

**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. – 14**

### **Lecture Title**

### **Yoga Asanas Part - 4**

### **Script**

Hello viewers, in today's episode we are going to discuss some major asanas which are useful in daily routine. First is makarasana that is commonly known as crocodile pose

#### **Makarasana**

Lie with the chest on the ground and the legs spread out and hold the head in the arms. This asana, which activates fire of the body, is called makarasana.

Sage Gheranda says, the chest should be touching the earth and, the legs should be kept separated. Today the practice of makarasana is normally done with the legs kept together or slightly separated and the chest raised as follows:

#### **Technique:**

Lie flat on the stomach.

Raise the head and shoulders and rest the chin in the palm of the hands with the elbow on the floor.

Keep the elbows together for a more pronounced arch to the spine.

Separate the elbows slightly to relieve excess pressure on the neck.

In makarasana the effect is felt at two points: the neck and the lower back.

If the elbows are too far in front, tension will be felt in the neck.

If they are drawn too close to the chest, tension will be felt more in the lower back.

Adjust the position of the elbows so that these two points are equally balanced.

Relax the whole body and close the eyes.

### **Breathing:**

Natural and rhythmic breath should be taken

Duration

This asana may be practised for as long as is comfortable.

Contra-indications.

People with back conditions, such as limber curve should not practise this asana if any pain is experienced

### **Benefits:**

Makarasana expands the chest and lungs

Asthmatics and people who have any other lung ailments should practise this simple asana regularly with breath awareness as it allows more air to enter the lungs, and help to clear accumulated kapha from the throat.

This asana is very effective for people suffering from slipped disc, sciatica and certain types of lower back pain.

They should remain in this asana for extended periods of time as it encourages the vertebral column to resume its normal shape and relieves compression of the spinal nerves.

## **2. Ushtrasana**

**That is commonly known as camel pose**

### **Technique**

Sit in vajrasana.

Stand on the knees with the arm at the sides.

The shins remain on the floor.

The knees and feet may be together or separated if this is more comfortable.

Lean backward, slowly reaching for the right heel with the right hand, and then the left heel with the left hand.

The thighs should be as straight as possible. The body is kept straight from the knees to the waist and the body above the waist arches backward.

To assume this posture correctly the hips are pushed forward and the head and back are tilted backward as far as is comfortable.

Relax the whole body, particularly the spine and back muscles.

The weight of the body should be evenly supported by the arms and legs.

The arms support the shoulders to maintain the arch of the back.

Remain in the final position for as long as is comfortable.

Return to the starting position by slowly releasing the hands from the heels one at a time and placing the on the lower back for support before straightening the body, neck and head.

While practising ushtasana the body assumes the shape of a camel's hump.

### **Breathing**

Breathe normally in the final position.

Do not try to breathe deeply because the chest is already stretched

### **3. Awareness**

Physical awareness should be directed to the abdomen, throat, spine or natural breathing.

For spiritual purposes, concentrate on swadhisthana or vishuddhi chakra.

It is important that this asana is followed by a forward bending asana, such as paschimottanasana, to release any tension in the back.

People who feel giddy when looking down from a high place, and those suffering from high blood pressure should not practise this asana.

People with severe back ailments such as lumbago should not attempt it without expert guidance.

Those suffering from an enlarged thyroid should also take care.

This asana is beneficial for the digestive and reproductive systems.

It stretches the stomach and intestines, alleviating constipation.

The backward bend loosens up the vertebrae and stimulates the spinal nerves, relieving backache, rounded back and drooping shoulders.

The front of the neck is fully stretched, toning the organs in this region and regulating the thyroid gland.

It is helpful for people suffering from asthma.

### **Shalabhasana**

Lie flat with the face towards the ground. Both arms are placed by the sides of the chest. The palms should be placed firmly on the ground. The legs are raised in this position. Munis have called it Shalabhasana.

Since the body assumes the shape of a shalabh, a locust, while doing the practice, it is called Shalabhasana, the locust pose.

### **Technique**

Lie flat on the stomach with the legs and feet together and the soles of the feet uppermost.

In the initial stage the hands may be placed under the thighs, palms facing downward, and can be used as a support to raise the legs.

But gradually, with mastery over the practice, the arms are placed by the sides of the body.

Stretch the chin slightly forward and rest it on the floor throughout the practice.

Slowly raise the legs as high as possible without straining, keeping them straight and together.

The elevation of the legs is produced by applying pressure with the arms against the floor and contracting the lower back muscles.

Hold the final position as long as is comfortable without strain.

Slowly lower the legs to the floor.

This is one round

Return to the starting position and relax the body with the head turned to one side.

Allow the respiration and heartbeat to return to normal.

### **Breathing:**

Inhale deeply in the starting position.

Retain the breath inside while raising the legs and holding the final position.

Exhale while lowering the legs.

Beginners may find it helpful to inhale while raising the legs.

Focus the mind on swadhisthana or vishuddhi chakra while performing the asana.

### **Precautions:**

Shalabhasana requires a great deal of physical efforts, so it should not be practised by people with a weak heart, high blood pressure.

Those suffering from peptic ulcer, hernia, intestinal tuberculosis and other such conditions are also advised not to practise this asana.

### **Benefits**

This asana strengthens the lower back and pelvic organs, and tones the sciatic nerves, providing relief from backache, mild sciatica and slipped disc

It tones and balances the functioning of the liver, stomach, bowels and other abdominal organs, and stimulates the appetite.

Shalabhasana stimulates the whole autonomic nervous system, especially the parasympathetic outflow.

## **5. Conclusion**

So friends, we discussed about some of the major Asanas 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.