

Course Name - Bachelor of Physical Education

Year - IInd (Part-1)

Paper Name - Yoga

Topic Name – Yoga Asana

Topic No. – Section A (2)

Paper No. - V

Lecture No. – 11

Lecture Title

Yoga Asana Part – 1

Summary

These are helpful in achieving physical and mental stability and peace. This is not simply a belief, but a physiological fact. They also facilitate the experience of meditation by directing the flow of prana from mooladhara to sahasrara chakra. Asanas also help to control sexual feelings and redirect the energy towards the development of consciousness. Asanas reduce the blood flow to the genitals and massage the nerve fibres which feed them, making it useful in the treatment of dilated testicles and hydrocoele in men.