

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

Summary

This is how asanas 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.