

## **Yoga & Lifestyle**

CBSE Class 12 Physical Education

UNIT - 3

### **Topics of Unit : 3**

- Asanas as preventive measures
- Obesity: Procedure, Benefits & contraindications for Vajrasana, Hastasana, Trikonasana, Ardh Matsyendrasana
- Diabetes: Procedure, Benefits & contraindications for Bhujangasana, Paschimottasana, Pawanuktasana, Ardh Matsyendrasana
- Asthma: Procedure, Benefits & contraindications for Sukhasana, Chakrasana, Gomukhasana, Parvatasana, Bhujangasana, Paschimottasana, Matsyasana
- Hypertension: Tadasana, Vajrasana, Pawanuktasana, Ardh Chakrasana, Bhujangasana, Shalabhasana
- Back Pain: Tadasana, Ardh Matsyendrasana, Vakrasana, Shalabhasana, Bhujangasana



### **3.1 Asanas as preventive measure :**

#### **Meaning of Asana :**

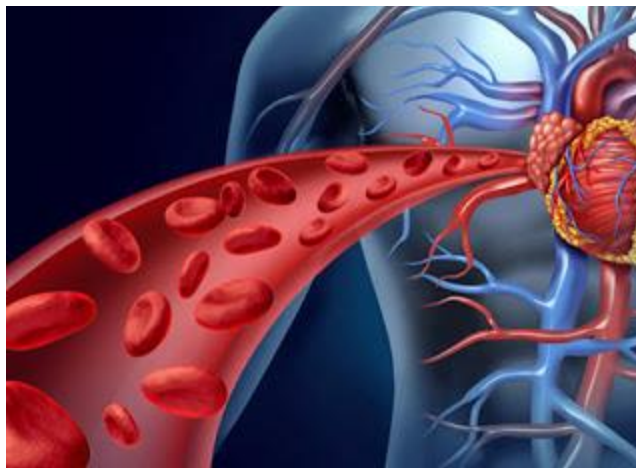
To sit in a comfortable position for everlasting period of time is called asana.

Asana can be preventive measures as they provide following physiological benefits which ultimately helps in avoiding various lifestyle disease. The following are the benefits of asana for prevention of diseases:

a) Bones and joints become strong: By performing regular asana, the bones, cartilages, and ligaments become strong. Along with this, height of children is enhanced.



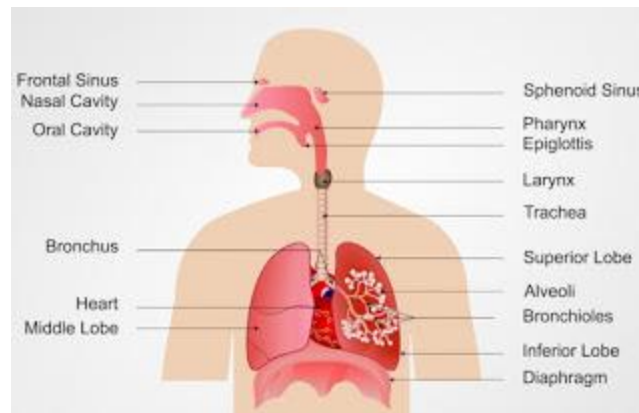
b) Circulation of blood becomes normal: By performing asana regularly, the stroke volume as well as cardiac output increases because cardiac muscles start working more strongly and efficiently. Blood circulation becomes proper and blood pressure normalizes and stabilizes.



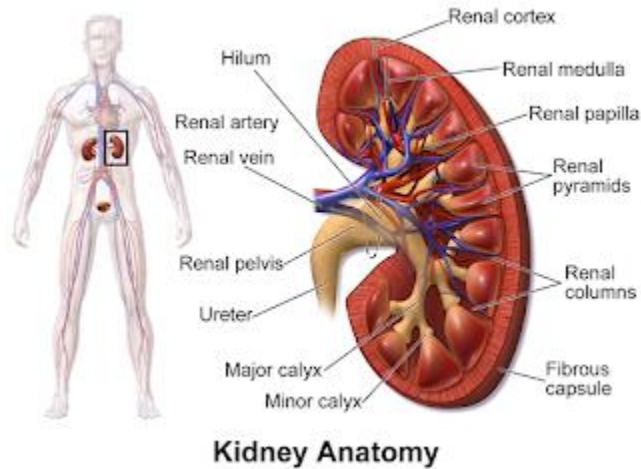
c) Immune system is strengthened: By regular practice of asana, our immune system is strengthened. As a result, our body becomes less prone to diseases.



d) Respiratory organs become efficient: By performing asana regularly, the respiratory organs become efficient. The vital air capacity increases up to 6000cc. The size of lungs and chest also enhances.



e) Efficiency of excretory system enhances: By regularly performing asana the efficiency of excretory system enhances. As a result, the waste products such as lactic acid, acid phosphate, urea, uric acid etc. are excreted quickly and properly which in turn help in delaying fatigue.

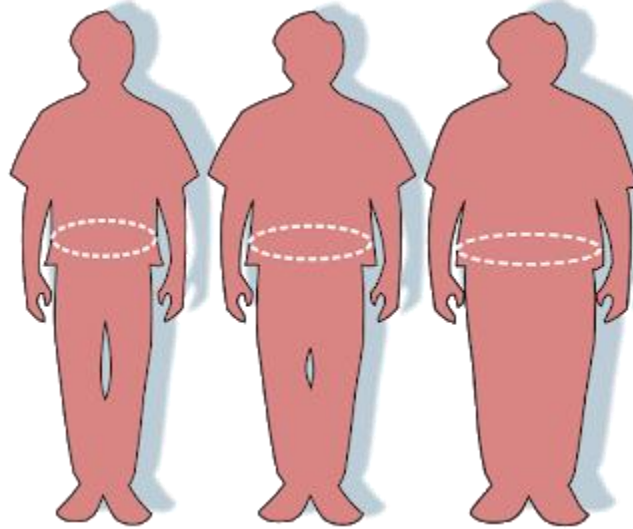


f) Muscles become strong: by performing asana regularly, muscles of the body become strong. The efficiency of the muscles increases. Fat does not accumulate in the body. In fact, the appearance the body enhances. The size of the muscles also increases.



### 3.2 Obesity

Obesity is that condition of the body in which the amount of fat increases to extreme levels.



### **Procedure, benefits and contraindications for Vajrasana**

#### **Procedure :**

It is a meditative asana. Kneel down on the ground with your knees, ankle and toes touching the ground. Your toes should be stretched backwards. Now place your palms of both hands on the knees. The upper body should be straight. At this time, the breathing should be deep, even and slow.



#### **Benefits:**

- a) It is helpful for concentration.
- b) It is helpful in curing dysentery, back pain and chest diseases.
- c) It enhances memory.

- d) It cures problems related to menstruation.
- e) It cures mental stress.
- f) It strengthens the pelvic muscles.
- g) It removes postural defects.
- h) It prevents hernia and gives relief from piles.

#### Contraindications

- a) A person suffering from joint pain should not perform vajrasana.
- b) The individuals who have any spinal column problem should not perform vajrasana.
- c) The individuals who have some difficulty in movement should practice vajrasana with a lot of care.

#### **Procedure, benefits and contraindications for padahastasana**

##### Procedure:

Bend forward until the fingers or palms of the hands touch the floor on either side of the feet. Try to touch the knees with the forehead. Do not strain. Keep the knees straight. Exhale while bending forward. Try to contract the abdomen in the final position to expel the maximum amount of air from the lungs.

##### **PADAHASTASANA**



##### Benefits of Pada Hastasana:

- a) It makes the body very flexible.
- b) It stretches the leg and back muscles.
- c) It helps to eliminate excess belly fat.
- d) It makes the spine flexible and tones the nerves.
- e) It improves blood circulation.
- f) It improves digestion and removes constipation.

**Contraindications:**

The individuals who have back pain should avoid this asana. At least, they should not bend forward fully. They can bend themselves only as far as comfortable.

**Procedure, benefits and contraindications for Ardh Matseyendrasana**

**Procedure:**

the left heel is kept under right thigh and the right leg is crossed over the left thigh.

After that

hold the right toe with left hand and turn your head and back to the right side. In this position move the trunk sideways. Then Perform the same sasna in the reverse position.



**Benefits of Ardh Matseyendrasana.:**

- a. It keeps gall bladder and prostate gland healthy.
- b. It enhances the stretch ability of back muscles.
- c. It alleviates digestive ailments.
- d. It regulates the secretion of adrenaline and bile and thus is recommended in yogic management of diabetes.
- e. It is also helpful in treating sinusitis, bronchitis, constipation, menstrual disorder, urinary tract disorder and cervical spondylitis.

**Contraindications:**

- a. Women, who are two or three months pregnant, should avoid practicing this
- b. The individuals who suffer from peptic ulcers, hernia, and hypothyroidism should practice this asana under expert guidance.
- c. The individuals who have the problem of sciatica or sleep disc may benefit from asana but they need to take great care while doing this asana.



### **Procedure, benefits and contraindications for Trikonasana**

First of all stand with your legs apart. Then raise the arm sideways up to the shoulder level.

Bend the trunk sideways and raise the right hand upward. Touch the ground with left hand

behind left foot. After sometime, do the same asana with opposite arm in the same way.



#### **Benefits**

- a) It strengthens the legs, knees, arms and chest.
- b) It helps in improving digestion and stimulates all body organs.
- c) It increases mental and physical equilibrium.
- d) It reduces stress, anxiety, back pain and sciatica.
- e) It helps in increasing height.
- f) It helps in reducing obesity.
- g) It enhances blood circulation.
- h) It is also helpful in reducing extra fat around the waistline.

#### **Contraindications of Trikonasana:**

- a) If you are suffering from diarrhea, low or high blood pressure, back injury or migraine, avoid the practice of trikonasana.
- b) The individuals having cervical spondylosis should not perform this asana.

### **3.3 Diabetes**

Diabetes is such a disorder that it causes sugar to build up in our blood stream instead of being used by the cells in the body.





## Procedure, benefits and contraindications for Pawanmuktasana

### Procedure

lie down on your back on a plain surface. Keep your feet together and place your arms beside your body. Take a deep breath. When you exhale bring your knees towards your chest. At the same time press your thighs on your abdomen. Clasp your hands around your legs. Hold the asana when you breathe normally. Every time you inhale, ensure that you loosen the grip. Exhale and release the pose after you rock and roll from side to side three times.



### Benefits of Pawanmuktasana:

- a) It eases the tension in lower back.
- b) It enhances the blood circulation in pelvic area.
- c) It stimulates the reproductive organs.
- d) It helps to cure menstrual disorders.
- e) It helps in reducing the fats of the thighs, buttocks and abdominal area.
- f) It strengthens the abdominal muscles.
- g) It also massages the intestines and organs of digestive system which helps in releasing the gas and thus improves digestion.

h) Relieves constipation.

### **Procedure, benefits and contraindications for Bhujangasana:**

Procedure of Bhujangasana: In this asana the shape of the body remains like a snake that is

why it is called Bhujangasana. In order to perform this asana, lie down on the belly on the

ground. Keep your hands near the shoulders. Keep your legs close together. Now straiten up

your arms slowly, raise the chest. Your head should turn backwards. Keep the position for

sometime. Then get back to the former position. For good results, perform this asana for 4 to

5 times.



### **Benefits of Bhujangasana:**

- a) It alleviates obesity.
- b) It provides strength and agility.
- c) It cures the disorders of urinary bladder.
- d) It cures the disease of liver.
- e) It improves blood circulation.
- f) It makes the vertebral column flexible and thin.
- g) It cures gas disorders, constipation and indigestion.
- h) It strengthens the muscles of hands.

### **Contraindications of Bhujangasana:**

- a) People suffering from hernia, back injuries, headaches, and recent abdominal surgeries should not perform this asana.
- b) Pregnant women should not perform this asana.

## Procedure, benefits and contraindications for Shalabhasana

Procedure of Shalabhasana: Lie down in prostate position. Spread the thigh backwards.

Hold your fists and extend arms. Keep your fists under the thigh and then raise your legs

slowly as high as you can. For best results hold this position for 2 to 3 minutes and then

lower your legs slowly. Repeat the same action for 3 to 5 times.



Benefits of Shalabhasana:

- a. It improves posture.
- b. It stimulates the body organs.
- c. It helps in relieving stress.
- d. It alleviates lower back pain.
- e. It helps in removing constipation.
- f. It provides relief to persons who have mild sciatica and slip disc problem.
- g. It strengthens the muscles of the spine, buttocks and back of the arms and legs.

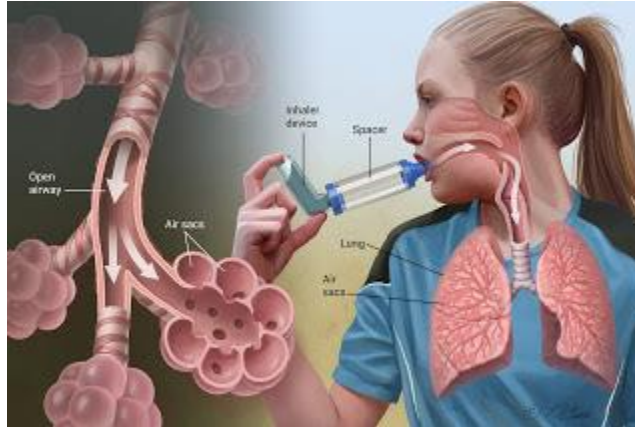
## 3.4 Asthma

Asthma is a disease of lungs in which the airways become blocked or narrowed causing

difficulty in breathing. The airways also swells up and pruce extra mucus. It usually triggers

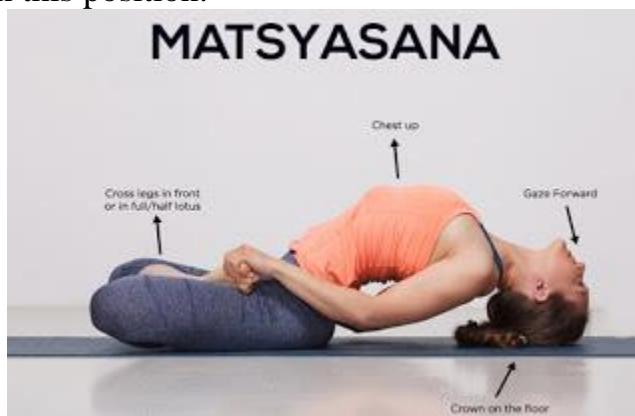
coughing, wheezing or whistling or shortness of breath. The coughing usually occurs at night

or early in the morning.



Procedure of Matsyasana: For performing this asana, sit in padmasana. Then lie down in supine position and make an arch behind. Hold your toes with the fingers of your hands.

Stay for some time in this position.



Benefits:

- It is helpful in curing back pain, knee pain and tonsillitis.
- It also cures the defects of eyes.
- Skin diseases can be cured, if we practice this asana regularly.
- This asana is helpful for the treatment of diabetes.
- It helps in relieving tension in the neck and shoulders.
- It improves posture.
- It is the best asana to get relief from asthma.
- It provides relief from respiratory disorders by encouraging deep breathing.

### 3.5 Hypertension :

Hypertension is another name for high blood pressure. It can lead to severe complications and increases the risk of heart disease, stroke, and death.



### 3.6 Back Pain

The pain which is felt in the back usually originates from the bones, joints, muscles and nerves etc is called back pain. It may be in the cervical, thoracic or lumbar region.



**Procedure of Tadasana:** Stand up in attention position. Lift your arms upwards.

Stretch

your hands upwards. Raise your heels, and come on your toes. Also pull up your body upwards. After some time breathe out slowly and come to the previous position.

Repeat the

same exercise for 10 to 15 times.





#### Benefits of Tadasana:

- a) It is helpful in developing physical and mental balance.
- b) It reduces obesity.
- c) It cures constipation.
- d) It cures digestive problems.
- e) It improves body posture.
- f) It alleviates sciatica.
- g) It is an excellent asana for those who want to enhance their height.
- h) It is beneficial in treating hypertension.