

Course Name : Bachelor of Physical Education

Year : IInd(Part - I)

Paper Name : Yoga

Paper No. V

Lecture No. 18

Topic no. : Sect-A (2)

Lecture Title : Yoga Asana Part - 8

Script

Introduction

Hello friends today we are going to discuss about some of another major asana. There Techniques and how to perform these asana. There benefits in our day to day life and some of the major precautions while performing these asanas.

Paschimott Anasana

Stretch both legs out, like a staff, on the ground in a natural way and grasps the big toes. Then place the head between the knees. Thus it becomes pashimottanasana

Technique

Sit with the legs stretched out in front of the body, feet together and the hands on the knees. This is the starting position.

Straighten the spine, and then relax the whole body.

Sliding the hands down the legs, slowly bend forward from the hips as far as possible without forcing or jerking.

Grasp the big toes with the fingers and thumbs

If this is impossible, hold the ankles, shins or any part of the legs that can be reached comfortably.

Keep the feet close to each other.

Do not bend the knees

Hold the position for a few seconds

Relax the back and leg muscles.

Keeping the legs straight, begin to bend the elbows and gently bring the trunk down towards the legs as far as is comfortable, maintain a firm grip on the toes, feet or legs.

The aim is to eventually touch the forehead to the knees, but do not strain.

Hold the final position for as long as is comfortable and relax the body.

Slowly return to the starting position

This is one round.

Breathing

Inhale while straightening the spine in the starting position.

Exhale slowly while bending forward.

Inhale while returning to the starting position.

Duration

The Basic practice can be performed up to five times, staying in the final position for only a short length of time.

Sequence

This asana should follow a backward bending asana such as bhujanasana or matsyasana.

Precautions

Do not force the body to bend forward as it is easy to strain the back. Flexibility comes gradually with practice over a period of time.

People suffering from Sciatica, slipped disc, spondylitis, hernia, high blood pressure or heart disease should not perform this asana.

It is not suitable during pregnancy.

Benefits

Paschimottanasana stretches the hamstring muscles and increase flexibility in the hip joints.

It tones and massages the entire abdominal and pelvic region, including the liver, pancreas, spleen, uro-genital system.

Kidneys and adrenal glands.

This asana is especially recommended to make the abdomen and waist supple and to remove excess weight in this area.

Circulation to the nerves and muscles of the spine is stimulated.

It is a good practice to straighten the spine, which is fully stretched during this practice

Paschimottanasana is used in the management of prolapsed, menstrual disorders, sluggish liver, diabetes, colitis, kidney complaints, asthma, bronchitis and other respiratory diseases.

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 use 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 manipurakh chakra.

Benefits

We can get many benefits of your 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

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 body shows the shape of the plough. This pose gives flexibility to 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 round more.

For maximum benefits practice bhujangasana immediately after Halasana.

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.

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.