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### 3.0 Unit Overview and Description

#### Overview

This unit will provide the students information about the importance of yoga in cosmetology & holistic health.

#### Knowledge and Skill Outcomes:

This unit will impart following

- Study of Ashtang Yoga
- Sukshma Vyayama
- Basic Asanas and Posture

#### Duration

**Total Hours:**    *Theory* - 30 hrs (30 Periods)

*Practical* - 30 hrs (30 periods)

#### Resource Material

- Yogic Sukshma Vyayama– DhirendraBrahamchari
- Asana Pranayama Mudra Bandha– Swami SatyanandaSaraswati
- [www.wikipedia.com](http://www.wikipedia.com)
- Yoga education for Children– Swami SatyanandaSaraswati

### Learning Outcomes : Unit III : Yoga and Body Care

<b>3.1 Evolution of Yoga</b>	<b>Students will be able to understand</b>
	<ul style="list-style-type: none"> <li>• Definition of Ashtang Yoga</li> <li>• Eight stages of Ashtang Yoga</li> <li>• Details study of Yama, Niyama, Asanas, Pranayama, Pratyahara, Dharana, Dhyana,</li> </ul>
<b>3.2 Yogic Sukshma Vyayama</b>	<b>Students will be able to understand</b>
	<ul style="list-style-type: none"> <li>• Various exercises starting from (1-48)</li> <li>• Exercise starting from head to toe step by step</li> <li>• Explanation of posture and exercise</li> <li>• Benefits of each Sukshma Vyayama</li> </ul>
<b>3.3 Basic Asanas</b>	<b>Students will be able to understand</b>
	<ul style="list-style-type: none"> <li>• Posture &amp; meaning of Asanas</li> <li>• Exercise</li> <li>• Benefits</li> </ul>
<b>3.4 Posture</b>	<b>Students will be able to understand</b>
	<ul style="list-style-type: none"> <li>• Kinds of posture</li> <li>• Details study of sitting, standing and walking posture</li> <li>• Wrong and correct posture</li> </ul>

### Assessment Plan for Teachers

<b>Unit-3</b>	<b>Topic</b>	<b>Assessment Method</b>	<b>Remarks</b>
<b>3.1</b>	<b>Evolution of Yoga</b>	Exercise : Question and Answer	
<b>3.2</b>	<b>Yogic Sukshma Vyayama</b>	Practical, Demonstration and Practice	Visit to Yoga Ashrams.
<b>3.3</b>	<b>Basic Asanas</b>	Practical, Demonstration and Practice	Visit to Yoga Ashrams.
<b>3.4</b>	<b>Posture</b>	Practical, Demonstration and Practice	

### 3.1 Evolution of Yoga

Yoga means “union” or unity of two entities. Here it means the union of self with God. It has been developed and practiced for thousands of years by our Sages and this is now well known all over the world as a part of Indian Culture. It was first presented in a formal and systematic written work by Great Patanjali. The term Yoga was defined by sage Patanjali as “Chitta-Vriti-Nirodh”, which means as: Mind – its Fluctuations – and Control. The word 'Yoga' is derived from the Sanskrit root 'yuj' which means to join, to direct and concentrate the attention in order to use it for meditation. It is the communion of the human soul with Divinity. It provides us physical, mental, and spiritual well-being with a long life.

#### PATH & PRINCIPLES OF YOGA

##### ASHTANGYOGA

There are different ways to reach a desired common destination. In Yogic discipline, there are four paths in an order of Yoga-Karma, Raja, Bhakti, and Jnana- all leading to the same centre of consciousness, Patanjali evolved eight stages on the path of Yoga which leads the individual from ignorance to knowledge, from darkness to light and from death to immortality.

- ❖ Yama
- ❖ Niyama
- ❖ Asanas
- ❖ Pranayama
- ❖ Pratyahara
- ❖ Dharana
- ❖ Dhyana
- ❖ Samadhi

##### YAMA

It is collectively the names of universal moral commandments. These are non-violence (ahimsa- giving no trouble to any living being), truth (satya- Never tell lie), non-stealing (asteya- never steal), continence (brahmacharya- discipline of sexual arousal) non-covetousness (parigraha- never collect excess money)

##### NIYAMA

Niyama are the rules self-purification, purity (saucha- cleaning internally and externally), contentment (santosa- satisfaction of individual's result of deeds), austerity (tapas- discipline the body and to endure hardship & adversity), study of the scriptures (svadhyaya- educating by searching for truth and self-realization), surrender (Isvara Pranidhana- surrender of all our actions to the lords and abiding entirely in His will).

## ASANAS

Asanas purify the body and mind and have preventive and curative effects. They are innumerable, catering to the various needs of the muscular, digestive, circulatory, glandular, nervous and other systems of the body. By practicing asanas, the individual physical disabilities and mental distractions vanish and the gates of the spirit are opened. It is said that there are eighty-four lakh kinds of asanas. It is accepted that animate beings, according to their deeds, have to be placed in eighty-four lakh classes of births. Perhaps the asanas have been named according to these forms and habits.

## PRANAYAMA

Pranayama is a conscious prolongation of inhalation, retention and exhalation. Inhalation is a act of receiving the primeval energy in the form of breath and retention is the act to savor the energy. In exhalation, all thoughts and emotions are emptied with breath.

## PRATYAHARA

This is a discipline to bring the mind and senses under control. The mind plays a dual role. On one hand it seeks to gratify the senses, and on the other, to unite with the Self. Pratyahara quietens the senses and draws them inwards, leading the aspirant to the Divine.

## DHARANA

Dharana is concentration on a single point, or total attention on what one is doing, the mind remaining unmoved and unruffled. It stimulates the inner awareness to integrate the ever-flowing intelligence, and releases all tensions. When it continues for a long time, it becomes meditation (dhyana), an indescribable state that has to be experienced to be understood.

## DHYANA

When the state of dhyana is maintained for a long time without interruption it merges into Samadhi, where the individual loses his identity in the object of meditation.

## SAMADHI

In Samadhi, the individual loses consciousness of his body, breath, mind, intelligence and ego. He lives in infinite peace. In this state, his wisdom and purity, combined with simplicity and humility, shine forth. Not only, he is enlightened, but also he illumines all those who come to him in search of truth.

### Review Questions:

- Q.1. What do you understand by the term Yoga?
- Q.2. What are the eight limbs of Ashtang Yoga?
- Q.3. Who is the founder of Yoga?
- Q.4. Explain Yama's Vows?



### 3.2 Yogic Sukshma Vyayama

1. Uccarana-sthalatatha Visuddha-cakra-Suddhi (Clearing the Pharynx)
2. Yogic prarthana (Prayer)
3. Buddhi-tatha-Dhrti-Sakti-Vikasaka (Developing the Mind and Will-power)
4. Smarana-sakti- vikasaka (Developing the Memory)
5. Medha-sakti-vikasaka (Developing the Intellect)
6. Netra-sakti-vikasaka (Improving the Eye-sight)
7. Kapola- sakti-var dhaka (rejuvenating the Cheeks)
8. Karna- sakti-var dhaka (Improving the power of Hearing)
9. Griva-sakti-vikasaka (Strengthening the Neck) [1]
10. Griva-sakti-vikasaka (Strengthening the Neck) [2]
11. Griva-sakti-vikasaka (Strengthening the Neck) [3]
12. Skandhatatha Bahu-mula-sakti-vikasaka (Developing the strength of the Shoulder- blades and joints)
13. Bhuja-bandha-sakti-vikasaka (Strengthening the Upper arms)
14. Kaphoni- sakti-vikasaka (Strengthening the Elbow)
15. Bhuja-balli- sakti-vikasaka (Strengthening the Fore-arms)
16. Purna-bhujasakti-vikasaka ( Developing the Arms)
17. Mani-bandha-sakti-vikasaka ( Developing the Wrists)
18. Kara-prstha-sakti-vikasaka ( Developing the back of the Hands)
19. Kara-tala-sakti-vikasaka ( Developing the palms)
20. Anguli-mula-sakti-vikasaka ( Developing the Finger-joints)
21. Anguli-sakti-vikasaka (Strengthening the Fingers)
22. Vaksa-sthala-sakti-vikasaka ( Developing the Chest) [1]
23. Vaksa-sthala-sakti-vikasaka ( Developing the Chest) [2]
24. Udara- sakti-vikasaka (Developing the Abdominal muscles)-Ajagari[1]
25. Udara- sakti-vikasaka (Developing the Abdominal muscles) [2]
26. Udara- sakti-vikasaka (Developing the Abdominal muscles) [3]
27. Udara- sakti-vikasaka (Developing the Abdominal muscles) [4]
28. Udara- sakti-vikasaka (Developing the Abdominal muscles) [5]
29. Udara- sakti-vikasaka (Developing the Abdominal muscles) [6]
30. Udara- sakti-vikasaka (Developing the Abdominal muscles) [7]
31. Udara- sakti-vikasaka (Developing the Abdominal muscles) [8]
32. Udara- sakti-vikasaka (Developing the Abdominal muscles) [9]
33. Udara- sakti-vikasaka-Nauli (Developing the Abdominal muscles) [10]
34. Kati- sakti-vikasaka (Strengthening the Back) [1]
35. Kati- sakti-vikasaka (Strengthening the Back) [2]

36. Kati- sakti-vikasaka ( Developing the strength of the Back) [3]
37. Kati- sakti-vikasaka ( Developing the strength of the Back) [4]
38. Kati- sakti-vikasaka ( Developing the strength of the Back) [5]
39. Muladhara-cakra-suddhi (Toning up the Bowels)
40. Upasthatatha Svadhisthana-cakra-suddhi (Cleansing and toning up the Bowels)
41. Kundalini- sakti-vikasaka ( Developing the power of the Mystic coil)- (Kundalini)
42. Jangha- sakti-vikasaka ( Developing the Thighs) [1]
43. Jangha- sakti-vikasaka ( Developing the Thighs) [2]
44. Janu- sakti-vikasaka (Strengthening the Knees)
45. Pindali- sakti-vikasaka ( Developing the Calves)
46. Pada-mula- sakti-vikasaka ( Developing the strength of the Soles)
47. Gulpha-pada-prstha-pada-tala-sakti-vikasaka (Developing the strength of Ankles and the Feet)
48. Padanguli- sakti-vikasaka ( Developing the Toes)

### VISVA-KALYANKARTHAISA-PRARTHANA

He Parama-pita, He Visva-pita,  
 He Rastra-pita, He Jagadadhara  
 He Karunamaya, Dina-dayalo,  
 Purna-guro, He Aparampara,  
 He Paresa aba sigrakrpakari,  
 Hamendijyesuddhavicara,  
 Jisasejanatakesevakabana,  
 Natha Karen sukhamaya samsara.

### VISVA-KALYANKARTHANARE

Visvaka.....kalyana ho!!  
 Sabhi ..... Kartavya- Par dyanahon!!  
 Paraspara ..... prem ho !!!

### YOGIC SUKSHMA VYAYAMA

#### 1. UCCARANA-STHALA TATHA VISUDDHA-CAKRA-SUDDHI:

**Posture :** With your feet together and body erect, tilt your head slightly backward while keeping your eyes wide open and your mouth closed. The chin must be 2½” above the sterna notch (the cavity at the base of the throat) and held in to be in line with the eyes.

**Exercise :** Let your arms hang normally by the side. Concentrating on your vocal chords (larynx) inhale and exhale deeply and rapidly through the nose with the bellows effect.

**Benefits :** The rapidity and force of the breathing result in clearing, drying and ventilating the air passages. It clears the pharynx of phlegm. Lipping can be overcome and the voice becomes stronger and more resonant. The exercise is particularly beneficial to singers.



*Figure: Uccarana-Sthala Tatha Visuddha-Cakra-Suddhi*

## 2. PRARTHANA

**Posture :** With eyes closed, feet together, the body erect, fold your hands with the thumbs on the throat-cavity (sterna-notch) and the forearms pressed against the chest.

**Exercise :** Concentrate your mind on the Supreme Being. As soon as you have attained this mental state, relax the pressure of your forearms and palms. As long as you are unsuccessful in achieving this state of mental concentration, keep the forearms pressed against the chest.



*Figure: Prarthana*

**Benefits:-** It gives strength to triumph over worldly passions and improves concentration power.

### 3. BUDDHI-TATHA-DHRTI-SAKTI-VIKASAKA

**Posture :** With your feet together, the body erects and the mouth closed, tilt you head back as far as it will go and keep the eyes wide open.

**Exercise :** Concentrating on the crown of your head, in-hale and exhale rapidly and vigorously through the nose with the bellows



*Figure: Buddhi-Tatha-Dhrti-Sakti-Vikasaka*

**Benefits :** This exercise develops the mind and will power.

### 4. SMARANA-SAKTI-VIKASAKA

**Posture:** The same as in exercise No.3 but instead of tilting the head backward it has to be held in the normal position and the eye must focus on a spot 5 ft. front of the toes.

**Exercise:** Concentrate on the Brahma-randhra, which is the Yogic name for the area just under the anterior fontenellae and through the nose inhale and exhale vigorously. 5 times to begin with.

**Benefits:** This helps to improve mental fatigue and memory. It's useful for those whose work causes mental strain and nervous exhaustion.

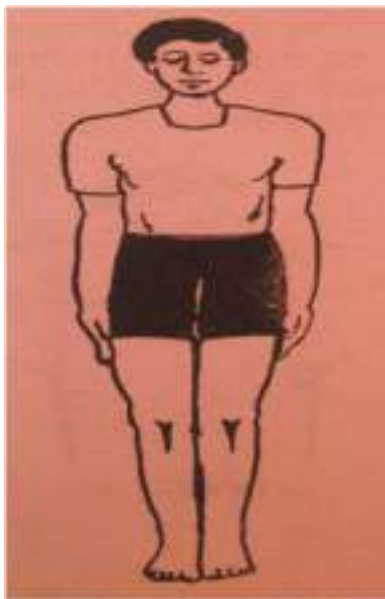


*Figure: Smarna-Sakti-Vikasaka*

## 5. MEDHA-SAKTI-VIKASAKA:

**Posture :** Close your eyes, keeping your feet together and your back erect. Your chin should be lowered to rest on the sternal notch.

**Exercise :** According to Yogic science, the centre of intellectual vigour is in the depression at the back of the neck. Concentrate on this with all the force you possess. Then start the bellows breathing exercise inhaling and exhaling with equal force. In the beginning 5 times.



*Figure: Medha-Sakti-Vikasaka*

**Benefits :** By doing the Jalandharabandha exercise which contracts the cavity of the throat, the nectar that drips from the thousand-petal-lotus is not burnt up in the digestive system, and by controlling the life-force, kindles the kundalini .

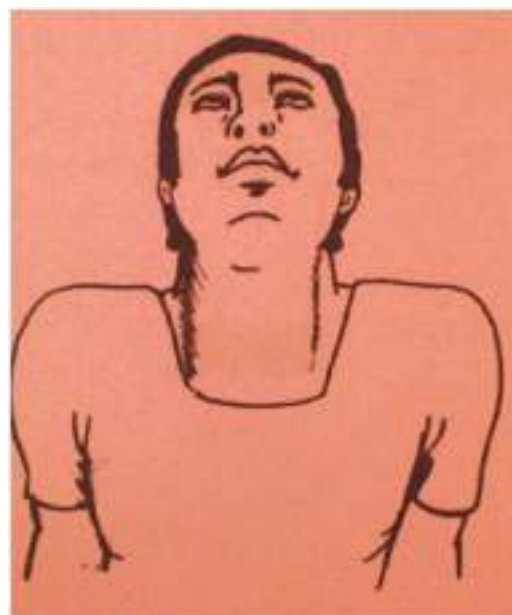
## 6. NETRA-SAKTI-VIKASAKA:

**Posture :** Stand with your feet close together, your back erect and your head tilted back as far as it will go.

**Exercise :** Concentrate with all your will, while looking at the spot between your two brows without blinking. The eyes must squint in doing so. When your eyes feel tired or start watering, discontinue the exercise and resume it after a short rest. For five minutes in the beginning.

**Benefits :** This exercise produces stimulation of the nasociliary plexus of the autonomic nervous system, as well as on the fibres of the nerves moving the eye-ball and internal structures of the eye. It improves the muscular power, balance and co-ordination of the various muscles that move the eye-ball.

“This trātaka exercise cures all the diseases of the eyes, and prevents drowsiness. One should keep this trātaka exercise secret like a well-guarded treasure.”



*Figure: Netra-Sakti-Vikasaka*

## 7. KAPOLA-SAKTI-VARDHAKA

**Posture :** With feet close together and standing erect, joint the tips of the fingers and close the nostrils with the two thumbs.

**Exercise :** Keeping the eyes open and pouting your lips ( in the shape of a crow's beak), suck in the air vigorously through the mouth with a sibilant sound and blow out your cheeks. Now close your eyes and with your chin resting against the cavity of your throat (sternal notch), hold your breath as long as you can. Let the neck return to the normal posture, open your eyes, and exhale through the nose slowly and effortlessly. In the beginning five times.

**Benefits :** The Kakimudra depends on aeration and oxygenation of the oral cavity. Since in normal breathing the mouth remains closed and fresh air does not enter it, germs multiply on teeth, gums etc., it must have a beneficial effect and many oral infections would be prevented and cured.



*Figure: Kapola-Sakti-Vardhaka*

It gives your cheeks a fresh bloom. The teeth become stronger. Pyorrhoea, caries and halitosis are cured. Sunken cheeks fill up gradually and once again look normal. Pimples, boils etc. disappear

## 8. KARNA-SAKTI-VARDHAKA :

**Posture :** With the feet close together, stand erect.

**Exercise :** Close your mouth, plug your ears with the thumbs and place your index fingers on your eyes which should be kept shut. Your middle and third fingers should encircle the mouth which should pout so as to resemble the beak of a crow. Now suck in the air, blowing out your cheeks and lower your chin to rest on the cavity of your throat. Hold the breath as long as possible. Then let your neck go back to the normal posture and while doing so open your eyes gradually and at the same time exhale through the nose.



*Figure: Karna-Sakti-Vardhaka*

Note that while holding the breath the cheeks should be kept fully puffed out.



**Benefits:-**The pressure inside the mouth forces air through the pharyngo-tympanic tube (eustachian tube) which connects the mouth cavity with the middle ear. The healthy functioning of this tube is essential for equalization of pressure inside and outside the ear. Without this the free vibrations of the ear drum cannot take place, which will result in defective hearing.

The Jalandhara bandha (bent neck) which forms part of the whole process ensures stimulation of the endocrine glands as well as the nervous components, both somatic and autonomous, situated in this region. This exercise will cure many ailments of the ear and also impaired hearing.

### 9. GRIVASAKTI-VIKASAKA (1)

**Posture :** Keeping your feet together, stand erect.

**Exercise '1':** Relaxing your neck, turn your head with a jerk first towards your right shoulder, then towards your left shoulder. In the beginning 10 times.

**Exercise '2' :** Standing erect, jerk your head first forward, then backward. When it goes back it should touch the nape of your neck. When it is forward your chin should touch the sternal notch. Keep breathing normally. 10 times to begin with.



Figure: GrivaSakti-Vikasaka (1)

### 10. GRIVASAKTI-VIKASAKA [2]

**Posture :** Keep your feet close together, your back straight, your mouth closed and your eyes wide open.

**Exercise :** Keep your chin in and rotate the head left to right and then right to left alternately. Breathe normally. Try to make your ear touch shoulder, taking particular care to avoid raising the shoulder. Five times to begin with.



Figure: GrivaSakti-Vikasaka (2)

## 11. GRIVA SAKTI-VIKASAKA [3]

**Posture :** Keeping your feet close together, stand straight.

**Exercise :** Inhale and exhale through the nose (“Bellows effect”) making the veins of your neck stand out. Blow out your stomach while inhaling, draw it in while exhaling. 25 times to begin with.



*Figure: Griva Sakti-Vikasaka (3)*

**Benefits :** These three exercises strengthen the neck and beautify it. Diseases peculiar to the throat, such as tonsillitis, laryngitis, pharyngitis etc. can be checked. The voice becomes resonant and speech defects such as lisping and stammering are completely removed. With perseverance, this exercise, in conjunction with a couple of others, yields marvelous results in cases of dumbness. Singers will derive great benefit from it.

## 12. SKANDHA TATHA BAHU-MULA- SAKTI-VIKASAKA

**Posture :** Feet close together, your back straight, your fingers clenched into fists with the thumbs tucked in.



*Figure: Skandha Tatha Bahu-Mula-Sakti-Vikasaka*

**Exercise :** With your mouth pouting and forming the shape of a crow's beak, such in air, blowing out your cheeks and hold your breath with your chin resting on the sternal notch. While holding your back straight move the



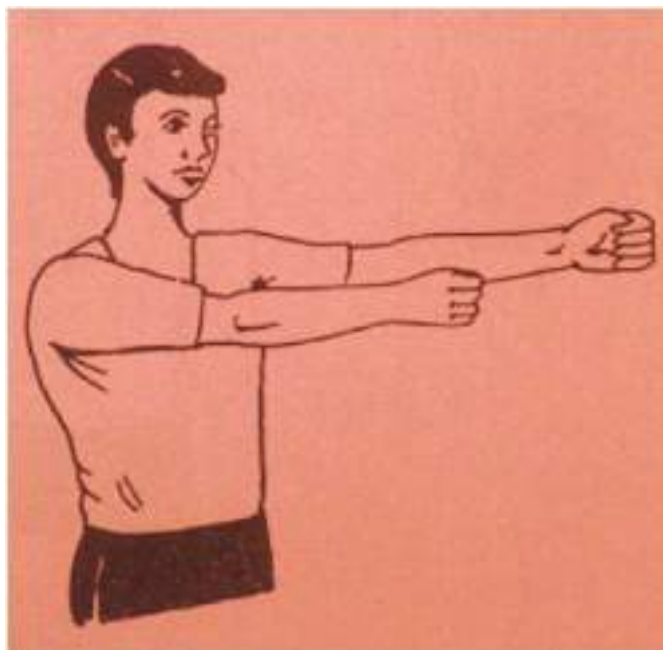
shoulders vigorously and stiffly up and down, in a pumping motion. The arms should be kept rigidly straight at the side. Assume the normal posture and straightening your neck, open your eyes and exhale gradually through the nose. Repeat the process five times to begin with.

**Benefits :** The bones, blood vessels, the muscles and the nerves in the shoulders are toned up.

### 13. BHUJA-BANDHA-SAKTI-VIKASAKA:

**Posture :** Keep your feet close together, your hands formed into fists with the thumbs tucked in. Bend the elbows and raise the forearms at an angle of 90°.

**Exercise :** Throw your arms vigorously forwards and backwards at shoulder level. The elbows must not go further back than the starting position. When pushed, the arms should be parallel to the ground. Breathe normally. In the beginning 25 times.



*Figure: Bhujangasana-Sakti-Vikasaka*

**Benefits :** Arms, which are under-developed with weak biceps, will develop good muscles. Heavy arms will become slender. The elbow-joints will receive unexpected strength; deformities of the arms and the shoulders will be cured. Constant practice of this exercise will make the arms like an elephant's trunk, and will be just as strong.

### 14. KAPHONI-SAKTI-VIKASAKA

**Posture:** Keeping the feet close together and standing straight, clench your fists with your thumbs tucked in the palms must come up to the level of the shoulders and then down straight. The elbows should remain stationary. The palms must not touch the shoulder when going up, nor touch the thighs when coming down.

**Exercise '1':** Raise your clenched fists forward to the level of the shoulders with a jerk, holding the upper arm stiff. Then bring them down, reverting to the original position. In the beginning 5 times.

**Posture 'B':** Keep your feet together, your body straight and your palms open and turned front with the fingers close together.

Exercise '2': Repeat the exercise '1' jerking your arms from the elbow up and down as before.

When doing this exercise, the palms must come up to the level of shoulders and then straight down. The elbows should remain stationary. The palms must not touch the shoulder when going up, nor touch thigh when coming down.

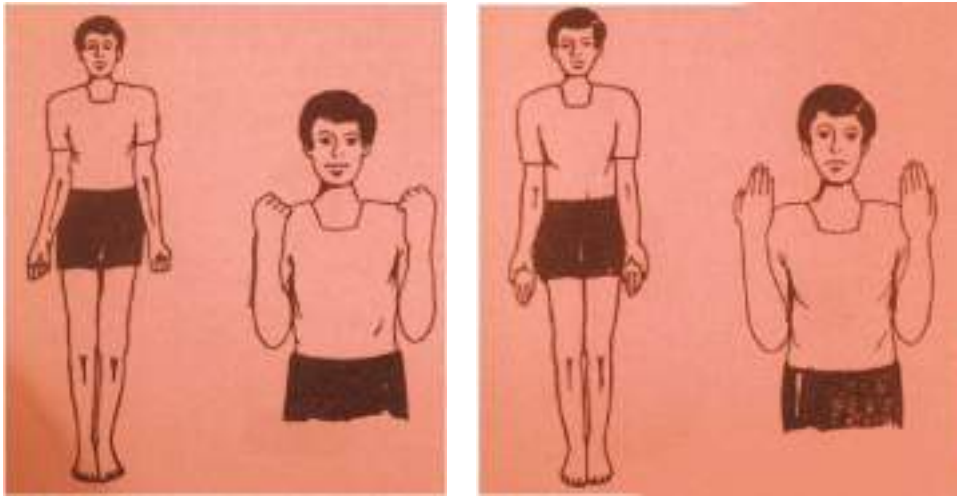


Figure: Kaphoni-Sakti-Vikasaka

**Benefits:-** This exercise cures malformation of the elbows and strengthens the joints. The circulation of blood in the arteries is accelerated bringing fresh strength to the entire length of the forearm beginning from the elbow. Constant practice gives women rounded forearms while those of men acquire strength.

## 15. BHUJA-VALLI-SAKTI-VIKASAKA

**Posture :** Feet together, the body straight, the arms by the sides.

**Exercise '1' :** Begin with your right arm. Let it hang relaxed; then raise it sideways above your head with the palm outward. Bring it down in the same manner. The arm must not touch the head when going up, or the thigh when coming down. Palms must be open, with the fingers together.

**Exercise '2' :** Repeat the exercise with your left arm.

**Exercise '3' :** Now bring both arms into action. Both should go up and come down together but the arms should not touch the head nor the hands touch each other.

**Benefits :** Regular practice gives great strength to the arms while improving their shape.



Figure: Bhuj-Valli-Sakti-Vikasaka

## 16. PURNA-BHUJA-SAKTI-VIKASAKA :

**Posture:** Keep the feet together, body erect, the hands clenched into fists with the thumbs tucked in.

**Exercise '1':** Inhaling through the nose and holding your breath, swing your right arm forward and backward in a circle as many times as you can. When you cannot hold your breath any longer stop with your arm bent at the elbow and breathe out forcefully while thrusting your arm forward at shoulder level.

**Exercise '2':** Repeat the exercise in reverse, swinging the arm backward and then forward.

**Exercise '3':** Now repeat the exercise with the left arm.

**Exercise '4':** Repeat the exercise with the left arm.

**Exercise '5':** With both hands clenched into fists, let both your arms describe a full upward circle, and exhale with a hissing sound.

**Exercise '6':** The same as exercise in reverse.

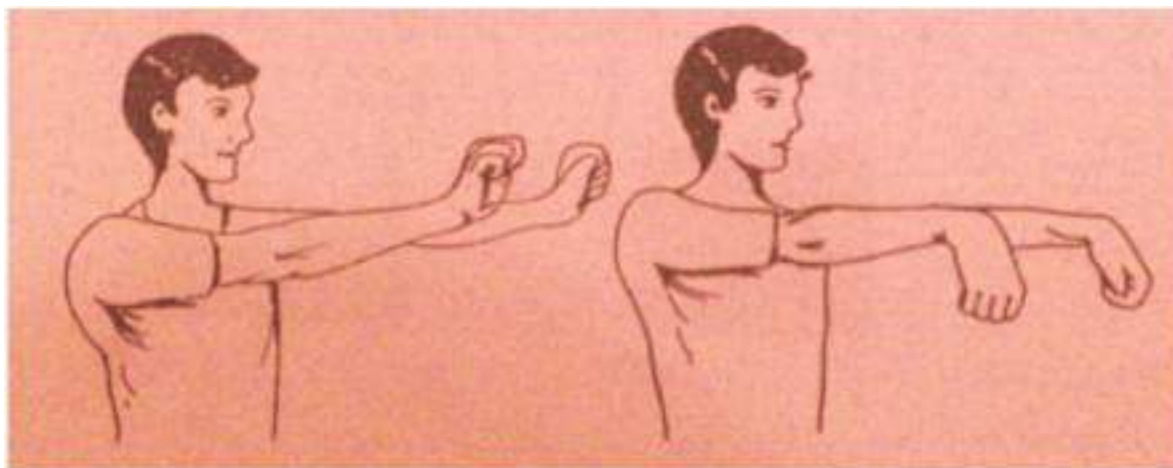


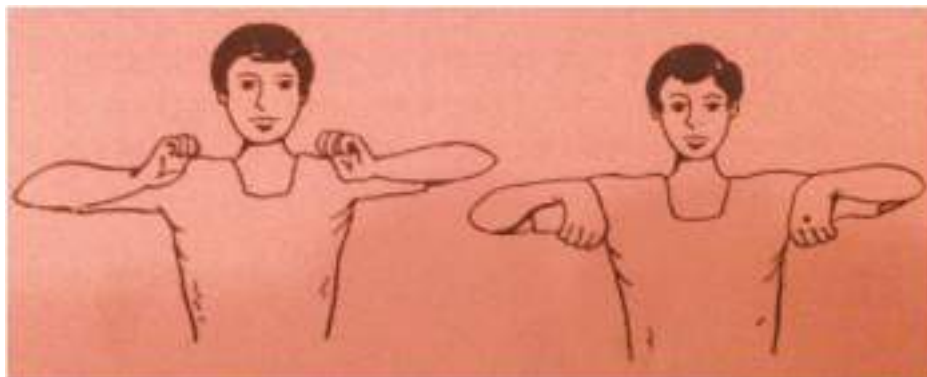
*Figure: Purna-Bhuja-Sakti-Vikasaka*

**Benefits :** This set of exercises tones up the nerves. The arms and hands become more shapely. The entire length of the arm becomes stronger.

## 17. MANI-BANDHA-SAKTI-VIKASAKA :

**Posture :** Stand with feet close together, with the body straight. Stretch out your two arms straight in front of you at shoulder level, keeping them parallel to the ground.





*Figure: Mani-Bandha-Sakti-Vikasaka*

**Exercise '1' :** With loosely clenched fists, let your wrists move the fists up and down with force. While bringing your first up and down, try to touch the forearm. The arms should be kept as stiff as possible. Five times to begin with.

**Exercise '2' :** Raise the arms, bent at the elbow, sideways to shoulder level. The wrists should be moved up and down as in exercise '1'. while doing so, the fists should try to touch the forearm. Five times to begin with.

### 18. KARA-PRSTHA-SAKTI

**Posture:** Keep feet together, the body straight, the arms stretched out in front, parallel to the ground, at shoulder level. Palms open and the fingers close together.

**Exercise '1' :** Move your wrists up and down as in exercise 17.

**Exercise '2' :** As in exercise '2' of No. 17, but with the arms folded at the elbows with palms open, fingers together.



*Figure: Kara-Prstha-Sakti*

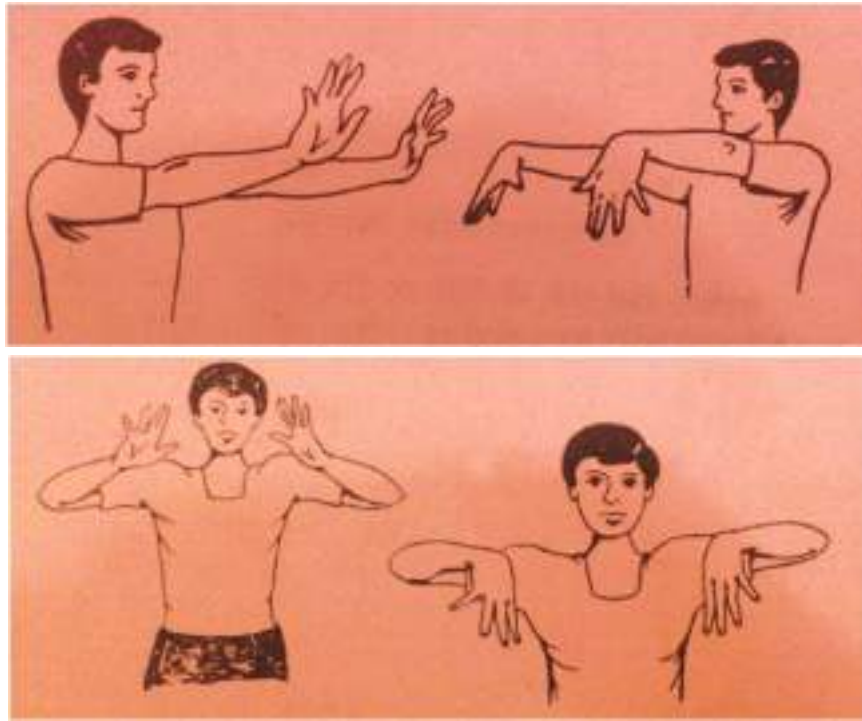
### 19. KARA-TALA-SAKTI-VIKASAKA

**Posture :** Keep your feet close together, the body straight. Stretch your arms forward, with the fingers spread out as far as possible. The arms should be kept parallel to the ground, at shoulder level.

**Exercise '1' :** From the wrists let your hands move up and own vigorously. While bringing the palms up and down the fingers must try to touch the arm.

**Exercise '2' :** With the same posture, raise your arms side-ways, bent at the elbows, keeping the fingers far apart from each other, and move the hands up and down as if the fingers were to touch the arm.





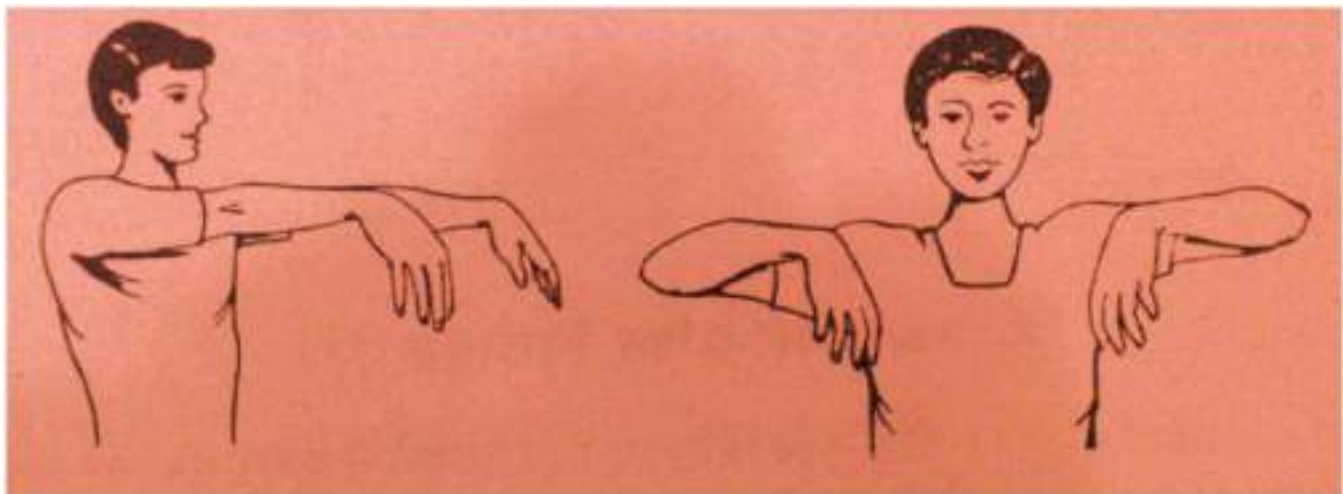
*Table : Kara-Tala-Sakti-Vikasaka*

## 20. ANGULI-MULA-SAKTI-VIKASAKA

**Posture :** With the feet together and the body relaxed, raise the arms forward, parallel to the ground, at shoulder level, the hands beyond the wrists should be relaxed and drooping.

**Exercise '1' :** While stiffening the entire arm, the hand alone must be relaxed. Hold for five minutes to begin with.

**Exercise '2' :** As at '1' but with the arms bent at the elbow. Do for five times to begin with.



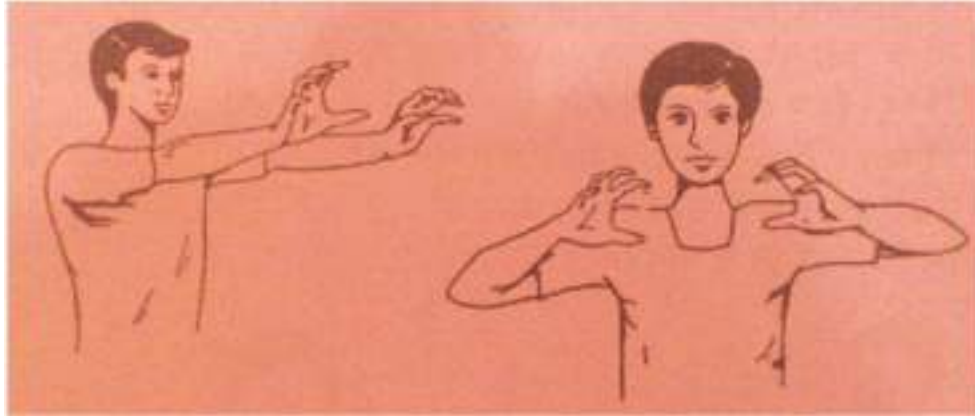
*Table : Anguli-Mula-Sakti-Vikasaka*

## 21. ANGULI-SAKTI-VIKASAKA (STRENGTHENING THE FINGERS)

**Posture :** Stand with the feet close together and the body erect. Throw out your arms in front, keeping them parallel to the ground at shoulder level.

**Exercise '1' :** Let your fingers form the shape of the hood of a cobra, taking particular care to stiffen the entire length of the arms from the shoulder-joints to finger-tips. The exercise will not be effective if enough force is not put into it to make the arms tremble. Five minutes to begin with.

**Exercise '2' :** Posture the same as for 'A'. Repeat the exercise '1', with the arms bent at the elbows. The fingers should be spread in the shape of a cobra's hood. Five minutes to begin with.



*Figure: Anguli-Sakti-Vikasaka*

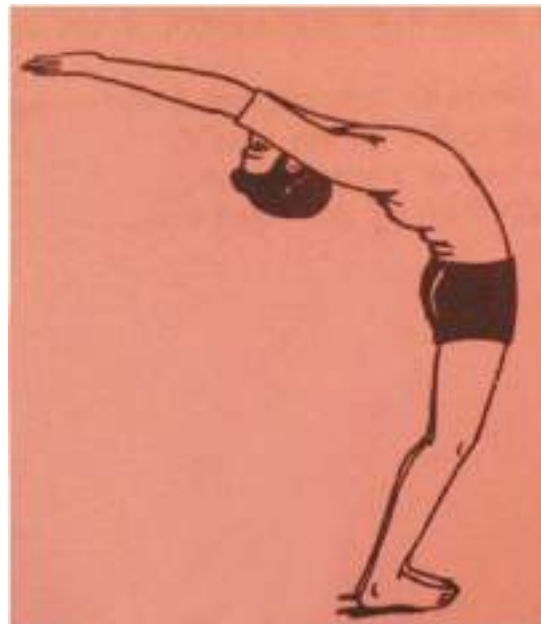
**Benefits :** All the five exercises from 17 to 21 give strength to the wrist, the knuckles, the palms and the fingers. They are also supposed to stimulate the action of the heart. Many minor ailments are cured and the condition of the heart improves. The exercises are specially recommended to writers, typists, those who play musical instruments, weavers, sculptors, etc.

## 22. VAKSA-STHALA-SAKTI-VIKASAKA [1]

**Posture :** Stand with the feet together, body erect. Arms by your side, palms turned backwards with the fingers together

**Exercise :** Swing back your arms, describing a semi-circle. While doing this, inhale through the nose and lean back as far as possible and remain in that position as long as you can. Exhale slowly while reverting to the original position. 5 times to begin with.

**Benefits :** This exercise is helpful in many chest diseases. The chest expands and becomes strong. Tuberculosis, asthma and chronic bronchitis can be effectively tackled with the help of this exercise. Persons suffering from weakness of the heart should do this exercise for five times every morning.



*Figure: Vaksha-Sthala-Sakti-Vikasaka (1)*

### 23. VAKSA-STHALA-SAKTI-VIKASAKA [2]

**Posture :** Stand with the feet together, body erect, arms by your side with palms of the hands turned inwards.

**Exercise :** While inhaling through the nose, bend backward from the waist as far as you can go. At the same time raise your arms behind you as high as you can. Maintaining this posture as long as you can, exhale slowly while resuming your original position. Five times to begin with.

**Benefits :** This exercise is helpful in many chest diseases. The chest expands and becomes strong. Tuberculosis, asthma and chronic bronchitis can be effectively tackled with the help of this exercise. Persons suffering from weakness of the heart should do this exercise for five times every morning. This exercise gives vitality and strength to the chest and back. The arms are also strengthened. Thin persons will find their protruding bones covered with healthy flesh. Regular practice of this exercise will keep the back straight throughout a man's life.



Figure: Vaksa-Sthala-Sakti-Vikasaka (2)

### 24. UDARA-SAKTI-VIKASAKA [1]

**Posture :** With the feet together, stand erect.

**Exercise :** Inhale through the nose slowly. While doing so, distend your abdomen as much as you can. After holding the breath in this posture, release it slowly and gradually, while drawing in the abdomen as much as you can, till it becomes hollow. This exercise is also known as 'Uddiyanabandha'. Practice this exercise repeatedly. Five times to begin with.



Figure: Udara-Sakti-Vikasaka (1)

## 25. UDARA-SAKTI-VIKASAKA [2]

**Posture :** Stand erect with your feet together and your neck raised as inch above the normal.

**Exercise :** Breathing quickly and deeply through the nose (Bellows effect) distend your abdomen, and while exhaling, contract it. 5 times to begin with.



Figure: Udara-Sakti-Vikasaka (2)

## 26. UDARA-SAKTI-VIKASAKA [3]

**Posture :** With your feet together, stand erect and bend spot four to five feet forward from your head as far as it can go.

**Exercise :** Breathe in and out quickly (Bellows effect) while distending and contracting the stomach. 5 times to begin with.



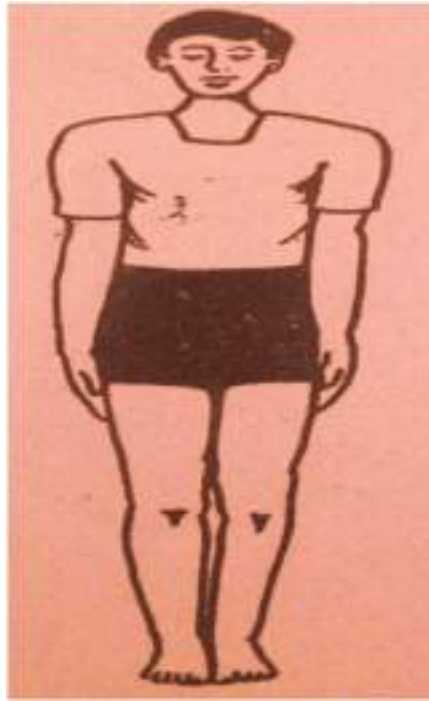
Figure: Udara-Sakti-Vikasaka (3)



**27. UDARA-SAKTI-VIKASAKA [4]**

**Posture :** Stand erect with your feet together. Look at a spot four to five feet forward from your toes.

**Exercise :** Inhale and exhale sharply (bellows effect) distending and contracting your abdomen. 5 times to begin with.



*Figure: Udara-Sakti-Vikasaka (4)*

**28. UDARA-SAKTI-VIKASAKA [5]**

**Posture :** Stand with your feet together and the body erect.

**Exercise :** Pouting your lips suck in the air, and at the same time lower your chin to touch the sterna notch. This exercise is also called Jalandharabandha. While holding the breath, close your eyes and puff out the cheeks. Exhale so gradually through the nose that there is no sound at all in doing so.



*Figure: Udara-Sakti-Vikasaka (5)*

If you have held your breath for a considerable time, take particular care not to blow it out violently. That would be harmful. 5 times to begin with.

### 29. UDARA-SAKTI-VIKASAKA [6]

**Posture :** With your feet close together, stand erect. Bend the upper part of your body forward at an angle of  $60^\circ$  and place your hands on your hips with the fingers at the back, thumbs front.



Figure: Udara-Sakti-Vikasaka (6)

**Exercise :** Inhale and exhale sharply through the nose (Bellows effect) taking care at the same time to distend and contract your abdomen. 5 times to begin with.

### 30. UDARA-SAKTI-VIKASAKA [7]

**Posture :** With your feet together, stand erect and hands on hips as in Exercise No. 29 then bend forward to an angle of  $90^\circ$ .

**Exercise :** Inhale and exhale sharply (Bellows effect). While inhaling, the abdomen must distend; while exhaling it must contract. 5 times to begin with.



Figure: Udara-Sakti-Vikasaka (7)

### 31. UDARA-SAKTI-VIKASAKA [8]

**Posture :** As in Exercise No. 29. With extending your back forward.



*Figure: Udara-Sakti-Vikasaka (8)*

**Exercise :** Breathe out through the nose and without breathing in distend and contract your abdomen in rapid succession. After you have held your breath to the fullest limit of your endurance, breathe in slowly. Then breathe out and distend and contract your abdomen again. Care should be taken to see that while you are busy exercising your abdomen, your breathing remains suspended. 5 times to begin with.

### 32. UDARA-SAKTI-VIKASAKA [9]

**Posture :** Do as in the Exercise No. 30.

**Exercise :** Do as in the Exercise No. 31. With extending your back forward.



*Figure: Udara-Sakti-Vikasaka (9)*

The entire operation of rapidly distending and contracting the abdomen with suspended breathing is to be treated as single exercises.

### 33. UDARA-SAKTI-VIKASAKA [10]

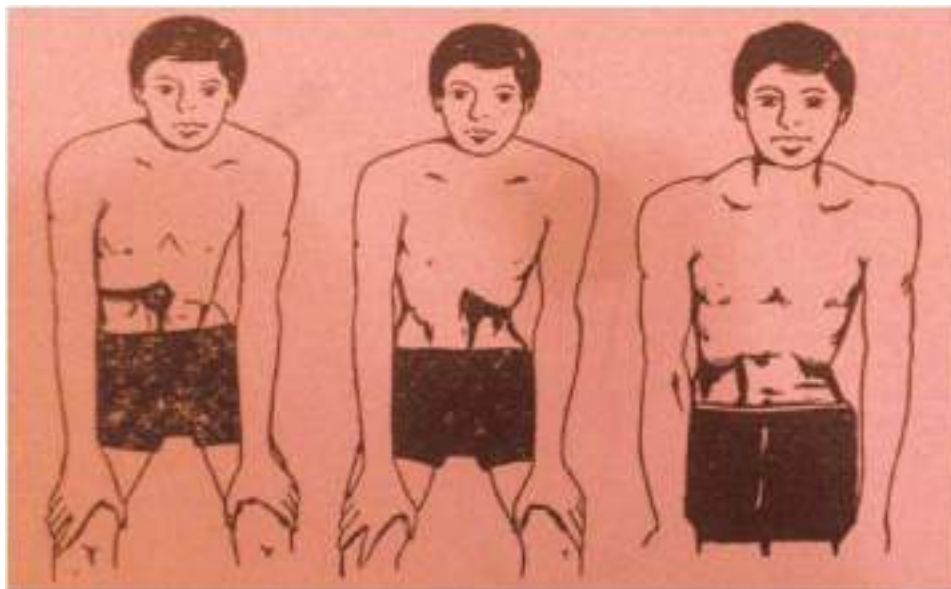
**Posture :** With feet two feet apart, place your hands on your knees and bend from the waist to form an angle of 90°.

**Exercise :** Exhale completely. Then contract your abdomen to the fullest extent. This is called the complete Uddaiyana. This done, stiffen the arms and allow the Nauli to stand out. Try to rotate it right and left, describing a circle. Five times to begin with. The Nauli is the recti abdominis which form the front linear wall of the abdominal cavity.

The exercises for the abdomen depend for their efficacy on three processes:-

1. Muscular contraction of the parietal abdominal muscles specially the rectus abdominis;
2. Stimulation of celiac and plexuses of the autonomic nervous system; and
3. Abdominal respiration.

**Benefits :** The Jalandharabandha and the Uddiyanabandha, both practiced in these abdominal exercises, are likely to result in the stimulation of the thyroid, parathyroid, adrenal and pancreas which should be a great overall benefit to the body.



*Figure: Udara-Sakti-Vikasaka (10)*

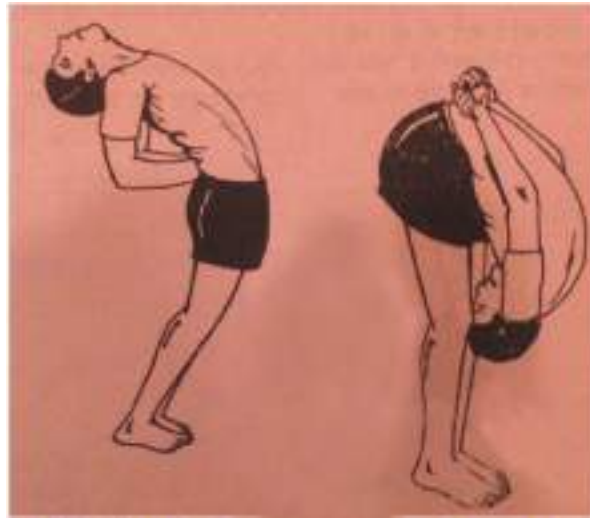
The participation of the abdomen in the respiratory processes allows fuller respiration. The continuous massage of the abdominal parieties on account of muscular action improves the circulation and also prevents accumulation of fat.

The simultaneous activity of the somatic nerve, supplying the muscles of the autonomic nervous system, provides a means for the co-ordinate activity of the voluntary and non-voluntary nervous systems.

### 34. KATI-SAKTI-VIKASAKA [1]

**Posture 'A' :** With your feet together, back straight, clench your right hand to form a fist with the thumb tucked in. Holding it behind your back place your left hand on the right wrist, both in contact with the back.

**Exercise'1' :** Breathe deeply through the nose while bending backward as far as you can. Maintain this posture for a few moments. Then, while exhaling, bend forward and try to touch your knees with your head. Repeat this operation several times. Five times to begin with.



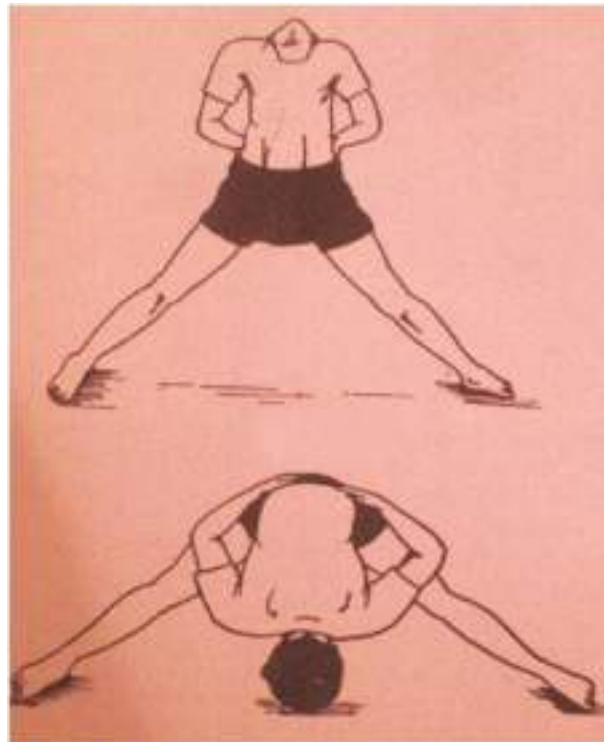
*Figure: Kati-Sakti-Vikasaka (1)*

**Posture 'B' :** As above except that the left hand should be formed into a fist with the right hand on the left wrist.

**Exercise'2' :** As in Exercise '1'.

### 35. KATI-SAKTI-VIKASAKA [2]

**Posture :** With your legs stretched apart as far as possible, arms on hips, keeping the fingers to the rear, and the thumbs in front.



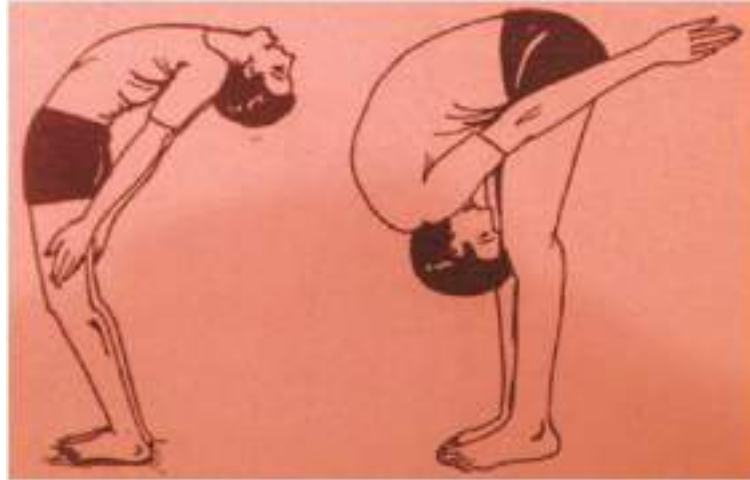
*Figure: Kati-Sakti-Vikasaka (2)*

**Exercise:** Inhaling, bend back from the waist as far as you can go. Maintain this posture for some time. Then, while bending forward to touch the ground with your head, exhale gradually. Five times to begin with.

### 36. KATI-SAKTI-VIKASAKA [3]

**Posture :** With your feet together, stand erect.

**Exercise :** Inhaling, bend back with a jerk as far as you can. Exhaling, bend forward with a jerk trying to touch your knees with your head. Take care that during this exercise your hands do not touch your thighs or your knees.



*Figure: Kati-Sakti-Vikasaka (1)*

### 37. KATI-SAKTI-VIKASAKA [4]

**Posture :** With your feet together, stand erect with your arms stretched out sideways.

**Exercise :** With your arms spread out, bend the trunk to your left, as far as you can and return slowly to the normal position. Then bend towards your right. Five times to begin with.



*Figure: Kati-Sakti-Vikasaka (4)*

While doing this exercise, particular care should be taken to see that your arms do not move up or down and that the trunk does not bend forward or backward. At the same time while bending to right or left you must stretch so that the hand touches the calf.

Repeat the exercise with your feet two feet apart. 5 time to begin with.



### 38. KATI-SAKTI-VIKASAKA [5]

**Posture :** Stand with your feet two feet apart.

**Exercise :** While inhaling quickly, swing the trunk and the outstretched arms to describe a semi-circle to the right and exhale. Repeat the process, this time exhaling with the trunk turned to the left. Repeat this operation ten times to begin with.



*Figure: Kati-Sakti-Vikasaka (5)*

**Benefits :** All the five exercises for the back make it supple and symmetrical. Regular practice removes all minor deformities of the back. Men and women under twenty-five can add to their height, while those between twenty-five and thirty will also find themselves taller than when they started. It is a boon for short persons. These exercises are specially good for strengthening the back.

### 39. MULADHARA-CAKRA-SUDDHI

**Posture :** Stand erect with feet together, the thighs pressed together and the neck relaxed.

**Exercise :** With the buttock pressed rigidly together contract the muscles of the rectum as if drawing in air through it. The breathing can be normal though, in fact, this exercises generally results in the suspension of breathing and the very violence of the effort makes the body tremble. Five minutes to begin with. Since this exercise is for the internal organs no illustration is possible.

Repeat the exercise with the feet separated by about 2-3 inches. Five minutes to begin with.

**Benefits :** “The inhalation of air through the rectum, Apana, results in locking it up and with the help of this Yogic device, Apana mixes with the vital air. This fusion results in the elimination of the products of the kidneys and the bowels, and slenderness replaces flabbiness.”

### 40. UPASTHA TATHA SVADHISTHANA-CAKRA-SUDDHI

**Posture :** Stand erect, keeping your feet at a distance of 1½ feet from each other.

**Exercise :** With buttocks rigid, contract and draw upward the muscles of the rectum and of the genital organs. Breathing would automatically be suspended and your feet, knees and thighs will begin to tremble. As this particular exercises draws upon your energy very heavily, special care should be taken in doing it correctly.

**Benefits :** This exercise helps to stimulate the pelvic centre, creates stimulation of the pelvic plexus of nerves. This results in stimulation of the hypo gastric plexus of nerves. From both these centers, the nerve supply goes to the lower part of the intestinal tract as well as to the pelvic viscera and the sphincters of the genitor urinary system as well as of the anus. These exercises cure all the irregularities of the bowels, and ailments like diabetes, piles and fistula can be alleviated. The beneficial result of these exercises is of a lasting nature. Seminal disorders like spermetorrhoea can be effectively controlled. Women can derive a great deal of benefit from a regular practice of these exercises which are helpful in cases of Leucorrhoea and ailments connected with the genital organs.

#### 41. KUNDALINI-SAKTI-VIKASAKA

**Posture :** Keeping a distance of two inches between your feet, stand erect.

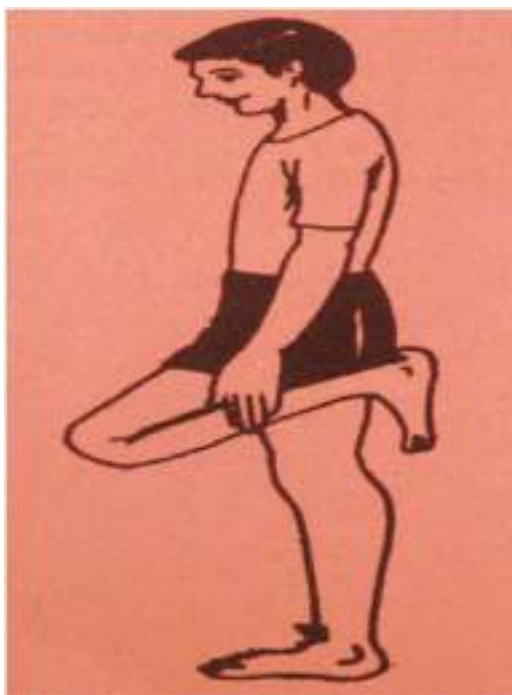
**Exercise :** Hit your heels on your buttocks one after the other, with force. Care should be taken to bring the foot down on the original spot from which it was raised. 10 times to begin with.

”In the upper region of the knot resides the coil endowed with immense power. This powerful coil is the cause of the bondage of the ignorant and the emancipation of the Yogi.”

**Benefits :** This operation kindles the forces of the “mystic-coil”.

The 'Kundalini' is a mysterious, abstract concept of Yoga, signifying the 'Grand Potential'. It has not been possible to explain it in terms of the known anatomical structures or physiological processes, although many theories and conjecture abound in literature. Even in spite of the great scientific, parapsychic and metaphysical interest aroused in this entity, it remains an enigma to modern medicine.

It is generally argued that the 'awakening' of this dormant 'potential' force results from the integration of the autonomous and voluntary nervous system.



*Figure: Kundalini-Sakti-Vikasaka*

It is difficult to explain how the exercise described here can result in this unique phenomenon except perhaps through the integration of the activity of the lower most of the autonomous nerve plexuses.



## 42. JANGHA-SAKTI-VIKASAKA [1]

**Posture :** Stand erect with your feet together.

**Exercise'1':** Inhale through the nose and at the same time throw up your arms while jumping up with your feet together and coming down on your toes with feet apart. While exhaling lower your arms, while jumping up and coming down on your toes with your feet together. Care should be taken to see that when coming down your arms do not touch your thighs, nor should your legs bend at the knees.



Figure: Jangha-Sakti-Vikasaka (1)

**Exercise'2':** The same as at '1' but the entire operation being in reverse. In the earlier exercise you inhaled when the arms were thrown up; in this one you should inhale when bringing them down, and exhale when throwing them up. 5 times to begin with.

## 43. JANGHA-SAKTI-VIKASAKA [2]

**Posture :** With the feet together, stand erect.

**Exercise'1':** Inhaling through the nose bend your knees gradually, with your arms held out before you, parallel to the ground. Stop when your thighs are parallel to the ground and try to maintain this position as long as you can. Take care to prevent the heels or the toes from rising from the ground. The knees must be together. Then begin to rise gradually, while exhaling.

**Posture 'B':** With your feet together, heels raised, body erect, spread your arms sideways, throwing your entire weight on the toes.

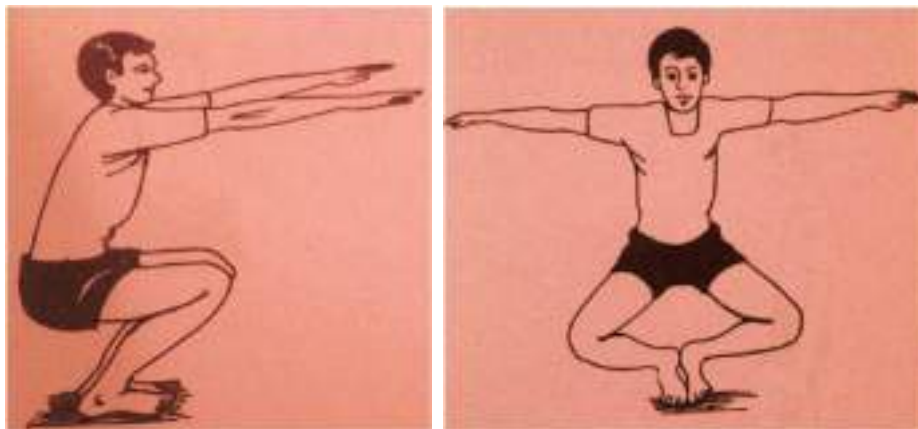


Figure: Jangha-Sakti-Vikasaka (2)

**Exercise'2' :** Breathing in and spreading your knees apart bend your knees but without sitting on your heels. While in this position, hold your breath as long as you can. While rising exhale slowly. Breathe normally to begin with, if it is difficult to hold your breath. Five times to begin with.

**Benefits :** These exercises develop the thighs and make them shapely. You can cover long distances without tiring. Thin limbs acquire healthy flesh, while flabby ones get rid of the superfluous flesh. Within a very short time benefits of a lasting nature are noticed.

#### 44. JANU-SAKTI-VIKASAKA

**Posture :** With the feet together, stand erect.

**Exercise :** Raise your foot forward with a jerk of the knee and then raise it backward and repeat while keeping the upper part of your body in the same erect position. After doing this exercise with one leg, repeat it with the other. When taking your leg back, the heel must touch the buttock. 5 times to begin with.



*Figure: Janu-Sakti-Vikasaka*

**Benefits :** This exercise is good for rheumatic condition of the knees as it improves the circulation of blood in the region.

#### 45. PINDALI-SAKTI-VIKASAKA

**Posture:** With the feet together, stand erect, your hands clenched into fists, your neck relaxed.



*Figure: Pindali-Sakti-Vikasaka*

**Exercise :** While inhaling through the nose, squat with your arms held out in front of you, keeping them parallel to the ground. Your feet should remain on the ground, with your knees closed. Go down as far as you can. Holding your breath, stand up while your arms describe one full circle.

**Benefits :** This exercise help to strengthen the calves muscles.

#### 46. PADA-MULA-SAKTI-VIKASAKA

**Posture :** Stand on your toes, body erect and relaxed.

**Exercise'1' :** Throwing the weight of your body on the toes, raise and lower your body in a spring like motion. The heels and toes should be together throughout. 25 times to begin with.

**Exercise'2' :** Balancing on the toes, jump up as high as you can, coming down on the toes. During this operation the toes should be used to maximum effect. Care should also be taken to maintain the original position of contact between the heels and the toes, and to bring them down on the spot from which you jumped. 5 times to begin with.



*Figure: Pada-Mula-Sakti-Vikasaka*

**Benefits :** This exercise gives the calves strength and symmetry, rheumatic conditions are cured. The calves become firm and the soles of the feet strong.

#### 47. GULPHA-PADA-PRSTHA-PADA-TALA-SAKTI-VIKASAKA

**Posture :** With the feet together, stand erect.

**Exercise :** Stretching forward one foot and holding it about 9 inches off the ground, describe a circle first from to left, then from left to right, with the ankle. Repeat with the other foot. 5 times to begin with.

**Benefits :** The exercise relieves rheumatism of the ankles and strengthens the toes and the feet.



*Figure: Gulpha-Pada-Prstha-Pada-Tala-Sakti-Vikasaka*

#### 48. PADANGULI-SAKTI-VIKASAKA

**Posture :** Stand with the feet together, body erect and relaxed, and your arms spread out.

**Exercise :** With the toes held together, throw the entire weight of the body on your tips. Try to maintain your balance in this position as long as you can. Three minutes to begin with.

**Benefits :** This exercise strengthens the feet and the toes and their joints. Deformed toes improve in appearance.



*Figure: Padanguli-Sakti-Vikasaka*

It will be noticed that all the parts of the body are exercised in one way or another. The flow of blood through all the capillaries and arteries is thus improved. This is particularly helpful for the veins in the legs and feet which are normally adversely affected by the effect of gravity.

#### Review Questions:

- Q1. Sweet voice can be obtained by doing which SukshmaVyayama?
- Q2. Wisdom and intellect can be gained by which SukshmaVyayama?
- Q3. Chest related problems can be cured by which SukshmaVyayama?
- Q4. One can have perfect shape on Waste line by which SukshmaVyayama?
- Q5. Stomach related diseases and disorders can be cured by which SukshmaVyayama?
- Q6. Write the names of different Tissues?
- Q7. Legs and feet can be strengthened by which SukshmaVyayama?

### 3.3 Basic Asanas

#### 1. Sukhasana

This is an easy, comfortable posture for meditation for which one has to sit for a long period.

**Posture :** According to your convenience, sit cross legged, placing the sole of one foot on the ankle of the other. Ensure that the bone of the ankle does not touch the floor.

Keep the spinal column straight. Keep the body tension-free. Place both hands on the feet or separately on the knees. By keeping the waist and spinal column straight keeps the body from tiring.



*Figure: Sukhasana*

**Benefits :** The body does not tire and the mind remains restful. This enables one to sit for long periods during meeting and prayers. The body does not tire even if one sits in Sukhasana for many days.

#### 2. Padmasana

This asana is known as Padmasana or Kamalasana / Lotus pose

**Posture :** Sit on the ground with the heel of the left foot resting on the right thigh so as to be as close as possible to the navel. Then, the right foot should be placed on the left thigh in such a way that the heels touch each other as near the navel as possible. The vertebral column and the body from the waist upwards should be kept erect. Care should be taken that the knees touch the ground. The hands should be placed in the lap, palms upward. The whole procedure is to be repeated by altering the sequence in which the feet are placed on the thighs.

Padmasana seems and is difficult to perform in the beginning, but it is the asana which must be practiced by all-men, women and children, old and young alike. To facilitate it's practiced, the great seers invented Ardha-Padmasana or Half-Lotus posture.

**Benefits :** This asana relieves constipation, indigestion and flatulence. It improve digestion and strengthens the thighs and calves. It is considered more useful to women than to men because it has a beneficial effect on the womb. This Padmasana annihilates all ailments. Although difficult, it is capable of being perfected by all intelligent persons on earth who practice it

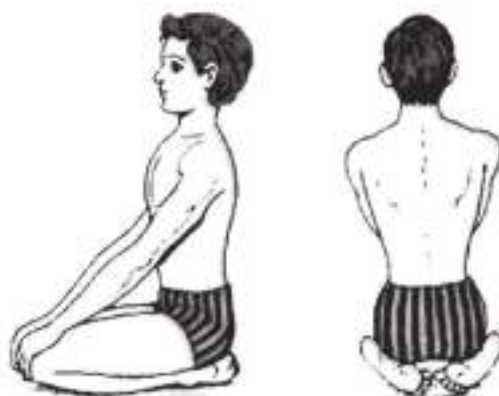


*Figure: Padamasana*



### 3. Vajrasana

**Posture :** Squatting on the toes and placing the heels beneath the anus, the hands are placed on the thighs while keeping the trunk and the neck erect. The asana can be performed also with the heels placed in either side of the buttocks.



*Figure: Vajrasana*

**Benefits:** The body gets strong and firm from the practice of the asana. Hence the yogis have named it Vajrasana, implying that through its practice the body becomes like adamant or Vajra. Through this the toes, knees, legs and thighs get strong. It is extremely useful for those who are prone to excessive sleep. It has proved useful for students and those who keep late hours at night. It should be practiced for 5 minutes after meals, when the flow of the nadis is usually downwards; the asana reverses this flow and it ascends and thus helps in the speedy digestion of food. The essence derived after the digestion of food is so whole - some and pure that the whole body, including the bones and the nadis, become like adamant.

### 4. Gomukhasana

**Posture :** Sit on the ground with the left leg bent so that the heel touches the anus. The right leg also should be bent so that the right heel touches the left buttock. Care should be taken that the left foot remain straight; touching the ground, and the toes of the right foot also touch the ground. The right arm should be raised and bent at the elbow behind the shoulders towards the back. The left arm should be bent upwards behind the back so that all the eight fingers of both the hands are inter-locked. Then the right elbow should be lowered as far as possible towards the ground. The process should be repeated by starting the time on the right side instead of the left as described above. This would result in bringing the right foot near the anus. Irrespective



*Figure: Gomukhasana*

of which way the asana is practiced, one knee must rest on the other benefits: The practice of this asana gives strength to the feet, knees, and waist. The arms and shoulders develop. The chief and unique characteristic of this asana is that it is helpful in diseases of the lungs. Patients of asthma and phthisis (tuberculosis of the lungs) should specially practice it because the respiratory movement of the lung on the side on which it is performed is almost stopped and the other lungs work more rapidly and vigorously.

### 5. Janu – Sirsasana

**Posture :** Sit on the ground with legs stretched out. The left foot should then be placed on the right thigh so that the left heel is near the navel. Then, catching hold of the toes of the right foot with the left hand, the head should be made to touch the right knee and, carrying the right hand behind the back, as effort should be made to touch the left heel. This is Janu - Sirsasana. The asana should be repeated with the position of limbs reversed. The sole of the foot should be kept on the thigh. The extended foot is then held with both the hands for 10 - 15 minutes daily.



*Figure: Janu-Sirsasana*

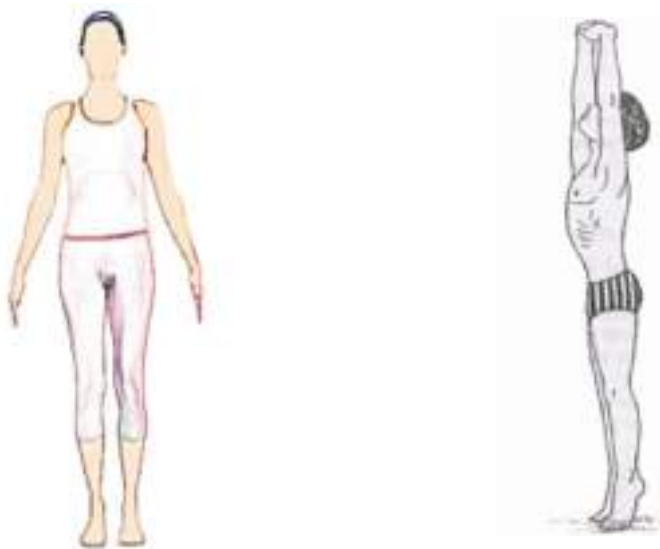
**Benefits :** This asana improves circulation of blood. It is recommended for those with rigid bodies. It proves extremely useful in the treatment of hernia and enlargement of the testicles.

It removes bad odour from the secretions of the body. It is very easy to perform and equally useful to men and women.

All the different procedural modifications of this asana can be understood and learnt from a teacher of yoga.

### 6. Tadasana

**Posture :** With feet together, stand on the toes. The arms should be raised by the side of the ears, with the palms open. There are a number of variations of this asana. While keeping the body from the shoulders to the feet as before, the arms can swing back and forth, sideways or up and down at will or describe a circle, like palm leaves spreading out in all directions from the trunk of the tree.

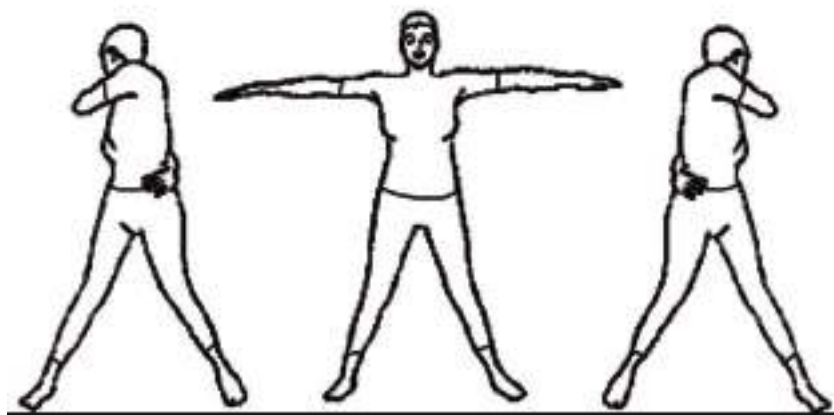


*Figure: Tadasana*

**Benefits :** The body becomes well built and beautifully proportioned, nimble and agile through the practice of this asana. Height can also be increased. This is the only asana which can be practiced by women throughout the ten months of pregnancy, and it helps in making childbirth almost painless and in keeping the expectant mother healthy. The asana provides a wholesome, non-tiring, and bracing exercise which keeps the body nimble and active and in addition makes the delivery painless. During pregnancy women must practice this asana with great care and caution and in accordance with the instruction of a teacher. The Tadasana is also beneficial in sciatica and for those whose limbs are hyper-sensitive to cold.

## 7. Katicakrasana

**Posture :** Stand on the ground with feet twelve inches apart and arms out-stretched in front of the chest. Swing towards the right. The arm on which side the body is swinging should be kept straight while the other arm should be bent.



*Figure: Katicakrasana*

**Benefits :** The waist becomes slim and supple and the chest expands. It is recommended to persons of short stature. It relieves constipation and makes the lumbar region extraordinarily strong. The ribs acquire resilience whereby many respiratory ailments, even tuberculosis of the lungs, can be prevented. The shoulders, neck, arms, abdomen, back, and thighs are strengthened. It is equally useful for men as well as women.

## 8. Trikonasana

When performed, this asana gives the appearance of a triangle hence the name of Trikonasana.

**Posture :** Stand with feet two to three feet apart and stretch both the arms sideways parallel to the ground, palms facing downwards. Bending at the waist, take the left arm down to touch the right foot, the head is turned right and the right arm is held upwards in line with the left arm, all the while looking at the right hand.

Then raising the trunk, return the arms to the horizontal position. The procedure is then repeated on the other side.

Exhale while lowering the trunk down and inhale while it is brought up.

**Benefits :** The bones below the knees become so strong that it is unlikely that one will ever fracture a bone or have a sprain. Those who have to climb a number of stairs, or those who go for mountaineering do not



tire easily. This asana gives very good lateral movements to the spine. It makes the ankles, knees and thighs very strong and elastic.



*Figure: Trikonasana*

## 9. Salabhasana

**Posture :** Lie on the abdomen and place the palms near the shoulders. The feet should be joined together and the body should be raised from the ground, as much as possible, above and below the waist. The body from the waist to the feet should be erect.

The feet should be joined together and the body above and below the waist should be raised above the ground as much as possible.



*Figure: Salabhasana*

**Benefits:** The chest broadens through the practice of this asana. The waist becomes resilient and supple. It is also very for the shoulders and abdomen. It relieves constipation and stimulates digestion. The asana is easy to perform and is also very useful. Women, in particular, need to practice it. Just as the locusts have a distinctive and highly developed faculty of hopping high, the practice of this asana sublimates many of man's faculties.

## 10. Bhujangasana

**Posture:** Lying on the abdomen, the lower limbs should be joined together and kept close to the ground. While the body from the toes to the navel touches the ground, the hands should be kept under the shoulders and, resting on them. The body above the navel should be lifted above the ground, as high as possible, so that it resembles the hood of a cobra.

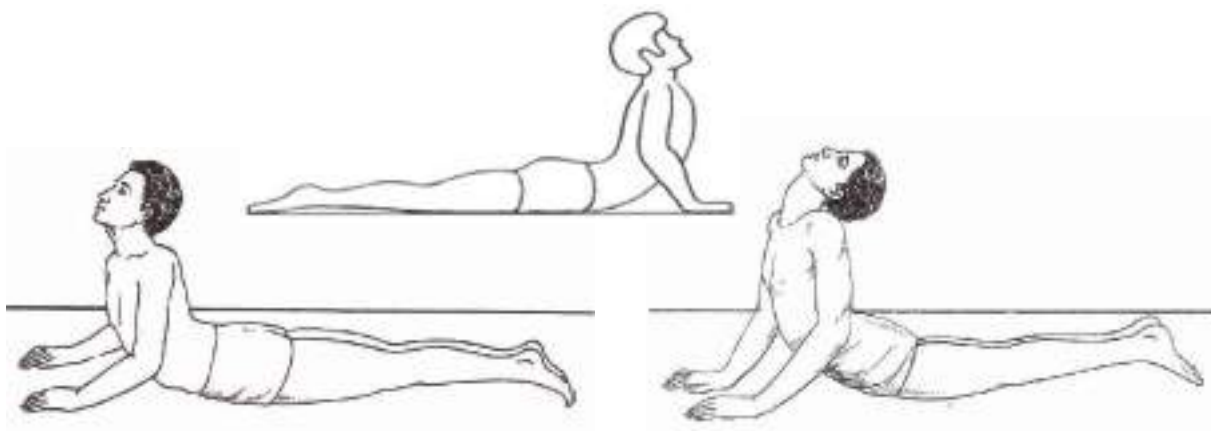


Figure: Bhujangasana

**Benefits:** The practice of this asana relieves constipation, indigestion, and flatulence. It is very useful for patients with chronic constipation; it is useful for cleansing the whole gut from the mouth through the small and large intestines to the rectum.

#### Review Questions:

- Q1. Padmasana is also known as \_\_\_\_\_.
- Q2. To help digest food \_\_\_\_\_ asana is beneficial.
- Q3. Cow pose also known as \_\_\_\_\_.
- Q4. \_\_\_\_\_ Asana is also known as Cobra Pose.

### 3.4 Posture

The meaning of posture is to keep the body in a perfect shape and balanced. It includes the way we sit, walk and stand. The correct posture is a study to know how to sit, stand and walk. It is always required one should follow right way of having the correct posture. The correct posture includes simple and convenient way of lifestyle which includes method of sitting, standing or walking. The correct posture doesn't only effect physical activity but it reflects mental outlook. All the muscular activities their capacity and health are maintained good posture. Each and every individual has different body structure. To have healthy body in a right shape we should always have good posture.

There are three kinds of posture positions:-

1. Sitting
2. Standing
3. Walking

**Sitting Posture :** This kind of posture includes sitting on chair, on floor etc. One should always sit with back straight and not in a reclining manner. The back (spinal cord) has to be straight without any curve in it.



Figure: Correct Sitting Posture

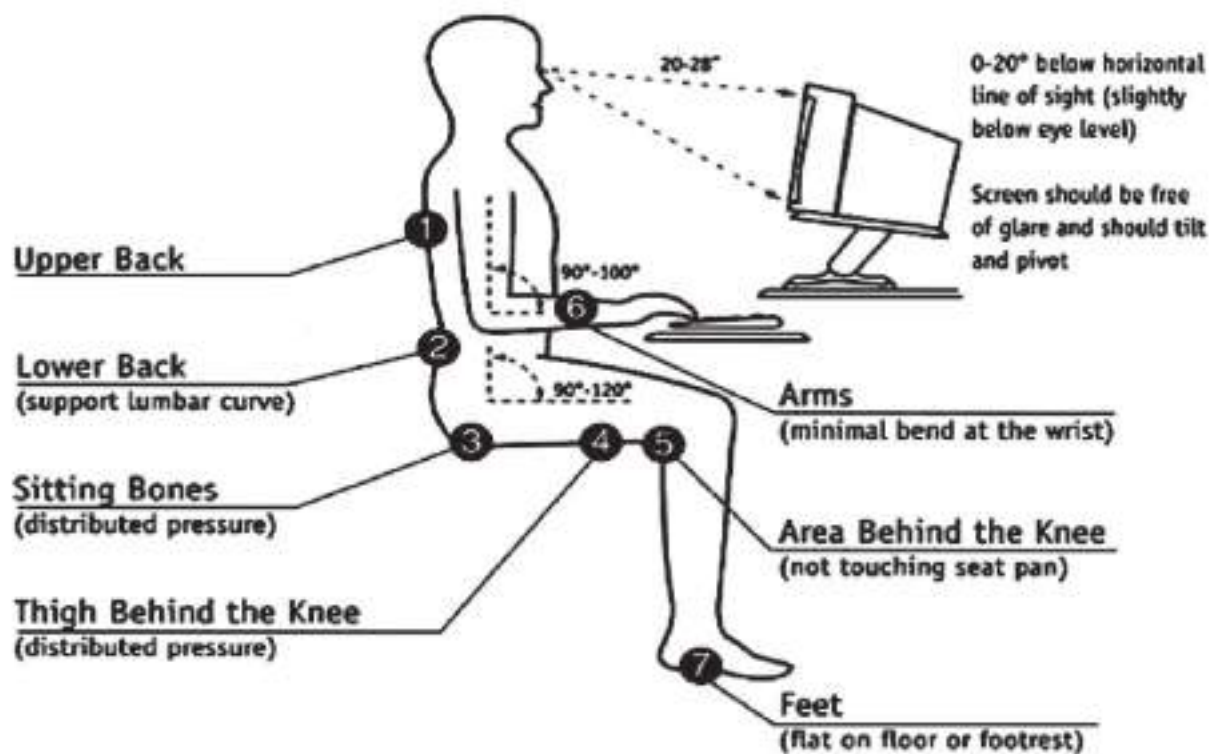


Figure: Correct Posture while working on computer

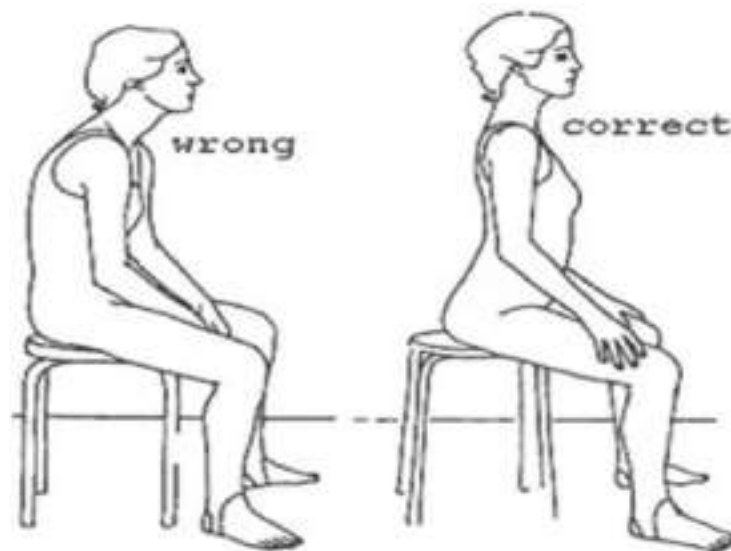


Figure: Sitting Postures

**Standing Posture :** This kind of posture includes mainly two types of posture: - a) Standing for a while (for short time) b) Standing for a long time. Standing for a short period, one should stand straight with stomach in chest out and back without any curve. Standing like this one cannot stand for long period, it is advisable to keep one foot forward and another behind it and keep changing the position in short intervals. This will help muscles to relax one by one and the blood circulation will be maintained.

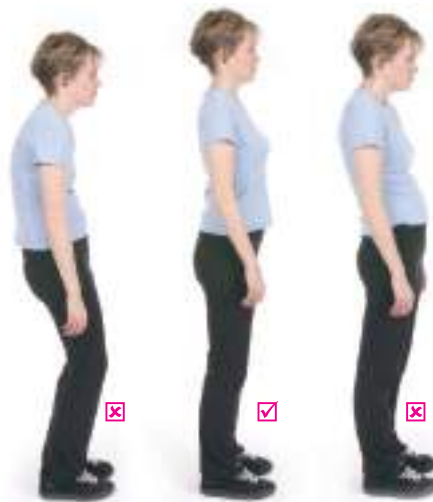


Figure: Standing Postures

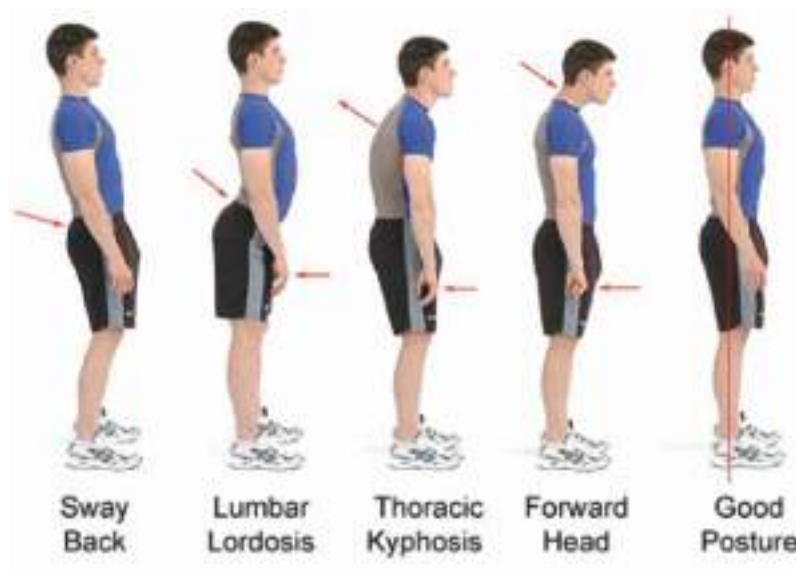


Figure: Postural Defects

**Walking Posture :** This kind of posture includes walking in the same pace with feet, touching the ground (first heel and then toes) hands should not move fast. A walking posture reflects the person's personality for eg.- if a neck is straight and erect shows the person is very proud and selfish, the person with neck down and slow walk shows that he or she has complex and weak personality. Walking with back straight and in a comfortable manner shows the person is healthy physically, mentally and emotionally.

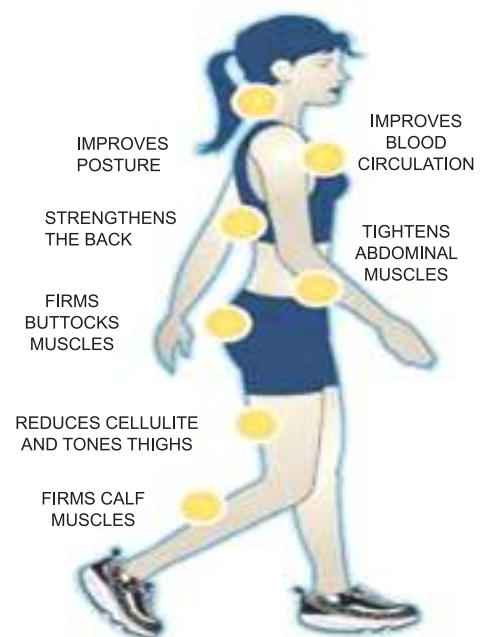


Figure: Walking Postures

**Review Questions:**

- Q1. What is the meaning of posture?
- Q2. Write down three types of postures?
- Q3. What should be the angle of sight while working on computer?

**3.5 Summary:**

Yoga and Body Care is a complete study in which a person learns about all the Sukshma Vyayama and Asanas. Sukshma Vyayama deals with the minute body parts and helps in maintaining the right health. Asanas keep the body and mind healthy and as well as helps in curing the diseases related to different organs of the body. If one practices right kind of asanas and kriyas he will always have a great posture and will perform the basic activities like sitting, standing and walking with grace.

**Exercise Questions****Theory Questions**

- Q1. Asana purifies the body and mind and has preventive and curing effects – Justify?
- Q2. How one can obtain balanced mind and body by Asanas?
- Q3. Tonsils and throat related diseases can be cured with Griva Shakti Vikasaka – Justify the statement?
- Q4. ENT problem can be improved with the help of which Sukshma Vyayama? Write names and explain in detail with benefits?
- Q5. To strengthen lower back, what kind of Asanas is advised – Explain with benefits? What are the guidelines for balanced diet?
- Q6. How one can improve incorrect standing posture?
- Q7. While walking what kind of posture one should have and bad walking posture can be improved with which techniques?

**Practical Questions**

- Q1. Prepare a file and project report on study of Ashtang yoga with detail knowledge of Asanas and Sukshma Vyayama?
- Q2. Demonstrate the correct Sitting, standing and walking posture?
- Q3. Demonstrate various Sukshma Vyayama?
- Q4. Demonstrate various Asanas?