

**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. – 15**

### **Lecture Title**

### **Yoga Asanas Part - 5**

### **Script**

#### **Bakasana (Crane Pose)**

The Bakasana in yoga is also known as the crane pose, is a compact arm balancing posture that helps in strengthening the arms as well as the abdominal organs. The anatomical focus of this pose is the wrist. By regularly practicing the Bakasana the spine stretches to its full length and this increases its flexibility largely. This asana comes under the advance asana. It is the best balancing asana.

#### **Technique**

1. Stand in the position of Tadasana
2. After taking position of Tadasana, come down to the uttanasana position.
3. While doing uttanasana, keep your hands on the floor just in front of your feet. For this, you will need to bend a little more from your hips
4. Now bend your arms a bit as much as possible
5. Attempt to carry your left leg up within the air

Fold your knee and take a look at to rest your left knee on the outer facet of your left arm.

Fold the right knee and take rest your right knee on the outer facet of your right arm.

There ought to be acceptable distance between each your hands, so it becomes easier for you to balance your body on your hands.

Bend the torso forward while lifting both the legs up so that the whole body balances solely on the palms.

While in this posture, maintain a straight gaze so that the body balances properly

Finally to return to the original position, slowly bring the feet down on the ground and go back into a tadasana posture

### **Precautions:**

Even though this asana is not very difficult as compared to some of the other asana in yoga, beginners should avoid holding this position for too long

Even while balancing the entire body weight on the wrists; it is advisable to avoid too much strain, which can result in injuries.

The most important beginners tip for this asana is that the heels and hips are close together with the body tucked in tight.

Most of the beginners keep the hips and heels far apart while practicing, which makes it even more difficult to get into the right position.

It is important to keep the neck straight in this posture to avoid sprains and strains.

People who suffer from neck problems like spondilites should always practice this asana under the guidance of yoga expert

Pregnant women and those suffering from carpal tunnel syndrome should also not practice this asana

### **Benefits**

It helps in strengthens the wrist and arms

It stretches the upper back and increases the flexibility and elasticity of the spine.

It strengthens and tones various muscles and organs in the abdominal region.

The sense of balance, concentration and co-ordination improves by practicing this posture regularly

The functioning of the digestive system improves and problems like heartburn and acidity reduce

A sense of positive thinking is developed and feelings of hesitation and doubt reduce considerably.

Regular practice of this asana helps us develop deeper trust in ourselves, which in turn helps us take up new challenges in life.

### **Vakrasana**

Sanskrit meaning of the word “Vakra” is twisting. In this asana body gets twisted towards right and left sides.

#### **Technique:**

Sit erect on the floor with legs stretched in front

Keep your hands on either side with palms touching the ground

Fold your left leg at the knee and place it near the right thigh vertically

The sole should be lying flat on the ground

Your left thigh should be touching the chest

Place your left hand behind your back and right arm over the left knee; hold your left ankle or feet.

Taking support of the palm, turn the upper part of the body towards the right

Try to look over your shoulder

Continue breathing normally

Stay in the posture until you feel the strain in your back

Return to the original position by turning your neck and trunk and then lifting your left hand

Open out your left leg

Repeat the same steps as above changing sides and limb

It is enough to practice 2 rounds i.e. 2 times in the right side and 2 times in the left sides.

#### **Precautions**

Those who are suffering from ulcer and enlargement of liver should not practice

After folding the right leg only right hand has to be taken to back, not the left hand.

Do not practice more than 2 rounds

Benefits:

It helps to reduce belly fat

It improves the function of both spinal and nervous system. Spine gets extended and attains elasticity

Enlargement of liver and spleen are arrested and most of the vital abdominal organs like liver, spleen and intestines get toned.

It helps to prevent and control diabetes

It kindles adrenal gland to function properly

It strengthens kidney

Vakrasana alleviates backaches and wrist pains.

People suffering from hypertension and constipation should also practice this

It is also very useful for some of the stomach diseases

Conclusion: These are helpful in achieving physical and 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 prana from mooladhara to sahasrara chakra. Aasanas also helps to control sexual feelings and redirect the energy towards the development of consciousness. Aasanas reduces the blood flow to the genitals and massages the nerve fibres which feed them, making it useful in the treatment of dilated testicles and hydrosol in men.

Aasanas can alleviate menstrual disorders. These Aasanas leads to improved functioning of the digestive, excretory and reproductive organs and helps to remove gastrointestinal disorders, chronic constipation and sluggishness of the liver. Physical and mental tiredness are removed, the mind will remain peaceful and without worries even in the most difficult situations if the practice of the Aasanas can be mastered. With the practice of the some of asanas like gomukh asana, chakar aasan, maty asaan etc. the expansion of the lungs and deep respiration take place, alleviating disorders such as asthma, bronchitis or kapha dosha imbalances. Youthfulness and vitality are increased by practicing the asanas.

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. Regular practice of asanas helps to remove excess weight. It stimulates the appetite, alleviates constipation and is beneficial for all the abdominal organs, especially the liver and kidneys.

**Preparatory practices are needed to make the hips, knees and ankles flexible before assuming asanas.**

Do not practice asanas if suffering from weak heart, high blood pressure. Asanas should not be attempted during pregnancy, menses days. The movement during performing asanas should be with control and care as the body is easily injured by sudden, jerking movements.

The asanas should be practiced with great care and only under expert guidance of a guru.