

**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. – 13**

### **Lecture Title**

### **Yoga Asanas Part – 3**

### **FAQ's**

#### **1. What is ArdhaMatsyendra**

**Ans-** 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.

#### **2. What is the duration required for ArdhaMatsyendra Asana?**

**Ans-** 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.

#### **3. What are the Precautions for matseyendrasana?**

**Ans-** 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.

#### **4. What is the duration of matsyasana?**

**Ans-** The final position can be held for up to five minutes. For general health purposes, one to three minutes is adequate.

**5. What are the matsyasana benefits for thyroid gland?**

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