

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. – 16

Lecture Title

Yoga Asanas Part – 6

Summary

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.