is a significant source of stress. Financial stress



can take months or years to come out from. In the long-term, stress related to finance results in distress, which may bring up blood pressure and cause headaches, upset stomach, chest pain, insomnia, and a general feeling of sickness. Financial stress has also been linked to a number of health problems, including depression, anxiety, skin problems, diabetes, and arthritis.

2) WORK

According to the Center for Disease Control and Prevention (CDC), people now spend 8 percent more time at work compared to 20 years ago, and about 13 percent of people work a second job. At least 40 percent report their jobs are stressful, and 26 percent report they often feel burned out by their work. Any amount of things can contribute to job stress including too much work, job insecurity, dissatisfaction with a job or career, conflicts with a boss and/or coworkers, etc. Whether worrying about a specific project or feeling unfairly treated, putting jobs ahead of everything else can affect many aspects of life, including personal relationships and mental and physical health.

3) PERSONAL RELATIONSHIPS

There are people in our lives that cause stress. It could be a family member, an intimate partner, friend, or coworker. Toxic people lurk in all parts of our lives and the stress we experience from these relationships can affect physical and mental health.

4) PARENTING

Parents are often faced with busy schedules that include a job, household duties, and raising children which results in parenting stress. High levels of parenting stress can cause a parent to be harsh, negative, and authoritarian in their interactions with children. Parenting stress can also decrease the quality of parent-child relationships. For example, you may not have open communication so your child doesn't come to you for advice or your child and you may argue often.

Sources of parenting stress may include lower income, long working hours, single parenting, marital or relationship tensions, or raising a child who has been diagnosed with a behavioral disorder or developmental disability.

5) DAILY LIFE AND BUSY-NESS

Day-to-day stressors are our daily inconveniences. They include things like misplacing keys, running late, and forgetting to bring an important item with you when leaving the house. Usually, these are just minor setbacks, but if they become frequent, they become a source of anxiety affecting physical and/or psychological health.

6) PERSONALITY AND RESOURCES

Personality traits can be independent sources of stress. Extroverts, for example, tend to experience less stress in daily life and have greater social resources, which buffer against stress. Perfectionists may bring stress onto themselves unnecessarily because of their exacting standards, experiencing more negative mental and physical health consequences than those who merely focus on high achievement.

SIGNS AND SYMPTOMS OF STRESS

a. Common effects of stress on mood

Anxiety, restlessness, lack of motivation or focus, feeling overwhelmed, irritability or anger and sadness or depression

b. Common effects of stress on your behavior

Overeating or under eating, anger outburst, drug or alcohol abuse, tobacco use and social withdrawal.

EFFECTS OF STRESS

Stress is a natural, physical and mental reaction to life experiences. Everyone experiences stress time to time; Stress can be beneficial to your health. It can help you cope with potentially serious situations. Our body responds to stress by releasing hormones that increases heart and breathing rates and muscles to respond.

Yet if the stress response doesn't stop firing, and these stress levels stay elevated for longer than necessary for survival, it can impact your health. Chronic stress can cause a variety of symptoms and can affect your overall well-being. Some of the effects are discussed below:

1) Respiratory and cardiovascular systems:

Stress hormones affect the respiratory and cardiovascular systems. During stress, breathing becomes faster in an effort to quickly distribute oxygen-rich blood to our body. If one already has a breathing problem like asthma or emphysema, stress can make it even harder to breathe.

Under stress, the heart pumps faster. Stress hormones can cause the blood vessels to constrict and divert more oxygen to your muscles so that one has more strength to take action. But this also raises the blood pressure.

As a result, frequent or chronic stress will make the heart work too hard for too long. When the blood pressure rises, so does the risk of having a stroke or heart attack.

2) Digestive system

Under stress, the liver produces extra blood sugar (glucose) to give the body a



boost of energy. If under chronic stress, the body may not be able to keep up with this extra glucose surge. Chronic stress may increase the risk of developing type 2 diabetes. The rush of hormones, rapid breathing, and increased heart rate can also upset the digestive system where one is more likely to have heartburn or acid reflux.

3) Muscular system

The muscles tense up to protect themselves from injury when you're stressed. They tend to release again once you relax, but if you're constantly under stress, the muscles may not get the chance to relax. Tight muscles cause headaches, back and shoulder pain, and body aches. This can set off an unhealthy cycle as you turn to pain medications for relief.

4) Sexuality and reproductive system

Stress is exhausting for both, the body and the mind. If stress continues for a long time, a man's testosterone level begins to drop. This interferes with sperm production and can cause erectile dysfunction or impotence. Chronic stress may also increase the risk of infection for male reproductive organs like the prostate and testes.

For women, stress can affect the menstrual cycle. It leads to irregular, heavier, or more painful periods. Chronic stress can also magnify the physical symptoms of menopause.

5) Immune system

Stress stimulates the immune system, which can be a benefit for immediate situations. This stimulation can help to avoid infections and heal wounds. But over time, stress hormones will weaken the immune system and reduce the body's response to foreign invaders. People under chronic stress are more susceptible to viral illnesses like the flu and the common cold, as well as other infections. Stress can also increase the time it takes for you to recover from an illness or injury.

Yogic Management of Stress

1. Om chanting and prayer.



Figure 3.2 (A)

2. ShodhanaKriyas: Kapalabhati,.



Figure 3.2 (B)

3. Suryanamaskara-1



Figure 3.3 (A)

4. Suryanamaskara-2



Figure 3.3 (B)



Suryanamaskara-3



Figure 3.3 (C)

Suryanamaskara-4



Figure 3.3 (D)

Suryanamaskara-5



Figure 3.3 (E)

Suryanamaskara-6



Figure 3.3 (F)

Suryanamaskara-7



Figure 3.3 (G)

Suryanamaskara-8



Figure 3.3 (H)



Suryanamaskara-9



Figure 3.3 (I)

Suryanamaskara-10



Figure 3.3 (J)

Suryanamaskara-11



Figure 3.3 (K)

Suryanamaskara-12



Figure 3.3 (L)

Tadasana,



Figure 3.4



Vrikshasana



Figure 3.5

Konasana



Figure 3.6

Ardha Chakrasana



Figure 3.7

Dhanurasana



Figure 3.8

Ustrasana



Figure 3.9

Sasankasana



Figure 3.10



Gaumukh Asana



Figure 3.11

Vakrasana



Figure 3.12

Makrasana



Figure 3.13

Bhujangasana



Figure 3.14

Uttan Padasana



Figure 3.15

Ardha Halasana



Figure 3.16

Pawanmuktasana



Figure 3.17

Sethybandhasana



Figure 3.18



Savasana.



Figure 3.19

5. Pranayama:
Nadishodhana, Brahm



Figure 3.20

6. Dhyana (Meditation)



Figure 3.21

7. Santi Patha

Yoga and Diet

The yogic diet popularly known as sattvic diet is the most preferred diet. Sattvic diet contains more of fresh fruits and vegetables (spinach, cabbage, sprouts, garlic, onion, carrot, beetroots) in its natural form, soup etc. Intake of Vitamin B and B Complex is helpful in psychosomatic illness and reduce the stress. Rajasik foods uptake like fried food items, spicy foods, soft drinks and beverages, fast food etc. should be limited. Tamasik food like non-vegetarian food items; alcoholic drinks etc. must be avoided.

3.3 Yoga in prevention of common disease

(A) OBESITY

Obesity is supposed to be a gift of modern life style. It is the most common nutritional or metabolic disorder. Obesity is a condition in which excess body fat accumulates to such an extent that health may be affected. It is commonly defined as a Body Mass Index (BMI) of 30kg/m² or higher. Obesity, in absolute terms, is an increase of body adipose tissue (fat tissue) mass.

Causes

A combination of excessive calorie consumption and a sedentary lifestyle are the primary causes of obesity. In a few cases, increased food consumption can be attributed to genetic, medical or psychiatric illness. Excess fat accumulation may be due to imbalance between energy intake and energy expenditure. Some patients may be obese due to the abnormal secretion of the Thyroid gland or due to hereditary causes. Actually, there are no specific causes but factors influencing are:

Diet: Consumption of high calorie and low fiber diet.

Sedentary Lifestyle: significant role in obesity.

Genetics: Polymorphisms in various genes controlling appetite and metabolism may predispose to obesity.

Medical and psychiatric illness: Certain physical and mental illness and the pharmaceutical substances used to treat them can increase the risk of obesity.

Early malnutrition: Malnutrition in early life is believed to play a role in the rising rates of obesity in the developing world. Endocrine changes that occur during periods of malnutrition may promote the storage of fat, once more calories becoming available.

Gut Flora: There is an indication that gut flora in obese and lean individuals can affect the individuals' metabolic potential. This apparent alteration of the metabolic potential is believed to confer a greater capacity to harvest energy contributing to obesity.

Neurobiological mechanism:

Leptin and ghrelin are considered to be complementary in their influence on appetite, with ghrelin produced by the stomach, modeling short-term appetite control. In particular, they, and other appetite related hormones act on the hypothalamus, a region of the brain central to the regulation of food intake and energy expenditure.

Socio-economic: High socio-economic group.

Heredity: Obesity may inherit from parent to child.

Endocrine factors: Hypothyroidism, Cushing Syndrome, etc.



Faulty metabolism: The person whose rate of metabolism is low, tend to get fat deposited in their body.

Psychological factors: Worry, anxiety, fear, feeling of loneliness, dissociation and frustration may stimulate the person to over eat.

Water retention: Too much consumption of tea, coffee, aerated water, alcoholic drinks results in deposition of fluid in the body tissues and causes increase in weight.

The excessive fat accumulation can be measured through the following means:

- Some expression of weight in relation to height, especially one to referred to as the body mass index (BMI). A BMI of all round 25kg/m² is considered normal.
- Skin fold measurements.
- Various body circumferences, particularly the waist to hip circumference.

Yogic Management of Obesity

1. Om chanting and prayer.
2. ShodhanaKriyas
Kapalabhati,
Kunjal, Agnisara, Nauli
3. Suryanamaskara
4. Yogasanas



Figure 3.22



Figure 3.23



Figure 3.24



Mandukasana



Pawanmuktasana

Figure 3.25



Figure 3.26



Figure 3.27

Tadasana, katichakrasana, Pavanamuktasana, Sarvangasana, Matsyasana, Halasana, Bhujangasana, Dhanurasana, Supta- vajrasana, Paschimotasana, Ardhamatsyendrasana, Ushtrasana, Mandukasana, Mayurrasana, shavasana.

5. **Pranayama:** Nadishodhana, suryabhedhi pranayama, Brahmari, Sitali, Bhastrika.
6. **Special Practice:** Yoganidra.
7. **Dhyana (Meditation)**
8. **Yama and Niyama:** will help to have controlled behavior and would pacify the wondering mind. It also helps to have control over the eating habits of a person.



(B) HYPERTENSION

Hypertension is the elevation of the blood pressure above normal. The levels of Systolic and Diastolic pressure are both risk factors. BP > 140 mmHg. & Diastolic Bp > 90 mmHg are generally accepted as hypertension.

Classification of hypertension

1. **Primary Hypertension (high blood pressure in the absence of any underlying disease):**
 - Benign Hypertension
 - Malignant Hypertension
2. **Secondary Hypertension (high pressure due to some underlying disease):**
 - Cardiovascular Hypertension
 - Endocrine Hypertension
 - Renal Hypertension
 - Neurogenic Hypertension
 - Pregnancy induced Hypertension Manifestations of Hypertension:
 - Renal Failure
 - Left Ventricular Failure
 - Myocardial Infarction
 - Cerebral Hemorrhage

Management of Hypertension

I. Dietary Management

- Maintain a healthy life style by maintaining adequate nutrition.
- Regularize eating habits by consuming food at regular intervals of time.
- Avoid fried foods.
- Avoid high salt content foods.
- Sprinkle lemon juice over vegetables instead of table salt.
- Take foods rich in fibre, like vegetables and fruits such as apples, oranges, carrots, tomatoes, and beans etc.
- Do not skip a meal.
- Avoid pickles, chutneys, pappads, etc. which has high salt content.
- Eat foods rich in antioxidants like Citrus fruits, papaya, tomatoes, grains, cereals, potatoes, green leafy vegetables, etc.
- Avoid dishes, containing baking powder.

II. Yogic Management

The role of yoga in the management of hypertension is well documented now. Aim of treatment of hypertension should be to lower the blood pressure and to prevent further complications.

In general, the practices prescribed for the hypertension cases are:

Kriyas: Jalneti, Sutraneti

Surya-namaskara and selected practices of Yoga

SukshmaVyayama (suryanamaskara may be avoided in severe cases)

Asanas: Tadasana, Katichakrasana, Konasana, Uttanapadasana, Ardhalasana, Pawanmuktasana, Vajrasana, Ushtrasana, Bhujangasana, Dhanurasana, Gomukhasana, Vakrasana, Uttanamandukasana, Shavasana.

Pranayama: Nadishuddhi, Ujjayi and Bhramari.

Meditation: Breath Awareness, Om Chanting and Om Meditation.

Contraindications: The Topsy-turvy postures, hyperventilation breathing practices should be avoided.

(C) LOW BACK PAIN

Low back pain is the most common cause of job-related disability and a leading contributor to missed work. Fortunately, most occurrences of low back pain go away within a few days. Others take much longer time to resolve or lead to more serious conditions. Chronic back pain is a major cause of social and financial concerns as it is associated with impaired quality of life, loss of productivity and large health care expenses. Acute short-term low back pain generally lasts from a few days to a few weeks. Most acute back pains are mechanical in nature - the result of trauma to the lower back or a disorder such as arthritis. Pain and strain may be caused by sports injury, work around the house or in the garden, or a sudden jerk such as car accident or other stress on spinal bones and tissues.

Symptoms:

- Symptoms may range from muscles ache to shooting or stabbing pain, limited flexibility and/or range of motion or inability to stand straight.
- Occasionally, pain felt in one part of the body due to disorder or injury, may "radiate" elsewhere in the body.
- Chronic back pain is measured by duration - pain that persists for more than 3 months is considered chronic. It is often progressive and the cause can be difficult to determine.



Causes of lower back pain:

- As age advances, bone strength and muscle elasticity and tone tend to decrease. The discs begin to lose fluid and flexibility, which decreases their ability to cushion the vertebrae.
- Pain can occur when, someone lifts something which is too heavy or over stretches, causing a sprain, strain or spasm in one of the muscles or ligaments in the back.
- When the nerve roots become compressed or irritated, back pain results.
- Low back pain may reflect nerve or muscle irritation or bone lesions. Most low back pains follow injury or trauma to the back, but pain may also be caused by degenerative conditions such as arthritis or disc disease, osteoporosis or other bone diseases, viral infections, irritation to joints and discs or congenital abnormalities in the spine, obesity, smoking, weight gain during pregnancy, stress, poor physical condition, improper posture for doing a particular activity and poor sleeping position may also contribute to low back pain.

Yogic Management of Low Back Pain

1. Om chanting and prayer
2. **Spinal exercise:** The simple spinal movements facilitate the practice of a further range of Yogic techniques by loosening the joints and muscles.
3. **Sukshma Vyayama:** Griva-sakti-vikasaka (Strengthening the Neck) (1, 2 & 3), SkandhatathaBahu- mula-sakti-vikasaka (Developing the strength of the Shoulder- Blades and Joints), Purnabhuja-sakti- vikasaka (Developing the arms) (Exercise B, C, D, E - vikasaka & F), Kati-sakti (strengthening the Back) (1, 2, 3, 4 & 5).
4. **Yogasanas:** Tadasana, UrdhwaHastottanasana, Katichakrasana, Ardhashakrasana, Konasana, Uttanapadasana, Pavanamuktasana, Setubandasana, Vajrasana, Ushtrasana, Vakrasana, Ardhamatsyaen- drasana, Marjari-asana, Gomukhasana, Uttanamandukasana, SaralaMatsyasana, Bhujangasana, Shalabhasana, Dhanurasana, Makarasana, Shavasana.
5. **Pranayama:** Nandishodhana Pranayama, Suryabhedana, Pranayama, Ujjayi, Bhramari
6. **Special Practices:** YogaNidra
7. **Dhyana:** Meditation Tips to a healthier back

Following any period of prolonged inactivity, begin a program of regular low-impact exercise. Yoga can help to stretch and strengthen muscles and improve posture. Low impact for appropriate exercises age are designed to strengthen lower back and abdominal muscles can help as well.

- Always stretch before exercise or other strenuous physical activity.
- Don't lean when standing or sitting. When standing, keep the weight balanced on the feet.
- At home or work, make sure the work surface is at a comfortable height.
- Sit on a chair with good lumbar support along with proper position and height for the task. Keep the shoulders straight. Switch sitting positions often and periodically walk around the office, gently stretch muscles to relieve tension. If one must sit for a long period of time, rest the feet on a low stool.
- Wear comfortable, low-heeled shoes.
- Sleep on the side to reduce any curve in the spine. Always sleep on a firm surface.
- Don't try to lift objects too heavy. Keep the objects close to the body. Do not twist when lifting.
- Maintain proper nutrition and diet to reduce and prevent excessive weight, especially around waistline that taxes lower back muscles. A diet with sufficient daily intake of calcium, phosphorus, and vitamin D helps to promote proper bone growth.
- If one smokes, quit smoking. Smoking reduces blood flow to the lower spine and causes the spinal disc to degenerate.
- Avoid excessive stress. Stress will also contribute to the pain intensity.

(D) BRONCHIAL ASTHMA

Asthma is a disease of the respiratory system where the airways get narrowed, often in response to a "trigger" such as exposure to an allergen, cold air, exercise, or emotional stress. This narrowing causes symptoms such as wheezing, shortness of breath, chest tightness, and coughing, which respond to bronchodilators.

The asthmatic disorder is a chronic (recurring) inflammatory condition in which the airways develop increased responsiveness to various stimuli, characterized by bronchial hyper-responsiveness, inflammation, increased mucus production and intermittent airway obstruction.

Asthma is characterized by episodic, reversible broncho- constriction resulting from increased responsiveness of the trachea-bronchial tree to various stimuli. The exact basis of bronchial hyper reactivity is not entirely clear. But bronchial inflammation plays an important role.

Clinical course: Signs and symptoms of Asthma

- Asthma is characterized by episodic dyspnea (difficulty in breathing), wheezing and cough.
- Difficulty in expiration.



- Tightness of the chest/ discomfort in the chest may be seen.
- Attack lasts from one to several hours.
- Severe attacks may affect the heart and circulatory system.
- Severe attack, not responsive to usual therapy is called "status asthmaticus" and is a medical emergency.
- Hypercarbia (increased level of CO₂), acidosis and hypoxia (decreased O₂ level) is rare in asthma.

Management of Bronchial Asthma

I. Dietary management

1. The diet plays an important role in the management of asthma and other respiratory conditions.
2. There are foods which are allergic to asthma patients and such foods should be avoided.
3. Cold foods, ice creams, chocolates, other stimulants, fruits like banana etc. are to be avoided.
4. Also, the foods which add to the production of should be specifically avoided.

II. Yogic Management

The role of yoga in the management of Bronchial. Asthma is well documented now. Aim of the treatment of asthma should be broncho-constriction and to tackle the triggering factors.

1. **Kriyas:** Jalaneti, sutraneti, kapalabhati, kunjla, vastradhouti
2. Om chanting and prayer
3. **Suryanamaskara**
4. **Selected practices of sukshnavyayama:** Uccaranasthalatatha Visuddha chakra shuddi, Buddhitathadhriti shaktivikasaka, Vakshasthala shaktivikasaka (1 and 2)
5. **Yogasanas:** Tadasana, Katichakrasana, Urdhwahastottanasana, Gomukhasana, Ushtrasana, Vakrasana, Ardhamatsyendrasana, Uttanamandukasana, Bhujanasana, Dhanurasana, Sarvangasana, Matsyasana, Shavasana.
6. **Pranayama:** Nadishodhana Pranayama, Suryabhedhi pranayama, Bhramari, Bhastrika.
7. **Special Practice:** Yoganidra
8. **Dhyana:** Meditation

(E) ARTHRITIS

Yoga is proven to help people with arthritis improve many physical and psychological symptoms. Recent scientific studies of people with various types of arthritis shows that regular yoga practice can help reduce joint pain, improves joint flexibility and function, and lower stress and tension to promote better sleep. Yoga falls in many forms, but generally involves positioning the body in various poses along with coordinated breathing and meditation exercises.

Clinical course: Signs and symptoms of arthritis

Regardless the type of arthritis, the common symptoms for all arthritis disorders include varied levels of pain, swelling, joint stiffness and sometimes a constant ache around joints. Other than this a variety of symptoms can be found such as:

- Inability to use the hand or walk.
- Feeling tiredness.
- Weight loss.
- Poor sleep.
- Muscle ache and pain.
- Tenderness.
- Difficulty in movement of joints.

Yogic Management of Arthritis:

1. Om chanting and prayer
2. **Spinal exercise:** The simple spinal movements facilitate the practice of further range of Yogic techniques by loosening the joints and muscles.
3. **SukshmaVyayama:** Griva-sakti-vikasaka (Strengthen- ing the Neck) (1, 2& 3), SkandhatathaBahu-mula-sakti- vikasaka (Developing the strength of the Shoulder- Blades and Joints), Purnabhuja-sakti- vikasaka Developing the arms exercise B, C, D, E & F, Kati-sakti vikasaka strengthening the back exercise 1, 2, 3, 4 & 5).
4. **Yogasanas:** Tadasana, Urdhwa hastottanasana, Katichakrasana, Ardhashakrasana, Konasana, Uttanapadasana, Pavanamuktasana, Setubandasana, Vajrasana, Ushtrasana, Vakrasana, Ardhamatsyaendrasana, Marjari-asana, Gomukhasana, Uttanamandukasana, SaralaMatsyasana, Bhujangasana, Shalabhasana, Dhanurasana, Makarasana, Shavasana.
5. **Pranayama:** Nandishodhana Pranayama, Suryabhedana, Pranayama, Ujjayi, Bhramari
6. **Special Practices:** YogaNidra
7. **Dhyana:** Meditation



3.4 Yoga and personality development

Personality: The term personality defines what an individual is. In contemporary psychology, personality has been examined in a few different ways. Psychologists refer personality as qualities and characteristic behavior within an individual. Personality development has several interrelated dimensions namely, physical, intellectual, emotional, social and spiritual.

From yogic point of view the person is viewed as a spiritual entity, connecting in the material world, utilizing body/mind as a vehicle. Human being here is seen as an autonomous spiritual consciousness, independent of the body. Yogic philosophy views the person as having five koshas which surround the divine self or the atman. These sheaths, from the outermost to innermost order are known as Annamaya Kosha (physical body), Pranamaya Kosha (energy body), Manomaya Kosha (mental body) Vijnanamaya Kosha (bliss body). Inner sheaths are related to the higher levels of consciousness while the outermost sheath is related to the outward going or lower level of consciousness.

Personality Development through Yoga

Yoga is considered as an effective tool for development of personality of children. Yoga acts on all five koshas (sheaths) surrounding the self.

Asanas are the tools which mainly influence annamaya kosha by bringing flexibility, relaxation, toning, strength, balance and general fitness. Various researches have revealed that at the pranamaya kosha or the subtle energy level, pranayama restores harmony to the flow of prana (vital force) by removing blocks and imbalances. The manomaya kosha works at two levels, the level of mind and the level of emotion. At the mental level, dharna, dhyana and smadhi facilitate channelization of thoughts and then focus on a single thought leading to the state of super consciousness. At the emotional level, Bhakti Yoga is good for culturing emotion. It gives emotion the right direction for growth. By devotional practices, negative, harsh and violent emotions can be replaced with the positive, soft and gentle emotions. Thus, Dhyana and Bhakti Yoga facilitate the mental and emotional development of the children. Dhyana and Jnana Yoga are helpful to reach the level of higher buddhi.

Good intellect, intuition, wisdom, higher knowledge and psychic abilities shine out from the innermost sheath (anandmaya kosha). Love, compassion, joy, accomplishment and mutually fulfilling relationships get evolved from the crude level to a more refined level. This will help to evolve better intra-personal and interpersonal relationships. Ananamaya kosha (bliss body) is the ineffable experience of peace, love and ecstasy from being in contact with the ultimate consciousness which can be reached by attaining the state of smadhi.

Yoga for Physical Development

Physical growth for an ideal body means proportionate body with all the muscles relaxed in a normal state, all systems and organs of body with least abnormality and absence of ailments. Yogic practices can play positive role in promotion of wellness and in preventing and curing various ailments of the body and in helping the body work more efficiently. Well proportionate body and flexibility in the muscles and parts of the body can be attained with the help of various asanas or postures. Contribution of Yoga to the physical development of personality has been proved time and again.

Yoga for Cognitive Development

Mental development is the growth and change in cognitive processes such as attention, memory, thinking, perceiving, imagination, reasoning and problem solving. It is a continuous process which continues without any interruption during all the stages of life. Surya Namaskar, Tratak and Pranayama helps to maintain the pineal gland (responsible for development of cerebral faculty) and beneficial for learning, retaining information and memory.

Yoga for Emotional Development

Emotional development can be considered in terms of control and expression of emotions as well as management of relationships with oneself and others. Stretching exercises, relaxation techniques and pranayams are good tools for conditioning of the autonomic nervous system. These yogic practices have been found to bring significant positive changes in the emotional states of anxiety, stress, depression, regression, fatigue, guilt and arousal.

Yoga for Social Development

Social development refers to the development of attitude and behavior in relation to others behavior. The process by which attitude and behavior of a child are brought into harmony with others is called socialization. Yama, Niyama, Pratyahar and Dhyana of Ashtang Yoga are important tools for social development.

Yoga for Spiritual Development

The texts on Yoga describe the spiritual health as self awareness of one's natural state of contentment. Spiritual development takes place in the form of habit, values, ethics etc. Good habits and a strong value system inculcated right from the childhood will have lasting effects on the personality of a child. Dhyana is a powerful tool for a spiritual growth. Teaching and practice of Yama, Niyama and Meditation (Dhyana) are beneficial for spiritual growth.



QUESTION

UNIT- 3

TOPIC 3.1

1. What is stress?
2. What is concept of stress?
3. Describe the types of stress.
4. What are the causes of stress?
5. What are signs and symptoms of stress?
6. Describe the effects of stress?
7. According to WHO describe the definition of stress?
8. Write 3 types of good stress?
9. Write four types of bad stress?
10. Which shatkarma helps us to relieve our stress ?
11. Which asana helps us to feel stress free?

TOPIC 3.2

1. What is obesity?
2. Which shatkarma helps us to reduce obesity ?
3. Which asanas we should do to control obesity?
4. Which pranayama practice helps us to reduce obesity?
5. What is hypertension?
6. Write classification of hypertension?
7. Write yogic management of hypertension?
8. Describe management of hypertension?
9. Write down the asanas which helps us to control hypertension?
10. In hypertension which pranayama should we do?
11. In hypertension which meditation should we do?
12. Explain lower back pain?
13. Write the symptoms of lower back pain?
14. Describe the causes of lower back pain?
15. Write the yogic management of lower back pain?

16. Write down the names of asanas which helps us to reduce lower back pain?
17. Write down the names of pranayama which helps us to reduce lower back pain?
18. Explain precautions to prevent lower back pain?
19. Explain bronchial asthma?
20. Write signs and symptoms of bronchial asthma?
21. Write dietary management of bronchial asthma?
22. In bronchial asthma what type of asanas we should do?
23. In bronchial asthma what type of pranayama we should do?
24. Explain arthritis?
25. Write signs and symptoms of arthritis?
26. Write down the names of asanas we should do in arthritis?
27. Write down the names of pranayama we should do in arthritis?
28. What are the precautions to prevent arthritis?

TOPIC 3.3

1. Describe yoga and personality development?
2. How yoga develops our personality?



Practical - Demonstration and Practical Skills



Start Prayer During Practical Skill

There are some prayers which one can offer during practicing Yoga.

1. OM saha navavatu sah nau bhunaktu
saha viryam karavavahai tejasvi navadhitam astu ma vidvishavahai OM shanti,
shanti, shanti
May we be protected together. may we be nourished together.
May we create strength among one another. May our study be filled with
brilliance and light. May there be no hostility between us.
Om peace, peace peace.
2. Gaytri Mantra
Om bhu bhuvah svaha Tat savitur varenyam Bargo devasya dhimahi Dhiyo youna
prachodayat
I reflect on the unity of Divine Spirit, which pervades everthing in the earth,
the atmosphere, and heavens.
May this supreme Consciousness protect me and
illuminate my illuminate my intellect that I may
realize my inherent Oneness with That.

Steps for Suryanamaskar

Suryanamaskar is a very important yogasan. It has 12 poses, which give benefit to complete body. If someone has less time to do different Yoga, he / she can practice this to get complete benefit of Yoga.



Step 1 (Prayer pose)

Stand at the edge of your mat, keep your feet together and balance your weight equally on both the feet. Expand your chest and relax your shoulders. As you breathe in, lift both arms up from the sides and as you exhale, bring your palms together in front of the chest in prayer position.



Step 2 (Raised Arms Pose)

Breathing in, lift the arms up and back, keeping the biceps close to the ears. In this pose, the objective is to stretch the whole body up from the heels to the tips of the fingers. To get maximum benefits, you may pull the pelvis forward and ensure reaching up with your fingers rather than going backward.



Step 3 (Equestrian Pose)

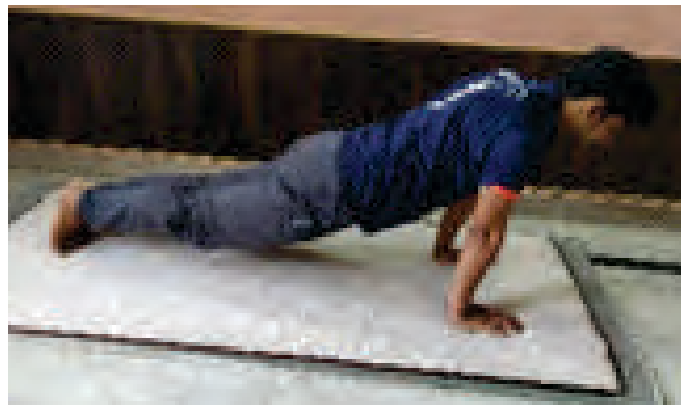


Breathing out, bent forward from the waist keeping the arms by the side of the ears till palm reaches the floor on the both sides of the feet and forehead near the knees.



Step 4 (Equestrian Pose)

Breathing in, push your right leg back, as far back as possible. Bring the right knee to the floor and look up



Step 5 (Sick Pose)

As you breathe in, take the left leg back and bring the whole body in a straight line and keep your arms perpendicular to the floor.



Step 6 (Saluting with eight points or parts)

Gently bring your knees down to the floor and exhale. Take the hips back slightly, slide forward, rest your chest and chin on the floor. Raise your posterior a little bit. The two hands, two feet, two knees, chest and chin (eight parts of the body) should touch the floor



Step 7 (Cobra Pose)

Slide forward and raise the chest up into the cobra posture. You may keep your elbows bent in this pose, the shoulders away from the ears. Look up. As you inhale, make a gentle effort to push the chest forward; as you exhale, make a gentle effort to push the navel down. Tuck the toes under. Ensure you're stretching just as much as you can; do not force.



Step 8 (Mountain Pose)

Breathing out, lift the hips and the tail bone up, chest downwards in an 'inverted V' (∇) posture. If possible, try and keep the heels on the ground and make a gentle effort to lift the tailbone up, going deeper into the stretch.



Step 9 (Equestrian Pose)



Breathing in, bring the right foot forward in between the two hands, left knee down to the floor, press the hips down and look up and place the right foot exactly between the two hands and the right calf perpendicular to the floor. In this position, make a gentle effort to push the hips down towards the floor, to deepen the stretch.



Step 10 (Hand to foot Pose)

Breathing out, bring the left foot forward. Keep the palms on the floor. You may bend the knees, if necessary. Gently straighten the knees and if you can, try and touch your nose to the knees. Keep breathing.



Step 11 (Raised Arms Pose)

Breathing in, roll the spine up, hands go up and bend backward a little bit, pushing the hips slightly outward. Ensure that your biceps are beside your ears. The idea is to stretch up more rather than stretching backward.



Step 12

As you exhale, first straighten the body, and then bring the arms down. Relax in this position; observe the sensations in your body.

Benefits of Surayanaskar

Following are some of the main benefits of Suryanamskar :

1. **Improves Blood Circulation of the Body** : Due to the active process of inhalation and exhalation, the lungs are constantly ventilated, and the blood remains oxygenated. It's a great way of detoxing your body and helping it get rid of excess carbon dioxide and other toxic gases.
2. **Your Mantra to Weight loss** : When done at a fast pace, it is a great cardiovascular workout that stretches the abdominal muscles while simultaneously helping you reduce excess weight around your stomach. The asanas also result in toning your arms, abs and giving great flexibility to your spine. Moreover, It helps to strengthen your entire skeletal system including your ligaments.



3. **Promotes a Regular Menstrual Cycle** : If you're facing the problem of an irregular menstrual cycle, these asanas will help you suppress this irregularity and if practiced daily, it ensures an easy child birth.
4. **Benefits your Skin and Hair** : By incorporating it in to your routine, it will keep you youthful and healthy even in old age. It improves your blood circulation that aids in bringing back the glow on your face; preventing the onset of wrinkles, making your skin look ageless and radiant. It also prevents hair loss and the aging of hair.
5. **Ani-anxiety and Calming Properties** : Surya Namaskar helps to improve memory and the nervous system. Moreover, it stabilizes the activity of the endocrine and thyroid glands, thereby reducing anxiety and inducing the sensation of complete calmness and tranquility.

Asanas in Supine Line

Following are the Asanas which can be practiced in Supine or 'lying on back' Position -

Steps for Straight Leg Raising



Step-1 Lie flat on your back

Bend one knee, one leg straight, tighten your abs and raise the straightened leg off the floor. Tighten the muscle on the top of your thigh as you slowly lift your leg, keeping your knee straight.



Step-2:



Step-3 Lower it and repeat several times with both legs

Steps for Both Leg Raising



Step-1: Lie flat on your back

Bend one knee, one leg straight, lighten your abs and raise the straightened leg off the floor. Tighten the muscle on the top of your thigh as you slowly



Step-2:



Steps for Halasana



Step-1: Lie on the yoga mat or carpet and join the legs together

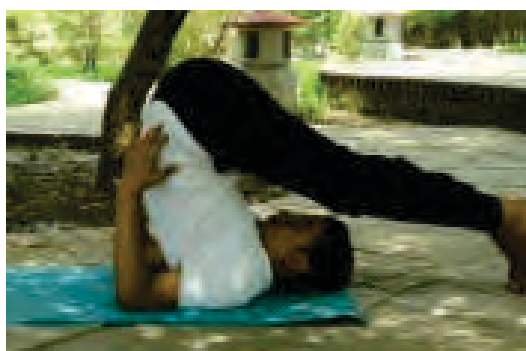
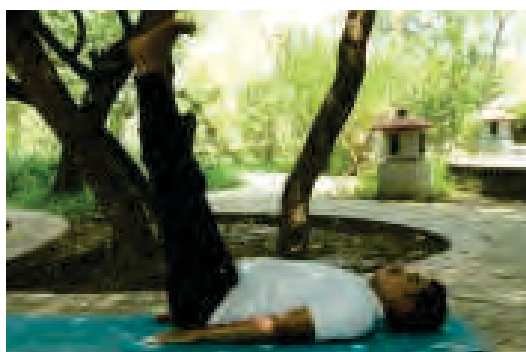
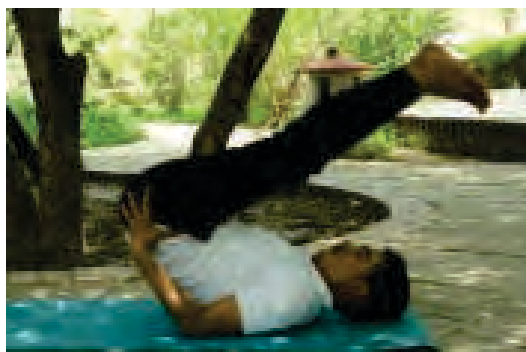
Step-2: Raise your legs to make an angle of 90 degree

Step-3: Thrust the palms, raise the waist and legs, bending forwards curving the back and resting the legs on the floor above head



Step-4: Try to place the big toe on the Floor and keep the legs straight

Step-5: Balance the whole weight on the shoulder blade, shift both the hands over the head, join the fingers and hold the head with it and relax the elbows on the floor



Step-6: Try to remain in the position till the count of 100.

Step-7: Then release the fingers above the head, pressing the palms on the floor taking back thumb toe gently bring the body and legs to the floor

Step-8: Relax and practice for 2 round more



Benefits

1. Practicing this asana regularly can avoid disease like diabetes, obesity, constipation, stomach disorder, Blood pressure and menstrual disorders
2. It makes your back bone elastic and flexible.
3. Halasana helps to reduce both belly and body fat.
4. It improves memory power.

Precautions

1. Those having neck pain, spondylosis and high blood pressure should not practice this yoga pose.
2. Pregnant ladies should not try this asana

Steps for Pawanmuktasan

Lie in the base position. Bend the right knee and bring the thigh to the chest. Interlock the fingers and clasp the hands on the shin just below the right knee. Keep the left leg straight and on the ground.



Step-1

Inhale deeply, filling the lungs as much as possible. Holding the breath, raise the head and shoulders off the ground and try to touch the right knee with the nose. Remain in the final position for a few seconds, retaining the breath and counting mentally. While slowly exhaling, return to the base position.



Step-2

Benefits

Pawanmuktasana strengthens the lower back muscles and loosens the spinal vertebrae. It massages the abdomen and the digestive organs and is, therefore, very effective in removing wind and constipation. By massaging the pelvic muscles and reproductive organs, it is also useful in the treatment of impotence, sterility and menstrual problems.

Precautions

Not to be performed by persons suffering from high blood pressure or serious back conditions, such as sciatica and slipped disc.

Asanas in Prone line

Following are the Asanas which can be practiced in Prone or lying on stomach Position -



Steps for Bhujangasana





Step-1: Lie down on the floor on your stomach in a comfortable level preferably on yoga mat. Keep your feet together with the tops of them against the floor

Step-2: Now spread your hands on the floor under your shoulders and hug your elbows against your rib cage. After doing this close your eyes, and inhale slowly but deeply. Imagine the stability in your pelvis, thighs and your feet tops. Imagine, that part rooted to the ground

Step-3: Exhale gradually before opening your eyes, continue breathing process (Inhale- exhale) slowly and deeply. As you inhale, your arm should be steadily straightened. Extend through and deepen your stretch to create a graceful arc in your back. Use the stretch in your legs and back, in place of exerting yourself to gain height and risk overarching the spine.

Step-4: Now press your tail bone towards your pubis and lift your pubis toward your navel, in this, trying to narrow your hips

Instructions: Keep your shoulders broad but in a relaxed position, with the blades low on your back. Now lift from the top of your sternum, but try to avoid pushing the front of your ribs forward. Push your side ribs forward and keep your lower back in relaxed, and trying to distribute the stretch evenly along your spine. In the process of up and down, inhale when you bent upwards and held your breathe for few seconds, and in the down position exhale. In upward position trying to hold your breathe for some seconds, and release your breathe while getting back to starting position or lying down position.

Benefits

- 1 This Asana helps to stretches muscles in the shoulders, chest and abdominal also. It decreases the stiffness of the lower back, and it gives strength to arms and shoulders.
- 2 It increases flexibility, improves menstrual irregularities in women. Elevate mood, and this can also help in stress, depression, anxiety keep away from our mind. It forms and tones the butt area.
- 3 Improves the blood circulation and oxygen in body, heart and throughout the spinal and pelvic region especially, and it simulates organs in the abdomen, like kidneys. It also opens the chest and helps to clear the passages of the heart and lungs.
- 4 Improves digestion. Gives strengthens to the spinal cord. Help to soothes sciatica. It also helps to cure the symptoms of asthma.

Precautions

People who are suffering from back injury are advised not to do this. Also, people having Carpal tunnel syndrome, headache and in the case of Pregnancy do not try this asana

Steps for Shalabhasana (Locust)



Step-1: Lie down on your Stomach;

Breath in (inhale) and lift your Both leg up, (your leg should not bend at the knee). Your chin should be on the ground



Step-2



Step-3: After after exhale both leg should be down slowly.



Benefits

- 1 It is beneficial in all the disorders at the lower end of the spine.
- 2 Most helpful for a backache and sciatica pain.
- 3 Useful for removing unwanted fats around abdomen, waist, hips and thighs.
- 4 Daily practice of this Asana can cure cervical spondylitis and spinal cord ailments.
- 5 Strengthening your wrists, hips, thighs, legs, buttocks, lower abdomen and diaphragm.
- 6 Toughens back muscles.

Precautions

Don't practice this asana in case if any surgery has been done. First practice Nilabh Shalabhasana then only practice Shalabhasana. Control your breathing while doing this pose

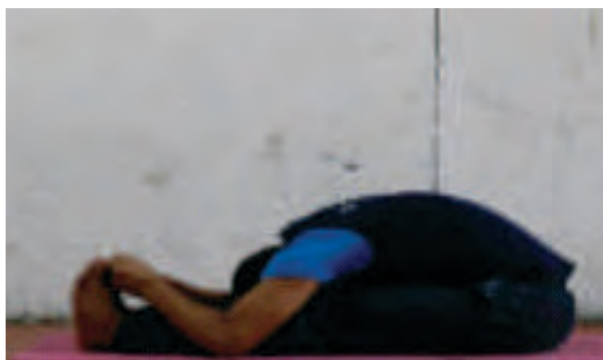
Asanas in Sitting Pose

Following are the Asanas which can be practiced in Sitting Position -

Steps for Paschimottanasana

Step-1: Sit down straight with your legs together by stretching them in front of you. keep your head neck and spine erect

Step-2: Now bend your head and trunk slowly forward to catch the toes with the thumb, index and middle fingers without bending knees. Take a deep breath and exhale slowly.



Step-3: Try to touch your head to your both knees. Bend the arm and try to touch the elbow to the floor. Exhale completely and holding out your breath stay in this posture for a few seconds

Step-4: After few seconds slowly return to your starting position and breathe normally. Repeat this for 3-4 times

Benefits of Paschimottasana

Following are the benefits of Paschimottasana -

- 1 It acts as a stress reliever. Remove anxiety, anger, and irritability. Calms the mind.
- 2 Reduces fatty deposits in the abdomen.
- 3 Stretches the spine and brings flexibility.
- 4 Good for constipation and digestive disorder.
- 5 Useful for increasing height.
- 6 Regular practice cures impotency and enhances the sexual power.
- 7 Tones the abdominal-pelvic-organs.
- 8 Balances the menstrual cycles.
- 9 This asana is recommended specially for women after delivery.

Precautions

- 1 Pregnant women should not practice Paschimottasana.
- 2 Person suffering from slip disc or sciatica problem, asthma should avoid Paschimottasana.
- 3 Ulcer patient should not practice.

Steps for Gomukhasana

Step-1: Sit with the legs straight

Step-2: Bend the left leg and place it over the right thigh so that the left heel touches the outer side of the right buttock

Step-3: Bend the right leg and place the right heel beside the left buttock. Both buttocks remain on the floor

Step-4: Bring the left arm behind the back from below and clasp the fingers of both hands together

Step-5: The head remains upright and straight and rests on the right forearm. Look up breathing normally hold the position. Return to the starting position & Practice the exercise on the other side





Benefits

- 1 Promotes mobility of the shoulders and hips.
- 2 Strengthening the muscles of the chest and back.
- 3 Improves a rounded back and sideways curvature of the spine.
- 4 Facilitates deeper breathing.
- 5 Simulates kidney function,
- 6 Activates the bladder and the digestive system.
- 7 Counters diabetes.
- 8 Strengthens the finger joints and wrists

Steps for Vakrasana

Step-1: Sit down stretching your legs forward on the ground

Step-2: Keep your hands beside your thighs or buttocks. Bend your right leg straight and stretched. Keep the Right foot beside the Left knee and the Right knee raised upward

Step-3: Inhale and raise the arms to shoulder height, keeping the elbows straight. Exhaling, twist to the Right, place the Left arm by the outer side of the Right knee and hold the Right ankle with the Left hand.

Step-4: Take the Right hand behind the back keeping the palms on the floor. Look backward towards the left side



Benefits

- 1 Increases the elasticity of the spine and tones the spinal nerves.
- 2 Stretches the muscles.

- 3 Helps to get relief in stiffness of vertebrae.
- 4 Massages the abdominal organs.
- 5 Reduces belly fat.
- 6 Regulates the secretion of digestive juices useful for different digestive disorders.
- 7 Loosens the hip joints, relieving stiffness.
- 8 Flab on the lateral side of the abdomen gets reduced.
- 9 Specifically, simulates Navel chakra or Manipur chakra.

Steps for Ustrasana (Camel Pose)

Step-1: Sit on the floor stretching your leg and keeping your spine erect keeping palms on the ground side by the buttocks

Step-2: Bend your leg by the knees and sit on your heels placing the buttocks between the heels.

Step-3: Kneel on the floor keeping your knees in line with the shoulders and sole of the feet facing the ceiling. Keep your hand on waist.

Step-4: Inhale and arch your back and place your palms on the heels of the feet Keep your arms straight. Do not strain your neck keep it neutral. Let your neck be free. Stay in this final position for couple of breaths or as much longer as you can.

Step-5: Breathe out and slowly come to the normal position withdrawing your hands from the feet.



Benefits

- 1 Ustrasana Stretches the anterior muscles of the body.
- 2 Improves flexibility of the spine and strengthens it.



- 3 Camel Pose Improves digestion
- 4 Gives relaxation to the lower back.
- 5 Useful as an initial practice for back bending.

Precautions

People suffering from severe back and neck injury, high or low blood pressure, migraine should not practice this asana.

Steps for Mandukasana (Frog Pose)

Step-1: Comfortably sit in Vajrasana. Close the fists of your both hands. While clinching the fists press your thumb inside with the fingers.

Step-2: While pressing the navel with your both fists exhale and bend forward. Hold the breath when you are in the position of bend forward and keep looking straight



Instructions: Stay in this position for some time, inhale and come back to starting position (Vajrasana). Repeat this for three to four times

Benefits

- 1 Increases the quantity of insulin, so it is beneficial for curing diabetes.
- 2 Cure the problems related to stomach.
- 3 It is beneficial in cardiovascular diseases.
- 4 Useful for flexibility of thighs and legs.
- 5 Reduces extra fat from thighs and hips.
- 6 It improves the functioning of digestive system and excretory system.
- 7 It cures the pain of ankles, knees, and back.

Precautions

- 1 Those People who are suffering from abdominal injuries and any kind of back pain do not perform the Manduk asana.
2. In the case of knee injury avoid this.

Steps for Shashankasana

Step-1: Sit in Vajrasana. Place your hands on the thighs and breathe in a relaxed manner

Step-2: Raise both your hands above the head, palms facing forward. The arms should be in line with the shoulders

Step-3: Slowly bend down and bring the hands forward, till the hands and forehead touched the ground. Exhale while you are bending forward

Step-4: In the final position the fore-head and hands rest on the ground. Rest in this position for as long as you are comfortable. In the final position slow rhythmic and relaxed breathing can be done. Exhale slowly and come back to the starting position (kneeling pose)

Instructions: Repeat this process for 5 to 10 rounds depending on time and comfort



Benefits

- 1 This asana relaxes the mind and relieves depression.
- 2 It tones the pelvic muscles and relieves sciatic pain.
- 3 It can help in sexual disorders.
- 4 It gives a good relaxing stretch to the upper body.

Steps for Janusirasana





Step-1: First of all sit down in a basic pose with both the legs broadened in front. Keep your toes and heels together.

Step-2: Slowly curve your left leg such that the left leg foot touches the thigh.

Step-3: While breathing out, bend in the forward direction to place your palms ahead of your toes. Hold your right leg toe with both the hands and bow more so that your frontal bone touches the right knee. Hold this position and have normal breathing as long as you're at ease.

Step-4: While breathing in, get back to sitting and resting position.

Benefits

- 1 Consipation is cured.
- 2 Meliorates tractableness of sciatic nerve and ankle, knee and hip joints.
- 3 The ribs become progressively elastic and flexible.
- 4 Raises functionality capacity of the kidney.
- 5 Janusirasana increases the stretchable capacity of venous blood vessel and sinews of the backbone.
- 6 This asana is the most vivid stretching out pose and such poses increments circulation to liver, spleen, and pancreas.
- 7 This asana provides rest in cases of sciaica.
8. It arouses thymus gland secretory organ, digesion and immune system.
9. All the troubles of ankle joint, calf-muscles, knees and second joint i.e., thigh disappear by janusirasana.
10. Step-ups flexibleness of the trapezius muscle, deltoid muscle, thighbone and biceps muscular issue and provide strength to last 7ve vertebrae of the backbone.

Asanas in Standing Pose

Following are the Asanas which can be practised in Standing Position

Steps for Vrikshasana



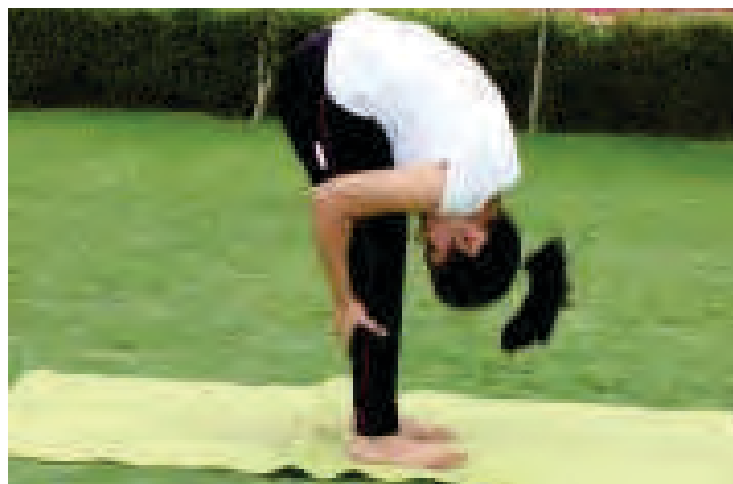
Step-1: Stand erect. Spread both arms at shoulder level. Lift Right leg and join it with the Left leg at the thigh.

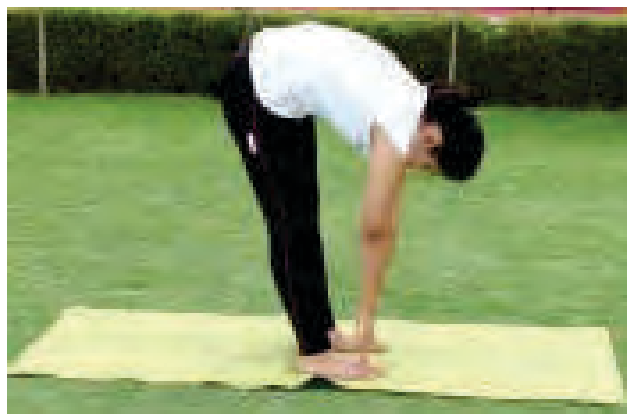
Step-2: Raise both hand over head and join them.

Benefits

- Improves balance and stability in the legs.
- Strengthens the ligaments and tendon of the feet.
- Strengthens and tones the entire standing leg, up to the buttocks.
- Assists the body in establishing pelvic stability.
- Strengthen the bones of the hips and legs due to the weight-bearing nature of the pose.

Steps for Padahastasana





Step-1: Stand straight. Legs together, hands by the side of your thighs. Chest must be opened. Now slowly inhale and raise your hand straight upwards over to your head. Your biceps must touch your ears keeping the elbows straight. While stretching do not bend your neck forward. Turn your palms forward.

Step-2: Now slowly exhale and start bending forward with the lower back. Keep your legs straight, do not bend your knees. Keep bending forward. First your abdomen touches your thighs and then your chest.

Step-3: Now you hold your heels of the feet with respective hands and touch your forehead to the knees. Keep your breath out as much as possible or if you can also start normal breathing in the final position. Remain in this position at least for 15-30 second

Step-4: Now first lift up your forehead and the hands from the heels. Then while inhaling slowly start raising up and stand straight. Keep your hands stretched upwards with biceps touching your ears

Step-5: Slowly start exhaling and bring back your hands down keeping the palm on your thighs. Apart your legs and relax yourself.

Benefits

- It makes the body very flexible. It stretches the back and leg muscles.
- It helps to eliminate excess belly fat.
- It improves digestion and reduces constipation. It eliminates many stomach ailments.
- It makes the spine flexible and tones the nerves.

Pranayama

Steps for Nadi Suddhi Pranayama

Step-1: Sit in any meditative pose. Keep the spine erect and your head and neck straight. eyes should be closed. Relax the muscles of the body and become aware of your breath. Do not control your breath forcefully.

Step-2: Place the thumb on one nostril and the tip of the ring finger against the other nostril. The thumb and ring finger will be used to close alternate nostrils as you breathe. Begin the exercise by blocking your left side nostril and breathe out with your right nostril

Step-3: Continue to block your left nostril and breathe in using your right nostril. Open your left nostril as you simultaneously cover and block your right nostril Breathe out slowly using the open left nostril. Once this is done go ahead and breathe in with your left nostril that is open. Close the left nostril and let the air move out through your right nostril that you now leave open.

Benefits

Following are the benefits of Nadi Suddhi Pranayama

1. As pure oxygenated air is breathed into the lungs with each cycle, the blood gets purified, and circulation improves.
2. This pranayama helps strengthen the lungs and increases overall lung capacity.
3. Alternate Nostril breathing can help treat disorders of the respiratory system.
4. Due to the improvement in blood circulation, the functioning of other organs in the body also improves.
5. As circulation improves, energy levels also increases.
6. Nadi Suddhi pranayama can help with weightloss as it increases the rate of metabolisms.
7. It helps calm the nervous system.
8. Regular practice helps reduce stress.
9. It can improve mental health.
10. Alternate Nostril breathing can help remove excess body heat.
11. It can help improve appetite.
12. Alternate Nostril breathing can help reduce body odour.



Steps for Sithaili Pranayama



Step-1: Sit in any meditative pose. Keep the spine erect and your head and neck straight. Make Gyan Mudra. Curl your tongue by curving the sides upward. Let your tongue stick out just past your lips. If your tongue doesn't curl, bend the sides up as much as you can and make a slight "o" with your mouth.

Step-2: Inhale deeply through the tongue and mouth. You'll feel a cooling sensation as the air glides through your tongue. Breathe into the belly, filling yourself up.

Step-3: Exhale fully through your nose.

Benefits

Following are the benefits of Sithaili Pranayama -

- 1 It relaxes all the muscles.
- 2 It gives soothes eyes, ears and pure the blood.
3. It quenches the thirst, appease hunger.
- 4 Reduces the tension.
- 5 Make teeth and gum healthy.
6. Reduces blood pressure.
- 7 Improves indigestion.
- 8 Improves skin disease.

Steps for Ujjayi Pranayama

1. Sit in any meditative Posture. Close the mouth
2. Inhale slowly through both the nostrils in a smooth, uniform manner

3. Retain breath for as long as you can hold comfortably and then exhale slowly through the left nostril by closing the right nostril with your right thumb.
4. Expand the chest when you inhale
5. During inhalation, a peculiar hissing sound is produced owing to the partial closing of the Glottis.
6. The sound produced during inhalation should be of a mild and uniform pitch. It should be continuously practiced.

Benefits

Following are the benefits of Ujjayi Pranayama :

- 1 Ujjayi Pranayama aerates the lungs, removes phlegm, gives endurance, soothes the nerves and tones the entire system.
- 2 Ujjayi Pranayama without Kumbhaka, done in a reclining position, is ideal for persons suffering from high blood pressure or coronary troubles.
- 3 Ujjayi Pranayama involves shallow breathing aimed at flexing diaphragm. This type of breathing is good for health as it improves oxygenation needed in many body functions.
- 4 Ujjayi Pranayama helps calm the body as it increases the circulation of blood. Ujjayi provides meditative effects by allowing maintaining the tempo of workout session, without any distractions.
- 5 Ujjayi Pranayama helps strengthen the digestive and Nervous system. It helps reduce risk to diseases that are caused by the accumulation of bile, wind or phlegm.
- 6 Ujjayi Pranayama allows eradicating a large amount of wastes from the body, as it improves the circulatory system needed to purify the nerves and tissues.
- 7 Ujjayi Pranayama also clears the lungs and nasal cavity. In addition to that, it has proven an effective remedy against diseases of the respiratory system.

Steps for Jalandhar Bandhas





Step-1: Assume the meditative pose like Padmasana or Siddhasana. Keep the spine straight. Place the palms on the knees and make sure that the knees are firmly touching the floor. Close your eyes and relax the body. Breathe normally. Now inhale slowly and deeply and then hold the breath.

Instructions:

Step-2: Contract the throat muscles and bend the head forward so that the chin touched the chest. Adjust the chin position so that it rests between the two collar bones in the pit of the throat. Straighten the arms and press the knees down with the palms to create a kind of locked position. The shoulders are slightly hunched forward to make sure the arms stay locked

1. Hold this position for as long as you are comfortable. Remember the breath is held inside.
2. Do not strain or overdo the holding of breath. Beginners should hold the breath for just a few seconds. Later it can be increased to a minute or more depending on your capacity. Experienced yogis, however, can maintain the chin lock for three minutes or more.
3. To release the lock bend the arms, raise your head and exhale out. Come back to the straight position and take few normal breaths.
4. Repeat the process as many times as you feel comfortable. Once you have mastered the Jalandhara Bandha with breath held inside, you can experiment with the breath held outside. This requires a little practice and should be achieved slowly without straining. Hold the breath outside for just a few seconds initially. Later you may increase it to minute depending on your capacity. Experienced practitioners can even hold the breath outside for two minutes or more. But this has to be done with caution. One should not feel any suffocation while holding the breath either inside or outside. Release the lock when you feel the slightest discomfort and breathe normally.
4. The duration of the practice should be increased very gradually.

5. Kumbhaka or holding of breath should not be practiced by those suffering from high blood pressure.

Hence they should not do the practice of Jalandhara Bandha.

Also, those suffering from cervical spondylitis and heart diseases should avoid Jalandhara Bandha. Stop the practice if dizziness or vertigo is felt. The Gheranda Samhita says that the Jalandhara Bandha can be perfected in a period of 6 months and that it gives psychic powers or siddhis to the practitioner

Benefits

1. The Jalandhara Bandha effectively closes the air passage and blocks the flow of air. This is used in the practice of Kumbhaka or holding of breath by yogic practitioners.
2. Jalandhara Bandha presses against two important glands - the thyroid and the para thyroid glands. These two glands regulate the body metabolism.
3. The throat region is the seat of the Vishuddhi Chakra. Jalandhara Bandha helps to activate the throat chakra. When activated, it is said to give immortality. The Gheranda Samhita says that Jalandhara Bandha gives victory over death. Here the meaning of death is not the death of the body. Rather it means that the yogi can control the physical changes that happen in the body. It can mean that an anti-aging process is achieved by activation of the Vishuddhi Chakra. This is the meaning of immortality in this context. It is also said that a liuid called Amrita or nectar falls from a center in the brain called Bindu Visarga. This nectar falls through the throat and gets burned at the Manipuraka Chakra. Yogis use the Jalandhara Bandha to prevent the nectar from going down the throat, thereby attaining immortality.
4. Jalandhara Bandha prevents the prana Shakti from moving upwards. When practiced with moola bandha, it can create a lock of the prana (upward moving energy) and apana (downward moving energy) in the body. The two energies mix and awakens the Navel Center or the Manipuraka Chakra.
5. Jalandhara Bandha is one of the three yogic locks that have to be mastered before attempting the Maha Bandha or the triple lock.

Mudras

In Yoga, there are various mudras used for meditation purpose. Following are some of the main mudras

Janan Mudra

Procedure: Sit down in a meditaive pose such as the Sukha Asana (Easy Pose),



Vajra Asana (Diamond Pose), or Padma Asana (Lotus Pose). You may even perform the Gyan Mura while standing in the Tada Asana (Mountain Pose) or sitting comfortably on a chair. Ensure that your back is held straight and your chest and head held up high. Rest your hands on your knees with your palms facing upwards. Touch the tip of the index finger to the tip of the thumb. The rest of the finger should be held straight and parallel to each other. This Mudra is performed with both hands. Close your eyes and focus on your breath.



Tips

To further enhance the effectiveness of the Gyan Mudra, you may chant the word Om (Aum) in conjunction with every exhale.

Benefits

One of the main benefits of the Gyan Mudra is its ability to relax the body and focus the mind on the task of meditation. It also helps to relieve stress and transcend worldly problems



Chinmaya Mudra

Procedure: Create Chin Mudra. Place your palms on the upper thighs. Keep the eyes closed and breathe through the nose.

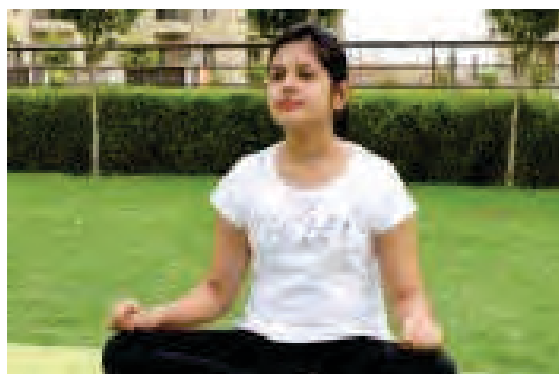
Instructions: Start practicing the mudra for 10 minutes and gradually increase the duration for up to 45 minutes



Benefits

1. Promotes flow of prana
2. Positively impacts the energy in the thoracic region
3. Promotes breathing in the mid section of the lungs
4. Improves digestion

Adi Mudra



Adi mudra is formed by placing the thumbs into the palms and curls the other fingers over the thumbs.

Step-1: Place the 'fists' down onto the thighs, with the backs of the hands higher.

Step-2: Slow rhythmic breathing in a 4:3:6:3 ratio (Inhale: 4, keeping air inside: 3, Exhale: 6, Keeping belly empty without air: 3).

Step-3: Repeat this cycle for 7 times.



2.4.14.5 Brahm Mudra

Step-1: Place the thumb at the base of the small finger, and the remaining fingers curl over the thumb, forming a light fist.

Step-2: The palms are placed on the thighs facing upwards.

Meditation

Meditation is a practice for mind by which we make mind thoughtless so that we can attain peace. As we know that mind always thinks something no matter how much we try to control it. By regular practice of meditation, we can control the mind, which gives us lot of peace, calmness, and power on our self.

Dharna

Dharna is part of Raj Yoga. It means the concentration of mind. This is required for dhyana or meditation. We can consider it as a base of meditation also.

Chanting of Om

Procedure: For meditation and relaxation you can Chant Om by sitting in any meditative pose, like Sukhasan, Padmasan or Vajrasan.



Benefits of Tadasana

- Tadasana improves your posture.
- It tones and firms your abdomen and butts.
- Increases height.
- Improves functioning of digestive and respiratory systems.
- It reduces Flat Feet(fallen arch)
- Makes your ankles and knees strong.
- Helps in relieving Sciatica.



Precautions of Tadasana

- Do not practice it if you suffer from Insomnia
- People with headache problems avoid practice
- Don't do it if your blood pressure is low
- Tadasana should not be done by pregnant women



Ardha Chakrasana Benefits:

- Ardha Chakrasana is extremely effective to reduce thighs and stomach fat.
- This asana helps to improve your lungs capacity.
- This asana is also helpful to control high blood sugar level and to stimulate the pancreas.
- “Ardha Chakrasana” also helps to increase your back and spine muscles.
- This asana helps to tone your shoulders, thighs, and waist.
- This asana helps to relieve shoulder and neck pain.
- This asana is known to be one of the best exercises to get rid of back pain or lower back pain problem.
- Ardha Chakrasana yoga helps to cure respiratory disorders.
- This asana helps to stimulate abdominal organs.
- Ardha Chakrasana is really good to enhance your heart health.
- Ardha Chakrasana yoga is helpful to reduce and relieve menstrual pain or disorder.
- This asana helps to stretch your abdomen, stomach and intestine muscles.

Another beneficial yoga asana is Tadasana. Tadasana is also known as Mountain Pose.



Ardha Chakrasana Precautions

- If you are pregnant it is important to first consult your doctor and then perform this asana.

- People who are suffering from serious spine or hips problem or injury should not do this asana.
- People with hernia and ulcer problem should not practice this asana.
- People who have high blood pressure should also avoid this asana.

Kati Chakrasana

Health Benefits of Kati Chakrasana

- Strengthens the spine, improves its flexibility.
- Strengthens the waist.
- Improves the flexibility of the waist and spine.
- Tones up the neck, shoulder, waist, back and hips.
- Useful for correcting back stiffness and postural problems of the back, spine and muscles.



Benefits of doing katichakrasana (Spinal twist pose)

This yoga asana is very simple and can help you in many aspects of health. The benefits of practicing this asana are given below:

- This asana is very effective in increasing the flexibility of the waist.
- Regular practice of this asana is also effective in decreasing fat.
- Effective in relieving from constipation.
- Strengthen shoulder, neck, waist and arms muscles.
- Moving the chest along with arms results in expansion of the chest which causes easiness in breathing.



- This asana can be very effective in frozen shoulder.
- Katichakrasana improves kidney efficiency, nervous system and helps to fight with depression.
- This asana is good for those who are suffering from debates.
- It is a good remedy for lower back pain.
- Strength up the spine.
- Help in reducing fatigue.
- Just as Tadasana it is also basic of many Asana.

Precautions to take while doing katichakrasana (spinal twist pose)

Along with the procedure, precautions are also necessary to prevent yourself from injuries or many other problems. Let's discuss these precautions:

- Avoid katichakrasana during pregnancy.
- Avoid this asana if you are suffering from a hernia, spinal injuries, and slip disk.
- If you have gone through spinal injury then avoid this asana.
- If you are suffering from high blood pressure then do this asana with safety because it can cause giddiness.
- Do not practice this asana in presence of abdominal inflammation.
- As breathing is an important part of this asana so if you have any problem related to breathing or lungs then avoid this asana.

Benefits of Dandasana

Dandasana Yoga Benefits

- Strengthens your chest, back muscles, spine and shoulders.
- Stretches your chest and legs.
- Improves your posture.
- Strengthens your abdomen.
- Increase flexibility.
- Calms your mind.
- Increases focus and concentration.

Precautions of Dandasana



Precautions to take while doing Dandasana

- You can slightly bend your knees if you feel too much pain.
- Practice it on a yoga mat.
- You should do all yoga poses on an empty stomach.
- Avoid practicing Dandasana if you've spine injury or wrist injury.
- Don't practice Dandasana if you've major lower back pain

Health Benefits of Bhadrasana (Gracious Pose)



- Develops flexibility of legs.
- Improves digestion.
- Strengthens backbone, thighs, hips and buttocks.
- Activates muladhara or root chakra.
- Eases delivery, labour during childbirth.
- Develops brain power.
- Improves focus and concentration.
- Combats fatigue.



Precautions for Bhadrasana (Gracious Pose)

- The buttocks should rest firmly on the ground during the whole practice.
- In order to make the practice more comfortable, use a blanket below the buttocks.
- Discontinue the practice if you feel a strain on the body while practicing the pose.

Benefits of Padmasana



- Opens up the hips
- Stretches the ankles and knees
- Calms the brain
- Increases awareness and attentiveness
- Keeps the spine straight
- Helps develop good posture
- Eases menstrual discomfort and sciatica
- Helps keeps joints and ligaments flexible
- Stimulates the spine, pelvis, abdomen, and bladder
- Restores energy levels

Padmasana precautions

There are few limitations and contradictions of practicing the lotus pose are:

- People suffering from sciatica or sacral infections should not attempt this asana.

- It may causes injury to the knees region.
- Avoid in case of ankles injury.
- Initially, it is better to practice this yoga pose before the yoga teacher as it may injure the beginner.
- Avoid practicing the yoga pose in case of leg injury or back problems.

Benefits of Vajrasana



Vajrasana is known for its many benefits. So, let's know all the benefits of Vajrasana.

- Improves digestion
- Helps with losing belly fat
- Combats acidity and constipation
- Makes your lower body flexible and tones body muscles
- It corrects rounded back and drooping shoulders
- Improves blood circulation in the body
- Strengthens your sexual organs
- Vajrasana relaxes your nerves and calms your mind
- Slow and rhythmic breathing helps you to go into meditation

Precautions to take while doing Vajrasana

- If you have any injury in your calves or hamstrings then don't practice Vajrasana
- People suffering from Hernia or have intestinal ulcers should take medical advice and guidance before practicing Vajrasana



- If you have Arthritis in knees then don't practice Vajrasana
- People having knee injury should not do Vajrasana
- Pregnant women should keep their knees apart and not put pressure on their abdomen

The Benefits of Uttana Mandukasana



- Efficient functioning of lungs.
- Lowers fat levels in the waist region, and makes it tougher.
- Blood circulation is significantly improved.
- Like many other asanas, the Uttana Mandukasana helps in relieving stress and anxiety.
- Like the Mandukasana, this asana too, improves the efficiency of the Pancreas.

Safety Measures

- Spinal cord problems may prevent people from performing this asana.
- Hip issues too, can be a hindrance, and it would be best to consult a Yoga expert as to whether or not you should attempt the Uttana Mandukasana with a hip problem.

Benefits of Kakasana

The main physical benefits of Kakasana include:

- Strengthens arms so they can hold your body weight.
- Strengthens core to help hold you up.
- Strengthens glutes and adductors.

- Strengthens shoulder stabilisers.
- Prepares you for most other arm balances.
- It helps make your wrists stronger.
- Your spine is toned and strengthened.



Precautions & Contraindications

Remember that while yoga is for everyone, not all poses are for all people!

- If you have a wrist injury, you may want to avoid the pose. You could also use a yoga wedge to reduce strain. See Modifications below.
- If you have any injury to your hips, knees, wrists or shoulders then it is best to avoid practicing the full expression of Kakasana. Modify the pose with props or support instead. See Modifications section below.
- If you have a hiatal hernia, you should heal fully before attempting this pose.
- If you have vertigo, this pose will likely be difficult.
- Caution is recommended for students with heart problems, carpal tunnel syndrome or cerebral thrombosis.
- Avoid if suffering from spondylitis.
- If you have blood pressure difficulties, it is likely best to avoid this pose.

Benefits of parvatasana sitting pose

- Parvatasana helps develop a proper breathing technique.
- With regular practice of the pose, your lung capacity will increase.



- Parvatasana helps reduce flab from the abdomen, tummy, hips and the waist.
- The pose has a slimming effect on the physique.
- The spine and ribs are stretched.



Precautions of Parvatasana

- Parvatasana may be good for your health, but here are some precautions that Anantasana will bring about.
- Don't practice this pose's full extension in case you have carpal tunnel syndrome since it places much stress on hands and the wrists. Rather, modify this posture by resting the forearms on the ground instead of holding your body up with the hands.
- When you do this asana, you should not be bowed down at your hands, keep your waist and hands fingers straight.
- During practice, if you find any pain or discomfort, please exit the pose and ask for the expert's guidance and doctor's advice.

Benefits Of Makarasana



- Makarasana offers deep relaxation for your shoulders and spine.
- It can cure asthma, knee pain, and any lung related issues.
- It helps in curing slip disc, spondylitis, and sciatica.
- The asana stretches the hip muscles.
- It relaxes your body completely and keeps you rejuvenated.

Precautions for Makarasana (Crocodile Pose)

- Avoid moving the body in this asana as it may disturb the practice.
- Don't put stress on the body during this asana as it is all about peacefully relaxing the body.
- Avoid practicing this asana in the disturbing atmosphere as it may disturb the peace of mind.

Benefit of Uttanpadasana



- Cures stomach disorders like acidity, indigestion, and constipation.
- Strengthens the abdominal organs.
- Strengthens the back and hip and thigh muscles.
- Helpful for those suffering from gas problems, acidity, arthritis pain, heart problems and waist pain.
- Cures back pain

Precautions of Uttanpadasana

- Do not practise Uttanpadasana steps if you are suffering from abs pain or any serious back injury.
- Avoid, if you recently went go through surgery on your spinal column problem on the lower vertebrae, back and waist.
- Don't Try, if you are suffering from low blood pressure and high blood pressure.
- Pregnant ladies must take precaution and consult your doctor and then continue with this asana.
- Do not practise Uttanpadasana steps during your periods.



Benefit of Setubandhasana



- Stretches the chest, neck, spine, and hips.
- Strengthens the back, buttocks, and hamstrings.
- Improves circulation of blood.
- Helps to de-stress and provide relief in curing depression.
- Calms the brain and central nervous system.
- Stimulates the lungs, thyroid glands, and abdominal organs.
- Improves digestion.

Precautions of Setubandhasana

- Make sure to practice this pose on an empty stomach for efficient results.
- Avoid practicing this asana in a back injury.
- Don't over roll or stretch away from your shoulders from your ears to avoid neck soreness or sprain.
- Do not turn your head right or left when you are in the pose.

Benefit of Vipritkarniasana

- Viparita Karani or the Legs Up The Wall posture is a rejuvenating inverted pose that can offer a range of health benefits
- improving blood circulation to boosting energy and relieving heel pain
- **Skin glowing:** helps to glow skin as blood flow to the entire body in an inverted position.
- **Hair fall:** The practice of the yoga pose ensures smooth blood flow to the head region. The oxygenated blood massages the scalp and stimulates the hair follicles. Thus, the Legs-up-the-wall pose is effective to prevent hair fall, greying of hair, and other hair problems.
- **Anti-aging:** The practice of the yoga pose helps to glow your skin by increasing

the elasticity of it. On the other hand, it also revitalizes the entire body system, especially the upper body region. The smooth flow of blood in the head region is good for cognitive domains as well as hair problems.

- **Hypoactive thyroid:** The inverted yoga pose massages the thyroid gland. It helps to treat hypoactive thyroid.
- **Stimulates appetite:** The practice of The Legs-up-the-Wall pose stimulates the digestive system, which in turn ensures proper secretion of hormone and enzymes in the body. These biochemical substances improve digestion; stimulates appetite and helps in relieving constipation.
- **Mental alertness:** The regular practice and maintaining the pose up to a certain period of time helps to improve blood circulation to the brain thereby good to increase mental alertness.
- **Diseases protector:** It has been mentioned in many yogic texts that the practice of yoga poses a cure whatever the ailment you have.
- **Cramped legs:** It is good to overcome the issues of cramped and tired legs.

Precautions of Vipritkarniasana



- **High blood pressure:** The performers who are having high blood pressure shouldn't practice this yoga pose as it worsens the condition.
- **Heart disease:** In the case of cardiac condition, the practicing of Legs-up-the-wall pose should be restricted.
- **Thyroid problems:** It also shouldn't be practiced by the patients who have enlarged thyroid.



- **Menstruation:** It should be avoided during menstruation.
- **Eyes problems:** It should also not be practiced if somebody has serious eye problems such as glaucoma.
- **Neck injury:** People having serious neck and back pains or other problems should practice this asana in direct consultation with a professional yoga instructor.
- **Back problems:** If you have back issues, perform it only in the presence of an experienced yoga teacher.

Benefit of Saral matsyasana



- Matsyasana helps to relieve respiratory problems by promoting the right method of breathing. The asana also expands bronchial tubes to promote easier breathing. This makes Matsyasana especially beneficial for asthma patients.
- It helps to stretch the upper body which allows for unrestricted airflow, thereby providing additional oxygen into one's lungs.
- It stretches the neck and the spine thus removing strain resulting from neck and back pain
- The asana helps to generate nutrient absorption.
- When practiced regularly, this asana can bring increased improvement to the skin conditions as well as enhance the throat and facial muscles.
- By stretching the neck and chest areas, Matsyasana helps to release tension in neck and shoulders.
- It improves metabolism and works great for anyone looking to shed weight.
- It can remove soreness of bones and muscles in the neck and spine thereby helping to strengthen them.
- The asana can improve flexibility, posture, and digestion, thereby removing problems like constipation.
- It helps to strengthen the muscles of the abdomen.

- Matsyasana can destroy all kinds of diseases and is ideal for fatigue, anxiety and menstrual pain.
- This pose is perfect when you are looking to detoxify and de-stress easily, thus improving health and happiness.
- It is ideal for curing chronic throat problems and bronchitis.
- It helps to activate thyroid gland and stimulate kidney functioning. Matsyasana also balances and stimulates the Vishuddhi Chakra, which is why it is strongly recommended by Cyndi Lee.

Precautions of Saral matsyasana

- People who are suffering from heart diseases, high blood pressure or low blood pressure should not perform Matsyasana.
- Patients of migraine and insomnia should also abstain from practicing the Fish Pose.
- Individuals having serious neck or lower-back injuries are recommended strongly not to perform this pose.
- Men and women who just had an abdominal surgery should not perform Matsyasana. This also applies to people with a hernia.
- If a person has issues like dizziness or cervical spine problems, then he or she should not perform this asana.
- People having migraines and peptic ulcers should also refrain from including Matsyasana in their yoga routine.
- The pose should be performed only under the close observation of an experienced yoga teacher.

Benefit of Shavasana



- Calms central nervous system, aiding the digestive and immune systems.
- Calms the mind and reduces stress.



- Reduces headache, fatigue and anxiety.
- Helps lower blood pressure.
- Promotes spiritual awakening and awareness of higher consciousness.

Precautions of Shavasana

- Avoid moving your body while performing Savasana as it might disturb the practice and will fuel your distractions.
- Make sure to perform it on a hard, flat surface.
- Practice this in an environment that offers quiet and relaxing surroundings.

Benefit of Pranayam



Following are the benefits of Nadi Suddhi Pranayama

- As pure oxygenated air is breathed into the lungs with each cycle, the blood gets purified, and circulation improves.
- This pranayama helps strengthen the lungs and increases overall lung capacity.
- Alternate Nostril breathing can help treat disorders of the respiratory system.
- Due to the improvement in blood circulation, the functioning of other organs in the body also improves.
- As circulation improves, energy levels also increases.
- Nadi Suddhi pranayama can help with weightloss as it increases the rate of metabolisms.
- It helps calm the nervous system.

- Regular practice helps reduce stress.
- It can improve mental health.
- Alternate Nostril breathing can help remove excess body heat.
- It can help improve appetite.
- Alternate Nostril breathing can help reduce body odour.

Precautions of Pranayam

- If you have any chronic medical condition, seek advice of your doctor and yoga teacher before starting pranayama.
- Pranayama should be practiced only after one has gained control over body by mastering the asanas. Pranayama practice generates prana energy in the body and yoga asana practice removes the blockages of nadis which conducts prana energy throughout the body.
- Always breathe through the nose unless specifically asked to do so.
- There should not be any strain during pranayama practice. Lungs are delicate organ; ensure that your breathing is not forced beyond limits.
- Do not make loud sounds during breathing. Keep the breath rhythmic and steady.
- Pranayama should not be practiced immediately after meals. You can do pranayama at least three hours after meals. Remember a heavy meal will take much longer to get digested. For example if you do pranayama in evening, eat a healthy lunch which gets digested by the time you start pranayama.
- Beginners should not hold breath. When you become comfortable with basics of pranayama, learn to hold breath under the guidance of an expert teacher after mastering the basics of yoga breathing.
- If you feel tiredness or discomfort, stop doing pranayama, lie down in shavasana while carrying out normal breathing. Consult your yoga teacher before starting with pranayama again.
- Do not practice pranayama if you are too tired, relax for 10-15 minutes in shavasana before doing pranayama.
- If you do yoga asanas and pranayama, practice yoga asanas before pranayama. After practicing asanas, relax in shavasana before doing pranayama. Do not do any strenuous exercise after pranayama.



- Pranayama should not be practiced in a hurry.
- Do pranayama outdoors or in a well ventilated room.
- Pranayama should not be practiced when the lungs are congested.

Benefit of Jalandhar and Uddayan Bandh



- This bandha is the most important in practice of pranayama with breath retention. If one cannot practice Jalandhar bandha correctly then one cannot do pranayama. This is preparation for tribandha.
- The pressure of the bandha slows the blood supply to the carotid artery which sends a signal to the brain to balance the blood pressure, preventing it from increasing, which can occur in breath retention.
- This bandha stimulates vagus nerve, which is a parasympathetic nerve. This is stimulating parasympathetic nervous system. Blood pressure, heart rate slows down. Muscles are more relaxed, and it creates calmness in the mind and removal of thoughts
- Improves blood supply to the cervical region of the spine.
- Prevents air from entering the eustachian tubes which causes pressure on the ear drums.
- Good for thyroid gland especially hypo thyroid. It has good effect on regulation of metabolism.

Prevention of coughs, throat problems, it is good for vocal chords.

- Stand with your feet hip width or a little wider apart, bend your knees, keep your spine straight
- Slightly lean forward and press down on your thighs with your hands.
- Empty your lungs as fully as possible and hold the breath out in an Exhale Retention.
- Relax your stomach muscles and then lift the diaphragm (as if you were about to take a big inhale, or as if you suddenly were surprised, but be sure NOT to actually inhale!)
- Holding abdomen very hard or tight will inhibit you from being able to practice this bandha.
- Even a little inhalation of breath during the “mock inhalation” can prevent you from lifting the abdomen properly. So, remember to hold your breath out completely and don't inhale until the very last step.
- Hold for a few seconds with abdominal muscles sucked back from the vacuum effect created by this action of the bandha . *Be sure you are holding the breath out in an exhale retention the whole time.
- When you feel like you need to inhale: First relax the abdomen, by releasing the suction of the diaphragm. And finally, inhale.

Precautions of Jalandhar and Uddayan Bandh

- high or low blood pressure,
- cervical spondylitis or any neck pain,
- Intracranial pressure, vertigo or any heart disease.
- Practice with caution for hyperactive thyroid problems.
- If you are suffering from high blood pressure problems, you should not go for Uddiyana Bandha. Practicing it can increase your blood pressure rapidly.
- The patients of ulcer and hernia are not suggested to perform Uddiyana Bandha.
- During pregnancy, a woman should not practice this Bandha. It can have an adverse effect on the health of unborn and mother, both.
- In mensuration cycles, one should not practice Uddiyana Bandha.



- You should perform it empty stomach, if you'll perform this just after a meal, this can cause stomach pain and indigestion.
- Don't go much hard on your body. Once you have reached your limit, you can release yourself. Going beyond the limit can be damaging to your health.

Benefit of Mudra

Mudras

In Yoga, there are various mudras used for meditation purpose. Following are some of the main mudras



Janan Mudra

Procedure: Sit down in a meditative pose such as the Sukha Asana (Easy Pose),

Vajra Asana (Diamond Pose), or Padma Asana (Lotus Pose). You may even perform the Gyan Mura while standing in the Tada Asana (Mountain Pose) or sitting comfortably on a chair. Ensure that your back is held straight and your chest and head held up high. Rest your hands on your knees with your palms facing upwards. Touch the tip of the index finger to the tip of the thumb. The rest of the finger should be held straight and parallel to each other. This Mudra is performed with both hands. Close your eyes and focus on your breath.

Tips

To further enhance the effectiveness of the Gyan Mudra, you may chant the word Om (Aum) in conjunction with every exhale.

Benefits



One of the main benefits of the Gyan Mudra is its ability to relax the body and focus the mind on the task of meditation. It also helps to relieve stress and transcend worldly problems



Chinmaya Mudra

Procedure: Create Chin Mudra. Place your palms on the upper thighs. Keep the eyes closed and breathe through the nose.

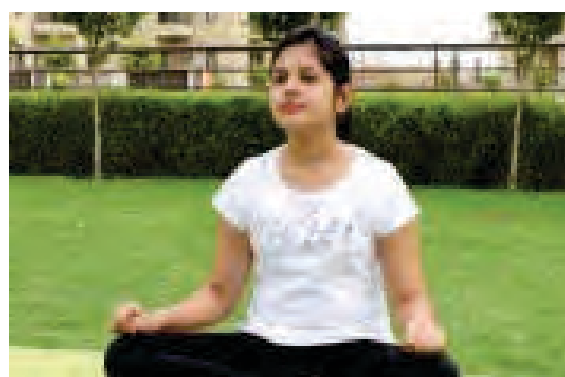
Instructions: Start practicing the mudra for 10 minutes and gradually increase the duration for up to 45 minutes

Benefits

- Promotes flow of prana
- Positively impacts the energy in the thoracic region
- Promotes breathing in the mid section of the lungs
- Improves digestion



Adi Mudra



Adi mudra is formed by placing the thumbs into the palms and curls the other fingers over the thumbs.

Step-1: Place the 'fists' down onto the thighs, with the backs of the hands higher.

Step-2: Slow rhythmic breathing in a 4:3:6:3 ratio (Inhale: 4, keeping air inside: 3, Exhale: 6, Keeping belly empty without air: 3).

Step-3: Repeat this cycle for 7 times.

Brahm Mudra

Step-1: Place the thumb at the base of the small finger, and the remaining fingers curl over the thumb, forming a light fist.

Step-2: The palms are placed on the thighs facing upwards.

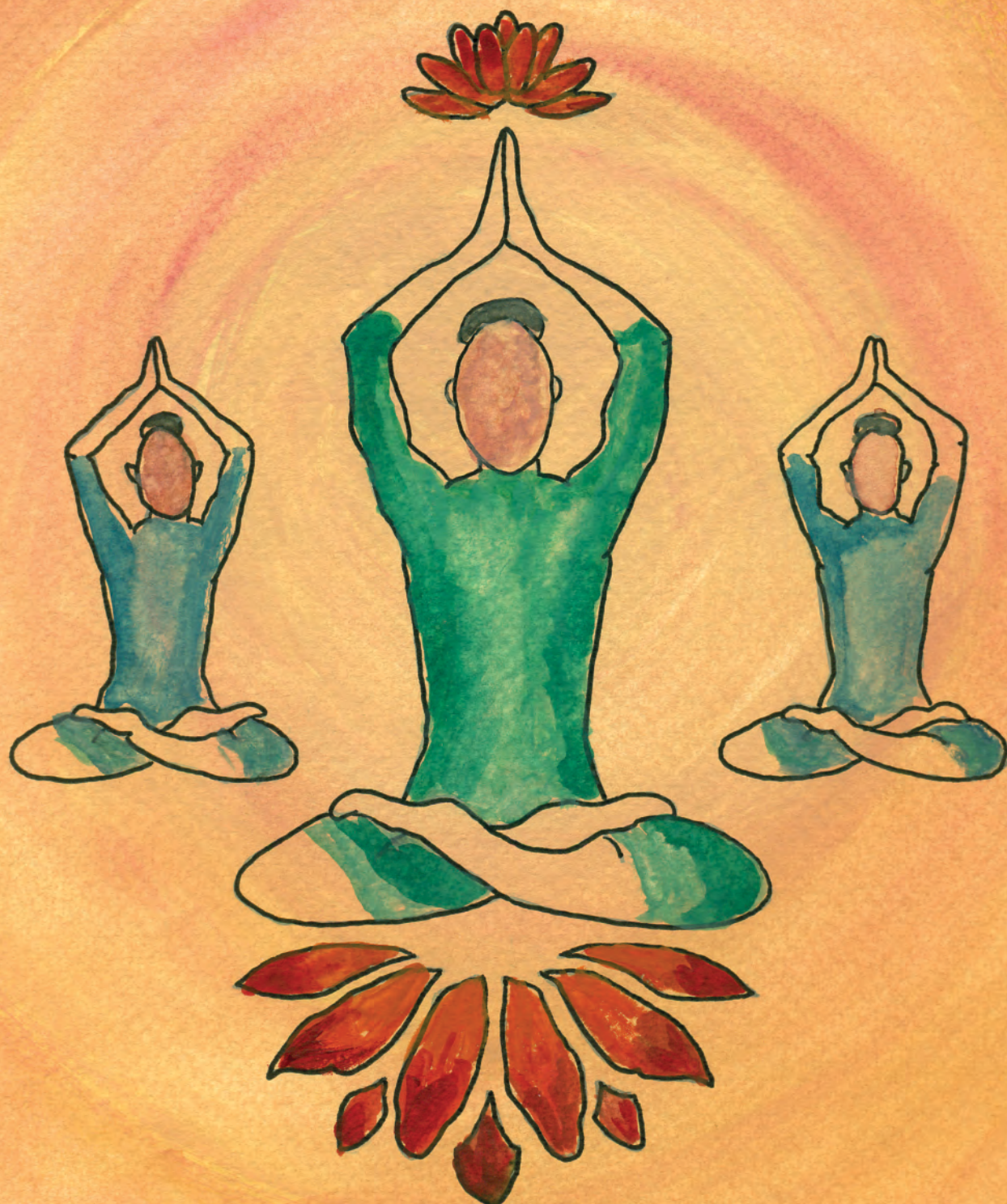
Meditation : Meditation is a practice for mind by which we make mind thoughtless so that we can attain peace. As we know that mind always thinks something no matter how much we try to control it. By regular practice of meditation, we can control the mind, which gives us lot of peace, calmness, and power on our self.

Dharna: Dharnais part of Raj Yoga. It means the concentration of mind. This is

required for dhyān or meditation. We can consider it as a base of meditation also.

Chanting of Om : Procedure: For meditation and relaxation you can Chant Om by sitting in any meditative pose, like Sukhasan, Padmasan or Vajrasan.





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