

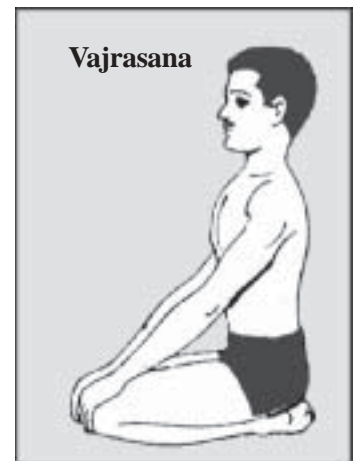
Good health is unimaginable without Yog. The patient gets vital life energy and good health with regular practice of Yog. A diseased person becomes healthy and strong and enjoys good longevity. Asana can be classified into several categories. The asanas should be selected on the basis of physical strength and energy. The patients should choose the asana depending on their illness and to get good results.

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Meditative poses

- ❖ **Siddhasana:** This is a meditative pose and calms down the entire nervous system and keeps it in good condition. This is the best asana for meditation and celibacy. It also relieves stress.
- ❖ **Swastikasana:** This also calms down the entire nervous system and keeps it in good condition. This is the best meditative pose.
- ❖ **Padmasana:** This is the best asana for meditation and celibacy, and helps in relieving physical, nervous and emotional problems. It increases the digestive fire and strengthens the joints.
- ❖ **Vajrasana:** This is also a meditative pose and increases the functioning of digestive system. This is the only asana that can be practiced after meals. It increases the blood circulation above the waist and is beneficial for people who are very lethargic in nature.



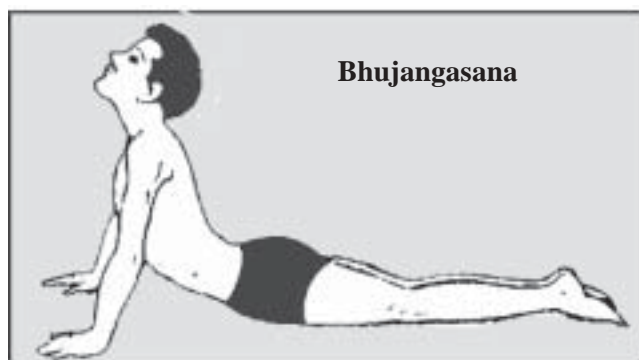
Relaxing asana

- ❖ **Shavasana:** It overcomes the nervous related problems. It is very beneficial for relieving mental stress, sleeplessness and physical ailments caused due to stress. It improves concentration and calms down the mind.
- ❖ **Makarasana:** It relieves physical and mental tiredness and helps in concentration.

- ❖ **Balasana:** It relaxes all the systems of the body and gives relief. This is considered to be the best pose to sleep and children generally sleep in this pose. Hence the name, Balasana.

Strengthening asana

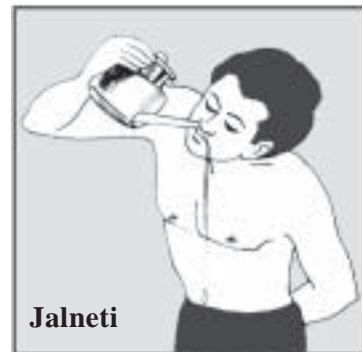
- ❖ Regular practice of **Pavanmuktasana** overcomes constipation and gastric problems. It reduces fat and helps in reducing weight.
- ❖ **Naukasana** improves the digestion process and activates the intestines and their functioning. It is beneficial in case of nervous weakness and stress. It also plays an important role in maintaining the position of navel.
- ❖ **Viparitamukha Sarvangasana:** It improves the blood circulation in heart, lungs and brain and overcomes thyroid, parathyroid glands and related problems.
- ❖ **Sarvangasana** balances the body and activates the thyroid glands. It strengthens all the body parts. It prevents premature graying of hair and hair loss. It brings natural glow on face and also reduces weight and prevents ageing.
- ❖ **Matsyasana** improves the health of lungs, throat and eyes. It relieves backache and neck pain. It is beneficial in case of shifting of navel and also controls diabetes in women.
- ❖ **Halasana** overcomes constipation and makes the spine flexible. It is beneficial in overcoming thyroid and parathyroid glands and related problems.
- ❖ **Chakrasana** strengthens the stomach muscles and improves the digestion process. It makes the spinal cord flexible and prevents ageing, the excess fat on stomach reduces and it increases the chest.
- ❖ **Bhujangasana** relieves the problems related to reproduction, improves appetite and overcomes constipation; it makes the spine flexible and cures night pollution problem.
- ❖ **Shalabhasana** strengthens the stomach muscles, and improves digestion; it is beneficial in case of constipation and strengthens the lungs.
- ❖ **Dhanurasana** makes the muscles of spine and back flexible. It overcomes nervous weakness, constipation and psychological disorders.
- ❖ **Ardhamatsyendrasana** removes constipation and indigestion. It improves the health of liver and kidneys. It is beneficial in case of diabetes and strengthens the muscles of back and shoulders.
- ❖ **Gomukhasana** relieves the lower back pain; it prevents spinal problems, joint pain and piles.
- ❖ **Mandookasana** improves appetite, cuts fat from stomach and is beneficial in case of diabetes, constipation, gastric trouble and other stomach disorders.
- ❖ **Ushtrasana** strengthens the stomach muscles. It is beneficial in digestion, bowel movement and strengthens the reproductive organs.
- ❖ **Supta Vajrasana** is beneficial in case of high blood pressure, sciatica, constipation and should be practiced in case of backache, gastric problem etc.
- ❖ **Ekpadagreevasana** strengthens the thighs, calf muscles and reduces fat on stomach. It is also beneficial in case of sciatica.
- ❖ **Paschimottasana** overcomes constipation, indigestion and seminal weakness. It reduces the risk of sciatica and is beneficial in case of pain in calf muscles.
- ❖ **Akarna Dhanurasana** is beneficial in case of joint pain and makes the joints flexible.
- ❖ **Yogmudrasana** activates the internal organs and stomach. It overcomes constipation and seminal



weakness. It controls high blood pressure and headache.

- ❖ **Tolangulasana** reduces obesity and overcomes stomach disorders. It increases concentration.
- ❖ **Sinhasana** overcomes problems related to throat, nose, ears, and mouth. It improves voice quality and keeps it healthy.
- ❖ **Parvatasana** keeps the nervous system balanced and helps in gaining concentration.
- ❖ **Tadasana** develops the spine, strengthens the lungs, shoulders and nervous system.
- ❖ **Katichakrasana** should be practiced regularly to calm down gastric trouble, control diabetes and overcome constipation. It cures lung disorders and is beneficial in case of neck and backache.
- ❖ **Trikonasana** improves appetite and overcomes constipation. It increases height and reduces nervous stress.
- ❖ **Vrikshasana** strengthens the muscles of legs and nerves. It overcomes all the lung disorders and helps in concentration.
- ❖ **Garudasana** makes the joints and bones flexible. It is beneficial in case of sciatica and hydrosils.
- ❖ **Utkatasana** strengthens the calf muscles and thighs and gives a good figure.
- ❖ **Padhastasana** overcomes stomach disorders and reduces weight. It improves the functioning of reproductive organs in women and also overcomes the related problems
- ❖ **Gorakshasana** reduces the fat from hip area and makes the knees joints flexible.
- ❖ **Bakasana** strengthens the shoulders, hands and lungs.
- ❖ **Shirshasana** strengthen all the bodily systems, it improves blood circulation and functioning of brain.
- ❖ **Uddiyan bandh** strengthens the digestive system and glands. It prevents ageing.
- ❖ **Brahmamudra** makes the nerves flexible and calms down the mind and improves concentration.

- ❖ **Surya Namaskar** improves the functioning of all nerves, makes the body flexible and overcomes the disorders of lungs, stomach and spine. It brings natural glow on face and improves memory power.



Shudhi kriya

- ❖ **Jalneti** removes the phlegm and germs accumulated in the nostril path. It relieves sinusitis and related diseases.
- ❖ **Sutraneti** also removes the blockages in nostril path and helps in proper functioning of the nose.
- ❖ **Kunjali kriya** removes phlegm, kapha and other obstruction in the respiratory tract. It is beneficial in case of sinusitis.
- ❖ **Vastra dhouti** overcomes asthma and problems related to respiratory system.
- ❖ **Dand dhouti** overcomes the acidity and gastric trouble.
- ❖ **Shankh prakshalan** should be practiced in order to overcome diseases related to the digestive system and purify the intestines and stomach.

Special note:

- ❖ Yogasana is not an ordinary exercise. It has long-term benefits and regular practice gives excellent results.
- ❖ They should be practiced depending on the personal strength in the beginning and the duration can be increased gradually. Asana should not be done in haste or forcibly.
- ❖ In the beginning the practitioner could experience pain in the area, which is being stretched (while doing asana). In case of severe pain stop the practice and do it for very less time.
- ❖ Yog, asana and kriya should be practiced under the guidance of an expert.