

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

FAQ's

Q1. What are the contradictions for Dhanurasana?

Ans- 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

Q2. What are the benefits of Dhanurasana

Ans- 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. It helps to correct hunching in the upper back.

Q3. What are the two components of shavasana?

Ans- Awareness and stability are the main components of shavasana.

Q4. What things are developed in Shavasana?

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

Q5. How Dhanurasana is performed ?

Ans- 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.