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Lecture Title

Yoga Asanas Part - 3

Script

Hello viewers, today we are going to discuss about the two major and important asanas.

First is Matsyasana and Ardha Matsyendra. We will be going to discuss about their benefits, their techniques and some of the precautions while performing that. Matsyasana is commonly known as fish pose. Let's start with technique.

Matsyasana

Technique:

Sit in Padmasana

Bend backwards, leaning on the elbow for support, arching the upper back and neck as the crown of the head is lowered to the floor.

The elbows remain pressed against the floor at the side of the body.

The legs and thighs rest on the floor in the position of Padmasana

And the spine is in an arched position like a bridge.

The crown of the head is in contact with the floor.

To begin with,

The elbow help to support the weight of the body

Relax the arms and the whole body, allowing the head, buttocks and legs to support the weight of the body. Close the eyes and breathe slowly and deeply.

Return to the starting position, reversing the order of movements.

Repeat the asana, with the legs crossed the other way.

The asana require greater flexibility.

2. Breathing

In the final position the breathing is slow and deep

Experience the breath in the abdomen

Duration

The final position can be held for up to five minutes

For general health purposes, one to three minutes is adequate.

Awareness

Physically, on the abdomen, chest, neck, head and breath.

For spiritual purposes, the point of concentration is vishuddi chakra, where the mind is fixed for meditation.

Precautions

People who suffer from heart disease, peptic ulcers, hernia, back conditions or any serious illness should not practise this asana.

It should not be attempted during pregnancy.

The movement should be performed with control and care as the spine is easily injured by sudden, jerking movements.

3. Benefits

This asana stretches the intestines and tones the abdominal organs and is useful for all abdominal ailments.

It also relieves inflamed and bleeding piles

In Hatha yoga it has been suggested as a practice to relieve constipation. Drink two or three glasses of water and remain in the asana for as long as possible.

The pelvic region is given a good stretch and the pressure of the feet on the thighs greatly reduces blood circulation in the legs, diverting it to the pelvic organs

This asana helps to prevent and remove disorders of the reproductive system.

If practised prior to pregnancy, it can also help alleviate pain in the lower back which may be experienced during pregnancy

Cervical spondylitis and stress in the lower back are relieved.

With this practice, expansion of the lungs and deep respiration take place, alleviating disorders such as asthma, bronchitis or kaphadosha imbalances.

When the neck is swollen especially in tonsillitis, massaging the neck in this position helps to remove the swelling.

The function of the thyroid gland is regulated and the thymus gland stimulated, boosting the immune system.

Youthfulness and vitality are increased.

ArdhyaMatsyendra

This asana is described by Sri Matsyendranath. Practising this asana increases the digestive fire to such an incredible capacity that it is the means of removing diseases.

Technique:

Sit with the legs stretched out in front of the body.

Bend the right leg and place the right foot flat on the floor on the outside of the left knee.

The toes of the right foot should face forward.

Bend the left leg and bring the heel around to the right buttock.

The outside edge of the left foot remains in contact with the floor with the sole of the foot facing back.

The left arm is then passed through the space between the chest and the right knee, and placed against the outside of the right leg.

This will create some tension in the body.

Pressing the knee towards the body with the elbow, hold the right foot or ankle with the left hand.

So that the right knee is close to the left armpit.

Slowly twist to the right, The trunk and the head.

The head should not be lowered.

Use the left arm as a lever against the right leg to twist the trunk without using the back muscles.

Look over the right shoulder.

Do not strain the back.

Bend the right elbow and place the arm around the back of the waist

The back of the right hand should wrap around the left side of the waist.

Breathing:

Inhale in the starting position. Exhale while twisting the trunk.

Breathing slowly and deeply without strain in the final position.

Inhale while returning to the starting position

4. Duration:

Practice once on each side, gradually increasing the holding time to one or two minutes on each side of the body or for up to 30 breaths.

Yogi Matsyendranath used to meditate in this asana exclusively and that's why it is named after him.

Sequence

Ardhamatsyendrasana are best performed after completing a series of forward and backward bending asana.

Precautions:

People with sciatica or slipped disc may benefit from ardhamatseyendrasana,

They should do this practice with great care and only under expert guidance.

Pregnant women should avoid this practice. People suffering from peptic ulcer, hernia should only practice it under expert guidance. People suffering from heart diseases should not do this practice, as it exerts excessive pressure on the arteries and capillaries originating from the heart

It should not be practiced by those with sciatica or slipped disc.

Benefit

This Posture simultaneously stretches the muscles on one side of the back and abdomen while contracting the muscles on the other side.

It tones the nerves of the spine, makes the back muscles supple and reduces the tendency of the adjoining vertebrae to develop inflammatory problems and calcium deposits.

It massages the abdominal organs, alleviating digestive ailments.

It also regulates the secretion of the adrenal glands, liver and pancreas, and is beneficial for the kidneys. It is used in the management of Diabetes, being a time-tested treatment for stimulating insulin production by activating the pancreas.

Under expert guidance it is used in the yogic management of sinusitis, bronchitis, constipation, colitis, menstrual disorders, urinary tract disorders and cervical spondylitis, as long as it can be performed without any discomfort.

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 asans 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 asthama, bronchitis or cough dhosha imbalances. Youthfulness and vitality are increased by these asans. 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.