

**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**

### **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 facilitate the experience of meditation by directing the flow of Prana from mool dhaara to shastrachakra,. These asanas also control the sexual feelings and redirect the energy to develop the consciousness. Asanas reduce the blood flow to genitals and massage the nerve fibre which feeds them. Making it useful in the treatment of dilated testis and hydrosalpinx in men. How these asanas elevate in menstrual disorder. These asanas help in improved function of digestive excretory and reproductive organs, help to improve gastro related disorders, chronic constipation and sluggish liver.