

3

SBG STUDY

Yoga and Lifestyle

Chapter at a Glance

- 3.1 Asanas as preventive measures
- 3.2 Obesity
- 3.3 Diabetes
- 3.4 Asthma
- 3.5 Hypertension
- 3.6 Back Pain

INTRODUCTION

Yoga refers to traditional physical, mental and emotional disciplines originating in India. Yoga poses (also called Asanas) are the physical discipline or postures that exercise our entire body, stretch and tone the muscles and joints, the spine and entire skeletal system. They have a beneficial effect not only on the body frame, but also on the internal organs, glands and nerves, keeping all systems healthy. Asanas reduce stress, enhance relaxation and revitalize body, mind and spirit.

3.1 ASANAS AS PREVENTIVE MEASURES

Today, more than ever, the need for preventive systems of medicine is being widely realised. Diagnostic tools, prescriptive drugs, and a high level of specialization are making medical care expensive.

There are many public health measures that have been introduced to prevent diseases. Some of them, like the abolition of plague and small pox, have proved successful. Health education for the masses has clearly demonstrated that clean surroundings, boiled water, childhood immunizations, and family planning have their places in preventing infectious diseases. Early and regular programmes for diseases like tuberculosis and cancer have been useful in diagnosis and treatment. There has been less awareness about the evils of alcohol, nicotine, drugs and sexual habits.

Yet, all this has not been enough. Illnesses are on the rise.

This is where yoga comes in. Yoga means balancing and harmonizing the body mind and emotions. It comes from sanskrit word 'Yuj' means to unite or to join. It is a science which unite body with the mind. Yoga laid the foundation for a healthy life. That the mind is the root cause of most physical problems or illnesses and guidelines for healthy living are given. The Yoga points out that the course of events or destiny is according to thought. For example, though it has been proved that smoking is injurious to health, the manufacture and consumption of cigarettes have not been stopped. The body does not need nicotine, only the mind does.

Yoga lays a great emphasis on asanas and pranayama to prevent illness and, more important, to preserve health. Asana refers to the postures of yoga. They are the body positions typically associated with the practice of yoga. Pranayama refers to the breathing exercises. Breathe is a source of prana (life). A regular routine of physical exercises, from a young age, has been shown to be of preventive value in many medical disorders like coronary, respiratory and orthopaedic problems. Simply, by stretching the muscles, massaging the internal organs and toning the nerves throughout the body, many diseases, even the so-called 'incurable diseases' can be cured. Any kind of exercise is good, but yoga is the ideal form as it is totally non-violent, gentle and peaceful. Yoga, in fact, is a scientific form of physiotherapy. Much incurable and long standing disease can be cured through yoga. This treatment is perfectly scientific. Also, it is the most cost effective. There is no equipment needed, and even the props recommended for some patients are not expensive. The practice of yoga raises confidence in a person, especially when recovering from an illness. Yoga is particularly valuable as one grows older. As most ailments are degenerative in nature, asanas keep the aged person active and, therefore, healthy.

3.2 OBESITY

Obesity is a medical condition in which excess body fat has accumulated to the extent that it may have a negative effect on health. In simple words, obesity means having too much body fat.

Obesity occurs over time when you eat more calories than you use. The balance between calories-in and calories-out differs for each person. Factors that might affect body weight include genetic makeup, overeating, eating high-fat foods, and not being physically active.

The risk factors associated with obese person are hypertension, diabetes, cholesterol, heart disease, cancer, arthritis, gall bladder disease, kidney failure and stroke.

Yoga has an important role to play in the treatment of obesity. Various yoga techniques can be practiced effectively to reduce the weight and achieve normal healthy condition of body and mind. Yoga positions or postures are especially useful to reduce the fats in various parts. Forward bending, twisting and backward bending the asanas help in reducing fats near abdomen, hips and other areas. Also the practice of asanas improves the functioning of internal organs, strengthening heart, lungs, kidneys, excretory and reproductive organs. Regular practice of yoga builds strength in muscles.

Some of the best yoga exercises are given below, which directly helps reduce weight:

1. Hastasana:

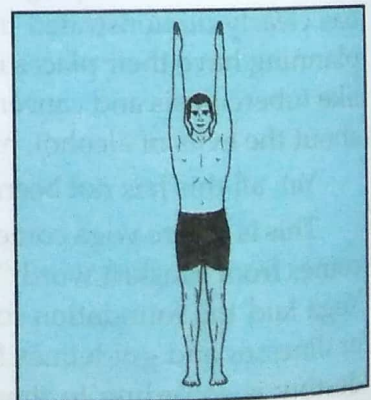
Procedure: To perform this asana stand on a flat surface with feet together. Inhale and raise arms over the head by interlocking the fingers. While exhaling, bend to left side of the waist and hold the position as long as one can do. Come to the original position by inhaling. The same procedure is followed with the right side.

Benefits:

1. This is good in melting of fat of hips and buttock. This contributes in weight loss.
2. It is beneficial to make the waist slim and chest expansion.
3. It is also recommended to increase height for children.



Obesity



Hastasana

Contraindications:

1. One must avoid practicing this asana with arms raised if he/she have had an injury in the neck or shoulders.
2. One suffering from headache, insomnia or low blood pressure should avoid prolonged standing.
3. Always use your breath as your guide. If you are straining your breath (or cannot breathe) you are going too far.

2. Vajrasana:

Procedure: To perform this asana, stretch the legs straight. Place palms on the thighs.

Slowly fold the knee and keep the back straight. In this process, keep the breathing slow and constant.

Benefits:

1. It is beneficial in weight loss as the fats burn when doing this pose.
2. The body gets toned.
3. Flexibility of body increases due to regular performing of this pose.



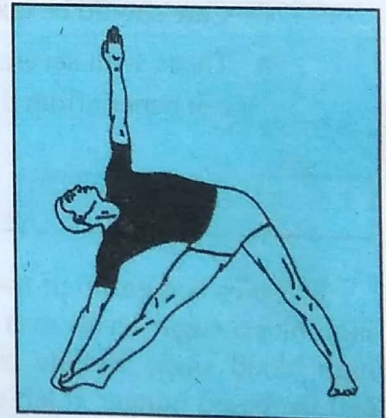
Vajrasana

Contraindications:

1. A person suffering from joint pain should avoid this asana.
2. People who are suffering from spinal column ailments, especially on the lower vertebrae should not attempt this pose.
3. Those with hernia, intestinal ulcers and other diseases of the small and large intestine should practise this pose under expert guidance and advice.

3. Trikonasana:

Procedure: To perform this asana, stand upright and place the legs about three-and-a-half to four feet apart. Feet should press the ground, and the weight of the body is balanced equally on both feet. Take a deep breath, and on exhale, bend the body to the right from below the hips, ensuring the waist is straight. Lift the left hand up and let the right hand towards the ground. Both arms should form a straight line and body should be bent sideways. Take deep, long breaths. With every exhalation, try and relax the body more. Inhale and come up. Drop the arms to the side and straighten the feet. Repeat the same using the left leg.



Trikonasana

Benefits:

1. Trikonasana increases the blood supply to the spinal cord.
2. It is useful in cases of back and neck related pain.
3. Helps in efficient lung functioning.
4. Reducing thigh and abdominal excess fat.

Contraindications:

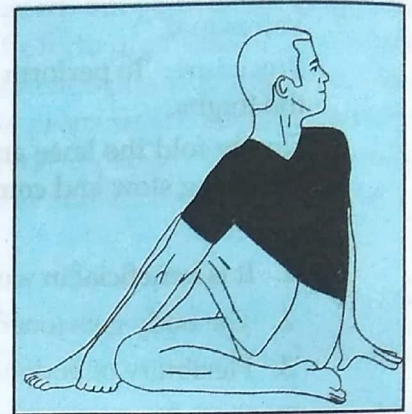
1. If you suffer from neck problems, do not look upward. Just continue looking straight, and make sure that the both sides of neck are evenly elongated.
2. If you suffer from high blood pressure, look downwards instead of looking upwards.
3. If you have a heart problem, it is best to practice this asana against a wall while placing the top arm on the hip.
4. It is best to avoid this asana if you are suffering from low blood pressure, diarrhoea, or headaches.

4. Ardh Matsyendrasana:

Procedure: To perform this asana, kneel down with the legs together, resting on the heels. Then sit to the right feet. Lift the left leg over the right one, placing the foot against the outside of the right knee. Bring the right heel close to the buttocks. Keep the spine erect. Stretch the arms out to the sides at shoulder level, and twist around to the left. Now bring the right arm down on the outside of the left knee and hold the left foot in the right hand, placing the left hand on the floor. Exhaling and twist as far as possible.

Benefits:

1. Cleanses the internal organs, improves digestion and elimination of wastes.
2. Releases excess heat and toxins from organs and tissues.
3. This asana exercises the vertebrae and keeps them flexible.
4. This asana is helpful in treating of obesity, dyspepsia, asthma and diabetes.
5. This energizes and strengthens the pancreas; therefore, pancreas functioning improves, best suitable for diabetes.
6. This asana heals disorder of kidneys, spleen, liver, stomach, intestine, bladder and pelvic region.



Ardh Matsyendrasana

Contraindications:

1. Should be avoided during pregnancy and menstruation due to the strong twist in the abdomen.
2. People with heart, abdominal or brain surgeries should not practice this asana.
3. Care should be taken by those who are suffering from peptic ulcer or hernia.
4. Those with severe spinal problems should avoid. And those who suffer a mild slipped disc can benefit from the asana but in severe cases it must be avoided.

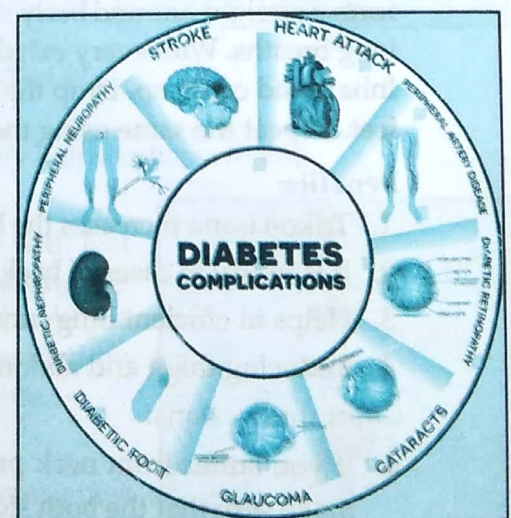
3.3 DIABETES

Diabetes is a group of metabolic diseases in which there are high blood sugar levels over a prolonged period. Symptoms of high blood sugar include frequent urination, increased thirst, and increased hunger. If left untreated, diabetes can cause many complications.

Serious long-term complications include heart disease, stroke, chronic kidney failure, foot ulcers, and damage to the eyes.

An increasing number of people with diabetes are turning to yoga in an effort to keep their condition under control and improve overall quality of life. It is well known that regular practice of yoga can help reduce levels of stress, enhance mobility, lower blood pressure and improve overall wellbeing. Due to these benefits many health experts believe that yoga can improve diabetes management and protect against many other related medical complications such as heart disease, etc.

Some of the best yoga exercises are given below, which directly helps reduce sugar level in the blood:



Diabetes

1. Paschimotasana:

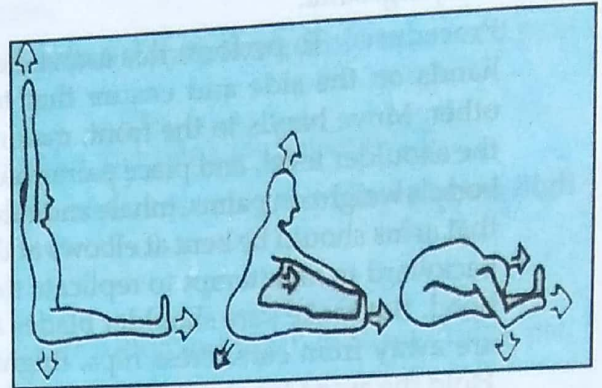
Procedure: To perform this asana, sit with the legs stretched out on the floor. Next hold the biggest toes of feet with index fingers and thumbs. Now, exhale and slowly bend forward and try to touch forehead with knees so that elbows should touch the floor. Do not breathe in. Stay in this position for five counts and inhale as rise back to the sitting position.

Benefits:

1. This is a forward bending pose that helps the blood to flow to the face.
2. It helps the stomach function better.
3. It strengthens the thigh muscles.
4. It relaxes the back and arms.

Contraindications:

1. If some one is suffering from back pain or have any complaints with spine, do not practice this pose.
2. Be easy on yourself, one might not be able to touch knees with forehead. If one keep at it one will regain flexibility and be able to do the pose properly.
3. If you are suffering from asthma, then do not practice this asana.
4. Those suffering from diarrhoea should avoid this kind of asanas.
5. In case of severe knee pain, injury or surgery, one should avoid performing such activities.



Paschimimotasana

2. Ardha matsyendrasana:

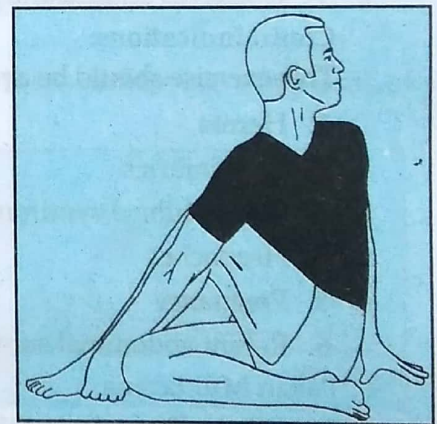
Procedure: To perform this asana, kneel down with the legs together, resting on the heels. Then sit on the right foot. Lift the left leg over the right, placing the foot against the outside of the right knee. Bring the right heel in close to the buttocks. Keep the spine erect. Stretch the arms out to the sides at shoulder level, and twist around to the left. Now bring the right arm down on the outside of the left knee and hold the left foot in the right hand, placing the left hand on the floor. Exhaling and twist as far as possible.

Benefits:

1. This asana is specifically designed to increase the capacity of lungs so that it can inhale and hold more oxygen.
2. It also loosens up the spine.
3. It relieves from backache and discomforts in the back.

Contraindications:

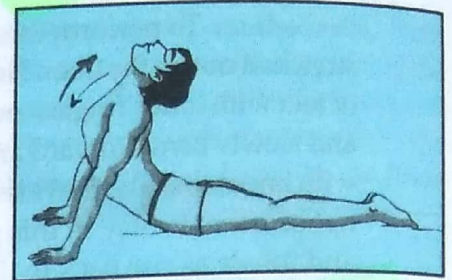
1. It should be avoided during pregnancy and menstruation due to the strong twist in the abdomen.
2. People with heart, abdominal or brain surgeries should not practice this asana.
3. Care should be taken for those suffering from ulcer or hernia.
4. Those with severe spinal problems should avoid and those with mild slipped disc can benefit but in severe cases it should be avoided.



Ardh Matsyendrasana

3. Bhujangasana:

Procedure: To perform this asana, lie flat on stomach. Place hands on the side and ensure that toes should touch each other. Move hands to the front, making sure that they are at the shoulder level, and place palms on the floor. Now, placing body's weight on palms, inhale and raise head and trunk. Note that arms should be bent at elbows at this stage. Arch the neck backward in an attempt to replicate the cobra with the raised hood. But make sure shoulder blades are firm, and shoulders are away from ears. Press hips, thighs, and feet to the floor.



Bhujangasana

Hold the asana for about 15 to 30 seconds while breathing normally. Feel stomach pressed against the floor. To release the pose, slowly bring hands back to the sides. Rest head on the ground by bending forehead in contact with the floor. Place hands under head. Then, slowly rest head on one side and breathe.

Benefits:

1. It is a deep backbend that makes the spine stronger and more flexible.
2. It also tones the organs that lie in the lower abdomen.
3. It stimulates the digestive, reproductive, and urinary systems.
4. It helps regulate metabolism, thus balancing the weight.
5. It makes the buttocks firm.
6. It gives the lungs, shoulders, chest, and abdomen a good stretch.
7. It works as a great stress release.
8. This asana is known to open up the lungs and the heart.
9. It relieves sciatica and asthma.

Contraindications:

This exercise should be avoided if you suffer from the following problems:

1. Hernia
2. Back injuries
3. Carpal tunnel syndrome
4. Headaches
5. Pregnancy
6. Recent abdominal surgeries

4. Pavanuktasana:

Procedure: To perform this asana, lie flat on back and keep the legs straight and relax. Breathe deeply and rhythmically. Inhale slowly and lift the legs and bend the knee. Bring upwards to the chest till thigh touches the stomach. Hug knees in place and lock fingers. Now try to touch the knee with the nose tip. This may be difficult at the beginning but with practice, it is possible. Hold this position for 20 to 30 seconds. It can be extended to 1 minute as per the capacity. Now exhale slowly and come back to the original position.



Pavanuktasana

Benefits:

1. This asana cures acidity problems, indigestion and constipation.
2. It is very good for the abdominal organs.

3. Regular practice of this asana cures gastric problems.
4. This asana is very helpful for people suffering from arthritis pain, heart problems, waist pain and acidity.
5. This asana gives flat stomach. So everyone can practice this asana for flat stomach.
6. This asana strengthens the digestive system, purifies impure air, and helps in diabetes, high blood pressure.

Contraindications:

1. People who have undergone an operation on belly or suffering from hernia and piles, etc. should perform this asana after consulting some yoga expert.
2. Pregnant women should not practice this asana.

3.4 ASTHMA

Asthma is a disease that affects our windpipe that carry air to and from your lungs. People who suffer from this chronic condition (long-lasting or recurrent) are said to be asthmatic. It is difficult for air to move in and out of the lungs, causing symptoms such as coughing, wheezing, shortness of breath and/or chest tightness. Asthma is an incurable illness. However, with good treatment and management there is no reason why a person with asthma cannot live a normal and active life.

Yoga breathing exercises and asana for asthma are the most effective natural cure for asthma. Yoga will help to soothe and ease congestion of the bronchioles and increase lung capacity. Yoga will help you to recover from the symptoms of asthma.

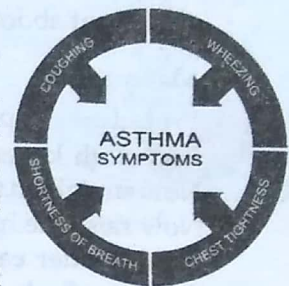
Some of the best yoga exercises are given below, which directly helps reduce the symptoms of asthma:

1. Bhujangasana

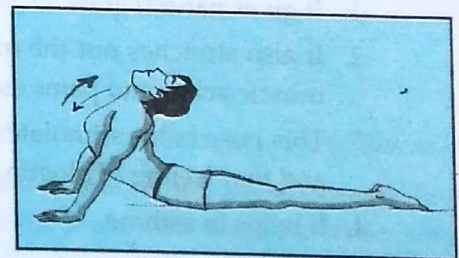
Procedure: To perform this asana, lie flat on stomach. Place hands on the side and ensure that toes should touch each other. Move hands to the front, making sure that they are at the shoulder level, and place palms on the floor. Now, placing body's weight on palms, inhale and raise head and trunk. Note that arms should be bent at elbows at this stage. Arch the neck backward in an attempt to replicate the cobra with the raised hood. But make sure shoulder blades are firm, and shoulders are away from ears. Press hips, thighs, and feet to the floor. Hold the asana for about 15 to 30 seconds while breathing normally. Feel stomach pressed against the floor. To release the pose, slowly bring hands back to the sides. Rest head on the ground by bending forehead in contact with the floor. Place hands under head. Then, slowly rest head on one side and breathe.

Benefits:

1. It is a deep backbend that makes the spine stronger and more flexible.
2. It also tones the organs that lie in the lower abdomen.
3. It stimulates the digestive, reproductive, and urinary systems.
4. It helps regulate metabolism, thus balancing the weight.



Asthma



Bhujangasana

5. It makes the buttocks firm.
6. It gives the lungs, shoulders, chest, and abdomen a good stretch.
7. It works as a great stress release.
8. This asana is known to open up the lungs and the heart.
9. It relieves sciatica and asthma.

Contraindications:

This exercise should be avoided if you suffer from the following problems:

1. Hernia
2. Back injuries
3. Carpal tunnel syndrome
4. Headache
5. Pregnancy
6. Recent abdominal surgeries

2. Matsyasana:

Procedure: To perform this asana, lie flat on the floor with knees bent and feet flat on the floor. Now straighten the legs, place arms on either side. Now raise the hips, one side at a time and place hands under each hip. Bend elbows and push the upper body off the floor; remember to exhale as do this. Only raise the chest, and tilt the head backwards. Hold this pose for five counts and inhale as rest back on the floor.



Matsyasana

Benefits:

1. It gives natural glow.
2. It also stretches out the muscles of the back, neck, chest and legs giving instant relief from muscle aches and pains associated with menstruation.
3. This pose helps stimulate the organs of the stomach and abdomen, fighting indigestion, gas and that feeling of bloating.
4. It helps in asthma.

Contraindications:

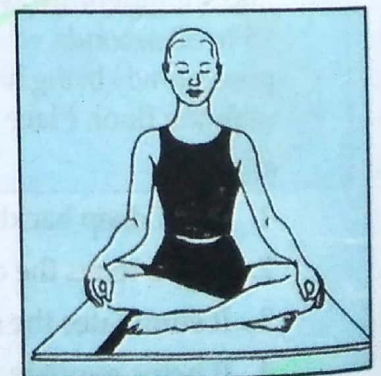
1. If you suffer from high blood pressure or have neck/back pain, avoid doing this pose.

3. Sukhasana:

Procedure: To perform this asana, sit cross legged on the floor or any other flat surface and then bring one foot over the opposite knee. Place both the palms on your knees and close your eyes. Breathe slowly and concentrate on the breathing pattern. Continue breathing in the same way for 5 minutes. You can simply sit cross-legged if you feel uneasy by sitting in the complex posture.

Benefits:

1. Practicing this, will improve lung strength and will also provide natural relief from asthma.



Sukhasana

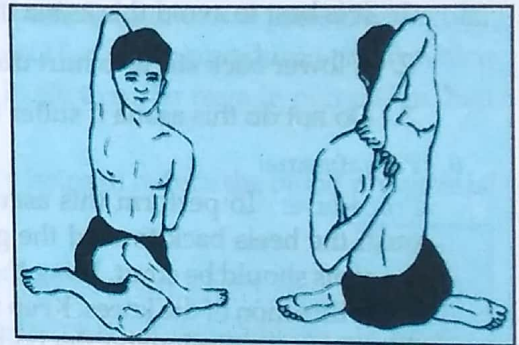
2. It spreads a sense of calm and peace through mind and body.
3. It relaxes the brain.
4. Chest and collar bones are broadened.
5. Practicing this asana helps elongate spine.
6. Back becomes stronger and steadier.
7. This asana gives knees and ankles a good stretch.

Contraindications:

1. Avoid this asana if have hip and knee injuries, or if they are both inflamed.
2. Practice caution if have a slipped disc problem one could use cushioning to make the pose comfortable.

4. Gomukhasana:

Procedure: To perform this asana, sit erect on the ground with legs stretched out. Now gently bend left leg, and place it under right buttock. Fold right leg and place it over left thigh. Place both the knees close together as they are stacked one on top of the other. Gently fold left arm and place it behind the back. Take right arm over the right shoulder, and stretch it. Keep the trunk erect, expand your chest, and lean slightly back.



Gomukhasana

Benefits:

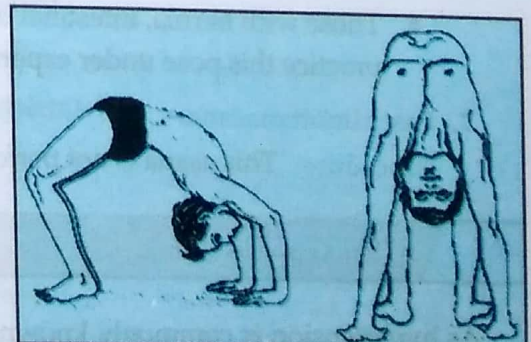
1. This asana helps flex the back, making it more elastic.
2. It helps cure stiff shoulders and also helps reduce backaches.
3. This asana also aids in the treatment of sciatica.
4. It enhances the working of the kidneys and thereby helping those suffering from diabetes.
5. It also works the chest muscles and helps in treating sexual ailments.
6. Practicing this asana regularly can reduce stress and anxiety.

Contraindications:

1. People suffering from shoulder, neck, and knee pains must refrain from practicing this asana.
2. If you have tight shoulders and fail to clasp fingers behind the back, use a strap between hands. Start the pose with a strap draped over the shoulder of the lower arm. Slide the lower arm to the back.
3. In case of obesity, performing this exercise might be difficult.

5. Chakrasana:

Procedure: To perform this asana, lie flat on back on the floor. Bend the knees so that the soles of feet are on the floor and closer to buttocks. Your hands must be placed behind the shoulders; ensuring fingers are opened up and pointed towards shoulders. Then, balance weight on limbs. Press feet and palms, and lift entire body off the mat. Let the head hang gently.



Chakrasana

Benefits:

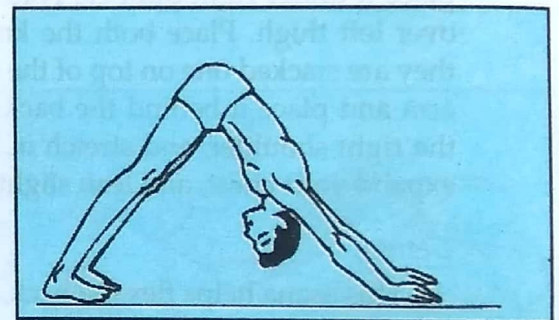
1. It gives lungs and chest a good stretch. It also expands the shoulders and the chest.
2. This asana also gives strength to legs, abdomen, buttocks, spine, shoulder blades, gluts, hamstrings, lower back, wrists, and arms.
3. It is known to stimulate the pituitary and thyroid glands.
4. Practicing this asana also gives a good stretch to hip flexors, core, and wrist flexors.
5. It is known to give relief to some lower back pains.
6. It cures infertility, asthma, and osteoporosis.
7. It also relieves stress and reduces depression, and makes feel energetic and full of life.

Contraindications:

1. It is best to avoid this asana if you have a shoulder impingement.
2. If lower back starts to hurt due to the extension, immediately come out of the pose.
3. Do not do this asana if suffer from headaches or high blood pressure.

6. Parvatasana:

Procedure: To perform this asana, lift the knees and push the heels back toward the ground. The legs and the arms should be strait. Bring the head and shoulders in the direction of the knees. Keep the shoulders relaxed the whole time, allowing the body weight to be lifted from the hips. Push back with legs beginning from the heels and moving up towards the hips, finally giving a stretch to the spine as the tail bone lengthens. Stay for as long as is comfortable.



Parvatasana

Benefits:

1. Stretching the muscles of the arms, back and abdomen.
2. Improves the functioning of the spinal cord.
3. Re-energizes the body.
4. Removes tension in the shoulders and back.

Contraindications:

1. If have a knee problem, do not perform this asana.
2. A person suffering from joint pain should avoid this asana.
3. People who have any spinal column ailments, especially on the lower vertebrae should not attempt this pose.
4. Those with hernia, intestinal ulcers and other diseases of the small and large intestine should practice this pose under expert guidance and advice.

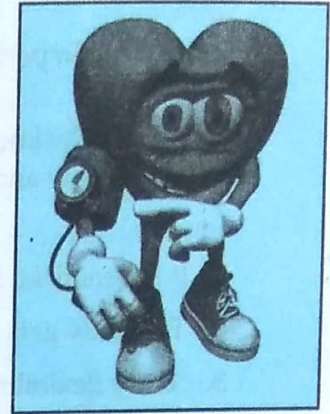
7. Paschimottanasana:

Procedure: This asana is not performed by asthma patients.

3.5**HYPERTENSION**

As hypertension is commonly known as high blood pressure, *i.e.* blood pressure is higher than 140 over 90 mmHg, which is consider being the normal blood pressure. Blood pressure is the force exerted

by the blood against the walls of blood vessels, and this force depends on the blood released from the heart and the opposing force of the blood vessels. Blood pressure does vary throughout the day, lowering during sleep and rising on awakening. It also rises in response to excitement, anxiety and physical activity. Having high blood pressure for a short amount of time is a normal physiological response to much situations. Physical inactivity, salt-rich diet associated with processed and fatty foods, and alcohol and tobacco use are common reasons of high blood pressure. Apart from these, continuous stress and anxiety are contributing factors.



Yoga is the perfect solution to manage and control blood pressure. Only yoga provides complete relaxation to the body, mind and soul. Yoga gives excellent benefits for those suffering from low blood pressure as well as high blood pressure. Regular practice of yoga reduces blood pressure to the tune of 10 to 15 mm Hg. Yoga can reduce weight which in turn reduces blood pressure. Regular yoga performers are less likely to suffer from hypertension than their age and sex matched counterparts.

Some of the best yoga exercises are given below, which directly helps to reduce the blood pressure is:

1. Tadasana:

Procedure: To perform this asana, stand erect, and place legs slightly apart, with hands hanging alongside the body. Make the thigh muscles firm. Lift kneecaps while ensuring not to harden the lower part of belly. Strengthen the inner arches of inner ankles when lifting them. Gently turn upper thighs inward. Elongate the tailbone such that it is towards the floor. Lift the pubis such that it is closer to the navel. Look slightly upward. Now breathe in and stretch shoulders, arms, and chest upwards. Raise heels, making sure the body weight rests on the toes. Feel the stretch in the body right from the feet to the head. Hold the pose for a few seconds. Then, exhale and release.



Tada Asana

Benefits:

1. This asana helps improve body posture.
2. With regular practice of this asana, knees, thighs, and ankles become stronger.
3. Buttocks and abdomen get toned.
4. This asana reduces flat feet.
6. It also makes spine more agile.
7. It is an excellent asana for those who want to increase their height in their formative years.
8. It also helps improve balance.
9. Digestive, nervous, and respiratory systems are regulated.

Contraindications:

It is best to avoid this asana if you have the following problems:

1. Headaches
2. Sleeplessness
3. Low blood pressure

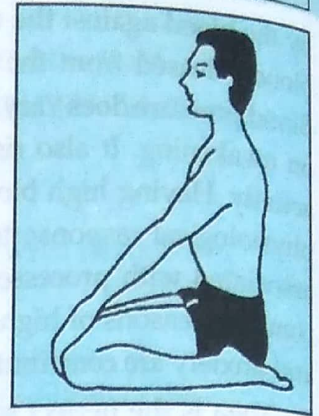
2. Vajrasana:

Procedure: To perform this asana, stretch the legs straight. Place palms on the thighs.

Slowly fold the knee and keep the back straight. In this process, keep the breathing slow and constant.

Benefits:

1. It is beneficial in weight loss as the fats burn when doing this pose.
2. The body gets toned.
3. Body flexibility increases due to regular performing of this pose.



Vajrasana

Contraindications:

1. A person suffering from joint pain should avoid this asana.
2. People who have any spinal column ailments, especially on the lower vertebrae should not attempt this pose.
3. Those with hernia, intestinal ulcers and other diseases of the small and large intestine should practice this pose under expert guidance and advice.

3. Pavan muktasana:

Procedure: To perform this asana, lie flat on back and keep the legs straight and relax. Breathe deeply and rhythmically. Inhale slowly and lift the legs and bend the knee. Bring upwards to the chest till thigh touches the stomach. Hug knees in place and lock fingers. Now try to touch the knee with the nose tip. This may be difficult at the beginning but with practice, it is possible. Hold this position for 20 to 30 seconds. It can be extended to 1 minute as per the capacity. Now exhale slowly and come back to the original position.



Pavan Muktasana

Benefits:

1. This asana cures acidity problems, indigestion and constipation.
2. It is very good for the abdominal organs.
3. Regular practice of this asana cures gastric problems.
4. This asana is very helpful for people suffering from arthritis pain, heart problems, waist pain and acidity.
5. This asana gives flat stomach. So everyone can practice this asana for flat stomach.
6. This asana strengthens the digestive system, purifies impure air, and helps in diabetes, high blood pressure.

Contraindications:

1. People who have undergone an operation on belly or suffering from hernia and piles, etc. should perform this asana after consulting some yoga expert.
2. Pregnant women should not practice this asana.

4. Ardha chakrasana:

Procedure: To perform this asana, start with the trikonasana on right. Place left hand on the left hip. Then, as inhale, bend right knee, and move the same foot about 12 inches forward. While doing this, move right hand forward and place it beyond the toes of right foot. Exhale, and move right hand to the floor. Press it down. Then, straighten the right leg. As doing that, lift the left leg

off the floor. Make sure that it is parallel to the floor. Find balance, and keep the left leg strong. Just make sure not to lock the right knee. The knee cap must be straight and not aligned inwards. Twist upper torso towards left, and move left hip slightly forward. Place left hand on left hip. Place head in a neutral position. Place body weight on the leg. Lower hand must be pressed to the waist so that it helps maintain balance.

Benefits:

1. Practicing this asana helps to make the thighs, ankles, buttocks, abdomen, and spine stronger.
2. This asana also gives the chest, shoulders, spine a good stretch.
3. This asana also helps in balance and focus and gives a sense of better coordination.
4. It acts as a stress reliever.
5. It improves digestion as well.
6. It also relieves menstrual disorders and pain in the legs.
7. The pose helps ease lower back problems.

Contraindications:

These are some points of caution you must keep in mind before you do this asana.

1. People with neck problems must continue looking straight, keeping their neck long. Do not look upwards.
2. Avoid doing this asana if you have the following problems:
 - (a) Migraines and headaches
 - (b) Low blood pressure
 - (c) Diarrhea
 - (d) Insomnia

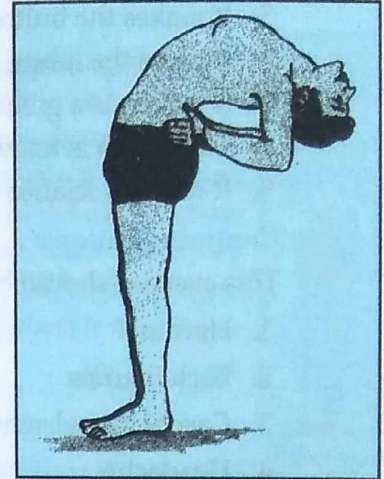
5. Bhujangasana:

Procedure: To perform this asana, lie flat on stomach. Place hands on the side and ensure that toes should touch each other. Move hands to the front, making sure that they are at the shoulder level, and place palms on the floor. Now, placing body's weight on palms, inhale and raise head and trunk. Note that arms should be bent at elbows at this stage. Arch the neck backward in an attempt to replicate the cobra with the raised hood. But make sure shoulder blades are firm, and shoulders are away from ears. Press hips, thighs, and feet to the floor. Hold the asana for about 15 to 30 seconds while breathing normally.

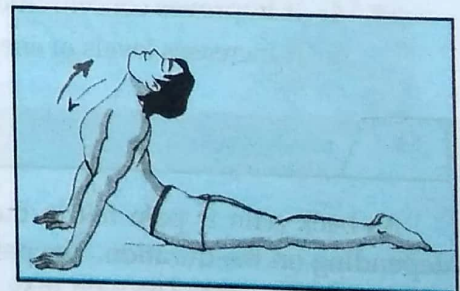
Feel stomach pressed against the floor. To release the pose, slowly bring hands back to the sides. Rest head on the ground by bending forehead in contact with the floor. Place hands under head. Then, slowly rest head on one side and breathe.

Benefits:

1. It is a deep backbend that makes the spine stronger and more flexible.
2. It also tones up the organs that lie in the lower abdomen.
3. It stimulates the digestive, reproductive, and urinary systems.
4. It helps regulate metabolism, thus balancing the weight.



Chakrasana



Bhujangasana

5. It makes the buttocks firm.
6. It gives the lungs, shoulders, chest, and abdomen a good stretch.
7. It works as a great stress release.
8. This asana is known to open up the lungs and the heart.
9. It relieves sciatica and asthma.

Contraindications:

This exercise should be avoided if you suffer from the following problems:

1. Hernia
 2. Back injuries
 3. Carpal tunnel syndrome
 4. Headache
 5. Pregnancy
 6. Recent abdominal surgeries
6. **Shavasana:**

Procedure: To perform this asana, lie flat on the floor, ensuring that there will be no disturbance for the duration of the pose. Don't use any pillows or cushions. It will be best if it lies on a hard surface. Close eyes. Place legs such that they are comfortably apart. Make sure that the legs relax completely and toes are facing sideward. Arms must be placed along the body and slightly apart, leaving the palms open and facing upwards. Do not fall asleep in the process. Breathe slowly, yet deeply turnings .



Shavasana

Benefits:

1. Shavasana Brings the body to a meditative state
2. It Relaxes and calms the body
3. It Reduces blood pressure and anxiety
4. It Improves concentration and memory
5. It Increases levels of energy.

3.6

BACK PAIN

As back pain is pain felt in the back. Episodes of back pain may be acute, sub-acute, or chronic depending on the duration. The pain may be characterized as a dull ache, shooting or piercing pain, or a burning sensation. The pain may radiate into the arms and hands as well as the legs or feet, and may cause weakness or numbness in the legs and arms.

Although no one treatment works for everyone, many aspects of yoga make it ideal for treating back pain. Yoga makes significant gains in strength, flexibility, and endurance, which is a basic goal of most rehabilitation programs for back pain. In addition, the breathing and meditation aspects of yoga induce a "relaxation response" that helps assist people in decreasing their pain. Yoga helps in the treatment of depression and anxiety that often cause pain problems.

Some of the best yoga exercises are given below, which directly helps reduce the back pain is:

1. **Tadasana:**

Procedure: To perform this asana, stand erect, and place legs slightly apart, with hands hanging alongside the body. Make the thigh muscles firm. Lift kneecaps while ensuring not to harden the lower part of belly. Strengthen the inner arches of inner ankles when lifting them. Gently turn upper thighs inward. Elongate the tailbone such that it is towards the floor. Lift the pubis such that it is closer to the navel. Look slightly upward. Now breathe in and stretch shoulders, arms, and chest upwards. Raise heels, making sure the body rests is on the toes. Feel the stretch in the body right from the feet to the head. Hold the pose for a few seconds. Then, exhale and release.



Tada Asana

Benefits:

1. This asana helps improve body posture.
2. With regular practice of this asana, knees, thighs, and ankles become stronger.
3. Buttocks and abdomen get toned.
4. This asana reduces flat feet.
5. It also makes spine more agile.
6. It is an excellent asana for those who want to increase their height in their formative years.
7. It also helps improve balance.
8. Digestive, nervous, and respiratory systems are regulated.

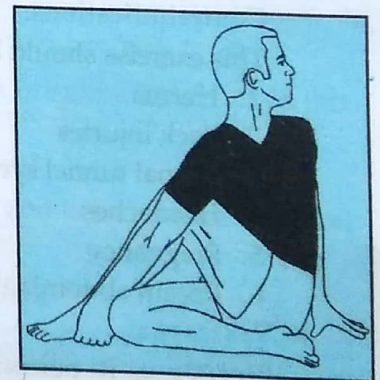
Contraindications:

It is best to avoid this asana if you have the following problems:

1. Headaches
2. Sleeplessness
3. Low blood pressure

2. **Ardh matsyendrasana:**

Procedure: To perform this asana, kneel down with the legs together, resting on the heels. Then sit on the right foot. Lift the left leg over the right one, placing the foot against the outside of the right knee. Bring the right heel close to the buttocks. Keep the spine erect. Stretch the arms out to the sides at shoulder level, and twist around to the left. Now bring the right arm down on the outside of the left knee and hold the left foot in the right hand, placing the left hand on the floor. Exhaling and twist as far as possible.



Aradh Matsyendrasana

Benefits:

1. This asana is specifically designed to increase the capacity of lungs so that it can inhale and hold more oxygen.
2. It also loosens up the spine.
3. It relieves from backache and discomforts in the back.

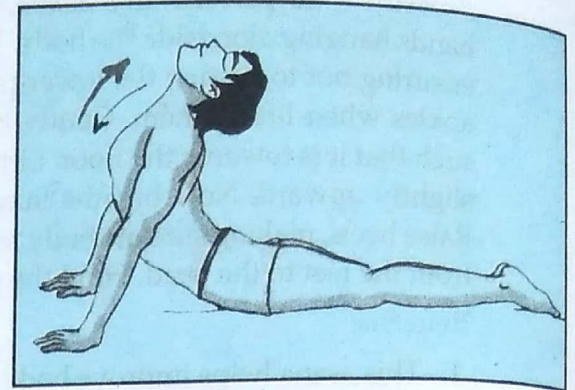
Contraindications:

1. It should be avoided during pregnancy and menstruation due to the strong twist in the abdomen.
2. People with heart, abdominal or brain surgeries should not practice this asana.
3. Care should be taken by those who are suffering from peptic ulcer or hernia.
4. Those with severe spinal problems should avoid and those with mild slipped disc can benefit from this asana but in severe cases it must be avoided.

Handwritten notes:
 1. Tadasana
 2. Ardh Matsyendrasana
 3. Benefits
 4. Contraindications

3. Bhujangasana:

Procedure: To perform this asana, lie flat on stomach. Place hands on the side and ensure that toes should touch each other. Move hands to the front, making sure that they are at the shoulder level, and place palms on the floor. Now, placing body's weight on palms, inhale and raise head and trunk. Note that arms should be bent at elbows at this stage. Arch the neck backward in an attempt to replicate the cobra with the raised hood. But make sure shoulder blades are firm, and shoulders are away from ears. Press hips, thighs, and feet to the floor. Hold the asana for about 15 to 30 seconds while breathing normally. Feel stomach pressed against the floor. To release the pose, slowly bring hands back to the sides. Rest head on the ground by bending forehead in contact with the floor. Place hands under head. Then, slowly rest head on one side and breathe.



Bhujangasana

Benefits:

1. It is a deep backbend that makes the spine stronger and more flexible.
2. It also tones up the organs that lie in the lower abdomen.
3. It stimulates the digestive, reproductive, and urinary systems.
4. It helps regulate metabolism, thus balancing the weight.
5. It makes the buttocks firm.
6. It gives the lungs, shoulders, chest, and abdomen a good stretch.
7. It works as a great stress release.
8. This asana is known to open up the lungs and the heart.
9. It relieves sciatica and asthma.

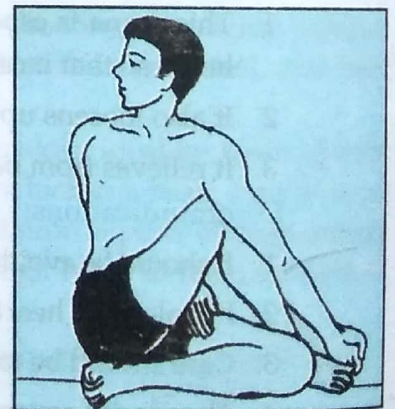
Contraindications:

This exercise should be avoided if you suffer from the following problems:

1. Hernia
2. Back injuries
3. Carpal tunnel syndrome
4. Headaches
5. Pregnancy
6. Recent abdominal surgeries

4. Vakrasana:

Procedure: To perform this asana, sit erect and stretch the legs in front together. Hands should be by the side, palm resting on the ground, fingers together pointing forward. Now slowly fold left leg at the knee and place the sole on the ground near the knee of right leg. The knee of the left leg should make 90 degrees angle straight towards sky. Now take left hand towards back, place the palm on the ground straight from the spine. Fingers should be together points backward. Now place the right hand towards the other side of the left knee. If the legs are stretched towards east then fingers of the hand will point towards north. Twist the head back towards backside and try to look back. While returning to the original position, first bring the head towards original position. Now take the right hand



Vakrasana

to its original position and then bring the left hand from the back and place it by the side of the body. Slowly stretch out the folded leg and sit erect as in first position. Practice the asana in the same way with the other leg. This makes one round of vakrasana.

Benefits:

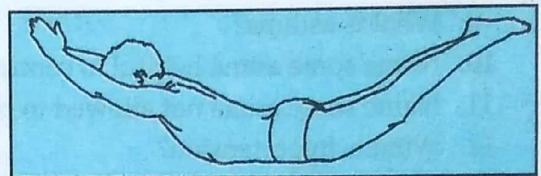
1. This asana gives a good stretch to your body, spine, legs and hands.
2. It keeps you away from minor backache problems.
3. It keeps you away from neck problems as well.
4. It increases your lungs' capacity and improves your digestive system as well.

Contraindications:

1. Avoid this asana if you are suffering from severe back pain.
2. This asana is also not recommended for people suffering from ulcer and hernia.

5. Shalabhasana:

Procedure: To perform this asana, lie on abdomen on the ground and place hands by the side. As inhaling, lift legs and upper torso. Using inner thighs, lift leg upwards without bending the knees. Weight should rest on lower ribs and abdomen. Hold the pose for a minute and then release.



Shalabhasana

Benefits:

1. This pose invigorates the entire body, stimulates the internal organs, as well as enhances the circulation of blood.
2. This asana helps regulate the acid-base balance in the body.
3. The arms, thighs, shoulders, legs, calf muscles, and hips are strengthened through this asana.
4. The back is also toned and strengthened. This asana also encourages a healthy posture.
5. It regulates metabolism and helps you lose weight.
6. It also helps reduce stress and tension.

Contraindications:

1. If experiencing a headache or a migraine, or suffering from a neck or spinal injury, avoid this exercise.
2. Pregnant women also must avoid this asana at all costs.
3. In case of a neck injury, one must ensure look down at the floor and keep head in a neutral position. One could also support head on a folded blanket.

Table showing asanas for different medical conditions

| Obesity | Diabetes | Asthma | Hypertension | Back pain |
|--------------------|--------------------|----------------|----------------|--------------------|
| Vajrasana | Paschimottanasana | Gomukhasana | Vajrashana | Vakrasana |
| Trikonasana | Bhujangasana | Bhujangasana | Bhujangasana | Bhujangasana |
| Ardhmatsyandrasana | Ardhmatsyandrasana | Parvatasana | Shavasana | Ardhmatsyandrasana |
| Hasasana | Pawanmuktasana | Sukhasana | Pawanmuktasana | Shalabhasana |
| | | Chakrasana | Tadasana | Tadasana |
| | | Matsyendrasana | Ardhchakrasana | |

VTAM

PBAP

WBPSM

VBSPTA

VBAST