

**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. – 12**

### **Lecture Title**

#### **Yoga Asanas Part - 2**

Hello viewers, today we are going to discuss some of another Asanas in Yoga. Their benefits, their techniques and some of the precautions while performing that.

#### **Dhanurasana**

Stretch both legs straight on the floor like sticks. Taking both hands towards the back, catch hold of both feet and let the body acquire the shape of a bow. According to yogis this is Dhanurasana.

#### **Technique**

Lie flat on the stomach with the legs straight and feet together, and the arms and hands beside the body.

Bend the knees and bring the heels close to the buttocks.

Catch hold of the feet with the hands.

Place the chin on the floor.

Hold the big toes in such a way that the thumbs point towards the soles of the feet while the fingers grip the toes.

Tense the leg muscles and push the feet away from the body.

Arch the back, lifting the thighs, chest and head together, pulling the feet as close to the head as possible without straining.

Keep the arms straight.

The body should resemble a fully stretched bow. The body is to be tensed so that the hands, feet, spine, head and neck become hard and tight.

In the final position the head is tilted back and the abdomen supports the entire weight of the body.

The only muscular contraction is in the legs.

The back and arms remain relaxed.

Hold the final position as long as is comfortable.

Slowly relax the leg muscles and lower the legs, chest and head to the starting position.

Relax in the starting position until the breathing returns to normal. This is one round.

### **Contra-Indications:**

Do not practise Dhanurasana if suffering from weak heart, high blood pressure, hernia, colitis, peptic or duodenal ulcers. Dhanurasana should not be practised at night as it stimulates the adrenal glands and sympathetic nervous system.

### **2. Benefits**

This asana reconditions the entire alimentary canal.

When the body is rocked forward and backward, the liver, abdominal organs and muscles are massaged. The pancreas and adrenal glands are toned and their secretions balanced.

The kidneys are massaged and excess weight is reduced around the abdominal area.

This leads to improved functioning of the digestive, excretory and reproductive organs and helps to remove gastrointestinal disorders, chronic constipation and sluggishness of the liver.

The spinal column is realigned and the ligaments, muscles and nerves are activated, removing stiffness.

Dhanurasana helps to correct hunching in the upper back.

Easier variations are prescribed especially for the treatment of spinal disorders, such as slipped disc, spondylitis or sciatica.

Dhanurasana is recommended for the management of diabetes, digestive disorders, and menstrual disorders and under special guidance, cervical spondylitis.

It is helpful in regulating the functioning of the cervical and thoracic sympathetic nerves and improving respiration.

### **Shavasana**

Relax the whole body on the floor like a dead person. Shavasana removes fatigue and relaxes the mind.

It is a very simple and deeply relaxing practice for most people and a meditation asana in its own right, if the practitioner remains awake.

### **Technique:**

Lie flat on the back. The body must be correctly positioned, as merely lying down is not shavasana. Normally, people lie down without being aware of the positioning of their feet or hands.

The arms should be about 15 cm away from the body

The palms should be open and facing upward, allowing the fingers to curl slightly.

Having the palm facing upward may feel awkward at first, or there may be some discomfort due to twisting of the wrist, but gradually with practice this asana becomes very comfortable.

The mouth should remain closed, with the lower jaw relaxed. All tension should be released from face.

The head and spine remain in one straight line.

The head should not be tilted to the right or the left.

All physical movements should cease after establishing the position, and the body is relaxed.

Become aware of the normal breath, letting it become rhythmic and relaxed.

Become aware of the parts of the body which are in contact with the floor.

If thoughts come during the practice, do not try to suppress them.

The practice can be deepened by rotating the consciousness around the different parts of the body and relaxing each one in turn.

Make sure that each part of the body is relaxed, and feel each part merging into the floor.

Repeat this process a few times and all tension will be removed.

### **3.Awareness**

There should be no physical movement in shavasana.

Once the body is settled, awareness of the asana should be maintained, otherwise the desire for sleep will take over and harmony between body and mind will be lost.

Awareness and stability are the main components of shavasana.

This awareness requires a little mental effort, but it should be without tension.

Sleeping in shavasana will reduce many of its benefits, as during sleep the mind is again filled with worries.

To obtain maximum physical and mental relaxation, shavasana should be practised with full awareness.

There are various methods to become one-pointed, focused and to go deeply into shavasana

Initially, simply be aware of the body or focus the mind on the breathing.

Another technique is to count the breaths, or to do a short practice of yoga nidra in shavasana

All methods of focusing oneself are valid, but the final state of shavasana is yoga nidra.

### **4. Duration**

Practise according to the amount of time available. In general, the longer the better; a minute or two is sufficient between asana practices.

### **Benefits**

Shavasana should be practised between asana, especially dynamic asanas such as suryanamaskara.

It should be done regularly several times a day by people suffering from high blood pressure, nervous disorders, diabetes, heart disease and other stress-induced disease.

Shavasana can be practised prior to sleeping.

This asana relaxes the whole psycho physiological system.

It cures ailments caused by tension by making the body and mind peaceful and relaxed.

Physical and mental tiredness are removed.

It should be practised if the body is over stimulated or excited, or whenever tiredness is experienced after practising other asanas.

Shavasana develops body awareness, and when the body is completely relaxed, awareness of the mind increases, developing pratyahara.

The mind will remain peaceful and without worries even in the most difficult situations if this practice can be mastered.

## **5.Conclusion**

So friends, we discussed about some of the major Asans their techniques, how to perform these asanas, major precautions while performing these asanas and some of the major benefits of these asanas. How they are helpful in achieving physical, mental stability and peace. This is not simply a belief but a physiological fact. They also facilitates the experience of meditation by directing the flow of Praan for mool dhaar to shastrachakra,. These asanas also control the sexual feelings and redirect the energy to develop the consciousness. Asanas reduces the blood flow to genitals and massages the nerve fibre which feed them. Making it useful in the treatment of dilated tactical and hydrosol in men. How these asanas elevate in menstrual disorder. These asanas helps in improved function of digestive excretatry and reproductive organs, helps to improve gastro related disorders, chronic constipation and sluggish of liver. We also discussed the physical and mental tiredness is removed. The mind will remain peaceful and without worries even in the difficult situations. With the practice of the some of the asanas like gomukh asana, chakara asana,matsayasan e.t.c The expansion of lungs and deep respiration takes place alleviating disorders such as asthma, bronchitis or cough dhosha imbalances. Youthfulness and vitality are increased by these asanas. Under expert guidance it is used in the yogic management of sinusitis, bronchitis, constipation,

colitis, menstrual disorder, urinary tract disorders and cervical spondylitis . As long as it can be performed without any discomfort. Regular asans practice help to remove excess weight. It stimulates the appetite and elevates constipation. And it is beneficial for all abdominal organs especially liver and kidney.