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Paper Name - Yoga

Topic Name – Yoga Asana

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Lecture Title

Yoga Asanas Part - 7

Chakrasana

This asana has obtained its name because the body will become like a wheel while doing this asana. Therefore, this asana get another name called wheel are asana. The complete part of this asana is called as “ Poornachakraasana”

Technique:

Lie down on the yoga mat looking upwardly

Fold your legs and keep it down below your buttocks .make sure that your sole of the feet touches the floor

Bring both of your hands and keep it beneath the shoulders like the fingers see the legs

Inhale deep breath and keep your hands and legs on the floor

Then slowly raise your hip, shoulders and the head from the floor

Then keep your neck loosely and bend your back as much as possible.

Stay on the same posture for a minute with normal breath and come back to normal stage by slowly exhaling the breath

Concentrate on the spine and manipulate chakra.

Benefits:

We can get many benefits of body parts by doing this asana, especially abdomen areas

The chest enhances and the lungs get more oxygen

By doing this asana helps strengthens the back and increase the elasticity of the spine.

It reduces the stress and tension in the body and the eye sight becomes sharp it cures the hernia and the kidney become stimulated and refreshed.

It reduces fat in abdomen area and tones the digestive and reproductive organs process.

It strengthens the muscles of hands and the legs.

It induces the endocrine glands and maintains the metabolism normally.

It induces the brain cells and refreshes the brain.

It rectifies the uterine and menstrual problems in women

It stimulates the process of the liver, spleen and kidneys

It purifies the blood

Glands like pituitary gland and thyroid gland are stimulated by doing this asana

2. Precautions

High blood pressure, hypertension, heart ailment, weak wrist and arm during pregnancy and when feeling too much tired one should not attempt chakrasana.

Do not try this asana in case of back injury

Avoid if suffering from hernia

Arch the body as much as you can

Don't raise the heels of the ground

Don't strain and struggle to come to the final position

Face relaxed, shoulders relaxed.

Because of the deep arch to the spine, it is best to do a counter pose, such as matsyasana, after practicing chakrasana.

Halasana

In Sanskrit "hala" means plough and asana means pose, so it is known as halasana (plough pose). In this position the body shows the shape of the plough. This pose gives flexibility to the spine as well as strengthens the back muscles.

Technique:

Lie on back.

Join the legs together.

Relax the whole body

Keep the palm flat on the ground keep breathing normally

While exhaling press the palm on ground and raise both legs upwards straight. Then try to touch the ground just behind

Breathe slowly and hold the posture for several minutes like 1-2 minutes

Now slowly release the pose to return to shavasana

Relax and practice for 2 rounds more.

For maximum benefits practice bhujangasana immediately after Halasana.

3. Benefits:

Practising this asana makes your back bone elastic and flexible and strong

It helps to reduce both belly and body fat

Improves digestion and appetite

Effective in weight loss

People suffering from diabetes should do this regularly and gets benefits from it

It cures the symptoms of menopause

Halasana normalizes the blood glucose level and stimulates the internal organs

It stimulates the reproductive organs

It improves memory power

It strengthens the abdominal muscles

Precautions:

Those having neck pain, spondylitis and high blood pressure should not practice this yoga pose.

Pregnant ladies should not try this asana

Those who are suffering from hernia, sciatica, arthritis of the neck should not do practise

During menstrual days do not perform this asana.

Siddhasana

Yogi places the heel of one foot midway between the genitals and the anus with the other heel pressing the pubis.

One remains motionless in a steady posture

Liberation is attained on performing this practice, which is called siddhasana.

This asana is a symbol of energy and perfection; hence its name is siddhasana for men and siddha yoni asana for women. It is the best asana for the practice of meditation.

4. Technique

This practice may be performed with either leg uppermost or either heel pressing the perineum

Sit with the legs straight in front of the body. Bend the right knee and place the sole of the right foot flat against the inner left thigh.

Then sit on top of the right heel so that it presses the perineum, the area between the genitals and anus in men, or the vagina in women.

Adjust the body until it is comfortable and the pressure of the heel is firmly applied.

Bend the left leg and place the left ankle directly over the right ankle so that the ankle bones are touching and the heels are one above the other.

If possible, press the pubic bone with the left heel directly above the genitals.

In men the genitals lie between the two heels. In females one heel is above the other close to the vagina.

If this is too difficult, the left heel can simply be placed as near as possible to the pubis.

The feet are then locked into position by grasping the right toes and pulling them up into the space between the left calf and thigh.

Push the toes and outer edge of the left foot into the space between the right calf and thigh muscles. In this position the legs are locked in the asana.

In the version of siddhasana meant for prolonged meditation, the whole spine, neck and head are kept upright and straight without tension.

The lower spine should not slump, but be kept straight so that the abdominal region is not compressed. Otherwise, due to abdominal compression, pain will be felt in the waist and lower abdomen.

The hands remain on the knees in jnana mudra or chin mudra.

Ensure that the knees remain in contact with the floor.

The body should feel completely comfortable.

If necessary, a chin cushion can be used to raise the buttocks, reducing the pressure on the lower portion of the ankles.

Each practitioner should decide whether to bend the right or left knee first, according to personal preferences.

To sit in this asana the ankles must be sufficiently flexible.

Do not strain in the beginning

At first it may only be possible to hold the posture for one or two minutes due to pressure on the perineum, but with regular practice the discomfort will ease and the duration will gradually increase.

Natural, deep breathing according to the meditation practised.

Those who suffer from sciatica, sacral infections, disorders in the lower spine or enlargement of the testes should not do this practice.

Siddhasana and siddha yoni asana hold the spinal column stable, which is very important for meditation.

The lower foot presses the area of mooladhara chakra, creating a physical equivalent to moolabandha.

The upper foot presses the pubis which in turn exerts pressure on the swadhisthana region, leading to a physical equivalent of vajroli/sahajoli mudra being experienced automatically.

This results in waves of energy travelling from the spinal column to the brain, establishing control over the secretion of the reproductive hormones, which is essential for spiritual progress.

This asana redirects blood circulation to the lower spine and abdomen, toning the lumbar region of the spine, the pelvis and the abdominal organs, as well as balancing the reproductive system and blood pressure.

It is useful asana for those who are prone to night emissions as the pressure on the nerves and nadis of the perineum strengthens the internal glands, bringing greater control over the sexual function.

Apart from these physiological effects, siddhasana creates physical stability and increased energy. The awakening of mooldhara chakra can occur with the correct practice of this asana.

In kundalini yoga, siddhasana and its female equivalent, siddhi yoni asana are practised to generate the upward movement of apanavayu.

Sage Gheranda says that practising this asana brings mental control and a state of shoonya, thoughtlessness

When the pranas are activated and the mind becomes thoughtless, the path of moksha, liberation, is automatically opened.

Practising siddhasana increases internal energy and expands the pranas, thus strengthening the capacity and stamina of the body and mind.

In different traditions this same practice is sometimes given different names: guptaasana, the secret posture, or mukhtasana, the posture for liberation which shows its importance.

In hatha yoga pradipika, siddhasana is described at length and is said to be the most important of all the asanas. In hatha yoga pradipika yogi swatmarama explains the yogi who meditates on the self, (atma), takes moderate and pure food and practises siddhasana for twelve years attains siddhi.

5. Conclusion

These are helpful in achieving physical and 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 mooladhara to sahasrara chakra. Aasanas also help 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 lead to improved functioning of the digestive, excretory and reproductive organs and help 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 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.

