



YOGA
FOR
HEALTH
AND
HAPPINESS



© **Narendra L. Doshi**

All rights reserved. No part of this publication may be reproduced, distributed, transmitted, stored in a data base or retrieval system or translated into any language in any country in any form or by any means without the permission of the author and the publisher.

- Authored by: Mr. Narendra L. Doshi
- Edited by: Dr. Bhawisha Joshi

Title:

Yoga for Health & Happiness

Cover design:

Haresh Mesta

Printer:

Greeshma Arts
Milan Industrial Estate,
Cotton green, Mumbai, INDIA 400033

Publisher:

Dr. Shachindra Joshi (HUF)
B 101, Rushi Sanket, Mahant road, Vile Parle (East),
Mumbai 400057, India
Tel: +91-22-26149922
Email: books@drjoshisclinic.com
Website: www.drjoshisclinic.com

Email: narendoshi1@yahoo.co.in

First edition: August 2016

ISBN:

❧ Blessing ❧

In today's age of stress, all people know the value of the practice of yoga and meditation. 70% of all diseases are psychosomatic and hence, they can be cured only through the practice of yoga and meditation. This book by Narendra Doshi will be immensely useful to all those who want to be healthy and prevent these stress-induced diseases .

Prevention is better than cure - This is a very old proverb. This book would go a long way in helping people prevent diseases, mainly the dreadful fatal ones like coronary heart disease.

Not only is the author a regular practitioner of yoga and Preksha Meditation himself, but also a certified instructor and trainer. He has a longstanding and profound experience of the practice as well as an experience of teaching / imparting training to others.

The system of Preksha Meditation with its components like Kayotsarga, Anupreksha etc. is a scientific method of meditation. This book introduces and explains the reader about Preksha Meditation which become quite popular in India as well as abroad.

It should be always remembered that the ultimate foundation of yoga and meditation is the spiritual principal of purity of Chitta (psyche). One who can attain it, even partially, can gain emotional health first. The emotional health will lead to mental health, and lastly physical health. The definition of health of W.H.O. is- "Holistic health is not only absence of disease or infirmity, but it comprises of physical, mental and emotional health."

This book, I feel, will serve as a hand book of holistic health.

My spiritual blessings are always with Mr. Narendra Bhai Doshi and this book, which will disseminate the knowledge of yoga and meditation, specially to the young generation.

Professor Muni Mahendra Kumar

Sthanakvasi Upashraya, Chembur, Mumbai.

04-03-2016.

 **I dedicate this book to** 

My Guru late Acharya Shri Mahapragyaji for showing us the right path and changed the course of my life towards yoga and spirituality.

My father who is always ready to accept and adopt new ideas even at the ripe age of 94. His passion for reading and his love for spiritual life is worth imitating.

My loving mother who is skilled in worldliness and a disciplined and industrious woman.



— Acknowledgements —

This book is the fruit of inspiration and cajoling from my daughter Dr. Bhawisha Joshi. She with her husband, Dr. Shachindra Joshi have authored several books on Homoeopathy, translated into German, Italian, Japanese among other languages. Both are teachers and practicing homeopaths of world-fame. I am thankful to her for valuable suggestions as well as making this book a reality. I am indebted to my younger brother Ashwin Doshi, whose enthusiasm and zeal always amazes me. He photographed and edited all the poses and proof read the material presented in this book.

My wife, Divya, a yoga practitioner for years, has been my pillar of strength. I enjoyed discussing and sharing my ideas with her as I wrote the book. Her support throughout made this a pleasant journey possible.

I am highly obliged to my guru, his holiness late Acharya Shri Mahapragyaji, who inspired me in this spiritual path and to adopt and practice Preksha meditation. I have been practicing Preksha meditation, a wholesome meditational method, for the last 14 years. I take this opportunity to thank all my teachers under whom I have learnt different techniques of various Schools of Yoga. Finally, I am thankful to my parents, my friends and well-wishers who encouraged me in various walks of life.



❧ About the Author ❧

Mr. Narendra Doshi is an engineer by training and profession and ran his own successful business of manufacturing Diamond Tools for over 20 years. In 2006, at the age of 62, he obtained a B.A. in Jainology and Comparative Religions, and M.A. in the "Science of Living, Prekshadhyan (Meditation) and Yoga" in 2008. He took early retirement from his business and focused on his passion - Yoga and Jain Philosophy. In addition to the practice of Yoga, Mr.Narendra Doshi was born Jain and he has a profound interest in Jain philosophy and its traditions. Though he claims that he is only a student and will remain so until his last breath, he has made a detailed study of the subject and he practices the same in everyday life. He teaches and trains students and ailing people in the science of Yoga and Meditation. This form of living is Mr. Doshi's lifestyle. He starts his day with Yogic exercises and meditation at 4.30 am, to say the least. His energy and enthusiasm are infectious and his love of life is derived from his wife, parents, children and grandchildren.



Content

PREFACE	5
CHAPTER -1 An Introduction to Ashtanga Yoga	7-11
CHAPTER-2 Yogasana	12-76
• Why Yogasana • Benefits of Yogasana • Useful Rules for Asanas. • Various Asanas	
Lying Postures	15-37
1 - Kayotsarga	15
2 - Uttana Padasana	16
3 - Pavana-muktasana	18
4 - Katiutthanasana	20
5 - Chakrasana	21
6 - Padottanasana	23
7 - Hastapadottanasana	24
8 - Supta Vajrasana	25
9 - Sarvangasana	27
10 - Halasana	29
11 - Matsyasana	30
12 - Markatasana / Supta Vakrasana	32
13 - Bhujangasana	33
14 - Makarasana	34
15 - Dhanurasana	36
Sitting Postures	38-61
16 - Dandasana	38
17 - Vajrasana	39
18 - Shashakasana	40
19 - Simhasana	42
20 - Brahmcharyasana	43
21 - Ustrasana	45
22 - Gomukhasana	47

23 - Ardhamatsyendrasana	48
24 - Paschimottanasana	49
25 - Bhadrasana (cobbler Pose)	51
26 - Marjarasana	52
27 - Siddhasana	53
28 - Padmasana	55
29 - Baddha-padmasana	57
30 - Yoga Mudra	58
31 - Parvatasana	60
Standing Postures	62-76
32 - Sampadasana	62
33 - Tadasana	63
34 - Pada-hastasana	65
35 - Trikonasana/ Parivartia Chakrasana	67
36 - Konasana	68
37 - Garudasana	70
38 - Parsva Trikonasana	71
39 - Virabhadrasana	73
40 - Vrukshasana	74
41 - Natrajasana	76
CHAPTER – 3 Yogic Kriyas	78-87
1 - For Eyes	78
2 - For Face, Mouth And Vocal Organ	80
3 - For Neck	81
4 - For Arms, Hands And Fingers	82
5 - For Abdomen	83
6 - For Knees	85
7 - For Toes And Feet	86
8 - Grinding	87

CHAPTER - 4 Pranayama 88-113

- Bandhas • Important Points to be kept in mind before starting the practice of Pranayama • Benefits of Pranayama • Deep Breathing
- Nasal Cleansing • Bhastrika Pranayama • Rejuvenating Exercise,
- Kapalabhati Pranayama • Baahya Pranayama (Staccato Breathing)
- Anuloma-Viloma Pranayama • Ujjayi Pranayama
- Bhramari Pranayama • Suryabhedhi Pranayama
- Chandrabhedhi Pranayama

CHAPTER - 5 Chakras and Glands 114-121

- Chakras • Location of the Chakras in our body • Glands,
- Interaction of Feeling and Behavior • Standard 30 Minutes Course.

CHAPTER - 6 Meditation 122-126

Meditation, Contemplation.

CHAPTER - 7 Therapeutic use of Yoga 127-134

Asanas & Pranayamas for some common disorders

1) Hyperacidity	128
2) Constipation	128
3) Indigestion	128
4) Diabetes (Type II)	128
5) Obesity	129
6) Hypertension	129
7) Cardiac complaints	129
8) Cold and Cough	129
9) Asthma	130
10) Back Pain	130
11) Hernia	130
12) Insomnia	130
13) Anxiety, Tension	131
14) Worry	131
15) Low Blood Pressure	131
16) Ulcer	131
17) Diarrhea	132

18) Tonsils 132

19) Rheumatism 132

20) Sciatica 132

21) Memory Problem 133

22) Piles 133

23) Throat Problem 133

24) Headache 133

25) Leucorrhoea (white discharge) 133

26) Stomach Pain 134

27) Thyroid 134

28) Depression 134

HEALTH TIPS 135 - 136

COLOUR IMAGES

- Respiratory System
- Human Skeleton
- Gastro - intestinal system
- Endocrine Glands
- Chakras

❧ Preface ❧

It is well said that health is prime happiness. But what is health? Health is aptly defined by W.H.O. in the preamble of its charter as - “Health is a state of complete physical, mental and social well being; and not merely the absence of disease or infirmity.”

Fortunately, yoga has the potential to provide true health as defined above. Yoga can help us remain physically healthy, mentally positive, emotionally stable and spiritually pure. Yoga offers great help in reducing the ill-effects of many chronic diseases. Postural deformities can be corrected by asanas such as Parvatasana, Bhujangasana etc. Asanas like Padottanasana, Pavana-muktasana help in indigestion, constipation etc. Even metabolic disorders can be helped with asanas like Ardhamatsyendrasana. Pranayama is excellent to enforce costal and diaphragmatic breathing. Kayotsarga relaxes every muscle of the body and frees the mind from confusion and distress. These are some examples to illustrate how yoga can pave the way to total health.

Today, numerous cardiologists, orthopedic surgeons, physicians, psychiatrists and many other medical experts prescribe yoga to their patients regularly. Unlike other forms of exercise, which strain the muscles, joints and skeletal structure, yoga gently rejuvenates the body. Yoga helps you to overcome obstacles on the path to perfect health and refreshes the life-force with new energy. Yoga has also been resorted to for various other benefits like weight control, slimming and toning the body, relief of tension, improving concentration and energy levels and for bringing the immune system in balance.

Even, the United Nations General Assembly has declared 21st June as the International Yoga day. The resolution saw a record number of 175 countries co - sponsoring by countries like USA, Canada, China etc.

Yoga is a boon for psychosomatic diseases and we know that ninety percent of the modern day diseases are psychosomatic including our modern-day killer like cancer. Yoga helps strengthen the body's resistance and capacity to fight diseases for speedy recovery. However, firm determination is the key element as Yoga calls for regularity and disciplined routine.

My effort in this book has been to illustrate various simple yet very effective asanas, so that a beginner and as well as a habitual yoga practitioner can learn, practice and reap maximum benefits of this wholesome science.

I have been practicing yoga for over twenty five years and have learnt different techniques from various schools of Yoga. I have been teaching yogasanas, pranayama and meditation at the university level and consider myself as a sincere and humble student of Yoga and Spiritual sciences. I have developed some special techniques of breathing exercises that are well illustrated in this book. Regular practice of the asanas, kriyas, pranayama and meditation described in this book will be helpful in tackling the root cause, rather than the symptoms and be sure to help you achieve both health and happiness. I sincerely hope this will be my greatest gift to the reader.



An Introduction to Ashtanga Yoga

The word "YOGA" has been used in Vedas, Upanishad, Gita, Mythological scriptures, Jain Agamas, Buddhist literature etc. since the Vedic age (1500BC). Thus "YOGA" is a very important term of Indian philosophy. Nowadays the word "YOGA" or "YOGASANAS" and "PRANAYAMA" or breathing exercises have become famous all over the world. People have recognized its importance in maintaining total health, both physical and mental.

"Yoga" is not merely an exercise. It is not meant for building muscles. "Yogasana" & "Pranayama" are a part of a particular lifestyle. A lifestyle which aims at Holistic Health and complete bliss. "AATMA"- the soul in every living being, not just in human beings, is also a well-developed ideology of this lifestyle.

The word Yoga has several meanings. Yoga means self-realization. Yoga means the merger of Atma (the soul) & Parmatma (supreme soul). The "GITA" defines-Yoga as excellence in work and life. Equanimity is Yoga. Work done with full concentration, with full dedication but without expectation is Yoga etc. Yoga is complete in every aspect because it touches every sphere of human life. It is a complete science, a complete lifestyle, a complete health system and above all a complete spiritual philosophy. Yoga has the answers to many problems of our modern lifestyle. The scriptures say that the eight chakras (Energy Centres) are awakened by yogasana and by the regular practice of pranayama. In today's scientific term we can say it improves the efficacy of endocrine glands.

Yoga can be classified in following four types:

- 1) MANTRA YOGA comprises of chanting of the mantra systematically, for years, and mastering it.
- 2) LAYA YOGA is being conscious of God at all the times.
- 3) HATHA YOGA comprises the practices of various yogic postures, mudras, pranayama and kriyas for the purification of the body and enhancement of mental abilities. "Ha" and "Tha" are symbols. 'Ha' means the sun and "Tha" means the moon. This science teaches us how

to keep balance in a life full of dualities.

- 4) RAJA YOGA comprises the observance of Yama, (self-restraint), Niyama (scriptural prescriptions to help observe self-restraint) etc. which help to purify the mind, intellect and thereby enlighten the soul.

Maharshi Patanjali encapsulated the essence of all different branches of yoga such as Dhyana-yoga, Sankhya yoga, Karma yoga etc. and gave a complete path of yoga by describing the "Ashtanga Yoga" in "Yoga-Sutra"

ASHTANGA YOGA

The yoga of eight limbs or steps

The Eight steps are -1) Yama, 2) Niyama, 3) Asana, 4) Pranayama, 5) Pratyahara, 6) Dharna, 7) Dhyana 8) Samadhi.

1) Yama

Self-restraint

Yamas means the rules to be followed by the aspirant while living in society. It is to divert the senses and the mind from violence and other banal feelings and concentrate on the soul.

They are five as follows:

- **Ahimsa (non-violence)** - Means not to hurt, even with words, and not to kill any living being big or small. Ahimsa also means not to wish ill for anybody.
- **Satya (Truthfulness)** - Truthfulness is to experience a positive feeling in your thinking process. Do not lie, do not deceive and do not confuse anybody.
- **Asteya (non-stealing)** - Do not steal. Even the desire to acquire other's belonging is stealing.
- **Brahmacharya (Observance of celibacy)** - A regulated sex life is very essential for health as well as yoga practice.
- **Aparigriha (Abstinence from possessing unwanted things)** - Parigraha means attempt to hold on to material. Aparigraha is to lead a life which is just the reverse; one should be satisfied with minimum wealth, garments and items of material comforts. Aparigriha & Ahimsa go hand in hand.

2) Niyama

Scriptural rules

Niyamas are Scriptural rules - the observances which prove helpful in personal development of the yoga aspirant that bring discipline and remove inertia.

They are five, as follows:-

- **Shoucha (Purity)** - physical, mental and emotional purity is essential for progress in yoga.
- **Santosh (Contentment)** - Santosh means being satisfied. Happiness is based mainly on satisfaction and cause for unhappiness are desires and aspirations. Therefore one should perform one's duties with best of one's ability but should be satisfied with whatever God gives in return.
- **Tapa (Penance)** - Tapa means tolerating challenges. This means whatever pains, troubles, adversities come in life, they should be accepted gracefully and we should march forward toward our goal. To remain steadfast in all the hardships, unhappiness and dishonor is penance.
- **Swadhyaya (Regular study of spiritual Books)** - The other meaning of self - study or swadhyaya is knowing ourselves or realizing our internal self, thinking about our existence and introspecting on who am I ? What should I do? What am I doing? What is the aim of my life? etc.
- **Ishwar Pranidhan (Deep devotion towards God or self-surrender to the supreme)** - A true devotee always thinks that whatever he has achieved, body, mind, wisdom strength, beauty, prosperity, luxury, status and honor, is all due to the blessings of God. He maintains his ego at the lowest. Here, God is not any particular god but the supreme power.

3) "Asana"

Postures

Asana means a steady and pleasurable psycho-somatic pose (i.e. one involving body and mind together). Devotee should practice to sit attentively and comfortably for a long period while meditating. Your spine should remain straight while practicing any meditative asana. Yoga postures are only a part of yoga, as mentioned earlier. Hatha yoga describes 84 types of different asanas. These relate to physical and mental health as well as meditative poses. As one practices these asanas, the entire body gets activated, becomes flexible and healthy.

4) Pranayama

Breathing Exercise

Pranayama means controlling and /or lengthening inhalation and exhalation, as also disciplining the entire process of respiration. Pranayama helps the aspirant attain allround health of body and mind and also enables him to achieve success in higher stages of ashtanga yoga. There are several types of pranayamas.

5) Pratyahara

Withdrawal of senses from their subjects

The senses are the doors of mind connecting it with the outer world. In Pratyahara all these doors are closed and the mind is turned inward, then is set free from the tyranny of the senses.

From **Yama** to **Pratyahara** forms **Bahiranga yoga**. **Dharna**, **Dhyana** and **Samadhi** are parts of **Antaranga yoga** and are basically practiced for spiritual upliftment.

6) Dharna

Concentration

Dharna means fixation of the mind on one subject. Dharna is when you sit in one place and concentrate your mind on any one of the "chakras" such as Navel center, center between the eyebrows etc. or on your breath to detach your mind from worldly objects and even from your own body. Thus the act of detaching your mind from worldly objects and focusing it on the subtle subjects like soul and supreme soul is called "Dharna". Dharna is the foundation of "Dhyana". As we perfect our practice of "Dharna" and when this concentration is prolonged, it becomes Dhyana.

7) Dhyana

Meditation

Dhyana means continuation of one-pointedness of the mind on the object. It's an unbroken flow. The concentrated flow of superior knowledge is called "Dhyana". To lose yourself in this pure joy and divine peace of the God's presence is Dhyana. To achieve any spiritual or material objective Dhyana is a must. We can lead a happy and blissful life only with "Dhyana". Pranayama is a great help in "Dhyana" as it calms the mind. Dhyana is in itself a very major yogic action. There are different schools of meditation, following somewhat different techniques. One of them is

PREKSHA MEDITATION. Preksha meditation is a technique of meditation for attitudinal change, behavioral modification and integrated development of personality. It is based on the wisdom of ancient philosophy and has been formulated in terms of modern scientific concepts by Jain Guru Acharya Shri Mahapragyaji being inspired by Acharya Shri Tulsi in 1975.

8) Samadhi

Transcendental Meditation

Samadhi means self-realization or complete absorption. This is the ultimate aim of yoga, in which the mind reaches the highest bliss. This means the stage when the mind is diverted from doubts, concentration is achieved and only the truth is grasped. This prolonged state of quietness frees an individual from all attachments, resulting in indifference to pleasure or pain. It is the state of total equanimity. The circle of life and death is destroyed. Now there will be no rebirth, and hence no suffering at all. Only divine joy of "Moksha" on Siddhashila forever.

In this book we will learn about some very useful asanas, kriyas, pranayamas (breathing exercises), meditation and one method of contemplation to strengthen and purify our body, mind and emotions for holistic health.



❧ CHAPTER - 2 ❧

❧ Yogasana ❧

Asanas are Yogic postures, which one assumes by a series of graceful, rhythmic slow motion movements with a brief "holding" (no motion at all) period. Poise and balance are maintained at all times and the attention is fixed unwaveringly on the movements being executed.

Yogasana involves a thoughtful process at the end of which a balance is achieved between movement and resistance. In yogasana body weight is evenly distributed over muscles, bones and joints. These asanas are so developed that various organs are supplied with fresh blood, and are gently massaged, toned and relaxed.

Yoga is concerned with the health and beauty of the organism as a unified whole.

❧ Why Yogasana ❧

Other form of exercises, unlike yogasana usually involve quick and forceful body movements. It has repeated actions which often lead to exertion, tension and fatigue. The slow and controlled movements and "hold" of asana refreshes the body. Yogasanas are stimulative exercises which does not simply end but find fulfilment in tranquility. A big advantage of yoga is that it can be practiced by any one (diseased should consult his doctor) irrespective of age or sex, though it is particularly beneficial in middle age and after.

Basically there are three types of postures

- 1) Lying (on the abdomen or on the back)
- 2) Sitting
- 3) Standing

There are forward bends, back bends, twists and inversions in all three types of yogasanas. One should try to include all the three types of asanas in one's daily yogasana practice.

❧ Benefits of Yogasana: ❧

Each asana has its own distinguished advantages and benefits, in addition to the common benefits as follows:

In forward bends, the abdominal organs are compressed and the brain gets

greater amount of blood. The sympathetic nervous system is rested and brings down the pulse rate and blood pressure. Adrenal glands function more efficiently. The heart is relieved of the strain of pumping against gravity. Forward bends strengthen the whole spine and connected muscles.

Back bends stimulate central nervous system and increase the ability to withstand stress. It is good for person suffering from emotional problems like depression etc. They strengthen the spine and relieve back pain.

In twists, pelvic and abdominal organs are squeezed and flushed with fresh blood. They relieve spinal and hip disorders. They improve blood supply to the spinal cord and increase energy level.

Inversions provide ample amount of blood to the vital organs like brain, heart and lungs.

Useful Rules for Asanas

1. In the beginning phase of your yogic studies, it is desirable to have a good yoga instructor.
2. Person suffering from heart diseases, hyper tension, asthma, hernia, spondylosis or people who have undergone any major surgery should take advice from their doctor before commencing these exercises.
3. For yoga exercise it is essential to have clear bowels, good digestion, sufficient sleep, appropriate food and proper environment.
4. Yoga practices should be performed with ease and without strain. One should do it as per one's own strength, age and capacity, not in competition. Children above 8 years can do all the exercises.
5. Women should avoid yoga when menstruating. Pregnant women should consult her doctor.
6. Wait a few hours (4 hrs.) after a meal before performing asanas. Food can be eaten 30 minutes after performing asanas.
7. If an asana is performed in one direction then it should be repeated in the opposite direction also. After doing forward bending asana, one should do backward bending asana for balancing effect. All the asanas need not be done on a daily basis.
8. Whenever one feels tired while doing asana one should rest a while or perform kayotsarga or makarasana to give rest to the body.
9. Breathe through nose only and not by mouth.

10. Asana may be done both in the morning and the evening. Morning is preferable if performed only once in a day.
11. First normalize the breath after performing each asana. Thereafter, take a long and deep breath to get relaxed. Kayotsarga is a must as a concluding asana.
12. While doing asana, clothes should be minimum, comfortable and preferably cotton clothes.
13. Beginners should always begin with simple asanas.
14. It is appropriate to spread a soft mat or blanket on the ground. Do not perform these exercises directly on the floor.
15. Concentrate especially on the organs which are involved in performing the particular asana. Always remember the benefits of that asana. Be involved physically, mentally and emotionally while performing, then you can draw maximum advantage from this wonderful science of yoga.



LYING POSTURES

❧ 1 - Kayotsarga ❧



Introduction:

Tension is a condition for agitation, restlessness and evil thoughts. It is therefore, essential to remove tension. Kayotsarga removes physical, mental & emotional tension.

Kayotsarga is not merely relaxation of the muscles but also awareness of the self.

Method:

Lie straight with your back on the ground. Keep a distance of about 30 centimeters between the legs and keep both palms open, facing upwards, at 15 centimeters away from the thighs. Close the eyes, keep neck straight and relax the whole body. The breathing should become calm, slow and rhythmic but not necessarily deep. Now relax every muscle in each part of the body starting with the toes in the feet and gradually reaching top of the head. The body will remain motionless and the conscious-Will slowly move over every part, patiently persuading it to relax.

Proceed in small steps, beginning with the big toe of the right foot, working systematically upwards in each limb, in turn. Relax the toes, the heel, the sole and upto the ankle joint of the right foot. Now from ankle to calf muscles to knee, to the hip joint, relaxing the thigh muscles and the buttock. Repeat it with the left limb. Now from lower abdomen to the top of the head relax the outer side and the inner parts of the body by auto-suggestion method. Experience that each and every muscle, each and every nerve has become relaxed. Here, the deep concentration and visualization with ease is important. Remain relaxed for 5 minutes or

more as per the time available and experience the peace and joy. When the relaxation exercise is over, you have to recall your muscles and nerves to their normal state of working by three or four deep conscious breaths. Rub the palms and put them on your eyes and then slowly open the eyes. Turn to your left, push yourself up on your left arm and come to a sitting position.

Note:

For Kayotsarga - Person having H.B.P. should lie on right side and Person having L.B.P. should lie on left side.

Benefits:

- 1) Relieves physical, mental and emotional tensions.
- 2) Good for high blood pressure, heart diseases and insomnia, when practiced regularly.
- 3) Weakness of the nervous system, tiredness and negative thinking are cured.
- 4) The concentration power increases.
- 5) Practicing brief Kayotsarga in between other asanas relieves the tiredness in a very short time.
- 6) You feel energetic & fresh after doing Kayotsarga.
- 7) It enhances recovery from all long term or serious illness.

Caution:

Do not do if you have very low Blood pressure.

❧ 2 - Uttana Padasana ❧



Introduction:

In this asana legs (Pada) are lifted up [Uttana]. Hence this name is given. This is a very simple but very effective asana.

Method:

- Lie down straight on your back, with palms touching the ground, legs straight and toes together and pointing away, not upwards.
- Inhale and raise the legs slowly upwards up to 30° and hold for some time in the same position. (5 to 15 sec.) Do not bend the legs from the knee.
- Breathing – normal deep breathing in holding position
- While exhaling lower the legs slowly and carefully to the ground, avoiding any jerks.
- Repeat this 3 times.
- Repeat but this time raise the legs upto 60° and repeat 3 times. Use the same breathing technique.
- Relax.
- Above asana can be done by raising one leg at a time. Other leg should remain on the floor. Beginner should start with one leg.

POINT OF CONCENTRATION: Manipura Chakra

Benefits:

- 1) This asana strengthens the intestines, helps eliminate constipation, bloated abdomen, obesity and improves the digestive system.
- 2) It is useful in preventing displacement of the navel. It is beneficial for people suffering from hernia.
- 3) It gives glow to the face, and improves blood circulation.

Caution:

Persons suffering from hypertension and heart ailments should not practice this asana. Participants suffering from backache should practice with one leg at a time.

❧ 3 - Pavana-Muktasana ❧



Introduction:

This asana is very good for bloated abdomen. Gas (Pavana), Relieve (Mukta). Therefore, this is appropriately named “Pavana Muktasana”.

Method:

- Lie on the back with legs together and hands by the side of the body, palms against the floor.
- Fold the right leg at the knee. Bring the folded knee towards the chest. Let the left leg be relaxed and unmoving on the ground.
- While interlocking the fingers of both palms, catch hold of the right knee and press it towards the chest.
- Raise the head and try to touch the knee to the chin with ease.
- Maintain this final stage of Ardha-Pavana-Muktasana for 3 to 5 breaths.
- For releasing the asana, bring down the head and place it on the floor.
- Release the hold of the knee. Bring the right leg to the starting position.
Repeat this operation with the left leg.
- Practice this asana with both the legs together as shown in the picture. Repeat this cycle 3-4 times.

POINT OF CONCENTRATION: Manipura chakra

Breathing: Normal.

Benefits:

- 1) It is extremely beneficial for gas related problems of the stomach.

- 2) Balances the digestive and excretory systems and makes them more efficient.
- 3) Restricts the enlargement of the liver and the spleen.
- 4) It reduces excess fat on stomach.
- 5) If Ashwini Mudra is practiced in this asana, then it helps in preventing constipation, piles, fissure, fistula and other complaints related to the anal region.

Note:

Ashwini Mudra: Contract and relax your anal sphincter alternately for 10 to 15 times. This mudra can be done any time. It has several advantages like -

- 1) It tones up all the pelvic muscles and organs as well as the muscles and nerves surrounding the anal sphincter.
- 2) Helps many conditions like piles and prolapse of the anus and rectum.
- 3) It augments physical energy and ensures long life.

Caution:

- Patients suffering from spondylosis should not raise the head.
- If there is any kind of pain in the abdominal region, or hydrocele or hernia, then it is advisable to practice this asana after consulting the doctor. Person with severe backache should avoid this asana.

❧ 4 - Katiutthanasana ❧



Introduction:

Kati means waist and Utthan means lifting. Here the waist is lifted so it is called Katiutthanasana.

Method:

- Lie down straight, on the back, fold your legs at the knees and bring your feet near the hips, as illustrated.
- Hold the upper portion of the ankle with the respective hands.
- Inhale and raise the back and hips. The shoulders and heels should rest on the ground. Stay in this position for 10 to 20 seconds. Increasing duration of hold will come naturally with practice in all asanas.
- Exhale slowly as you lower your back, hips and slowly rest the back on the floor. Repeat 3 to 4 times.

POINT OF CONCENTRATION: Manipura chakra

Breathing: Normal.

Benefits:

- 1) It is the best asana to keep navel in its central position.
- 2) It is useful for stomachache & backache.
- 3) It is especially beneficial for uterus. It helps curing infertility, menstrual disorder, white discharge, bleeding. It helps in sex related problems in males.
- 4) It is very useful in some type of hernia (along with the uddiyana bandha), with little variation in the position of hands. (second picture). For this pose keep the hands as shown under the back, exhale completely apply MoolaBandha then apply Uddiyana Bandha by sucking the stomach in, hold as per the capacity. Release Uddiyana Bandha then MoolaBandha and slowly lie on the floor.

Caution:

Patient of severe back-pain or neck pain should consult their doctor before doing this asana.

❧ 5 - Chakrasana ❧

Circle pose

**Introduction:**

Chakra means circle in Sanskrit. In this posture the body is arched backward and resembles the circle hence it is called Chakrasana.

Normally we bend forward in our day to day work. To counter that this is very good asana.

Method:

- Lie down on your back.
- Bring the heels near the buttocks, by bending your knees. Spread your feet, so that they align with your hips.
- Bend your elbows and place your palms on either side of the head behind you, shoulders width apart. Your fingers should point toward your feet.
- Inhale and by putting pressure on your palms and feet raise your buttocks, back, chest and head off the floor gradually and in this order.
- Adjust your pose until your weight is equally divided between your arms and legs.
- Hold the pose for a count of 5-10. Can be repeated 3 times.

- For releasing the asana - exhale and lower the body slowly in reverse order, lie on the floor and relax.

POINT OF CONCENTRATION: Manipura Chakra.

Breathing: Normal

Note: This asana needs enough practice to perfect it. It is advisable to do under proper guidance.

Benefits:

- 1) It ensures proper blood circulation throughout the body.
- 2) Strengthens the spine and spinal cord.
- 3) Strengthen the abdominal and pelvic organs.
- 4) It stimulate the pituitary, pineal, thymus, thyroid and parathyroid glands.
- 5) Helps prevent excess menstrual flow.
- 6) Increases your will power and capacity to bear stress.
- 7) Strengthens the legs and hands.
- 8) It makes the spine and spinal cord flexible and slows aging.
- 9) It activates the stomach and intestines.
- 10) It prevents prolapse of the uterus.
- 11) It tones up the whole nervous system.

Caution:

Heart patients, person having high blood pressure or very low blood pressure, migraine or severe headache, hernia etc. should avoid.

❧ 6 - Padottanasana ❧



Introduction:

This simple asana is very effective in keeping all abdominal organs healthy.

Method:

- Lie down on the back. Keeping both hands near the body, palms touching the ground.
- Bring heels and toes together.
- Take both hands behind the head and stretch the arms and legs in opposite direction to feel a good stretch in whole spine. (It is called SuptaTadasana)
- Apply MoolaBandha while stretching.
- Now inhaling, raise both the hands and legs together towards the sky. Stretch them. Hold for a count of 10.
- Exhaling, return back slowly and relax.
- Repeat 2 to 3 times.

POINT OF CONCENTRATION: Manipura chakra (behind navel).

Benefits:

- 1) It eliminates chronic constipation and improves digestion.
- 2) It helps in certain hernias.
- 3) It is good for sciatica patients.

- 4) This asana stimulates the function of ankles, calves, thighs.
- 5) It strengthens the muscles of arms, shoulders and abdomen.
- 6) It is very good for female problems.

Caution:

Do not practice in case of severe back pain or major problem in stomach.

❧ 7 - **Hastapadottanasana** ❧
(Boat Pose)



Introduction:

In this asana hands and legs are raised and stretched upwards. The whole body is balanced on the hips. The pose looks like a boat.

Method:

- Lie down on the back.
- Join heels and toes. Keep the knees straight and stretch the toes.
- Keep the hands close to hips, palms touching the ground.
- While inhaling raise the feet and trunk upward. Balancing the body on hips, stretch the hands towards the toes.
- Stay there for a count of up to 10.
- Exhaling return to the original lying position slowly and relax.
- Repeat 2 to 3 times.

POINT OF CONCENTRATION: Manipura chakra.

Note: The hands and toes should be fully stretched forward.

Benefits:

- 1) It is a good remedy for constipation and indigestion.
- 2) It is a great help in some types of hernia.
- 3) Toes to hips and fingers to shoulders are toned up.

Caution:

Do not do in case of severe back pain, past history of any abdominal surgery, high B.P., or heart problems.

❧ 8 - Supta Vajrasana ❧

**Introduction:**

Supta means lying in Sanskrit. This is Vajrasana in lying position. This asana has some very distinct benefits.

Method:

- First sit in Vajrasana. (Asana no.17). Then keep the feet apart on the respective side of the buttocks and toes touching the ground. (this is Brahmacharyasana-Asana no. 20).
- With the support of the hands bend the body backward and let the elbows touch the ground one after the other.
- Lower down the whole of the back on the ground. Keep the knees together, if possible.
- The whole body including the head touches the ground.
- Keep the hands straight on the respective thighs.
- Hold it for a count of 10 or more if you are able to, without stress.

- For releasing the asana take the support of hands and elbows, raise your upper body and sit in Vajrasana.

POINT OF CONCENTRATION: Anahata chakra, in the center of the chest.

Benefits:

- 1) This helps in stretching the lower part of the abdomen, which relieves constipation.
- 2) This is beneficial for kidneys.
- 3) In this asana energy flows out freely from the vagus nerve.
- 4) Blood circulation is enhanced in the lower abdomen and reproductive organs.
- 5) It is extremely effective in activating the thymus gland in the chest.
- 6) It cures the ailments of breath, chest, waist, feet and pelvis.
- 7) Relieves indigestion, gas, acidity, abdominal pain etc.
- 8) Relieves rheumatism and pain in the upper and middle back.
- 9) Relieves symptom of asthma.
- 10) Reduces menstrual pain and helps treat disorders of the ovaries.

Caution:

This asana should be practiced slowly. Do not rush to reach to the final perfect pose. Heart patient, hyper tension patient and person with severe back pain or problem in joints, person suffering from hernia should consult their doctor before doing this.

9 - Sarvangasana (The Shoulder Stand Pose)



Introduction: General growth of body and brain, the resistance power etc. depends upon the health and proper functioning of two glands, situated in the throat, namely thyroid and parathyroid. In sarvangasana these two glands are pressed. Through this asana all around health is achieved, that is why this name is given to this asana. Sarvang means all organs.

Method:

- Lie down on back. Keep the hands near the thighs and palms on the ground. Keep the toes, heels, ankles and knees together.
- Without the help of hands raise both legs up to 90° angle very gently in one continuous motion.
- Raise the legs, without bending at the knees, while raising the buttocks off the ground. Lift the buttocks and waist, taking the legs behind the head.
- Now fold the hands at the elbows. Taking support of the palms, raise the back off the ground upto the shoulders. Straighten the legs. The chin should get fixed in the notch at the lower part of the throat (the jugular notch). Hold for 10 to 30 sec. Performing Kayotsarga a must after performing this asana, followed by Matsyasana. Matsyasana is a complementary asana of Sarvangasana.

POINT OF CONCENTRATION: Vishuddhi Chakra.

Coming out of Asana:

Exhale and bend your legs at the knees. Bring your thighs toward the stomach. Next, lower the buttocks and back on the floor. Release the hands and bring them to your sides. Lie on the floor and relax.

Breathing: Normal. Inhale while raising the legs, otherwise keep breathing normal. Do not hold the breath.

POINT OF CONCENTRATION: Vishuddhi Chakra

Benefits:

- 1) It improves blood circulation in upper part of the body, especially in brain, face etc.
- 2) It improves the function of eyes, ears, the glands like pituitary and pineal.
- 3) It improves memory and concentration.
- 4) It activates and rejuvenates the thyroid and para-thyroid glands. Therefore, helps with diseases like obesity, weakness and tiredness.
- 5) It strengthens the adrenal gland, testicles and ovaries. It's helpful for erectile dysfunction in males.
- 6) The practice of this asana greatly helps in preventing hernia.
- 7) Helps indigestion, constipation and improves the digestive system.
- 8) It increases the resistance power against infections.
- 9) It increases hemoglobin level.
- 10) It helps increase height, as thyroid gland & pituitary gland get activated.
- 11) It is a great help in Asthma.
- 12) It is advised to thyroid patient.

Caution:

Do not do in case of problem in the neck, inflamed tonsils or swelling in the throat, high B.P. or heart problem.

❧ 10 - Halasana ❧ (Plough Pose)



Introduction:

In this asana the posture of the body looks like plough. In Sanskrit plough is called Hala. Hence this name is given to this asana. In this asana the spine gets maximum stretch and many glands are also stimulated.

Method:

- Lie down flat on your back.
- Brace palms against the floor on respective side of the body.
- Raise the legs, while inhaling. You may push the hips upwards with the palms.
- Push against the floor and swing both the legs, as slowly as possible.
- Continue to move the trunk upward and slowly lower the legs to floor. Keep the knees straight.
- Move legs forward, until the toes touch the ground behind the head, if possible.
- Chin is pressed against the chest in jugular notch. Attempt to breathe normally.
- Hold for count of 10.
- You will need enough practice to reach the perfect final pose.
- **BE CAREFUL WHILE RETURNING.** Balancing the whole body, bring back the legs very slowly until the heels rest on the ground.
- Relax.

POINT OF CONCENTRATION: Vishuddhi Chakra, at the center of throat.
Breathing: Normal breathing.

Benefits:

- 1) Relieves fatigue and boosts energy levels.
- 2) Improves digestion and strengthens abdominal organs.
- 3) Lengthens the spine and makes it flexible.
- 4) Helps to treat some hernia.
- 5) Many glands like thyroid, parathyroid, adrenal, gonads, pancreas gets stimulated.
- 6) Kidneys, spleen, liver is benefited.
- 7) Lungs become strong.
- 8) It gives luster to the face and improves the function of vocal cord.
- 9) Reduces obesity.
- 10) All the muscles from toes to buttocks tone up.
- 11) It relaxes eyes and brain.

Caution:

Forbidden for person suffering from liver or spleen problem, high blood pressure, cervical, spinal problem, swelling inside the abdomen, appendicitis, slip disc, heart problem etc.

❧ 11 - Matsyasana ❧

(The Fish Pose)



Introduction:

The body pattern in matsyasana is suitable for floating on water with ease like a fish, hence this name is given to this asana. Matsya means fish. Sarvangasana and Matsyasana are complementary to each other. Therefore Matsyasana is practiced immediately after Sarvangasana. (Sarvangasana-Kayotsarga-Matsyasana).

Method:

- Sit in padmasana. (Asana no. 28). Lie down on back while taking the support of hands and resting elbows on the ground.
- Keep palms near shoulders, fingers pointing towards legs.
- Press the palms on the ground and lift the back and the neck. Tilt the head back and place it on the ground.
- Once the head is firmly placed on the ground, remove palms from there and hook the big toes of opposite legs with index fingers. The chest should get raised, while the knees and elbows remain touching the floor. Hold it for 5-10 sec. Repeat 2 times.

POINT OF CONCENTRATION: Vishuddhi Chakra.

Coming out of the asana: Bring your palms on the floor near your shoulders, fingers pointing towards legs. Press the palms on the ground and place your head in normal position. Release Padmasana and relax.

Breathing: Keep breathing normally.

Benefits:

- 1) The muscles of the back and the neck are strengthened and become more flexible.

- 2) Prevents neckache and cervical spondylosis.
- 3) Improves functioning of the thoracic cage and increases the lungs capacity.
- 4) It is a boon for asthma patient.
- 5) It prevents the development of double chin.
- 6) This posture stimulates thyroid & para thyroid glands. When it is practiced along with Sarvangasana its benefits are enhanced.
- 7) It is a good exercise for stomach. It activates the intestines and cures constipation.
- 8) It stops displacement of the navel. It has a positive effect on adrenals and gonads.
- 9) Nervous debility and tremors caused by gastric disorders in body are cured.
- 10) The spine becomes resilient and healthy.

Caution:

Do not practice if any defect or deformity of bones of neck region, or acute pain in neck.

Notes:

A folded piece of cloth or some soft rest for the head may be used.

12 - Markatasana / Supta Vakrasana

(The Twisting Pose)



Introduction:

In this asana the whole body is twisted in two opposite directions, the upper portion from the waist and the neck is twisted in one direction and the lower portion from waist down is twisted in the opposite direction. Vakra means Twist. It is practiced in lying position so it is called Supta (Lying) vakrasana.

Method:

- Lie down straight on your back. Spread both arms at the shoulder level. The palms should face the ground.
- Fold both legs at the knees and bring them near the Buttocks.
- While exhaling turn the knees towards the right side until the right knee rests on the ground. Left knee should rest on the right knee and the left ankle should rest of the right ankle. Turn the neck to the left side.
- Similarly, repeat the exercise in the opposite side as well.
- Breathe Normal. Hold the pose for 5 - 10 sec. Repeat 2 times.

POINT OF CONCENTRATION: Swadhisthana Chakra.

Benefits:

- 1) This is especially useful for backache, cervical spondylosis, slip disc, sciatica etc.
- 2) It helps with stomachache, dysentery and constipation.
- 3) This is beneficial for the pain in hip and hip joints. It cures many deformities of spinal cord.
- 4) It has a squeezing effect on abdominal area. It is good for diabetes patients.

Caution: Do not do in case of severe backache or neck ache or serious problem in abdominal area.

❧ 13 - Bhujangasana ❧ (The Cobra Posture)



Introduction:

The spinal column & spinal cord are considered to be the most important part of the body for health. In Bhujangasana the portion of the body from waist to the head is raised upward, which looks like the raised hood of a cobra. Therefore this asana is called Bhujangasana. Bhujanga means snake.

Method:

- Lie down flat on your stomach. Keep the palms on the ground and both hands near the upper chest. The elbows should be lifted up and palms should be by the sides of the body.
- The legs should be straight and the toes should be joined together. The toes should be stretching backwards, resting on the floor.
- While inhaling very slowly lift the chest and head upwards. The lower part of the body from navel should touch the ground. While lifting the head upwards, bend the neck backwards as much as you can, do this comfortably. Spine must be curved.
- Try to remain in this position for about 5-20 seconds as per the capacity. Repeat one more time.
- Release the asana, while exhaling through the mouth, with little force. Lower the trunk very slowly and rest the forehead on the ground. Relax.

POINT OF CONCENTRATION: Vishuddhi chakra.

Breathing: Normal.

Benefits:

- 1) Flexibility of Abdominal & chest muscles increases.
- 2) Respiratory, digestive and excretory processes are improved.
- 3) Lung capacity increases. It helps asthma patients.
- 4) Neck & throat problems get relief.
- 5) The flexibility of whole spine improves. Good for spondylosis, slipdisc and all spine related problems.
- 6) Functional disorders of muscles of the back, neck and waist are treated by this asana.
- 7) Kyphosis (back hunch) or stoop caused by habitual slouching of shoulders can be corrected by long and regular practice of this asana.
- 8) It activates thyroid and parathyroid glands and hence helps thyroid patients.

Caution: Do not do if severe back-ache or neck-ache or any acute abdominal problem like ulcers, appendicitis or hernia etc.

❧ **14 - Makarasana** ❧
(The Crocodile Pose)



Introduction:

In Sanskrit, 'Makara' means the crocodile. The crocodile generally relaxes like this on the sands, therefore this asana gets the name Makarasana. It is a very good resting pose.

Method:

- Lie down straight on your abdomen.
- Fold the elbows of both the hands, making a stand and place the palms under the chin.
- Lift the chest up, keep both the knees and feet together. Breathe Normal.
- First fold the one leg at a time and then both the legs together. Try to touch the ankles to the hips.
- Repeat folding of legs 20 to 25 times.

Note: For total rest you may keep both the palms on the ground and rest your forehead on them or turn your neck on either side. Spread your legs at comfortable distance and turn your feet outward.

POINT OF CONCENTRATION: Swadhisthana Chakra.

Benefits:

- 1) This is beneficial in slip disc, cervical pain and sciatica. It is a restful asana.
- 2) It is useful in asthma, lungs related problems and knee pain.
- 3) It gives immediate relaxation.
- 4) It is immensely beneficial in diarrhea.
- 5) Helpful for gastric complaints.
- 6) It gives considerable relief in the conditions of irritable bowel syndrome (I.B.S).

Note: Those having enlarged abdomen, asthma or any other reason find difficult to perform this asana should practice kayotsarga for complete rest.

Caution: Avoid in case of severe neckache or backache acute abdominal pain or hernia. Total rest pose is safe to do for all.

❧ 15 - Dhanurasana ❧

(Bow pose)



Introduction:

This asana is called Dhanurasana (Dhanus means bow in Sanskrit). This posture resembles a bow. This asana is especially beneficial for two important organs of our body-abdomen and back.

Method:

- Lie down on the abdomen.
- Fold both the knees.
- Grasp the ankles with respective hands.
- Bring the knees close to each other (may take some practice).
- Inhale and while lifting the knees and thighs stretch them upwards, hands should be straight.
- After lifting the lower portion of the body, inhale and raise the head, the neck, the chest and upper abdomen. The navel and the region around it should rest on the ground.
- Remain in this position for a count of 10-20, or as long as possible.
- While exhaling come back to the original lying position slowly in the reverse order and relax.
- Can be repeated 2-3 times.

PONT OF CONCENTRATION: Swadhisthana chakra (behind the root of the genitals).

Breathing: Normal, do not hold the breath.

Benefits:

- 1) This asana strengthens the muscles of the abdomen, thighs and buttocks.
- 2) It is particularly beneficial for women as it rectifies the menstrual disorders and those of the uterus.
- 3) It makes the whole body flexible in general and the spine and spinal cord in particular. It reduces the rigidity in the lower part of the spine.
- 4) It stimulates the muscles and veins of neck, shoulders, arms, lungs, calves, thighs, ribs, knees and feet.
- 5) It rectifies the position of navel and reduces obesity.
- 6) It improves digestion, prevents diarrhea, intestinal weakness and ailments of kidneys and liver.
- 7) It has stimulating effect on various glands.
- 8) It can give good relief in neck and back pain.
- 9) As the ribcage and muscles of the chest area are pulled respiratory system becomes efficient and strong.

Caution:

Person with following problem should consult his doctor before doing this asana-

- Swelling in abdomen area. Severe backache.
- Any major operation of stomach etc.
- Heart problems, hernia or hypertension.



SITTING POSTURES

❧ 16 - Dandasana ❧ (Staff Posture)



Introduction:

Dandasana is the basic sitting pose for sitting asanas. Danda means a staff in Sanskrit. Very simple yet very useful asana. It improves sitting posture.

Method:

- Sit on the floor with your legs stretched out.
- Keep your thighs, knees, ankles and toes together.
- Place your palms on the floor besides your hips, with your fingers pointing in the direction of your legs.
- Lift your chest.
- Straighten your arms.
- Press your thighs down on the floor, move the flesh of each buttock out to the side with your hands and rest on your buttock bones.
- Lift your waist, your diaphragm should be tension free.
- Keep your spine firm. Keep your head, neck and buttock in a straight line.
- Hold the pose for count of 20-30.

Breathing: Normal deep breathing.

Benefits:

- 1) Relives breathlessness, choking and throat congestion.
- 2) Strengthens the muscles of the chest.
- 3) Tones the abdominal organs.
- 4) Improves digestion.
- 5) Relives gastric problems.
- 6) Strengthens spinal and leg muscles.

Caution:

Do not over stretch yourself.

❧ 17 - Vajrasana ❧
(The Diamond Pose)

**Introduction:**

Vajra in Sanskrit means genitals as its practice benefits the sex organs and the lower abdominal area, thus this name is given to this asana.

Method:

- Sit on the floor in a comfortable position with the legs stretched out. Keeping the hands by the side of the body. (This is called Dandasana).
- Keep the legs together and palms near buttocks.
- Fold the right leg at the knee. Place the foot below the right buttock with the help of the hand. The sole should face outward. Now place the left foot below the left buttock as explained above.

- In this position both the big toes will touch each other.
- Your sole will provide firm & comfortable seat.
- The spine & neck should remain straight & erect.
- Knees should be touching each other with the hands resting on it.

POINT OF CONCENTRATION: Swadhisthana Chakra.

Breathing: Slow, steady & deep.

Benefits:

- 1) Vajrasana improves the blood circulation in the lower abdominal region and in ankle & knee joints.
- 2) This asana is very useful as a preventive measure for some types of rheumatic problems.
- 3) It helps remove spinal defects and develops the habit of keeping the spinal column in its natural state.
- 4) This is the only asana that can be done after meals. It cures indigestion, acidity, gas formation and constipation.
- 5) As a part of daily practice, it should be done for 5 to 10 minutes after meals.

Caution:

Those having stiff ankle or stiff knee joints should practice this asana very slowly and for 10 to 15 seconds. After practice it can be done for 3 to 10 minutes.

❧ 18 - Shashakasana ❧

(The Rabbit Pose)



Introduction:

Shashak means Rabbit. This posture looks like rabbit, so this name is given to this posture.

Method:

- Sit in vajrasana posture and while inhaling lift both hands upwards.
- While bending forward, exhale and stretch the arms forward, keeping the palms down, touching the ground in folded manner and rest the forehead gently on the ground.
- Stay in this position for about 15 seconds and come back to vajrasana position.
- Repeat this 3 times

POINT OF CONCENTRATION: Agya Chakra.

Breathing: Normal.

Benefits:

- 1) It massages the heart, beneficial for the heart patients. (consult your doctor)
- 2) It gives strength to the pancreas, intestines, liver and kidneys.
- 3) It is good for High B.P. problem.
- 4) It helps in stress management, anger, irritability etc.
- 5) Regular practice improves memory.
- 6) It keeps mind cool and gives mental peace.
- 7) In women, it strengthens the uterus.
- 8) It reduces fat from abdomen, waist and buttocks.

Note:

Be sure that while bending forward your buttocks should remain on the heels .

Caution:

Those having stiff ankle joint or stiff knee joint, severe back pain, varicose veins should do it slowly and carefully. Do not do in acute stomach pain abdominal disorders, hydrocele or hernia.

❧ **19 - Simhasana** ❧
(The Lion Pose)

**Introduction:**

In simhasana, the mouth is open and the tongue drawn out, as lion does. Therefore this asana is called simhasana. Simha means lion in Sanskrit.

Method:

- Sit in Vajrasana or Vandanasana spread the knees apart. The fingers of the hands should face backwards and kept straight in between the legs.
- Inhale and draw the tongue out and curve it towards the chin. Open the mouth fully.

- Next bring the chin as low as possible so that it presses against the chest. Turn the gaze upwards and fix it steadily and comfortably between the eyebrows or towards the eyebrows. Maintain this stage for 2 to 3 breaths.
- Alternatively, look towards the eyebrows and exhale. While exhaling and drawing the tongue out, roar like a lion, but softly, do not stress your vocal cord too much.
- Repeat 3 times.
- After doing simhasana and while taking the saliva inside the mouth, massage the throat lightly. This prevents soreness of throat.

POINT OF CONCENTRATION: Vishuddhi Chakra.

Breathing: Though the mouth remains open in this asana, you must breathe through nose only.

Benefits:

- 1) It makes tongue more elastic.
- 2) The tendency to soreness and hoarseness of the throat is reduced.
- 3) The throat problems arising out of heavy smoking, intake of sour and cold drinks, etc. are countered by daily practice of this asana.
- 4) It is very beneficial to singers, actors, lecturers etc.
- 5) Daily practice of this asana is very helpful in maintaining normal blood pressure.
- 6) It regulates the rate of heart beats at desirable level.
- 7) The function of thyroid & parathyroid glands improves.
- 8) The harmful strain on eyes and face is relieved. They become fresh and their brilliance is increased.
- 9) The pathological growth of tonsils is prevented, swelling of throat is eliminated.
- 10) It is beneficial in ear problems and unclear pronunciation. It is beneficial to the children who lisp.

Caution:

Do not do in case of pain in the Jaws or irritation in the throat.

❧ 20 - Brahmcharyasana ❧



Introduction:

In Sanskrit Brahmacharya means celibacy. This asana is a great help in observing celibacy. Hence this name is given to this pose. It is very simple yet very effective.

Method:

- Sit erect, stretching your legs out, keeping the hands by the side of the body (Dandasana).
- Fold both the legs at knee and sit in Vajrasana.
Now turn the toes outwards with the help of the hands. The heels should be touching the respective hips. Or keep both the feet by the side of your buttocks, with your soles facing the sky. (As shown in the picture).
- Both the knees should be touching each other and keep the hands straight on the knees.
- Sit in this pose for 5 - 30 minutes.

POINT OF CONCENTRATION: Swadhisthana chakra.

Breathing: Normal deep breathing.

Benefits:

- 1) It helps in observing celibacy.
- 2) It helps curing problems related to semen.
- 3) It improves blood circulation in legs and lower abdomen.
- 4) Legs, knees, ankles and toes become flexible enough to practice more difficult asana like Suptavajrasana.

Caution:

Initially legs may pain, so do not haste to master fast. Go slow. Do not practice if you have serious problem in your knees. Avoid Virasana (explained below) if you have heart problem.

Note:

With little variation in Brahmacharyasana we can draw some more benefits. (It is called Virasana).

Method for Virasana:

- Sit in the same pose as described above and shown in the picture.
- Raise your arms to shoulder level. Stretch them forward, interlock the fingers. Raise the arms from the armpits until the palm face the sky. Stretch the arms upward.
- Sit erect but relax your face, throat and neck.
- Hold it for a count of 20-30 or as long as 3minutes.
- For releasing the asana bring the arms down to your side and come in Dandasana. Relax.

Benefits of Virasana:

- 1) It increases the lung's capacity.
- 2) Relives stiffness in various joints and helps in the arthritis of the elbows and fingers.
- 3) Improves blood circulation.
- 4) Relieves backache.
- 5) Reduces pain of tailbones.
- 6) Correct herniated discs.

❧ 21 - Ustrasana ❧

(Camel pose)



Introduction:

Ustra means camel in Sanskrit. In this pose, body looks like camel, so this name is given to this asana.

Method:

- Sit in Vajrasana and stand up on the knees. Keep the knees apart, equal to the width of the shoulders.
- Place both the feet on the ground with soles upturned and toes touching the ground.
- Bring both the hands on the waist. Slowly bend the neck backward as far as possible then take the hands off the waist and put them on the soles or on the ankles.
- Hold the pose for count of 10-20.
- Come back to original pose of Vajrasana slowly, in reverse sequence.
- Do not haste to avoid giddiness.

POINT OF CONCENTRATION: Spine.

Breathing: Normal, do not hold the breath.

Benefits:

- 1) Cervical, dorsal and lumbar all the parts of the spine become flexible.
- 2) Thighs abdomen and chest are stretched and strengthened.
- 3) It is good for beginners as well as elderly as it is easy to practice.

- 4) It helps to correct the posture.
- 5) It increases lung capacity therefore it is good for asthma patients.
- 6) It improves blood circulation of whole body.
- 7) Removes stiffness in the shoulders, back and ankles.
- 8) Relieves abdominal cramps.
- 9) Regulate menstrual flow.

Caution:

Person suffering from following ailments should avoid- heart related, hyper tension, hernia, giddiness, any injury or operation of abdominal organs, severe pain in knee, neck, back etc.

❧ 22 - Gomukhasana ❧



Introduction:

While doing this asana the knees, placed one on another, looks like mouth of the cow, therefore this name is given. Gomukh means mouth of the cow.

Method:

- Sit in Dandasana pose and fold the left leg from the knee and place the left ankle near the right hip. Alternatively one can sit on the ankle.
- Fold the right leg and place it above the left leg in such a way that both the knees touch each other. (The right knee on the left knee).

- Lift the right hand and band it back. Keep the palm on the back. Turn the left hand behind the back to hold the right hand fingers. Keep the neck & the back straight.
- Now pull the right hand up and left hand down.
- Change the position of legs & hands and do it from the other side also. Hold it for 5 sec. or more. Repeat 2- 3 times.

POINT OF CONCENTRATION: Mooladhara Chakra.

Breathing: Normal deep breathing.

Benefits:

- 1) It is beneficial in hydrocele and abdominal bloating.
- 2) It is beneficial in seminal disorders.
- 3) It is beneficial for excessive urination and gynecological problems.
- 4) It strengthens the liver, kidney and the chest.
- 5) It cures frozen shoulder, arthritis and gout.

Caution:

Do not do if severe pain in the shoulders or hips. Heart patient should not do it.

❧ 23 - Ardhamatsyendrasana ❧



Introduction:

Ardhamatsyendrasana is considered to be the most effective asana to give a twist to the spinal column. It was most favorite asana of great yogi Matsyendra nath. The full Matsyendrasana is very difficult, hence this "Ardha" means half or simple version was developed. This also gives almost all the benefits of full Matsyendrasana.

Method:

- Sit on the floor with legs stretched in front. (Dandasana)
- Fold the left leg and place the ankle near the right hip.
- Place the right leg towards the outside of the left knee, right foot resting on the ground.
- Keeping the left hand straight and while taking it near the outside of right knee hold the right big toe.
- Fold the right hand behind the back and look backward, twisting the spine and upper body. Remain in this position for sometime. Release the asana in reverse sequence. Repeat from the other side also.

POINT OF CONCENTRATION: Spine.

Breathing: Normal.

Benefits:

- 1) It builds a healthy and elastic spinal column and removes abdominal congestion.
- 2) It improves flexibility of the muscles within the respiratory cage.
- 3) Treats dyspepsia, constipation, enlarged and congested liver and spleen and inactive kidneys.

- 4) It is a boon for diabetic patient.
- 5) It is beneficial in backache.
- 6) It regulates the blood circulation in all the nerves situated around the spine.

Caution:

Do not do if you have hernia, ulcer or disorders of the neck and back, like spondylosis or slip disc, etc. Heart patients should consult their doctor.

❧ **24 - Paschimottanasana** ❧
(The Posterior Stretch Pose)



Introduction:

In Paschimottanasana the whole back side (From toes to the head) of the body including the spinal column gets stretched. In Sanskrit the back portion of the body is called the "Paschima" and "uttan" means stretch, as such this is called Paschimottanasana. This is a complimentary asana to Bhujangasana.

Method:

- Sit with legs stretched out in front, with toes, heels, ankles and knees touching each other.
- While exhaling; bend forward from waist and catch hold of the respective big toes and relax the upper body. Contract the abdominal muscle or do uddiyana-bandha and go down. Finally the hands will bend at elbows and elbows will touch the ground while forehead should rest on knees. (knees should not be bent).Stretch from the seat of the buttock and feel the lightness in your buttocks. Do not allow your thighs to lift off the floor, you might cause rupture of your hamstring muscles.
- Maintain this posture for 5-10 secs.
- Practice 2 to 3 rounds.

POINT OF CONCENTRATION: Manipura Chakra.

Breathing: Exhale while bending forward. Inhale while releasing the asana. Otherwise maintain normal breathing.

Note:

If big toes cannot be reached, bend as much as you can and keep palms on legs. If head does not touch the knees, bend as much as you can. Do not force at any stage.

Benefits:

- 1) Spinal column and the whole back portion become flexible.
- 2) The hamstring muscles and waist get good stretch.
- 3) The blood circulation in this region improves.
- 4) Height of young ones increases.
- 5) The fat deposited on lower abdomen is trimmed off.
- 6) Function of gonads improves.
- 7) Indigestion, constipation, gastric troubles, general disorder of stomach, liver, intestine, kidneys are prevented. Tones the kidneys, bladder and pancreas.
- 8) It helps awakening "Kundalini" (The serpent power).
- 9) It rests and massages the heart.
- 10) Soothes the adrenal glands.
- 11) Helps to treat impotence.
- 12) Stimulates the ovaries, uterus and entire reproductive system.

Caution:

In acute abdominal pain or back pain, spondylosis, lumbago, heart diseases, high B.P., do not practice. Do not practice this asana during or just after an asthmatic attack, or if you have diarrhea.

❧ 25 - Bhadrasana (cobbler pose) ❧

(Knee and thigh stretch)



Introduction:

Normally cobbler sits in this position. It is the complementary asana to Brahmcharyasana.

Method:

- Sit in Dandasana.
- Fold both legs, joining the heels and toes together slowly.
- Catch hold of the feet firmly with both the hands with crossed fingers.
- Inhale and bring the feet as close as possible near the groin. Try to touch the knees to the ground (do not force). Alternatively bring your foot toward your groin one by one with the help of both hands. Make sure that both heels touch the groin and sole touch each other. Rest the outer edges of both feet on the floor. Hold your feet firmly near the toes with both hands. Push both your knees down by pressing your thighs firmly down on the floor.
- Stay on in this pose for a count of 10 -20.
- Slowly move both knees up and down 10 to 15 times.
- Release the pose slowly and relax.

POINT OF CONCENTRTION: Swadhisthana Chakra.

Breathing: Normal deep breathing.

Benefits:.

- 1) It increases the flow of blood to the abdomen, pelvis and back.
- 2) It helps to treat arthritis of knee, hip, pelvic joint. Helps in varicose veins.
- 3) It keeps the kidneys and prostate gland healthy.
- 4) It is helpful in urinary tract disorder and some hernia.
- 5) Regular practice of this asana reduces the sciatica pain.
- 6) Relives heaviness and pain in the testicles.
- 7) Keeps ovaries healthy.
- 8) Corrects irregular menstruation.
- 9) Helps to open up blocked fallopian tube.
- 10) It is a very good exercise for firming the thighs and knees.

Caution:

Do not haste or force, your thigh muscle may pain. In severe osteoarthritis of knee or problem in hip joint consult your doctor before doing this. Do not practice this asana if you have a displaced or prolapsed uterus.

❧ 26 - Marjarasana ❧

(The Cat Pose)



Introduction:

The cat is called marjara in Sanskrit. In this asana the body pattern resembles a cat stretching its body, hence it is named Marjarasana.

Method:

- Take the position by resting both palms and knees on the ground.
- Inhale and lift the head and the chest and bend the waist down-wards. Remain in this position for 3 to 5 breaths.
- Exhale and lift the back and bend the head down. Remain there for 3 to 5 breaths.
- Repeat 3 times each pose.

POINT OF CONCENTRATION: spine.

Breathing: Normal deep breathing.

Benefits:

- 1) The spine become healthy & flexible.
- 2) It improves the health of the organ in the torso.
- 3) It relieves the backache and neckache resulting from over work.
- 4) It invigorates the spinal nerves.
- 5) It is useful for pain in lumber region of the body and fissures in the rectum.
- 6) It strengthens the lungs.
- 7) It cures the problem of prolapse (displacement) of the uterus.
- 8) It is a natural massage for the stomach, colon, intestines, lever, kidneys, etc.

Caution:

Person with severe pain in the spine or neck should avoid.

❧ 27 - Siddhasana ❧



Introduction:

As high level yogis (siddhas) generally sit in this asana, it is called Siddhasana.

Method:

- Sit in dandasana.
- Fold the left leg from knee and place the left heel in between the genitals and the rectum. You should feel that your heel touches the semen nerve (shivaninadi).
- Now fold the right leg from knee and place the right ankle on the left ankle in such way that the right heel remains at the root of genitals. The toes of both the feet should rest in between the thighs and calves.
- Knees should rest on the floor.
- Position of the hands should be in "Gyan mudra"- Rest your hands on respective knees, keeping the palms turned up. Let the tip of the index finger touch the tip of the thumb with slight pressure between them. Keep the other fingers straight, facing the sky.
- Keep your spine and neck straight but without stiffness.
- Keep your eyes closed and concentrate your mind on your "Agya Chakra", situated in between the eyebrows.
- You may sit in this asana as long as you wish.

POINT OF CONCENTRATION: Agya Chakra.

Breathing: Normal deep breathing.

Benefits:

- 1) It helps in preservation of celibacy.
- 2) Many ailments connected with semen are cured.
- 3) It cools down the lust for sex, removes the instability of mind and increases the concentration.
- 4) This is the best asana for awakening of 'Kundalini', the serpent power.
- 5) It helps curing piles and sex diseases.
- 6) It is a good asana for practicing Pranayama and meditation.

Caution:

Be careful or avoid in case of osteoarthritis of knee or torn out ligaments etc.

Note: Some schools ban this asana for women.

28 - Padmasana

(The Lotus Pose)



Introduction:

There are many sitting asanas in yoga, which can be practiced independently or as the base for some other practices. Padmasana is one of those. Padma means lotus. In this asana the shape of the legs look like the petals of lotus so it is called Padmasana.

Method:

- Sit in a comfortable position with the legs stretched out, keeping the hands by the side of the body. (Dandasana).
- Place the right foot on the left thigh with the help of your hands. Similarly, place left foot on the right thigh. Bring the folded knee towards the floor. Both the knee joints should touch the floor. (It may take some practice before knee joints touch the floor).
- The spine and the neck should be kept straight. One may place the left foot first on the right thigh and then the right foot on the left thigh, or vice versa.
- Keep your right hand on the right knee and left hand on the left knee, keeping the palms turned up. Let the tip of the index finger touch the tip of the thumb with slight pressure between them. Keep other fingers straight. This position of the hands is called Gyan Mudra. Keep the eyes closed. Concentrate on your Agya Chakra, the center of intuition, between the two eyebrows.

- In the beginning hold this posture for 1 or 2 minutes. Later on you can increase the duration to your liking.

POINT OF CONCENTRATION: Agya Chakra.

Breathing: Normal deep breathing.

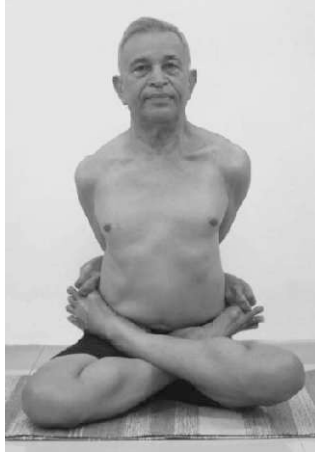
Benefits:

- 1) Regular and long practice of this asana steadies the mind and reduces its tendency to wander.
- 2) Owing to the improved blood circulation in the abdominal and lower abdominal regions, the functioning of digestive and excretory systems improves.
- 3) One forms the habit of keeping the spinal column straight; minor defects of the spine are corrected.
- 4) The nerves in the waist region and those of the spinal column below the waist (coccygeal and sacral nerves) are invigorated.
- 5) The ankle joints and knee joints become flexible.

Caution:

Those having stiff knees or stiff ankle joints should go very slow and step by step. Avoid haste to attain perfect Padmasana. (Patients of osteoarthritis of the knee should not practice this asana).

❧ 29 - Baddha-padmasana ❧



Introduction:

In final stage of this asana the heels resemble the petals of a lotus. Therefore it is called Padmasana. In Sanskrit Padma means lotus. Baddha means bound. The whole body is bound in this asana, so it is called Baddha-Padmasana.

Method:

- Sit in Padmasana and hold the big toe of the left foot by bringing the left hand from behind. Similarly, hold the big toe of the right foot by bringing the right hand from behind.
- The spine and the neck should be kept straight. Close your eyes and try to concentrate on your pose. Hold it for 10-15 sec. or longer if you wish.

POINT OF CONCENTRATION: Tip of the nose (Pran Kendra).

Breathing: Normal Deep Breathing.

Benefits:

- 1) All the benefits of Padmasana.
- 2) It develops chest of males & females.
- 3) It is beneficial for hands, shoulders, legs and entire back.
- 4) It helps in diabetes, constipation etc. and improves digestion.
- 5) It makes the body fit and virile.

- 6) By the practice of this Asana belly-folds (due to delivery of child) are reduced.
- 7) The blood circulation improves.
- 8) It helps curing cough, asthma, fistula, hernia, seminal disorders, sciatica etc.

Caution:

- Do not try this asana by force; you will pull your calf muscle.
- Person with big stomach can't do this. First master the Padmasana properly, then slowly try this.

❧ **30 - Yoga Mudra** ❧
(The Symbol of Yoga)



Introduction:

Among the many asanas creating positive pressure on the lower abdominal region, yoga mudra is considered to be the most important.

Method:

- Sit in Padmasana (this asana can be practiced in Vajrasana also.) and take both the hands to the lower back. Catch hold of the right wrist with the left palm.
- While exhaling and looking straight bend forward to rest the chin or forehead on the floor, If you cannot bend that much, then bend forward as much as possible. Maintain it for 5-10 sec.

- All movements should be slow and rhythmic. While inhaling come back to normal position.
- Repeat 3 times, alternately, holding the left wrist with right palm.

POINT OF CONCENTRATION: Manipura Chakra.

Breathing:

- 1) Exhale while bending forward.
- 2) Inhale while coming up for normal position.
- 3) In holding position-normal deep breathing. Do not hold the breath.

Benefits:

- 1) This promotes the health of abdominal region by circulating the stagnated blood.
- 2) It is good exercise for stomach. It improves the digestive powers of the stomach and cures gas formation, indigestion, and constipation.
- 3) It helps in the function of pancreas and extremely beneficial in controlling diabetes.
- 4) It helps in regaining their original position of the displaced organs of lower abdomen.
- 5) It helps to maintain the elasticity of lower abdominal muscles; especially for women after childbirth. It also prevents the sagging of the uterus.
- 6) It helps in the problems of nocturnal emissions in youths and problem of excessive menstruation in young women.
- 7) Spinal cord becomes flexible and many types of lumbar pain are eliminated.
- 8) It prevents the troublesome growth of the prostate glands in elderly persons.
- 9) It helps eliminate the accumulated fat in abdominal region.

Caution:

Don't perform this in case of stiff neck, trunk or knees, severe backache or neckache or acute stomachache, abdominal disorders; hydrocele or hernia.

31 - Parvatasana

(The Mountain Pose)



Introduction:

This asana gives a good stretch to the upper portion of the body without involving the problem of balancing. Parvatasana is considered to be the most important stretching pose. Parvata means mountain.

Method:

- Sit in Padmasana. (If you cannot then you may sit in simple cross legged posture).
- Keep your spinal column and neck straight.
- Join the palms finger to finger as in Namaskar Mudra.
- Keep the joined palms near the diaphragm. Next, raise the joined palms slowly along the central vertical line of the body.
- Keep raising the palms and let them go above the head till the arms become straight.
- Let the upper arms touch the respective ears.
- Stretch the hands further upward in such a way that a pleasurable pull is experienced from hips to the finger tips, mainly in spine.
- The pressure of the palms on each other should be minimal. It should not produce tremors in the hands.

Breathing:

- Inhale while raising the hands.
- Exhale while lowering the hands.
- In stretched & hold position maintain normal deep breathing. Do not hold the breath.

Special:

In final position of Parvatasana you can tilt your upper body (above the waist line) towards right-left, front-back and can also twist right-left as shown in the pictures.

POINT OF CONCENTRATION: Manipura Chakra.

Benefits:

- 1) Vitality and functional efficiency of spinal cord improves considerably.
- 2) Breathing capacity improves, and hence helps in respiratory problems like asthma, breathlessness etc.
- 3) Curvature of spine is corrected. Minor displacement of vertebrae is corrected. Helps in frozen shoulder.
- 4) It increases the concentration of the mind.
- 5) This asana is helpful for women to maintain or develop proper figure. It is especially beneficial to women after delivery.
- 6) It helps growing children to gain height.

Caution:

Avoid this asana in case of a hunched back, acute spine problem, acute stomach problem or acute shoulder pain, stiff knees and stiffness in elbows.



STANDING POSTURES

❧ 32 - Sampadasana ❧



Introduction:

"Sam" means equal in Sanskrit. In this asana we learn how to stand and balance perfectly on both the legs. It is a basic asana and foundation for other standing asanas.

Method:

- Stand with your feet together, with both the big toes and heels touching each other.
- Press your feet firmly down on the floor. Balance your weight on both the legs.
- Keep your arms along the sides of the body, with palms touching your respective thighs.
- Keep the spine and head in a straight line.
- Keep your head up right and look straight ahead. Do not raise your shoulders.
- Pull your lower abdomen a little in and up. Broaden your chest.
- Hold the asana for 1-5 minutes or more.

POINT OF CONCENTRATION: Anahata Chakra, in the center of the chest.

Breathing: Normal deep breathing.

Benefits:

- 1) It increases our awareness of our body.
- 2) It helps straightening the spine.
- 3) It improves the alignment of the body.
- 4) It increases our concentration.

Caution:

Person with Parkinson or spinal disorder should practice under guidance.

❧ **33 - Tadasana** ❧
(The Palm Tree Pose)



Introduction:

In the final stage of Tadasana, the whole body is stretched vertically like tall palm tree. Hence this name is given to this asana. Tada is a kind of tall tree.

Method:

- Stand at ease. Keep the heels & knees together, but toes apart, to make a "V" shape.
- Hands in normal position, palms touching the thighs.
- Inter lock the fingers of both the hands.
- While inhaling deeply raise both the hands above the head. Let the arms touch the ears.
- While exhaling raise the heels and stand on your toes.
- While breathing normally stretch the hands up and the heels down so that the whole body and especially the spine experiences a good stretch.
- Stand in the pose comfortably for 5 sec. to 15 sec. and breathe normally (Do not hold the breath)

Releasing the asana:

- While inhaling put the heels down.
- Then while exhaling gradually bring the hands down. Repeat it for 3 rounds.

POINT OF CONCENTRATION: Manipura Chakra.

Note: When hands are down palms will face the ground. When hands are up in final pose, palms will face the sky.

Benefits:

- 1) Removes lethargy, gives energetic feeling.
- 2) It improves the functioning of veins of legs.
- 3) Increases balancing ability. Increases the concentration.
- 4) It provides strength to the lungs.
- 5) It is best exercise to increase height.
- 6) The health of the discs in between the vertebrae improves. The blood circulation also improves in this region.
- 7) It increases the flexibility of the spinal column.
- 8) It helps curing constipation.

Caution:

Do not do if you have acute heart problem, acute trouble in spine or shoulder, calf muscle pain etc.

❧ 34 - Pada-hastasana ❧



Introduction:

In this asana both the hands (Hasta) are touching both the legs (pada), hence this asana is called Pada-Hastasana or Hastapadmasana. Here the whole back is stretched & curved both ways.

Method:

- Stand erect.
- Let both knees, heels and toes touch each other.
- While inhaling, raise hands above the head and tilt the body a little backward, keeping hands straight.
- Now keeping the knees straight and exhaling, start bending forward slowly from the waist.
- Place hands on the ground near the respective foot.
- Touch your forehead to your knees.
- Stay for sometime there, then come up slowly, to initial pose.
- Repeat 3 Rounds.

POINT OF CONCENTRATION: Manipura Chakra.

Breathing:

- Inhale while raising the hands up.
- Exhale while bending forward & downward. Normal breathing while holding the downward position.

On releasing the asana:

Inhale while coming up, with hands up pose. Exhale while bringing the hands down in initial position.

Benefits:

- 1) Spine becomes flexible.
- 2) Muscles at the back of knees (Hamstring muscles) and those on the waist become flexible.
- 3) The connecting muscles of the spine get good supply of blood.
- 4) The fat deposited at abdominal & lower abdominal region is trimmed off.
- 5) It helps in increasing the height of young ones.
- 6) It helps curing indigestion, constipation gastric trouble and general disorder of abdomen.
- 7) It relieves mental and physical exhaustion.
- 8) It slows down heartbeats.
- 9) It tones the liver, spleen and kidneys.
- 10) It reduces abdominal and back pain during menstruation.

Caution:

Do not do in acute abdominal pain, back pain, spondylosis, lumbago, hernia or hydrocele or heart disease.

Note:

Do not force at any stage. It will take time to achieve final pose. Bend forward as per the flexibility of your body, slowly try to bend more.

❧ 35 - Trikonasana/ Parivartia Chakrasana ❧

(The Triangle Pose / The Adapted Wheel Pose)



Introduction:

In our daily life, we hardly bend our body sideways. To keep our spine flexible in this direction, Triconasana / Parivartia Chakrasana is a very useful asana. Side muscles of the body and all the sections of the lungs are brought into action in this posture. Triconasana means triangle.

Method:

- Stand with legs approximately two feet apart. Gracefully raise arms to shoulder level palms face downward.
- While exhaling, Bend slowly to the left, keeping arms outstretched. The left hand should be stretched downwards. After enough practice you will be able to touch the ground. Do not bend in forward direction. Knees remain straight. Bring the right arm over as far as possible. Do not bend elbow.
- Let the right upper arm touch the ear and palm face the ground.
- Feel the right side tightening.
- Relax neck muscles, the face will assume horizontal position.
- Hold this pose for 10-15 sec.
- Slowly straighten to upright position.
- Perform identical movements to other side also.
- Bring legs together, slowly lower your arm to sides.
- Relax.

POINT OF CONCENTRATION: Manipura Chakra.

Breathing: Normal, Do not hold the breath.

Benefits:

- 1) Increases the flexibility of the spinal column.
- 2) Muscles of both the sides of the waist, the abdomen and the chest become flexible & strong. Aches around the waist are relieved.
- 3) Lung capacity is increased. Breathlessness is reduced.
- 4) It is a good preventive against tuberculosis.
- 5) The fat on the sides is reduced.
- 6) Hands, feet, back and neck all become strong.
- 7) Liver, kidneys, pancreas and colon-All the organs are benefited.

Caution:

Avoid if suffering from, spondylosis, slipped disc, lumbago, sciatica, painful knee or pain in the abdomen.

❧ **36 - Konasana** ❧
(The Windmill pose)



Introduction:

It is very good asana for the waist. It provides forward bending with twist to the waist. It has massage effect on abdomen and internal organs of abdomen. Kona means angle.

Method:

- Stand Straight with your legs 2 feet apart. Keep both the feet parallel. Inhale and stretch both the hands sideways at shoulder level. Keep palms facing down.
- While exhaling twist the upper portion of the body (above the waist) on right side.
- Bend down, keep the left hand down and right hand up. Touch the right big toe with left hand or place the left palm on the ground near the right foot and fix your gaze on right hand. (Look upward). Keep the right hand straight up.
- Hold this posture for 3 to 5 sec.
- Breathe normal. Do not hold the breath.
- Inhale and return to initial position slowly.
- Repeat identical steps from other side.
- Repeat 3 times on each side .

POINT OF CONCENTRATION: Manipura Chakra.

Benefits:

- 1) It is beneficial in muscle pain, cervical spondylosis etc.
- 2) Flexibility of spine improves considerably
- 3) Gives good massage to abdomen & internal organs of abdomen.
- 4) It is useful in curing pain in waist.
- 5) It improves function of lungs.
- 6) It is beneficial to hamstring muscles.
- 7) It is especially useful for women.
- 8) It reduces fat from the waist & gives good shape to the body.

Caution:

Do not do if acute cervical problem, severe back pain, knee-pain, dizziness, heart problem or high B.P.

37 - Garudasana (Eagle pose)



Introduction:

In this asana one assumes the look of Garuda (Eagle).

Method:

- Stand straight.
- Raise right leg in front and wrap it around the left leg like a curve of a rope.
- Keep the right hand straight in front of the face.
- Coil the left hand around the right hand and form the "Namaskar" pose.
- Press the right thigh on the left thigh and bend the left knee a little.
- Hold it for 1 minute, preferably.
- Repeat from other side as well.

POINT OF CONCENTRATION: Swadhisthana chakra.

Breathing: Normal deep breathing.

Benefits:

- 1) As there is a traction effect it is good for lower back pain, slipped disc etc.
- 2) It prevents the enlargement of testicles.
- 3) It can keep hernia in check.
- 4) It helps controlling rheumatic pains, sciatica, and arthritis.
- 5) Trembling of hands and legs is stopped and nervous system is strengthened.
- 6) Fatigue caused by long walking and long standing is relieved.
- 7) Many disorders connected with the anus and urinary region are rectified.

Caution:

Be slow and cautious otherwise you may fall.

❧ 38 - Parsva Trikonasana ❧

**Introduction:**

Parsva means side and trikona means triangle in Sanskrit. In this asana we make triangle shape by keeping our hand by the side of our leg.

Method:

- Stand straight, keeping distance of about 4 feet between the two feet. Simultaneously raise both arms out to the sides to shoulder level. Palms should face the floor. 0
- Exhale and turn your left leg and foot 90° to the left. Tighten your right leg at the knee.

- Bend your left knee until your left thigh becomes parallel to the ground and calf at 90⁰ to the ground.
- Exhale and place your left palm on the ground behind your left foot.
- Stretch your right arm out over your right ear, keeping your right leg stretched out.
- Turn your head and look up.
- Hold it for a count of 10 to 20.
- For coming out of asana - Inhale and lift your left hand from the floor. Straighten your left leg and bring your arms to the sides. Bring both the legs close and stand at ease.
- Repeat the asana on the other side also.

POINT OF CONCENTRATION: Manipura chakra.

Breathing: Normal.

Benefits:

- 1) Reduces fat on the waist and hips.
- 2) Improves digestion and helps curing constipation.
- 3) Relieves sciatica pain.
- 4) Tones various muscles of legs and hands.
- 5) Enhance the lungs capacity and strengthens the heart.
- 6) It is very good stretching asana for whole body.

Caution:

Person with high blood pressure, cardiac condition and cervical spondylosis should not practice this asana.

39 - Virabhadrasana



Introduction:

This is a warrior pose and hence it is vigorous. Named after a famous warrior.

Method:

- Stand in Sampadasana (see asana no. 32).
- Inhale and jump, landing your feet about 4' apart. Raise your arms up to shoulder-level, palms facing the ground.
- Inhale and raise your both arms until they are 90⁰ to the floor. Stretch them up from shoulder.
- Do not join the palms, let them be shoulder width apart.
- Exhale and turn your chest, waist, and left leg 90⁰ to the left.
- Exhale and bend the left knee, so that the left thigh becomes parallel to the ground.
- Raise the chest, stretch the upper arms, keep the right leg straight.
- Balance the body weight on both the legs.
- Stay there for a count of 10-15.
- Repeat the pose on the other side also.
- Come out from the pose slowly in reverse sequence.

POINT OF CONCENTRATION: Manipura chakra.

Breathing: Normal, deep breathing.

Benefits:

- 1) It strengthens the spine, relieves backache, sciatica etc.
- 2) Tones the abdominal muscles and relieves acidity and indigestion.
- 3) It strengthens bladder.
- 4) It helps in irregular menstruation.
- 5) Enhances lung's capacity.
- 6) It increases the flexibility of knees and thighs.
- 7) It strengthens the legs.

Caution:

Person with cardiac condition, high blood pressure and weak body should not practice.

❧ **40 - Vrukshasana** ❧
(Tree pose)



Introduction: In Sanskrit Vruksha means a tree. The posture of the body in this asana looks like a tree. This is very good balancing pose.

Method:

- Stand in Sampadasana.
- Bend right leg from the knee and keep it on the left thigh in such a way that the toes face down ward and the heel touches the base of the thigh.
- Balance yourself on one leg.
- Raise both the hands from the sides until they are perpendicular to the floor. Then join both palms to make Namaskar Mudra over the head.
- Your upper arms should touch the respective ears.
- Gently stretch your arms upward.
- Concentrate your gaze on one point in the front.
- Hold the asana for 10 sec.
- Close your eyes and try to stand as long as you can. (Do not fall, take precautions).
- Repeat the asana with other leg also.

POINT OF CONCENTRATION: Agya Chakra.

Breathing: Normal, deep breathing.

Benefits:

- 1) It increases concentration and reduces wavering of mind.
- 2) It strengthens the nervous system.
- 3) It strengthens the legs and various joints of the body.
- 4) The blood circulation in toes, ankles, hands etc. improves.
- 5) It broadens the chest.

Caution:

Person with Parkinson's disease or spinal disorder should avoid this asana.

❧ 41 - Natarajasana ❧

(The dancing pose)



Introduction:

It is a good exercise for poise and balance. It is a dancing pose. Main leader of the dancing group is called "Nataraja". Lord Shiva is called "Nataraja".

Method:

- Stand with heels together; arms at sides. Raise right hand overhead. Shift weight to right leg. Raise left foot behind you. Reach back with left hand and hold the left foot or big toe.
- Right arm moves forward to aid keeping balance.
- While exhaling bend forward from waist, keep your chest and head raised up in front, gaze at one point for better concentration and stability.
- Hold this posture for 5 to 8 sec.
- Slowly release the asana and come back to the initial position in reverse sequence.
- Repeat it identically with other leg. Repeat 3 times with each leg.

POINT OF CONCENTRATION: Manipura Chakra.

Breathing: Normal deep breathing.

Benefits:

- 1) It improves balance and concentration.
- 2) It strengthens the hands and legs.
- 3) Relieves pain in spine & waist.

Caution:

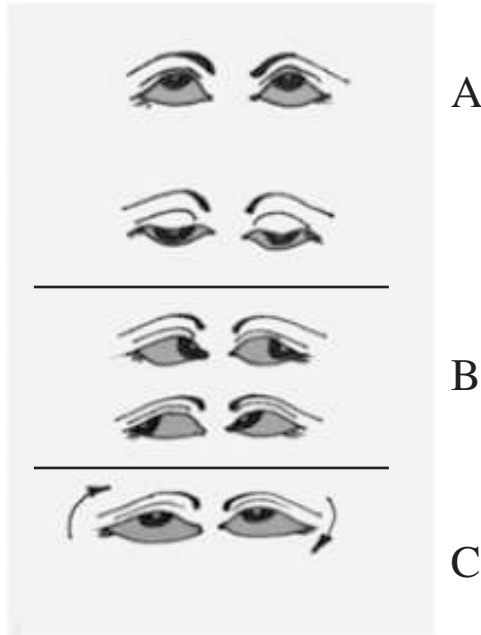
Do not do in dizziness and severe pain in knee & waist.



Yogic Kriyas

There are many Yogic Kriyas. These exercises are an integral part of yoga. In this chapter some important Yogic Kriyas are illustrated. They are recommended for maintaining the health of various joints or organs as well as providing strength and agility to the nervous system.

1 - For Eyes



Introduction:

Eyes remain healthy by cultivating a good habit of doing these exercises regularly along with general precautions. Avoid reading in dim light or in moving vehicles and blink your eyes frequently. While reading from your smart phone, keep it at least 13 to 20 inches from your face. Look downward at an angle of 15 degrees, it will keep your eyes moist and relaxed. Follow the 20-20-20 rule: every 20 minutes, look away for 20 seconds at something that is at least 20 feet away.

Method:

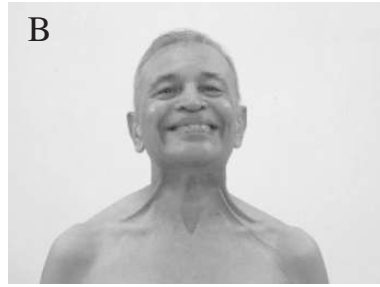
Either sit or stand at ease. Keep your neck erect and steady but relaxed. Do not move it during the exercise.

- A) While inhaling, move the eyeballs upwards; while exhaling bring them down to look at the feet. Repeat this 5 times.
- B) While exhaling, move the eyeballs toward the far right and while inhaling move them towards the centre. Next, while exhaling move the eye balls to the far left and while inhaling bring them to the center. In each case look as much to the extreme as possible. Repeat this 5 times.
- C) Rotate eye balls in circular movement. Without moving the head and starting at the center, look to the extreme up, far right, extreme down, far left and so on. Repeat 5 times clockwise and 5 times anticlockwise.
- D) Palming is the most effective means of relaxing the eyes. Rub your palms first. Warm your eyes softly with warm palms. Fold the palms in a cup shape and place them on the eyes in such a way that they do not touch the eyes. Light should not come through. The eyes are kept softly closed. No attempt should be made to see black. Black appears automatically when the eyes and mind are relaxed. Repeat this for 2 to 5 minutes.
- E) Far And Near Movement Of Eyes-Keep your thumb about 1 to 2 inches away from your eyes. Gaze on it for 3 seconds. Then gaze at the point, at least 20 feet away from your eyes for 3 sec. repeat the process for 10-20 times.

Benefits:

- 1) Eyes diseases are cured
- 2) Eyesight improves
- 3) Luster of the eyes is maintained
- 4) It improves focus.

2 - For Face, Mouth And Vocal Organ



Introduction:

There are three exercises for mouth and vocal organs. First rub both the palms to make them warm and massage the whole face with the warm palms then do the exercise.

Method:

Either sit or stand at ease.

- A) Fill the mouth with air and inflate the cheeks as shown in the picture. Hold it for a few seconds. Release the air. Repeat this 3 times.
- B) Press the teeth and jaws together, as shown in the picture. Hold it for a few seconds. Relax. Repeat this 3 times.
- C) Open the mouth wide enough to place three fingers inside the mouth and utter Aaa.....Aaa.....Aaa.... softly, as long as possible.

Benefits:

- 1) Wrinkles reduce or disappear from the face.
- 2) Voice becomes resonant.
- 3) Strengthens teeth and jaws.
- 4) Vocal cord becomes healthy.

❧ 3 - For Neck ❧

(Brahma Mudra)

Introduction:

In this exercise we turn our head in all the directions. This exercise is named after the Four Headed God Brahma.

Method:

You may do this mudra in Vajrasana or in any comfortable sitting posture or even in standing position. You have to turn the head in all the directions without moving the shoulders as described below.

There are 4 intermediate positions.

- A) While Inhaling turn the neck backward to look up at the sky. Then, exhaling bring the chin down so as to touch the collar bone. Hold the pose for 5 sec. in each pose. Repeat this 3 to 5 times.

- B) While exhaling turn the neck towards the right shoulder bring the eye balls as far right as possible without straining the eyes, with the chin towards the right shoulder. Hold this position for 5 sec. As you inhale turn your head to the front. While exhaling repeat the above procedure on the left side. Repeat the whole cycle 3 to 5 times.

- C) While exhaling bend your head and neck towards the right shoulder and lower it so that your ear touches the right shoulder. Hold it for 5 sec. While inhaling come back to the normal position. Repeat this on the left side. Do not lift the shoulder to touch the ear. Repeat the exercise 3 to 5 times.

- D) Rotate the neck clockwise and anticlockwise, tilting it as far forward and backward as possible. Repeat this 3 times. Do it very slowly. Keep your eyes closed.

Breathing: Normal.

Benefits:

- 1) It helps remove neck pain.
- 2) Neck and eyes get stronger.
- 3) It helps curing cervical spondylosis, stiffness in neck etc.

Caution:

Persons having sever neck pain should not bend their neck forward. Persons having cervical spondylosis, vertigo or giddiness should consult their doctors before practicing these exercises.

❧ 4 - For Arms, Hands and Fingers ❧



Introduction:

There are 6 parts to this exercise. These benefit the whole hand, from fingers to the shoulder.

Method:

Stand in comfortable position and perform 6 different exercises as described below.

- A) Stretch both arms forward at the shoulder level and move each finger up and down one by one. Repeat this 5 times.
- B) Stretch both arms forward at the shoulder level, with palms facing the ground. Stretch all fingers and fold forcefully to form a fist and release them. Repeat this 5 times.
- C) Stretch both arms forward at the shoulder level, with palms facing the ground. While inhaling fold your palms up, pointing away. Hold there for 2 sec. While exhaling fold your palms down, fingers pointing the ground. Hold there for 2 sec. Repeat 5 times(see the two left pictures above).
- D) Stretch both arms forward at the shoulder level. Fold the thumbs toward your fingers, then fold fingers to form closed fists. Now rotate both the fists together 5 times clockwise and 5 times counter clockwise. Repeat these movement 3 times(see the third picture above).
- E) Stretch both the arms forward at the shoulder level, with palms facing the sky. Fold both arms at the elbow such that the fingers touch the respective shoulders. Unfold at the elbow and stretch your arms out. Repeat this 5 times.

F) Stretch both arms straight down. Rotate at the shoulders one by one and then together in a circular motion. Do up to 5 circles slowly or as many as you are able to. Repeat 5 times.

Breathing: Normal.

Benefits:

- 1) These exercises tone all the joints and ligaments of the hand.
- 2) It helps curing cervical spondylosis, frozen shoulder neck pain etc.
- 3) It improves blood circulation.
- 4) It strengthens arms.

Caution:

Do it slowly. Heart patient should consult their doctor before practicing. Any major problem of shoulder joint etc. should consult the doctor.

❧ **5 - For Abdomen** ❧



Introduction:

This exercise is called Agnisar kriya because it increases the appetite and improves digestion.

Method:

- Stand straight. Keep about one and half feet distance between the legs. Bend your trunk forward at the waist about 30° . Place your palms firmly on your respective legs, just above the knees.
- Exhale completely.
- Hold the breath out and move the abdomen in and out quickly, 15-20 times or as long as you can hold the breath out.
- You may repeat this 3 times

Benefits:

- 1) It improves the digestion.
- 2) Intestines get strengthened.
- 3) Gastric problem is eliminated.
- 4) It increases appetite.
- 5) It helps eliminate constipation.
- 6) It helps curing obesity, diabetes and urinary problems.
- 7) It stops excessive urination.

Caution:

Heart patient, persons with high B.P., severe back pain, severe problem in abdominal area or hernia should not practice.

❧ 6 - For Knees ❧



Introduction:

There are three exercises for the knees. Now a days severe knee pain, knee replacement etc. have become very common, especially for senior citizens. To avoid these one should practice these exercises from an early age.

Method:

- A)** Stand erect with about 1 foot distance between the legs. Strike the right buttock with the right heel by bending the right leg at the knee in a quick motion. Repeat this 5 times. Repeat with left leg as well.

- B)** Stand straight. Keep the right leg little forward and move the kneecap up and down 5 times. Repeat this with the left leg also.

- C)** Stand erect with about 18 inches between the feet. Stretch both arms in front at the shoulder level and keep them straight. While exhaling, slowly bend your knees as much as you can without lifting your heels. Do not bend forward and try to keep the upper portion of your body at vertical. While inhaling slowly come to your normal standing position. Note that your waist, trunk and head should remain erect but relaxed. Repeat this 5 times.

Breathing: Normal .

Benefits:

- 1) Pain in knees, calves and feet is reduced or eliminated.
- 2) Strengthens the knee joint and makes it more flexible.
- 3) Blood circulation improves in the legs.

Caution:

Patient with severe back pain or knee pain should consult their doctor before practicing. Person with osteoarthritis of knee, acute deep vein thrombosis or problem with patella should avoid.

❧ 7 - For Toes and Feet ❧

Introduction:

There are 3 exercises for toes and feet. These are very simple yet very effective exercises. It is highly recommended for senior citizens and for those who have to sit whole day in the office.

Method:

Sit in Dandasana, as explained earlier in sitting poses (asana no. 16).

- A) Slowly but forcefully extend the toes of both the legs together in forward and backward movement, while keeping the heels steady. Repeat this 8-10 times.
- B) Slowly but forcefully press both the feet forward and backward, while doing this your heels will also move. Repeat this 8-10 times. Rotate both the feet together clockwise and counter clockwise 5 times.
- C) Keep both the feet 1 foot apart and rotate them from inside out and outside in. Repeat this 5 times.

Breathing: Normal.

Benefits:

- 1) It strengthens the joints and muscles of the legs.
- 2) It relieves sciatica pain.
- 3) It tones up the hamstring muscles.
- 4) It helps prevent rheumatoid arthritis of legs.

Caution:

Do as per your capacity and strength of the legs.

8 - Grinding

(For Stomach and Waist)



Introduction:

In olden days we used to make the flour at home by grinding grains. It was a good exercise for abdomen and waist. This exercise gives similar benefits to abdomen and waist.

Method:

- Sit in Dandasana (posture no. 16).
- Stretch out both the hands in front and interlock the fingers.
- Bend from waist and touch the feet with interlocked fingers. Rotate at the waist with your interlocked hands in clockwise direction as if you are rotating a grinding wheel. Keep your hands straight. When you touch your feet your waist will be bent forward and when the fingers reach the thighs, your waist will be bent backwards.
- Repeat this anticlockwise also.
- Repeat 5 circles in each direction.

Breathing: Normal, or exhale while bending forward and inhale while bending backward.

Benefits:

- 1) Strengthens abdominal muscles.
- 2) Improve digestion.
- 3) Reduces fat from abdominal area and waist.
- 4) Relieves back pain and strengthens the spine.

Caution:

In case of severe backache or heart trouble do not perform. Go slow you will take some time to perfect.



CHAPTER - 4

Pranayama (Breathing exercise)

Pranayama is the Fourth limb of Ashtanga yoga. According to "Yogadarshana"- upon attaining the proper pose (asana) the inhaling-exhaling process in a rhythmic flow is Pranayama. Pranayama means controlling and / or lengthening inhalation, exhalation and retention. Pranayama, in general, means disciplining the respiration for disciplining the mind.

"When the breath is unsteady the mind is unsteady and when the breath is calm, the mind is also calm."

The voluntary, semi-voluntary and involuntary parts of the nervous system control the breathing process. Therefore, the breathing process is a connecting link between the conscious and the subconscious areas of the mind. So it should be learnt properly and mastered it without haste. By practicing pranayama we learn to move Pran energy to the extremities of the body. During inhalation one should become aware of the expansion of the respiratory organs and should feel the breath reaching the remotest part of the lungs. During exhalation one should feel the contraction of the lungs. During pranayama, one should be completely absorbed in the fineness of inhalation, exhalation and in the retention.

Our breath is our life. Through our breath we receive oxygen and Pran energy. Oxygen helps in purification of blood whereas Pran energy is used by nervous system. Pran energy is a cosmic energy. Many diseases are caused due to insufficient supply of Oxygen and Pran energy. A new born baby uses full capacity of the lungs. The adult person uses less capacity of the lungs as a result of improper use of respiratory system. It is found that the average person uses only 10% of his lungs capacity. The result of insufficient breathing is less oxygen intake, less purified blood, less energy, more fatigue etc. The Oxygen intake through breathing can be increased, only if we can increase the lungs capacity. The regular practice of Pranayama can increase lung capacity. The highly oxygenated blood is carried to all parts of the circulatory system for replenishment and build up. Prana is carried to all parts of nervous system to add

strength and vitality. The main reservoir of Pranic energy is located at the bottom of the spine for distribution to the entire body. The area near the bottom of spinal column requires plenty of energy for sex, expulsion of waste, the excretory and urinary system and also for the digestive system. From here the energy goes up along the spinal column to various plexuses (Chakras).

Pranayama is considered to be composed of three important parts.

- The first part is **POORAKA** (controlled and complete breathing in),
- The second **KUMBHAKA** (Retaining the breath-in according to yogic technique-AbhyantaraKumbhaka and retaining the breath-out-BahyaKumbhaka).
- The third is **RECHAKA** (controlled and complete breathing out).

Each part of pranayama has specific and natural temporal ratio with the other parts. The body that has been conditioned by asanas and purified by Yama, Niyama is fit for the practice of pranayama.

Normally pranayama should be practiced in Padmasana, Siddhasana, Vajrasana or Sukhasana, holding respective knees with the respective palms. Pranayama is an excellent means for achieving physical and mental health, neuro-muscular coordination and a slim and radiant body.

Uddiyana Bandha



Jalandhara Bandha



Bandhas: While practicing pranayama, it is essential to apply certain "Bandhas". It is always advisable to learn these Bandhas under expert's guidance. They are normally practiced in Siddhasana or in Padmasana.

- 1) Moola Bandha (i.e. anal lock: To pull anus & urinary sphincters / orifices upward.). Though it is advised to practice in Siddhasana, it can be practiced even while sitting on the chair in the office. Practice of Ashwini Mudra helps to perfect Moola Bandha.
- 2) Jalandhara Bandha (i.e. pressing the chin tightly in the Jugular notch while concentrating on the Vishuddhi Chakra).

Caution: Persons suffering from cervical spondylitis, giddiness, high B.P., heart problem should not practice this Bandha.

- 3) Uddiyana Bandha (i.e. sucking in the lower abdomen, after exhaling and keeping the breath out). For complete exhalation exhale forcefully through mouth and maintain Bahya Kumbhaka.

Caution: Persons suffering from high B.P., cardiac condition, glaucoma, any severe problem in abdominal area and pregnant women should not practice this Bandha.

BENEFITS OF BANDHAS:

Moola Bandha :

- 1) It awakens the "mooladhara Chakra" (pelvic plexus).
- 2) It helps in awakening of "Kundalini" (serpent power).
- 3) Cures constipation, piles & helps in toning up the digestive system.
- 4) It helps to observe celibacy.

Jalandhara Bandha:

- 1) Throat becomes sweet & melodious.
- 2) "Prana" enters into SusumnaNadi (central nervous system).
- 3) It helps curing tonsillitis & thyroid problems.
- 4) It awakens the Vishuddhi Chakra (carotid plexus).
- 5) It enhances the capacity of retaining the breath for longer period.

Uddiyana Bandha:

- 1) Cures many digestive ailments.
- 2) Awakens prana & cleanses Manipura Chakra (solar plexus).

Be at ease to perform pranayama. Performing Pooraka and Rechaka with jerks, using force for attaining the ratio, losing control over breathing etc. are considered undesirable signs in the practice of Pranayama. When signs like feeling shortness of breath or haste in completing any of the phases of pranayama are experienced then it is likely that you have stretched your limits, and hence you need to relax and readjust.

Important points to be kept in mind before starting the practice of pranayama:

1. The place where it is practiced should be quiet, clean and airy. Windy or breezy places should be avoided.
2. Pranayama should be practiced preferably on empty stomach (or 4 hours after any meal) or in the early morning. One can eat half an hour after pranayama .
3. The most suitable time for Pranayama is the early morning hours. However it can be practiced in the evening also.
4. Persons suffering from cardiac condition, high B.P., asthma, slip disc, severe arthritis, mental disturbances or any other serious disease including pregnant women are suggested to take medical opinion before they start the practice of Yogasana or Pranayama.
5. Pranayama is done with closed eyes normally (for better illustration eyes are kept open in pictures).
6. Heart & lung patients should never do Kumbhaka (i.e. do not hold the breath)
7. In the initial days of learning pranayama do not practice Kumbhaka.
8. Do not sit directly on the floor. Use thick blanket for this purpose. Do not bend backward or forward, sit straight but not tense.
9. Practice pranayama step by step and cautiously. It is best to learn and practice under the guidance of an expert.
10. The practice of Pranayama should be increased gradually.
11. Do remember to apply moola bandha.

Benefits of pranayama:

Each type of pranayama has its own special benefits. However, some of the common benefits of pranayama are as follows:-

1. The lungs and muscles involved in the breathing process such as diaphragm, intercostal muscles, collarbones etc. become healthy, strong and efficient. Heart and brain are also benefited.
2. Lung capacity improves considerably.
3. Internal organs of the abdominal cavity such as liver, spleen, stomach, intestines get a gentle massage and the digestive system improves.
4. The oxygen absorbing capacity of the blood increases. Supply of such highly oxygenated blood to the vital organ like the brain improves its efficiency.
5. The accumulated impure residual air in the lungs which otherwise cannot be flushed out by normal exhalation, is flushed out by Pranayama.

6. Obesity, diabetes, cholesterol, constipation, acidity, respiratory troubles, allergy, migraine, blood pressure, kidney ailments are helped with pranayama.
7. Immunity is improved and helps to remove negative thoughts.
8. Aging is delayed and increased longevity of life is attained.
9. There will be radiance, glow and serenity on your face.
10. Energy centers are awakened. With mind getting stabilized and cheerful, one will get rid of diseases like depression etc.
11. It calms and purifies the mind and emotions, which helps in meditation.

Note:

1. It is better to do some rounds of deep abdominal breathing (deep breathing) before starting the actual practice of pranayama.
2. It is always better to clean each nostril by the method explained in the NASAL CLEANSING, following above mentioned DEEP BREATHING. Then start pranayama with Bhastrika pranayama & so on.....
3. Always be involved physically, mentally and emotionally in the exercise and reflect upon the advantages of that particular exercise when you are relaxing between two exercises.

Deep Breathing



Introduction:

This is a very simple yet very effective and important breathing exercise. It has a profound effect on your entire yoga practice. With just a few days of practice this invaluable breathing technique will become your second nature. Deep breathing helps relieve stress as well as calms reaction to stress. Daily practice of deep breathing for few minutes helps you overcome negative reactions and develops positive attitude towards every situation. Even when you cannot change the situation you can lower your breathing rate and easily change your reactions to the situation. Our normal breathing rate is 15-20 breaths per minute. By conscious practice if one can bring it down to 12 breaths per minute it helps improving one's physical, mental and emotional health. After long practice one can bring down the breathing rate even further.

For improving inhalation and exhalation practice throat widening technique as explained below.

Throat widening technique for more oxygen intake:

1. Keep your lips closed.
2. Relax your jaws so that the upper and lower teeth are slightly apart.
3. Concentrate on your throat and imagine that you are breathing in and breathing out through your mouth. The inhalation and exhalation is done through the nose, but due to widened throat you get a feeling as if you are drinking air. Correctly widened throat produces a peculiar sound while breathing. This can be practiced at any time. This helps in

removing blockages in the breathing system. Patients of asthma and other breathing troubles can derive great benefit from this simple yet very effective technique.

Deep Breathing Method:

- Sit in Padmasana or in cross-legged position.
- Apply Moola Bandha.
- Sit erect but not rigid.
- Exhale completely and contract your abdomen as far as possible.
- Keep one hand on your chest and other hand on your abdomen, above the navel.
- Inhale slowly with widened throat as explained above. First your abdomen should expand, then the chest should.
- Continue to inhale and finally raise your collarbone and shoulders.
- Thus starting from lower area to the uppermost area of the lungs are filled with air.
- Hold the breath with shoulders raised for a count of 5 or less.
- Now slowly exhale, lower the shoulders, relax the chest and contract the abdominal muscles for complete exhalation.
- Repeat this 3 to 5 times.

Important:

While inhaling visualize that your lungs are getting filled from bottom to the upper most part of the lungs. While exhaling visualize that your lungs are getting emptied from upper part till the bottom of the lungs.

Note:

Do not use force at any stage. The whole process should be continuous and rhythmic. Our lung capacity is 6 litres but normally we fill only about one litre. By this method we can fill maximum air and the whole lung becomes active.

Benefit:

- 1) It improves your breathing habit. The capacity of lungs improves greatly.
- 2) Helps to calm you and stop reacting to stressful situations.
- 3) When you are under stress, practice this few times and you will be

able to relieve your tension.

4) Slowly your brain wave pattern will change to alfa level.

5) It helps in advanced practice of Pranayama.

❧ Nasal Cleansing ❧

Introduction:

It is a systematic, scientific and conscious way of sneezing for cleansing the nasal passage.

Method:

- Sit in comfortable sitting posture, keeping your spine and neck straight.
 - Close both your ears with respective thumbs, while sneezing.
 - Apply Moola Bandha - contracted anal region should be maintained throughout.
- A) Close your right nostril with your middle finger. Inhale through your left nostril then blow out the air through the same nostril forcefully. Let some frictional sound be produced. Be careful to avoid any contraction of nose. Repeat this 3 times. Repeat the whole process for the right nostril also, by closing the left nostril; Repeat 3 times.
- B) Inhale through the left nostril by closing the right nostril with middle finger and exhale through right nostril forcefully by closing the left nostril. Repeat this 3 times. Now inhale through the right nostril and exhale through the left nostril. Repeat this 3 times.
- C) Inhale through both nostrils and Exhale forcefully through both the nostrils 3 times. Relax. This completes the one round of Nasal cleansing.

Note:

Focus more on expulsion. Now you can start Bhastrika and other Pranayama.

Benefits:

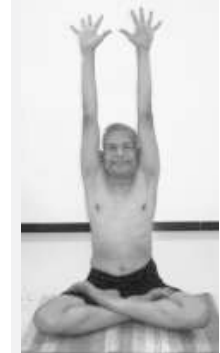
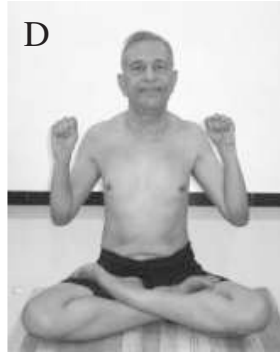
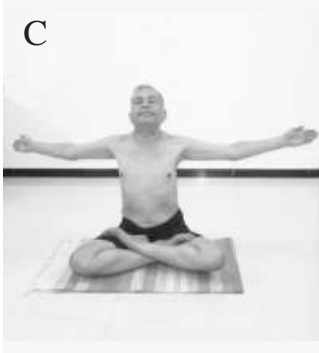
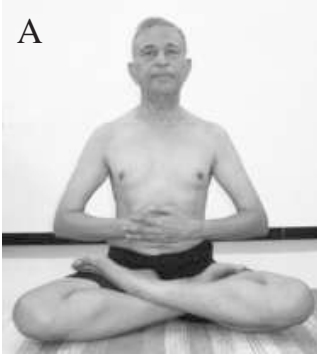
- 1) It cleans the air passage and hence Pranayama becomes easy and more effective.
- 2) It helps in common cold symptoms.
- 3) It helps in asthma and other respiratory issues.
- 4) If your nasal passage is clear you need less energy to breathe and hence you feel more energetic whole day.

Caution:

Do not exert extreme force while exhaling. Heart patient and person with high B.P. should avoid or consult their doctor before performing this.

The First Exercise

❧ Bhastrika Pranayama ❧ (The Bellows pranayama)



Introduction:

Bhastrika Pranayama is a fine combination of abdominal breathing and thoracic breathing. "Bhastrika" in Sanskrit means the bellows of an iron-smith. Bhastrika Pranayama is basically fast, deep and forceful breathing exercise.

Method:

- Sit in cross-legged position or in Padmasana.
- Expand the chest, and fix in that position.
- Apply Moola Bandha.
- Contract middle abdomen swiftly and breathe out.
- Now, actively and swiftly protrude the middle abdomen a little & breath in.

- Repeat this cycle of swift and active breathing in and breathing out quickly for a minute or so. Start with 10 breaths. Gradually increase the breaths to reach to 1 minute as per the capacity.

In this pranayama the breathing rate can be from 18 to 36 breaths per minute. Do not exceed it, go slow and do not get exhausted. It generates body heat, so in summer do it for shorter time. Before this pranayama, make sure that your nostrils are clear.

Precautions:

Those who are suffering from high B.P. and heart disease, should avoid Bhastrika or practice it at a slow pace and for very short period (5-8 breaths).

Benefits:

The diseases like cold, catarrh, allergy, tuberculosis, asthma, sinusitis etc. are cured. Lungs become strong. Breathlessness is eliminated.

Note:- To make Bhastrika Pranayama more effective and focused four exercises (A, B,C,D) are devised. By doing Bhastrika Pranayama in this specially developed method lungs get a complete exercise. It also strengthens all the three vital organs of our respiratory system, namely the diaphragm, intercostal muscles and collar bones.

EXERCISE – A (For Bhastrika Pranayama)

Method:

Keep both hands (palms) on the stomach, above the navel. Apply Moola Bandha – contracted anal region should be maintained throughout. Take deep and swift breaths at the speed of 18 - 36 breaths per minute as explained above according to your physical strength, age and practice.

Be attentive that the abdomen should come out while inhaling and go in while exhaling. Your focus should be on the diaphragm and the lower area of the lungs. Visualize that part of the lungs getting expanded and contracted.

Do this for 5 - 7 breaths. You can do up to 15 - 20 breaths after enough practice. Increase slowly over a period of time.

EXERCISE – B (For Bhastrika Pranayama)

Method:

Everything is same as above except following-

Keep your both hands (Palms) on your chest.

Be attentive that the chest should go out while inhaling and it should go in while exhaling

Your focus should be on the middle portion of the lungs, intercostal muscles and the ribs. Visualize the movement of these parts.

Do this for 5 - 7 breaths. You can do up to 15 - 20 breaths after enough practice. Increase slowly over a period of time.

EXERCISE – C (For Bhastrika Pranayama)

Method:

Everything is same as exercise -A except following- Stretch your hand in front and join them together. While inhaling expand your chest and spread both hands wide at shoulder level.

While exhaling bring them in front to join. Focus on your chest, experience its expansion and contraction in the direction of the hands. Repeat this for 5-7 breaths. You can do up to 15-20 breaths after enough practice. Increase slowly over a period of time.

EXERCISE – D (For Bhastrika Pranayama)

Method:

Everything is same as exercise - A except following -

Fold the fingers of both hands and make the fists. Bend your elbows and keep your fists in line with your shoulders. While inhaling raise your both hands above your head. Stretch them and open the fists.

While exhaling lower your hands up to shoulder level and make the fists again. The focus should be on the upper portion of the lungs and the collar bones. Visualize the expansion and contraction of the upper part of the lungs.

Repeat this for 5 - 7 breaths. You can do up to 15 - 20 breaths after enough practice. Increase slowly over a period of time.

Rejuvenating Exercise

Do two repetitions of this exercise after every Bhastrika exercise (A, B, C, D).

Method:

Sit erect, hold your knees with respective hands. Exhale and apply Moola Bandha (Anal lock). Inhale deeply and slowly through nostrils with widened throat. As soon as the inhalation is complete, hold the breath for a little while and then start exhaling vigorously through teeth. A deep forceful exhalation through the teeth, as if whistling. The teeth are partially closed, causing a slight resistance to the breath. The sound of exhalation will be similar to the sound of pressure cooker whistle. Exhalation should take the same time as the inhalation. Fill the lungs completely and empty them fully. Then relax.

This exercise helps in more than one way. It expels all residual air from the lungs, it improves memory and rejuvenate the whole body.

Special Note: If you have less time, do only one or two type of Bhastrika from above mentioned A, B, C, D. types.



Second Exercise

❧ Kapalabhati Pranayama ❧ (The Forehead Brightener)



Introduction:

"Kapala" means forehead and "Bhati" means glow. The pranayama which gives glow and radiance to the brain or forehead is called "Kapalabhati". In Bhastrika pranayama equal pressure is exerted on inhalation & exhalation, while in Kapalabhati the whole attention is on Rechaka, i.e. exhaling. No effort is made to breathe in; the air is taken in naturally. Kapalabhati pranayama is actually a "kriya" which not only cleans the respiratory tract but also increases the efficiency of abdominal breathing. Daily practice of Kapalabhati is not only helpful but rather indispensable for maintaining good health.

Method:

- Sit in a cross-legged posture. Preferably sit in Padmasana or Siddhasana. Apply Moola Bandha and maintain throughout.
- Place the palms on the respective knees, cupping the knees.
- Keep the body firm but relaxed.

- Take deep breath in and expand the chest, retain this position (hold the thorax) and exhale by contracting the abdomen only.
- Now keeping the abdominal region relaxed, commence abdominal breathing (inhaling).
- Thereafter, briskly take the abdomen in, so that the diaphragm comes up and the air inside the chest is pushed out. This 'kriya' is to be done consciously, quickly and completely, so that the air is exhaled out at one go. After the expulsion is completed promptly relax the abdomen. The process of inhalation will be slow and natural.

The deliberate, forceful and quick exhalation followed by the passive, effortless inhalation done in this manner completes one cycle of "Kapalabhati". Keep the eyes closed and keep attention on abdominal strokes.

Perform 3 rounds of 10 to 20 breathing strokes to begin with; add 5 strokes every week. Go upto 150 strokes in one round. The speed may be 1 stroke / second. After enough practice you can go up to 500 hundred strokes.

Important:

Visualize that whole body is getting cleansed, all the negativity, impurities, carbon dioxide etc. are being thrown out with every exhalation.

Do not contract the facial muscles or nasal passage. Do not move shoulders. Except abdomen nothing should move; keep throat, larynx, face and nostrils completely relaxed. There should be a pleasing smile on the face.

Benefits:

1. It improves glow, radiance, luster and beauty of the face.
2. It helps in ailments like asthma, cold, cough etc.
3. It helps in diseases of heart, lungs and brain.
4. Helps in disorders like obesity, diabetes, flatulence, constipation, hyperacidity, kidney and prostate diseases.
5. The chakras are cleansed and divine energy starts circulating in all the chakras, right from Mooladhar (pelvic plexus), Svadhithana (hypo gastric plexus), Manipura Chakra (solar plexus) to Sahasrara Chakra (cerebral plexus).

6. It is the best 'pranayama' for giving strength to a weak intestine.
7. It is a cleansing exercise for whole body.

Caution:

Do as per your ability and age. Do not get over exhausted at any stage. Heart patient, persons with high B.P. or severe problem in abdominal area should consult their doctor before practicing.



Third Exercise

❧ Baahya Pranayama ❧ (Staccato Breathing)



Introduction:

It is called "staccato breathing" as the inhalation is not smooth but in short and quick steps.

Method:

- Sit in Padmasana or in cross - legged position.
- Apply Moola Bandha.
Stretch out your hands in front and exhale. Keep your fingers spread.
- Pull your hands near your shoulders in three to five steps. Inhale also in steps (inhale then stop, again inhale and stop.....).Continue to fold your fingers with every step to make a fist.
- Take your hands behind your head in final inhaling step.
- Now, exhale with one forceful exhalation through your mouth, extending your hands in the front and open the fists.
- Do three repetitions to begin with, it can be done up to 2 minutes after regular practice.

Note:

Keep eyes closed. (The picture has been taken with open eyes to illustrate the force of exhalation.)

Benefits:

- 1) This exercise improves blood circulation by getting rid of blockages. It releases muscular tension.
- 2) It helps in skin problems, varicose veins etc.
- 3) By breathing in installments and to the full, we improve the elasticity and capacity of the lungs.
- 4) It helps heart & asthma patients.
- 5) The cells of the brain vibrate with this exercise, which helps enhance and improve our memory and also ensures general vitality of the brain.
- 6) It improves the flow of the blood, impulses and "Prana".
- 7) It improves our level of awareness.

Caution:

Heart patient and person with high B.P. should avoid this exercise. Exhaling force should be as per one's ability and strength. Do not over exert.



Fourth Exercise

— Anuloma-Viloma Pranayama — (The Alternate Breathing)



Introduction:

Anuloma-Viloma, i.e. the NadiShodhana Pranayama (nerve purifying Pranayama) should be practiced thoroughly. With the practice of this Pranayama, the benefits of other Pranayamas are also enhanced.

Anuloma-Viloma means alternate. Alternate breathing without Kumbhaka is called Anuloma-Viloma Pranayama and with Kumbhaka It is called NadiShodhana Pranayama.

Method:

- This Pranayama can be practiced for 1 minutes to 5 minutes – as per one's ability.
- Sit (preferably in Padmasana) in any simple sitting position and keep palms on the respective knees in Gyan mudra(As explained in "Contemplation and Visualization").
- Apply Moola Bandha (comfortable contraction of the anal region).
- Raise the right hand, keep first two fingers on the forehead between the eyebrows(center of intuition). Third & fourth fingers will be used to close the left nostril and thumb to close right nostril.
- Now closing the right nostril with the right hand thumb gently, inhale through the left nostril with widened throat as explained earlier.

- As soon as inhalation is completed close the left nostril with 3rd and 4th fingers.
- Remove the thumb and exhale completely through the right nostril with widened throat.
- Now inhale through the right nostril, keeping the left nostril closed.
- Close the right nostril and open the left nostril to exhale completely.
- This completes the one round of Anuloma-Viloma.
- Initially Puraka (inhalation) and Rechaka (exhalation) should take equal time.
- After enough practice Rechaka should take double the time compared to Puraka.
- After enough practice retention of breath (AnterKumbhaka) can also be included. Ratio can be 1-1-2 i.e. one time-unit inhaling, one unit retaining, two units exhaling, as per one's ability and practice. For retention close both the nostrils. The sequence is – Inhale through left nostril – retain – exhale through right nostril – inhale through right nostril – retain – exhale through left nostril. This is one round of NadiShodhana Pranayama.
- Every inhalation and exhalation should be done with widened throat as explained earlier.

Important:

- 1) While practicing you should consciously remember the benefits of the exercise, which enhance them manifolds and repeated practice goes to the sub-conscious level.
- 2) To get the holistic benefit from this Pranayama contemplate as follows: Every time you breathe in during the exercise, imagine that you are bringing into your body the Pran energy along with lots of oxygen. Imagine that this Pran energy is cleansing the nerves all over the body and helping in eliminating all impurities.

Benefits:

- 1) This creates an equilibrium in the body.
- 2) It balances the function of sympathetic & parasympathetic nervous systems.
- 3) Both, the right & the left half of the brain develop equally;

i.e. I.Q., E.Q.& S.Q. all develop equally.

- 4) Heart patients are benefitted and are advised to practice this pranayama without Kumbhaka.
- 5) The long practice results in awakening of "Kundalini" (the serpent power).
- 6) It purifies the body, the mind and the emotions.
- 7) This practice is found very useful as a remedial measure in mental disorders such as weakness of mind, baseless fears, inferiority complex etc.

Caution:

- All general precautions should be observed as explained earlier.
- If a nostril is blocked do not do this pranayama. High B.P., heart and asthma patients should never do Kumbhaka. (Retaining the breath)

Note:

For better illustration first two fingers are not kept on the center of intuition in the pictures. Focus on the complete path of breath. After enough practice this pranayama can be done without the help of fingers and thumb. Can be done just by Will.



Fifth Exercise

Ujjayi (The Victory Pranayama)

Introduction:

Ujjai Pranayama helps us to conquer Pran. This Pranayama has direct impact on olfactory canal which is an integral part of the brain. In this Pranayama the sweet sound is produced by partial closing of glottis.

Method:

- Sit in any of the yogic sitting posture (Preferably in vajrasana, Diamond posture), keeping palms on the waist, fingers in the front and thumb at the back. In this pose your chest can expand easily.
- First exhale completely and apply Moola Bandha, then breathe in through both the nostrils with some contraction of the throat.
- Feel the friction of air in the throat.
- There should not be any friction of air in the nose. In this process the air entering the voice box produces a soft, frictional sound like whistling or sobbing. This sound, however, should be soft, continuous, uniform, tender but audible and should continue from beginning of Pooraka till its end. While inhaling, the facial muscles or the nose should not be contracted. Concentrate on the throat and the sound throughout. Here the focus is primarily on the throat and the contraction of throat rather than on the sound produced.
- After Pooraka, hold the breath for a moment then exhale. A frictional sound is produced when the air comes out in Rechaka.
- Perform 10 to 15 rounds – as per your ability. Begin with 5 Rounds. It produces heat so in summer do not do more repetitions.

Note:

Here you can keep your chin in three different positions.

- 1) Lower your chin towards your chest, concentrating on lower portion of the throat.
- 2) Keep your neck straight, concentrate on the center of your throat.
- 3) Raise your neck little up and concentrate on the upper portion of your throat
 - This should make your vocal cord versatile.
 - Do 3 to 5 repetitions in each position.

Benefits:

1. Obstructed breathing during "Ujjayi", causing the lungs to expand and contract to their limits, makes normal breathing lighter.
2. In certain type of anemia, this pranayama is found useful to a great extent.
3. The excretory, digestive and circulatory systems work more efficiently.
4. It is beneficial for cold, cough, asthma, dropsy, tuberculosis, snoring, insomnia, throat problems like tonsillitis, thyroid etc.
5. It keeps throat fit, healthy and melodious.
6. It is a boon for singers, orators etc.
7. It rectifies the lisping speech of children.
8. It strengthens the heart.

Caution:

Do not practice in acute disorders particularly of the lungs or severe throat infection.



Sixth exercise

❧ Bhramari Pranayama ❧ (The Humming Pranayama)



Introduction:

Bhramara means carpenter bee. In Bhramari Pranayama sound of the humming bee is produced while exhaling. This Pranayama is instrumental in spiritual development. It helps in meditation and hence it is practiced as preconditioning for meditation.

Method:

- Sit in any convenient posture that keeps the back erect. Keep palms in Gyan Mudra or Padma Mudra, (both the palms on the lap one above the other) slowly inhale fully, for 5 to 6 seconds. After complete inhalation, start exhalation producing a sound of "m" as in "om" chanting but mixed with 'n' for about 15 to 20 seconds as per the capacity. This resembles the humming of a bee. Repeat this for 5 to 10 times. Concentrate on your head and feel the vibrations.

Note:

Alternate hand position:

- Put both the thumbs in respective ears and close the ears.
- Press lightly at the root of the nose near the eyes with middle finger of both the hands.
- Keep the mind concentrated on medullar plexus (center of intuition).

- Keep other fingers on the face, as shown in the picture. (First finger on the forehead, third finger near nostril and fourth finger near mouth.)

Benefits:

- 1) Bhramari, because of its sweet sound vibrations tends to help in all psychosomatic diseases, particularly in hypertension. This is why Bhramari is called mind-gladdening.
- 2) It is a master key to deep sleep.
- 3) It improves concentration & memory.
- 4) An excellent means to relaxation, peace and stability of mind.
- 5) It helps in meditation.
- 6) As neurons of the brain are stimulated it helps in ailments like insomnia, epilepsy etc.
- 7) Blood and bone- marrow are purified.
- 8) Our breath becomes steady and subtle.

Pranayam session may be concluded by chanting of AUM or ARHAM 5 times.

Caution:

If there is a swelling or pain in the throat/nose or if nose is blocked or if there is an extra growth of a bone or muscle in the nose this pranayama should be avoided.



❧ Therapeutic Purpose of Pranayama ❧

Suryabhedhi Pranayama

Introduction:

This Pranayama is performed through the right nostril. It is considered as the solar energy infusing pranayama. Surya means sun in Sanskrit hence it is called Suryabhedhi. The effect of this pranayama is 'hot'. That is why it is advised to perform in winter. This pranayama is instrumental in the awakening of the vital energy centers in the body.

Method:

- Sit in Padmasana or in simple cross legged asana.
- Keep the spine and neck erect.
- Close the eyes.
- Place the left hand on the left knee in Gyan Mudra.
- Exhale fully with both the nostrils.
- Close the left nostril with the second and third fingers of the right hand.
- Inhale through the right nostril deeply.
- Apply Moola Bandha.
- Now close the right nostril with the right thumb and retain the breath in as per your ability. (Heart, H.B.P., Asthma patient should not hold the breath).
- Exhale through the left nostril.
- Repeat 3-5 times.

Benefits:

- 1) It helps in ailments of throat, tongue and voice.
- 2) It helps awakening Vishuddhi chakra and Agya chakra.
- 3) It is extremely beneficial for the person suffering from low B.P.
- 4) It is beneficial in Vata (gas) and Kaph (common cold) origin diseases.
- 5) It destroys the intestinal worms, purifies the blood and cures the skin diseases.
- 6) It helps in indigestion, dyspepsia, female diseases etc.
- 7) It helps awakening Kundalini and also delays old age.
- 8) It helps reducing obesity.
- 9) It increases the appetite.
- 10) It activates brain cells.

Note:

This pranayama can also be done with one nostril. That means inhaling and exhaling both with only right nostril, keeping left nostril closed.

Caution:

Those who have excess of bile (Pitt) in their system should not perform this pranayama. Person with high B.P. may do this pranayama for a short duration after doing Anuloma-viloma pranayama.

Chandrabhedhi Pranayama

Introduction:

This is the opposite of Suryabhedhi pranayama. This has a cooling effect like moon, so it is called Chandrabhedhi pranayama. Chandra means moon in Sanskrit.

Method:

Everything is same as Suryabhedhi pranayama except the inhalation is done through the left nostril and the exhalation is done through the right nostril.

Repeat this for 3-5 times.

Note:

This pranayama is recommended in summer.

This can also be done with one nostril, which means inhaling and exhaling both with only left nostril, keeping the right nostril closed.

Benefits:

- 1) Fatigue is relieved and you feel cool and soothing.
- 2) It calms down the mental agitation.
- 3) Problems caused by the excess bile (pitt) in the body are cured.
- 4) High blood pressure can be controlled.
- 5) It gives good relief in severe pain of herpes.

Caution:

Do not hold the breath beyond your ability.

Do not hold your breath if you suffer from heart complaints, asthma or high B.P.

Persons having low blood pressure and common cold (Kaph temperament) cough should avoid this pranayama.

(Chakras and Glands)

Chakras

Chakra means wheel in Sanskrit. Our personal Chakras have energy coiled within them. They are the sensitive junctions upon which depend our state of the body and mind. Chakras tap "Pran" or cosmic energy. Chakras are also called Energy Centers, Psychic Centers, Spiritual Nerve Centers or Nerve Plexuses. There are vital energy centers in our astral body. These have corresponding centers in the spinal cord and the nerve plexuses in the gross body. Chakras are invisible but we can experience their effects. According to Ayurveda there are 107 sensitive centers in a human body out of which 7 centers are crucial. In PrekshaDhyan practice of meditation 13 psychic centers are recognized. Our endocrine glands can be considered as the counterpart of something higher in our astral body, what we call Chakras.

We can improve our personality and develop good traits by the perception of psychic centers, which results in the harmonization of the endocrine system – the main source of our emotions. There are two distinctive meditation technique namely Perception of Psychic centers and Perception of Psychic colors in Preksha meditation for attitudinal change. The human endocrine system secretes extra-cellular signaling chemical compounds called hormones and governs growth, metabolism and emotions. Our emotions are the product of these hormones. Meditation on the psychic centers can establish control over endocrine system and bring about transformation in our personality.

The other way of stimulating the endocrine system and awakening the chakras is practicing Asana and Pranayama with special focus on particular chakra. Asana and Pranayama uncoil and alert the chakra. In the process, the whole nervous system becomes activated. The emotions rooted in the chakras or in the endocrine system can be transformed as the positive energy.

It is astonishing to note that the location of chakras in the body, described by Yogis, the location of the endocrine glands explained by physiologist and the kusos described by judo masters have great similarity:

Sr. no.	Judo-kusos	Gland	Chakra
1	Tsurigane	Gonads	Mooladhara
2	Myojo	Gonads	Swadhisthana
3	Suigetsu	Adrenal	Manipura (solar)
4	Kyototsu	Thymus	Anahata
5	Hichu	Thyroid	Vishuddhi
6	Uto	Pituitary	Agya
7	Tendo	Pineal	Sahasrara

❧ Location of the Chakras in our body ❧

1) Mooladhara Chakra: (Pelvic plexus)

It is located at the base of the spinal column, between the anus and the genitals. Its prime function is to help in the excretion of waste matter. It is a reservoir of energy and center of creativity.

2) Swadhisthana Chakra: (Hypogastric plexus)

It is located in the SushumnaNadi, (spinal cord) behind the root of the genitals.

It helps in proper management of Nadis(nerves).

It helps in maintaining good health.

3) Manipura Chakra: (Solar plexus)

It is located in the SushumnaNadi (spinal cord) behind the root of the navel.

It stimulates the digestive system.

It is linked with the adrenal glands.

4) Anahata Chakra: (cardiac plexus)

It is located in the spinal cord behind the heart, in the center of the chest.

It alleviates the disorders of respiration and skin.

It assists in realization of innate bliss.

5) Vishuddhi Chakra: (Carotid plexus)

It is situated in spinal cord behind the center of the throat.

It promotes the melody of the sound.

It influences the thyroid gland and slows down ageing process.

6) Agya Chakra: (Medullary plexus)

It is situated behind center of the two eye brows.

It helps in the management of the brain and glandular system.

It controls all the energy centers.

It primarily influences the pituitary gland.

It is a point where parasympathetic, sympathetic and central nervous system meet.

7) Sahasrara Chakra: (Pineal plexus)

It is situated at the crown of the head.

It is the symbol of the supreme bliss.

~ Glands ~

Introduction:

A gland is composed of a cluster or accumulation of cells. There are mainly two types of glands - 1) Exocrine Glands and 2) Endocrine Glands. Glands with ducts are exocrine glands. They are liver, pancreas, kidneys, salivary etc.

Endocrine glands are ductless and their products - hormones pass directly into the blood stream, circulate all over the body and act at places far from where it originated. The endocrine system is, in fact an elegant system which controls numerous positive – negative systems to keep the condition inside the body stable.

The main endocrines are: The pineal, pituitary, thyroid, parathyroid, thymus, adrenals, islets of Langerhans and gonads. All these glands are comparatively small. Regulations of the body-processes depend on regulation of hormone production. For the most part, hormone secretion of endocrine system is under the control of pituitary and hypothalamus.

A brief discussion of individual gland:

1) The Pineal Gland:

It lies near the center of the brain, behind and above the pituitary gland. Its size is similar to wheat grain. It is called the controller gland, and its secretions acts as a regulator for all endocrines and helps to have good relaxed sleep.

Functions and effects:

It is instrumental in the growth of the body and controls the sex glands - gonads.

It is related to the self-regulated nervous system. It protect the skin from harmful effects of sunlight and balances the brain cells.

It is also helpful in prevention of general deformities.

Note:

It can be activated by

- 1) Meditation on Sahasrara chakra,
- 2) Shashakasana etc.

2) Pituitary Gland:

This gland is about the size of a pea, situated almost exactly in the center of the head at the base of the brain and just behind the root of the nose. It has greyish yellow colour. It increases in size until about 30th year. No part of the body is exempt from its influence.

Pituitary together with hypothalamus constitute a single interconnected system and control production of hormones from the other glands. Hypothalamus controls the pituitary. Here nervous system and endocrine system are in coordination.

Functions and effects:

The hormones of this gland are responsible for the height of an individual, as it affects both our bones and muscles.

This gland activates the seminal cells in men and ovary in females.

Breast of a mother get filled with milk due to this very gland.

Hormones of this gland stimulates the kidneys to absorb more liquid. It reduces excess urination.

Note:

To stimulate this gland:

- 1) Meditate on Agya Chakra
- 2) Practice Asana which activates Agya Chakra, such as Padmasana Shashakasana etc.
- 3) Anuloma-viloma Pranayama with concentration on Agya Chakra.

3) Thyroid Gland:

This gland is located at the upper end of the bronchial tube near the vocal cord. This gland is heavier in women than in men. It grasp the iodine. It receives four times as much blood as do the kidneys.

Functions and effects:

This gland helps you keep young.

It utilizes iodine to help in the process of digestion.

It is especially helpful in the production and distribution of electric energy in the body.

The secretion of this gland helps in building up the nerves and brain tissues.

Intellectual harmony is sustained by this gland.

Iodine is used to produce hormones which regulate protein, carbohydrate and fat-metabolism. They are essential for the growth and mental-development.

One hormone from this gland helps in calcium metabolism of the body. Its iodine-containing hormones combats poison.

Its hormones give nerve stability.

It prevents and cures goiter.

Note:

Bhujangasana, Sarvangasana, Halasana, Matsyasana, Simhasana and Ujjai Pranayama are very effective in stimulating this gland.

4) Parathyroid Glands:

Parathyroid glands are four minute yellowish brown ovoid bodies embedded in the lobes of thyroid gland. Both in their function and formation are entirely different from the thyroid gland. These glands control the quantum of the calcium in the blood and play an important role in activating our muscles and nervous system.

Functions and effects:

Irregular secretion from these glands results in many diseases such as the decay in bones etc. The function of the hormone PTH is dependent on adequate supply of vitamin D and its action sets the long term calcium levels in the body.

Note:

All the asanas which are mentioned for thyroid gland are useful for parathyroid glands as well.

5) Thymus Gland:

This gland is located behind the meeting point of collarbone and neck, in the middle of the chest a little above the heart. It has two chunks. It is a brownish mass. It grows rapidly during the first two years of the child's life and it gradually shrinks after the 20th year. Its secreting cells, however, remain active throughout life. It regulate the growth of children up to the age of 14 years. During this period, it does not allow the sex glands to grow, delays puberty and furthers normal brain development.

Functions and effects:

It is instrumental in the proper development of the brain. It also helps in formation of lymph cells and foster the development of immuno-competent cell.

Note:

This gland can be activated by Suptavajrasana, Ustrasana etc.

6) Adrenal Glands:

Adrenals are a pair of triangular hat- shaped glands capping the upper end of both the kidneys. They are about as big as the ends of one's fingers. Each adrenal is composed of cortex - an outer layer, and a medulla-an inner layer. Lots of blood passes through the adrenals compared to their size. They are innervated by sympathetic and parasympathetic nerves. More than three dozen hormones are produced by adrenal cortex. A number of these hormones are essential to life. The cortex is closely related to the sex organs.

Fear, pain, exposure to cold, low blood pressure, emotional upsets and other challenging experiences stimulate the release of hormones from the adrenal medulla. The functioning of the adrenal medulla is intimately linked with the sympathetic nervous system.

Adrenaline has been called the emergency hormone. Its entry into the blood causes a tremendous heightening of vigor and tension of the nervous system. Through repeated excitement, anger, fear etc. the adrenal glands may be exhausted of their reserve supply of adrenaline. This deficiency is characterized by indecision, a tendency to worry and an inclination to weep for slightest provocation.

Functions and effects:

It is helpful in changing our emotions.

Survival without this gland is not possible.

It increases metabolism.

It stimulates liver to covert glycogen into glucose.

It prepares us to face "fight or flight" situation.

Note:

Following can help to keep this gland healthy:

Paschimottanasana, Yogamudra, Padottanasana, Pavana- muktasana, Chakrasana, Hastapadottanasana

Kriya: Agnisara kriya.

Pranayama: Suryabhedhi, Kapalabhati, Bhastrika etc.

7) Gonads:

The term gonads literally means "seed" and these sex organs-the gonads-produce the seeds of the new generation. The main gonads of the female are the ovaries and in the male they are testes. The function of the gonads is controlled by the hypothalamic-pituitary system. Sex hormones are inactive before puberty and in old age. Mainly due to these hormones both sex looks different and behave differently.

Interaction of Feeling and Behavior:

We shall now, briefly discuss the action of endocrine system on the mental state and behavioral pattern of man.

The nervous system and the endocrine system are the two major control systems of the body. While nerve-action works in milliseconds, some hormones need several days to get started and then last for weeks, months or even years. Nerve impulses control the function only of muscles and glands, while hormones may act on all the cells of the body.

The nervous system has its own endocrine specialization for the release of hormones. The functional interlocking of both the systems is so remarkable that it is considered as a single integrated system called "Neuro-Endocrine System". This system has profound influence upon the mental state and behavior of individuals. It is the seat of instincts and impulses. Man can, with, his reasoning ability, control and channelize the responses. Love, hate, ego and fear are the endocrine impulses, those start the war and not the brain!!

STANDARD 30 MINUTES COURSE:

<u>ASANAS</u>		<u>PRANAYAMAS</u>	
1) Uttanapadasana	2 minutes	1) Deep Breathing	3 minutes
2) Pavana-Muktasana	2 Minutes	2) Nasal cleansing	1 minute
3) Katiutthanasana	2 Minutes	3) Anuloma-viloma	3 minutes
4) Bhujangasana	2 Minutes	4) Aum Chanting	1 minute.
5) Markatasana	2 Minutes		
6) Vajrasana	2 Minutes		
7) Shashakasana	2 Minutes		
8) Marjarasana	2 Minutes		
9) Sampadasana	2 Minutes		
10) Tadasana	2 Minutes		
11) Kayotsarga	2 Minutes		

Note:

This is just an illustration, as your body becomes more flexible and capable you may select more difficult asanas and other breathing exercises to suit your specific need. Do not repeat the same asanas daily. Try to devote at least 1 hour daily for asana and pranayama and 30 minutes for meditation. If you are short of time do at least some Kriyas.



❧ **Meditation** ❧
(Dharna, Dhyana, Samadhi)

Meditation is a vast subject by itself and needs to be discussed in a separate book so as to do complete justice to it. Meditation in Yogic life style is for attaining higher spiritual goals and ultimately to attain salvation, Nirvana or Moksha. In this chapter we will learn about one simple yet very effective technique of meditation, which any interested person can learn, practice and reap the benefits of. It helps in calming the mind, overcoming the day-to-day stress, improving the immunity and remaining holistically healthy.

Our body and its functions are regulated through nervous system, which consists of the brain, the spinal cord and the nerves. The nervous system has two parts - 1) Voluntary and 2) Involuntary. Most of the ordinary functions of the body like walking, talking, lifting etc. fall under the category of voluntary control. The involuntary activities of the internal organs, such as digesting, breathing, pumping of the heart etc. are regulated by the autonomic nervous system. The action of this system is not generally under the voluntary control. The autonomic fibers are linked with and regulated by the hypothalamus, a part of the brain. There are two main divisions of this system – 1) the parasympathetic and 2) the sympathetic.

In general, the parasympathetic system exerts its influence during the time of rest or to pacify the over excited sympathetic nervous system. In short, it is the repose and repair mechanism of the body. Structurally and functionally it is more advanced of the two divisions. Sympathetic system comes to action in emergency. It stimulates the secretion of adrenaline and other "fight or flight" hormones, leading to increase in heart rate, raised blood pressure etc. The oxygen consumption of the body increases and so does the formation of lactic acid. In short, wear and tear of the body increases.

This technique of meditation brings about its beneficial effect of quieting the sympathetic nervous system. This can be practiced any time during the day (preferably on empty stomach) for 10 to 20 minutes only or even less.

Method:

Sit in comfortable position either on the floor or on the chair keeping your hands in Gyan Mudra (as explained in “contemplation and visualization”) or you may lie down on your back, as explained in Kayotsarga (first asana). Close your eyes gently. Relax your whole body from big toe of right leg to the top of the head by auto suggestion and visualization as explained in Kayotsarga. Now concentrate on your breathing. There is no need to breathe in any specific manner. Breathing will become slow as you concentrate on it. There is no need to make any special effort to calm the mind or get rid of all the thoughts. Thoughts may come and go, just be aware of them, do not involve yourself in them or process them. Be a neutral observer to the thoughts. Your total awareness should be on the process of breathing. (Focus your attention inside the nostrils at the junction of both the nostrils). Practice this for the entire session. On completion take 2 to 3 deep breaths, keep your palms on your eyes, slowly open your eyes, remove your palms from your eyes enjoy the calmness and peace. You may get back to your routine within a few minutes.

Note:

During this meditation your brain goes into “alpha” state of the mind. It is documented that only within 3 minutes of such relaxation 20% oxygen consumption is reduced as against 8% reduction of oxygen consumption after 6 hours of sleep. During this meditation we remain in the present, otherwise for most of the time we remember our past or worry about future. It is found that out of 16 wakeful hours of our day, it is barely for an hour and a half or so that we remain in the present. It is a well-established fact that stress is minimum when awareness is in the present. From above facts we can conclude that meditation helps greatly in maintaining our total health.

Another very significant advantage of alpha state is that the person becomes more receptive to suggestions. When a person is in alpha state, all his healing ability is enhanced and so he heals more quickly. It is the right time to give autosuggestions to the mind and body. This auto suggestion technique can be used to get rid of bad habits or to develop good habits or virtues very effectively.

Anybody who wants to know more about meditation and autosuggestion

techniques should read Prekshadhyan literature. Prekshadhyan is about perceiving the breathing, perceiving the body etc. and Anupreksha or contemplation is about autosuggestion in alpha stage. You will find more information on this at www.preksha.com.

Contemplation and Visualisation

Create a New Healthy and Happy You!

METHOD:

1) Posture (Asana):

You may select a posture of meditation in which you can sit comfortably and steadily for a long period. The posture may be full lotus-posture, half lotus-posture or simple cross-legged posture. Alternately, you may sit on a chair.

2) Position of the hands (Mudra):

There are two alternatives, one position is called Gyan Mudra. Keep your hands on the respective knees. Keeping the palms turned up, let the tip of the index finger touch the tip of the thumb with a slight pressure between them. Keep the other fingers straight, open to the sky. The alternate position is called Brahma Mudra. Keep both the hands on your lap one above the other by keeping the palms turned up. Let the left palm remain under the right one. Keep your eyes softly closed.

3) Recitation of Mahapran Dhvani:

Let us start with the repeated recitation of Mahapran Dhvani. Exhale fully, then inhale deeply as long as you can. Exhale slowly and produce the sound "mmm" through the nostrils like the buzzing of a bee, concentrate your mind on the center of knowledge, situated on the top of the head and keep the mouth closed. Inhale again and repeat the same exercise 5 times.

4) Kayotsarga (Relaxation):

Keep your body steady, relaxed and free from tension. Keep your spine and neck straight but without stiffness. Relax all the muscles of your body. Let your body become limp. Breathe slowly. For achieving complete relaxation of the body divide it (mentally) into several parts and

concentrate your mind on each part of the body one by one from the right big toe to the top of the head. Allow your mind to spread in the whole part, allow it to undertake a trip in the whole body, suggest it to relax and experience the resulting relaxation. Use deep concentration but remain completely alert. The success of the exercise depends upon the deep relaxation of the body.

5) Concentrate on your center of energy (Muladhara Chakra), situated at the bottom of the spinal column, visualize the bright blue color there and resolve as follows:

6) Resolution:

“I am practicing this exercise to be holistically healthy and happy. My internal energy will help me succeed”. Repeat 3 times with full confidence and emotion.

7) Auto suggestion:

Concentrate on center of bliss (Anahata Chakra) and suggest-

My mind is becoming calm

My mind is becoming balanced

My mind is becoming healthy

Repeat 3 times loudly and repeat 3 times mentally with emotion and feeling.

8) Concentrate on your breath:

Concentrate on your exhalation and visualize that with every exhalation physical, mental and emotional impurities are thrown out of the body.

Every cell is being purified (repeat this for 2 minutes). Concentrate on your inhalation. Imagine and visualize that health-particles are spread

all around. Visualize that with every inhalation health-particles are entering in the body and imparting total health. Repeat this for 2 minutes.

9) Picturing:

Now create a mental picture. Visualize yourself, a 'perfect-self ' standing before you, powerful and strong. Silently watch and then slowly absorb it into yourself. Recite the affirmations mentally, 3 times, with emotion and feeling. See Next page for affirmation.

Affirmation

I am whole.

I am strong.

I am powerful.

I love all .

I am harmonious.

I am happy.

**On completion take 3 deep breaths, rub your palms;
then keep your palms on your eyes, slowly open your
eyes, remove your palms from your eyes.**

Feel healthy and happy.

Therapeutic use of Yoga

We all know and accept the fact that prevention is better than the cure. Yoga is primarily a preventive science. Ancient sages called Yoga a therapeutic as well as a preventive science.

Now many physicians world over have offered their approval of Yoga, particularly because the mildness and the rhythm of the movements makes them so advantageous to those who wish to remain holistically healthy. To paraphrase Dr. William Harvey, pioneer of the cardiovascular system some 300 years ago, **“Every affliction of the mind that is attended with pain or pleasure, hope or fear, is the cause of an agitation whose influence extends to the heart”** It has become widely accepted fact that most of the modern diseases are psychosomatic as the body and mind are in a state of constant interaction. Mental tension is indeed the cause of many serious ailments like high B.P., heart disease, stomach ulcer, insomnia, mental diseases etc. which may ultimately lead to cancer. The regular practice of asanas has a beneficial impact on the whole body including endocrine glands and nervous system. Asanas not only tone the muscles, ligaments, joints and nerves but they relax the body and mind, allowing both to recover from fatigue and weakness. Asanas together with Pranayama rectify physical, physiological and psychological disorders. Among many ailments that benefit from the practice of yoga are – Osteoarthritis, high and low blood pressure, heart disease, diabetes, asthma, hyper acidity, constipation, depression etc. Though Yoga offers so many benefits with no cost, we have to accept the fact that Yoga is not a panacea. It cannot be claimed to replace the conventional medical treatments. Yoga should be looked upon not as an alternative but as a supportive or supplementary therapy.

A unique feature of yoga and Ayurveda is its emphasis in the promotion of positive health. Charak has well summarized the whole concept of health many hundreds years ago:

“He alone can remain healthy, who takes regulated diet and exercise, who deliberates all his actions, who controls his sensual pleasures, who is generous, just, truthful and forgiving, and who can get along with his relatives and friends.”

Asanas & Pranayamas for some common disorders

1) Hyperacidity

Asana:

- Kayotsarga, Yoga mudra, Padottanasana, Paschimottanasana, Pawana-muktasana, Uttanapadasana, Ardha Matsyendrasana, AgnisaraKriya, Vajrasana (After meal) for 10 to 15 minutes.

Pranayama:

- Kapalabhati • Chandrabhedhi • Bhramari.

2) Constipation

Asana:

- Padottanasana, Agnisara Kriya, Ardha Matsyendrasana, Tadasana Matsyasana, Yoga Mudra.

Pranayama:

- Deep breathing, Anuloma-Viloma, Kapalabhati.

3) Indigestion

Asana:

- Padottanasana, Paschimottanasana, Pavanamuktasana, Sarvangasana, Vajrasana.

Pranayama:

- Anuloma-Viloma, Kapalabhati.

4) Diabetes (Type II)

Asana:

- Paschimottanasana, Shashakasana, Uttanapadasana, Bhujangasana, ArdhaMatsyendrasana, Sarvangasana, Halasana, Matsyasana, Yoga Mudra, Uddiyana bandh.

Pranayama:

- Anuloma-Viloma, Surya Bhedi, Kapalabhati.

5) Obesity

Asana:

- Dhanurasana, Sarvangasana, Trikonasana, Konasana, Padahastasana, ArdhaMatsyendrasana, Paschimottanasana, Uttanapadasana (with peddling, with one leg or both legs).

Pranayama:

- Bhastrika, Surya Bhedi, Anuloma-Viloma, Kapalabhati.

6) Hypertension

Asana:

- Kayotsarga (Lying on right side), Suptatadasana, Shashakasana, Padottanasana, Padmasana, Paschimottanasana, Vajrasana, Makrasana, Pavana-muktasana.

Pranayama:

- Chandra Bhedi, Abdominal Breathing, Anuloma-Viloma (without Kumbhaka).
- Meditation.

7) Cardiac complaints

Asana:

- Yoga Mudra, Pavana-muktasana, Light exercise, Kayotsarga.

Pranayama:

- Deep Breathing, Anuloma-Viloma (without Kumbhaka), Ujjai Pranayama
- Meditation.

8) Cold and Cough

Asana:

- Uttanapadasana, Paschimottanasana, Simhasana, Suptavajrasana, Bhujangasana, Matsyasana.

Pranayama:

- Surya Bhedi, Bahya pranayama (Staccato Breathing), Nasal Cleansing, Bhastrika.

9) Asthma

Asana:

- Parvatasana, Bhujangasana, Matsyasana, SuptaVajrasana, Ustrasana, Tadasana.

Pranayama:

- Surya Bhedi, Ujjai, Anuloma-Viloma, Staccato breathing, Bhastrika, Kapalabhati, Deep breathing with widened throat.

10) Back Pain

Asana:

- Dhanurasana, Markatasana, Uttanapadasana, Ustrasana, Bhujangasana, Trikonasana , Makrasana, Parvatasana, Matsyasana, Tadasana, Marjarasana, Katiutthanasana.

Pranayama:

- Surya Bhedi.

11) Hernia

Asana:

- Uttanapadasana, Hastpadottanasana, Sarvangasana, Padottanasana, Paschimottanasana, Kati Utthanasana (with UddiyanaBandha-II pose) , Garudasana.

Pranayama:

- Anuloma-Viloma (without kumbhaka) with MoolaBandha.

12) Insomnia

Asana:

- Tadasana, Sarvangasana, Matsyasana, Kayotsarga, Paschimottanasana.

Pranayama:

- Kapalabhati, Ujjai, Bhramari, Anuloma-viloma, Chandrabhedi Pranayama,
- Meditation.

13) Anxiety, Tension

Asana:

- Tadasana, Kayotsarga, (20 minutes), Kayotsarga of throat, Shashakasana, Pavana-muktasana.

Pranayama:

- Deep Breathing, Baahya Pranayama, Bhramari Pranayama, Aum Chanting, Chandra Bhedi Pranayama.

14) Worry

Asana:

- Shashakasana, Yoga Mudra, Ardha matsyendrasana, Kayotsarga.

Pranayama:

- Baahya Pranayama (staccato Breathing), Chandra Bhedi Pranayama, Kapalabhati.

15) Low Blood Pressure

Asana:

- Padmasana, Padottanasana, Sarvangasana.

Pranayama:

- Suryabhedi, Bhastrika, Kapalabhati.

16) Ulcer

Asana:

- Vajrasana, Shashakasana, Pavana-muktasana, Kayotsarga, Yoga mudra.

Pranayama:

- Anuloma-Viloma.
- Meditation.

17) Diarrhea

Asana:

Hastapadottanasana, Kayotsarga, Pavana-muktasana, Paschimottanasana.

Pranayama:

Anuloma-Viloma, Uddiyana Bandha.

18) Tonsils

Asana:

- Simhasana, Makarasana, Sarvangasana, Matsyasana, Bhujangasana, Kriya-Brahmmudra, Kriya-Mouth and vocal organs.

Pranayama:

- Ujjai pranayama.

19) Rheumatism

Asana:

- Kriyas for toes and feet, knees, hands.
- Paschimottanasana, Halasana, Dhanurasana, Padottanasana, Pavana-muktasana.

Pranayama:

Kapalabhati.

20) Sciatica

Asana:

- Padmasana, Dandasana, Padottanasana, Paschimottanasana, Gomukhasana, Vajrasana.
- Kriya- toes and feet.

Pranayama:

Bhastrika, Kapalabhati.

21) Memory

Asana:

- Shashakasana, Paschimottanasana, Sarvangasana, Kayotsarga.

Pranayama:

Bhramari, Kapalabhati, Anuloma-viloma.

22) Piles

Asana:

- Paschimottanasana, Suptavajrasana, Dhanurasana, Makarasana, Padottanasana, Sarvangasana.
- Mool Bandha
- Ashwini Mudra

23) Throat

Asana:

- Ustrasana, Suptavajrasana, Sarvangasana, Matsyasana, Simhasana.
- Brahma Mudra.

Pranayama:

- Ujjai pranayama.

24) Headache

Asana:

- Vajrasana, Kayotsarga, Pavana-muktasana.

Pranayama:

- Anuloma-viloma.

25) Leucorrhoea (white discharge)

Asana:

- Kayotsarga, Suptavajrasana, Bhujangasana, Makarasana, Chakrasana, Halasana.

26) Stomach Pain

Asana:

- Uttanapadasana, Pavana-muktasana, Vajrasana, Bhujangasana, Yoga mudra.
- Uddiyana Bandha.

27) Thyroid

Asana:

Sarvangasana, Matsyasana, Bhujangasana Simhasana, Halasana, Brahma Mudra.

Pranayama:

Ujjai

28) Depression

Asana:

Yoga Mudra, Vajrasana, Shashakasana, Halasana, Sarvangasana, Kayotsarga.

Pranayama:

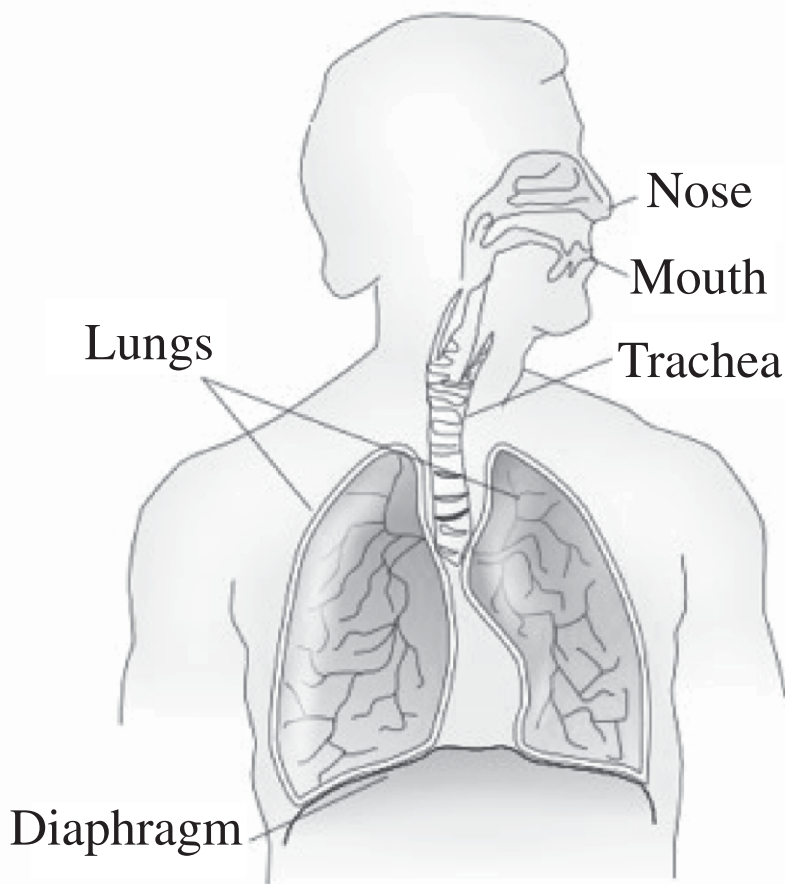
Bhramari, Bhastrika, Ujjai.

Health tips

- 1) Be an early riser and go to bed early.
- 2) Practice Yogasana, Pranayama and meditation regularly and preferably early in the morning, after drinking one or two glasses of water.
- 3) Eat only when you feel hungry.
- 4) Chew well. Take second meal only when the first meal is digested.
- 5) Insist to eat healthy vegetarian food.
- 6) Too much spicy and fried food is harmful.
- 7) Avoid very hot and very cold food.
- 8) Do not overeat. While taking meals fill half the stomach with food, leave $\frac{1}{4}$ part of it for water and the remaining $\frac{1}{4}$ for air.
- 9) As far as possible, do not drink water with meals. Drink water $\frac{1}{2}$ to 1 hr. after your meal.
- 10) Take salad before taking meal. By using salad, you may not need water during your meal.
- 11) Breakfast should be light, lunch should be normal and dinner should be light. Dinner should be taken at least 3 hrs. before you go to bed.
- 12) Do eat seasonal fruits. Eating fruits is much better than taking fruit juice, as it keeps bowels clean.
- 13) The proportion of alkaline food should be more than acidic food in your diet.
- 14) Eat some fibrous food to avoid constipation.
- 15) Remain calm while eating and concentrate on your meal. Avoid heated discussions, watching television etc. during your meals.
- 16) It is worthwhile to observe silence for a few moments before starting the meal. You may pray silently or chant a short prayer.
- 17) Sit erect, not stiff or bent while eating.
- 18) Urination after meal is good for health.
- 19) Sit in Vajrasana for 10 to 20 minutes after meal.

- 20) After lunch sleep on the left side for 10 to 30 minutes and after dinner go for a walk.
- 21) Avoid 9 poisons as far as possible:
 - Three white poisons: Sugar, Salt and Fine Flour.
 - Three red poisons: Chili, Mutton and Wine.
 - Three black poisons: Tea, Coffee and Aerated Water.
- 22) Drink enough water during the whole day.
- 23) Do not delay or avoid nature's call.
- 24) Improve your breathing habits. Practice deep breathing for a few minutes several times in a day.
- 25) Do not smoke.
- 26) Take enough rest and sleep.
- 27) Sit right, stand straight and walk erect.
- 28) Avoid any kind of addiction.
- 29) Always avoid excess.
- 30) Performance rises as stress increases but once an optimum level of stress is passed, further stress impairs the efficiency and the performance falls off.
- 31) Enjoy your work.
- 32) Be enthusiastic and cheerful the whole day.
- 33) Count your blessings and always try to be optimistic.
- 34) Try to be in the present. Do not live in the past and do not worry about the future.
- 35) Speak less, listen more.
- 36) Live simple and think high.
- 37) Be inquisitive to learn new things at any age.
- 38) Control your senses and channelize your emotions in right direction.
- 39) Contentment is the real happiness.
- 40) Keep smiling and laugh often.

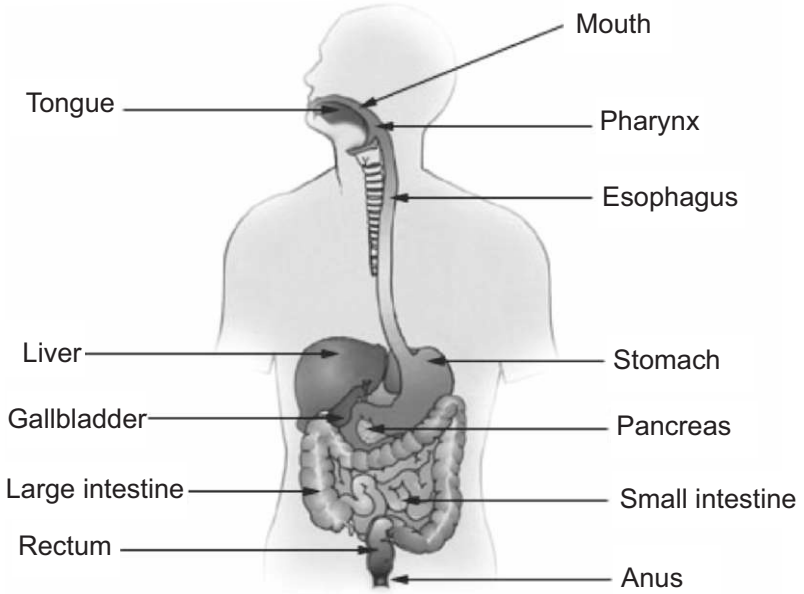
Respiratory System



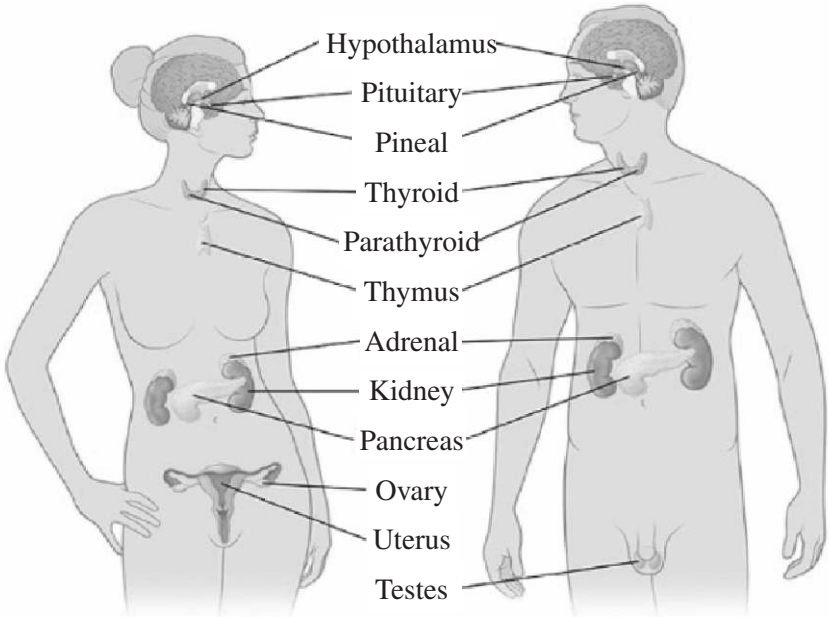
Human Skeleton



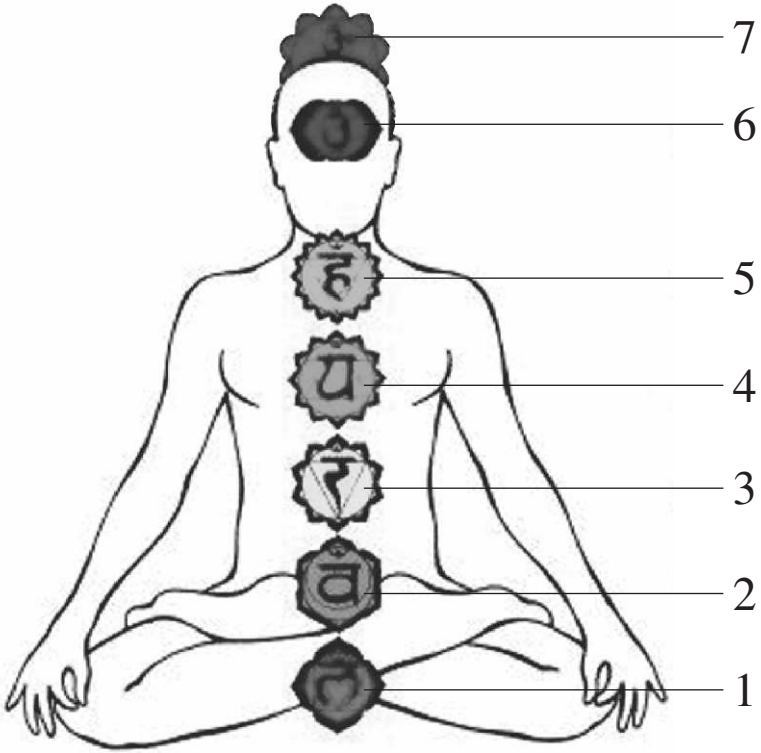
◁ Gastro - Internal System ▷



◁ Endocrine Glands ▷



Chakras



- 1) Mooladhara Chakra
- 2) Swadhisthana Chakra
- 3) Manipura (Solar) Chakra
- 4) Anahata Chakra
- 5) Vishddhi Chakra
- 6) Agya Chakra
- 7) Sahasrara Chakra

