

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

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, 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 asthma, 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.