

## Yoga as Preventive Measure for Lifestyle Disease

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1. Which of the following pranayama is helpful to reduce obesity? (2024)

- (a) Kapalbhati Pranayama
- (b) Anulom Vilom Pranayama
- (c) Suryabhedan Pranayama
- (d) Sitili Pranayama

**Ans.** (c) Suryabhedan Pranayama

2. Enlist four asanas those help to control asthma. (2024)

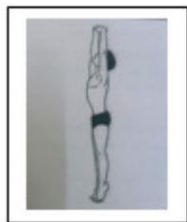
**Ans.** Tadasana, Urdhwahastottansana, Uttan Mandukasana, Ushtrasana, Vakrasana, Matsyasana, Gomukhasana, Dhanurasana, Bhujangasana

3. Explain the procedure and benefits of any one asana for back pain. (2024)

**Ans.** Following are the asanas beneficial for back pain:

Tadasana, Vakrasana, Sarala Matsyendrasana, Urdhwahastottansana, Ardh Chakrasana, Ushtrasana, Bhujangasana, Gomukhasana, Bhadrasana, Makarasana

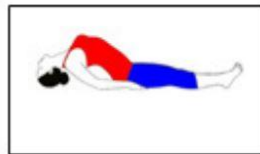
(Write the procedure and benefits of any one, of the above-mentioned asanas – the figs. given for reference)



Tadasana



Vakrasana



Saralmatyasana



Urdhwahastottasana



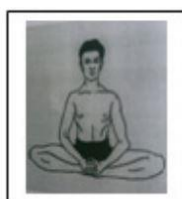
ArdhChakrasan



Bhujangasana



Gomukhasana



Bhadrasana



Ushtasana



Makarasana



## Previous Years' CBSE Board Questions

### 3.1 Asanas as Preventive Measures

VSA (2 marks)

1. "Asanas can be used as a preventive measures." Comment. (Term-II, 2021-22) **U**

SA (3 marks)

2. What is the role of Yoga in preventing lifestyle diseases? (2020 C, AI 2019)

### 3.2 Obesity : Procedure, Benefits and Contraindications for Tadasana, Katichakrasana, Pawanmuktasana, Matsyasana, Halasana, Paschimottanasana, Dhanurasana, Ushtrasana, Ardha Matsyendrasana, Suryabedhana Pranayama

VSA (2 marks)

3. Enlist any four benefits of Pawanmuktasana. (Term-II, 2021-22 C)

SA (3 marks)

4. Write the benefits and contraindications of Matsyasana. (Term-II, 2021-22) **R**
5. What is Obesity? Draw stick diagrams of any two asanas recommended to control obesity and explain their procedure. (Term-II, 2021-22)
6. Which asanas are helpful in reducing obesity? Explain the procedure and contraindications of any one asana. (Delhi 2019)

### 3.3 Diabetes : Procedure, Benefits and Contraindications for Bhujangasana, Paschimottanasana, Pawanmuktasana, Ardha Matsyendrasana, Katichakrasana, Shalabhasana, Dhanurasana, Supta-vajrasana, Mandukasana, Gomukhasana, Yogmudra, Ushtrasana, Kapalbhati.

MCQ



- (a) Bhujangasana  
(b) Halasana  
(c) Vajrasana  
(d) Dhanurasana

(2023) **R**

VSA (1 mark)

8. According to syllabus, suggest any four asanas for curing 'diabetes'. (2021 C)
9. Explain two benefits of "Ardha MATSYENDRA" asana. (Delhi 2019)

SA (3 marks)

10. Your uncle is manager in a reputed company. He works on computer regularly for long hours. Though he is conscious about his diet, he is suffering from blurred vision. Since long, he is taking medical treatment for his wound on left elbow. But it is not healing.

Based on the above context, answer the following questions :

- (i) Name the disease, your uncle is suffering from.  
(ii) Suggest two asanas to cure the disease.  
(iii) Which measures will you adopt to stay healthy? (any two) (Delhi 2019) **Ev**

### 3.4 Asthma : Procedure, benefits and contraindications for Gomukhasana, Bhujangasana, Matsyasana, Tadasana, Urdhwahastottanasana, Uttan Mandukasana, Dhanurasana, Ushtrasana, Vakrasana, Kapalbhati, Anuloma-Viloma

MCQ

11. Which of the following asana is NOT used to cure Asthma?  
(a) Tadasana  
(b) Dhanurasana  
(c) Parvatasana  
(d) Bhujangasana (2023)
12. A disease associated with respiratory tract is \_\_\_\_\_.  
(a) Asthma  
(b) Hypertension  
(c) Diabetes  
(d) Obesity (2021 C) **U**
13. Gomukhasana, Chakrasana and Matsyasana are helpful in curing which disease?  
(a) Diabetes (b) Backpain  
(c) Asthma (d) Obesity (2020)

VSA (1 mark)


14. What is the main physiological cause of Asthma? (2018)

LA (5 marks)

15. Briefly explain the symptoms and causes of Asthma. Explain the procedure, benefits and contraindications of any two asanas to prevent Asthma. (2021 C, 2018)

### 3.5 Hypertension: Procedure, benefits and contraindications for Tadasana, Bhujangasana, Shavasana Katichakrasana, Uttanpadasana, Ardha Halasana, Sarala Matsyasana, Gomukhasana, Uttan Mandukasana, Makarasana, Nadi-Shodhana Pranayama, Sitali Pranayama

MCQ

16. Which asana is helpful in maintaining normal blood pressure?  
(a) Shavasana  
(b) Padmasana  
(c) Shalabhasana  
(d) Vakrasana (2020) 

17. The benefit/s of shavasana is /are  
(a) It increases concentration power  
(b) It provides relaxation in High Blood Pressure  
(c) It is helpful in reducing stress.  
(d) All of these. (2020 C)


VSA (1 mark)

18. According to syllabus, suggest any four asanas for curing 'Hypertension'. (2021 C)  
19. What is 'Hypertension'? (2018)

SA (3 marks)

20. Hypertension may be prevented by practising Tadasana and Shavasana. Describe the procedure of both the asanas. (Term-II, 2021-22 C)  
21. Explain about the procedure and advantages of "Bhujangasana". (AI 2019)

LA (5 marks)

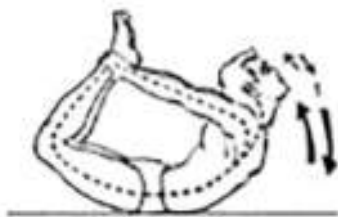
22. List down any four asanas used for prevention of Hypertension. Explain the procedure and contraindication of any one of them with help of a stick diagram. (2023)   
23. "Now-a-days yoga plays a very important role in cure of various diseases". Justify the statement by giving suitable examples of asanas for Hypertension. (2019 C)

## CBSE Sample Questions


### 3.2 Obesity: Procedure, benefits and contraindications for Tadasana, Katichakrasana, Pavanmuktasana, Matsyasana, Halasana, Paschimottanasana, Dhanurasana, Ushtrasana, Ardha Matsyendrasana, Surya Bedhana Pranayama


MCQ

1. Identify the asana



- (a) Paschimottanasana (b) Halasana


- (c) Vajrasana (d) Dhanurasana (2022-23) 

2. Which asana is helpful in increasing height?  
(a) Sukhasana (b) Tadasana  
(c) Bhujangasana (d) Vajrasana (2022-23)  
3. One of the possible causes for Obesity could be?  
(a) Heredity (b) Excessive eating  
(c) Fast metabolism (d) Both (a) and (b) (2020-21) 

SA (3/4 marks)


4. Briefly explain the administration of Pavanmuktasana along with its contraindications and draw stick diagram. (Term-II, 2021-22)  
5. Raman is a student of class XII and is suffering from Obesity. During a recent medical check up at school he was advised to practice yogasana (as given in the syllabus) and participate in sports activities for curing it. Based on this case answer the following questions:





- I. The yoga instructor at the school has asked Raman to perform
- Bhujangasana
  - Pawanmuktasana
  - Vajrasana
  - Chakrasana
- II. The BMI Index for an Obese person is
- <18.5
  - 18.5-24.9
  - >30
  - >25
- III. Due to the Obesity; Raman is also suffering from knock knees for which he is advised to
- Walk on inner edge of foot
  - Walk on outer edge of foot
  - Walk on heels
  - Walk on toes

(2020-21) 

### 3.3 Diabetes: Procedure, Benefits and Contraindications for Bhujangasana, Paschimottanasana, Pawanmuktasana, Ardha Matsyendrasana, Katichakrasana, Shalabhasana, Dhanurasana, Supta-vajrasana, Mandukasana, Gomukasana, Yogmudrasana, Ushtrasana, Kapalbhathi.

VSA (1/2 mark)

- Explain any two benefits of ardha matsyendrasana. (Term-II, 2021-22) 
- Identify the below given Asanas and write the names.

-  \_\_\_\_\_
-  \_\_\_\_\_
-  \_\_\_\_\_
-  \_\_\_\_\_


(2020-21)

### 3.4 Asthma: Procedure, benefits and contraindications for Gomukhasana, Bhujangasana, Matsyasana, Tadasana, Urdhwahastottanasana, Uttan Mandukasana, Dhanurasana, Ushtrasana, Vakrasana, Kapalbhathi, Anuloma-Viloma

SA (3 marks)

- List down any three asanas used for preventing Asthma and write two benefits of each. (Term-II, 2021-22)

LA (5 marks)

- List down any four asanas used for prevention of asthma. Explain the procedure for administration of any one of them with the help of a stick diagram. (2022-23) 
- Which are the asanas practiced for preventing Asthma? Write in detail about any two of them. (2020-21)

### 3.5 Hypertension: Procedure, Benefits and Contraindications for Tadasana, Bhujangasana, Shavasana Katichakrasana, Uttanpadasana, Ardha Halasana, Sarala Matsyasana, Gomukhasana, Uttan Mandukasana, Makarasana, Nadi-Shodhana Pranayam, Sitali Pranayam

LA (5 marks)

- Which are the Asana practiced for preventing Hypertension? Write in detail about any two of them. (2020-21)

## ANSWERS

### Previous Years' CBSE Board Questions

1. Asanas can be used as preventive measures as these are helpful for curing many diseases like asthma, hypertension, diabetes, backpain etc. Asanas give stability and comfort to both mental and physical health. Asanas

also help in cardiac and respiratory diseases, strengthen body muscles, reduces stress and helpful in emotional health too.

2. Yoga helps in improving our flexibility, lower our stress and increase our confidence and finally contributes to a healthier lifestyle on the whole. Yoga helps in

various lifestyle diseases like obesity, diabetes, asthma, hypertension and backache.

Through regular participation in yoga :

- (i) Bones and joints become strong
- (ii) Muscles becomes stronger and flexible.
- (iii) Circulation of blood becomes normal.
- (iv) Respiratory organs become efficient.
- (v) Efficiency of digestive system increases.
- (vi) Neuro muscular coordination improves.
- (vii) Immune system Becomes stronger.

### Related Theory

- Yoga's origins can be traced to northern India over 5,000 years ago. The word, yoga, was first mentioned in Rigveda.

3. Four benefits of Pawanmuktasana are:

- (i) It helps to improve digestive system.
- (ii) It helps to deal with constipation by stimulating the abdominal region.
- (iii) It massages the internal organs which helps in the release of their secretions.
- (iv) It helps in releasing trapped gas from the stomach.

4. This posture has therapeutic value for mild backache and fatigue.

- The posture gives very gentle exercise to the spine and makes the body flexible.
- It exercises the muscles in the throat region.
- It improves the breathing functions.
- It reduces anxiety and brings the sense of well-being.

Avoid practicing the asana in case of peptic ulcers, heart disease, hernia and problems in back.

5. Obesity is the excess accumulation of fats which results in increased weight, reduce physical movements and slowness in emotional and mental activities.

Stick diagrams and procedure of Ardha Matsyendrasana and Halasana.



Ardha  
Matsyendrasana



Halasana

**Procedure of Halasana:**

- (i) Lie on your back with your arms beside you, palms downwards.
- (ii) As you inhale, use your abdominal muscles to lift your feet off the floor, raising your legs vertically at a 90-degree angle.
- (iii) Continue to breathe normally and supporting your hips and back with your hands, lift them off the ground.

(iv) Allow your legs to sweep in a 180-degree angle over your head till your toes touch the floor. Your back should be perpendicular to the floor. This may be difficult initially, but make an attempt for a few seconds.

(v) Hold this pose and let your body relax more and more with each steady breath.

(vi) After about a minute (a few seconds for beginners) of resting in this pose, you may gently bring your legs down on exhalation.

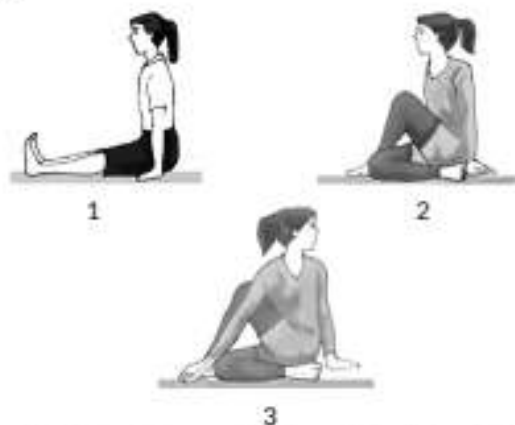
**Procedure of Ardha Matsyendrasana :**

**Starting position :** Sit on the floor with legs extended in front.

(i) Bend the right leg and place the right foot near the buttock. The outer edge of the foot should touch the ground.

(ii) Bend the left leg at the knee and place left foot flat on the floor near outside of the right knee.

(iii) Bring the right arm over the left knee and hold the left foot with right hand. Slowly twist the trunk to the left side and take the left arm behind the back and wrap it around the waist.



(iv) Turn the head towards left and look back. Maintain the position for 5-10 seconds.

6. (i) Tadasana

(ii) Halasana

(iii) Ardha Matsyendrasana

(iv) Ushtrasana

(any two)

Ushtrasana, also known as Camel Pose, is a kneeling back-bending asana. The name comes from the Sanskrit words, "Ustra" meaning camel, and "Asana" meaning posture or seat. This asana is an intermediate level yoga posture known to open Anahata (Heart chakra).

**Procedure:**

- (i) Kneel on the yoga mat and place your hands on the hips.
- (ii) Your knees should be in line with the shoulders and the sole of your feet should be facing the ceiling.
- (iii) As you inhale, draw in your tail-bone towards the pubis as if being pulled from the navel.
- (iv) Simultaneously, arch your back and slide your palms over your feet till the arms are straight.



- (v) Do not strain or flex your neck but keep it in a neutral position.
- (vi) Stay in this posture for a couple of breaths.
- (viii) Breathe out and slowly come back to the initial pose. Withdraw your hands and bring them back to your hips as you straighten up.

#### Contraindications:

- People belonging to old age, hernia and those who are less flexible should try this pose with proper medical guidance.
- People having spinal injury can take this asana under expert guidance.
- People having neck injury, whiplash, etc. must not drop their head back and keep should keep in neutral, close to their chest while practicing this posture.

7. (a)

8. Asanas for curing 'Diabetes' are : Bhujangasana, Yogmudra, Kapalbhati and Nadi-Shodhana Pranayama.

9. Benefits of Ardha Matsyendrasana :

- (i) Enhances the stretching ability of back muscles
- (ii) Prevents digestive ailments
- (iii) Stimulates functioning of heart
- (iv) Regulates secretion of glands
- (v) Helpful in treating Sinusitis, bronchitis, constipation, menstrual disorders, urinary tract disorders and cervical spondylitis,
- (vi) Provide relief from fatigue, sciatica and back pain

10. (i) Diabetes

(ii) Bhujangasana, Paschimottanasana, Pawanmuktasana, Ardha Matsyendrasana to be done in consultation with a doctor. (any two)

(iii) (a) Balanced diet

(b) Exercise regularly/physical activity

(c) Complete sleep/proper rest

(d) Intake of plenty of water

(e) Avoid overeating/junk food/fatty food. (any two)

11. (a) : Tadasana

12. (a) : Asthma

13. (c) : Asthma

14. Asthma is a disease of lungs in which the air-ways swell up and produce extra mucus. As a result, the airway become blocked or narrowed causing difficulty in breathing. It can be due to genetic factor or allergy.

15. Asthma is a disease associated with respiratory tracks (air ways in the lungs).

Symptoms: excessive amount of mucus, coughing, heavy breathing, wheezing or whistling, shortness of breath, swelling of air ways, chest tightness, fatigue, etc.

Causes of Asthma :

(a) Allergy

(b) Heredity

(c) Occupational Asthma (caused by inhaling fumes, gases, dust or other potentially harmful substances in workplace such as cigarette smoking/passive smoking and polluted air)

Exposure to animals that cause allergy (pets)

Asanas Recommended : Gomukhasana - Bhujangasana - Paschimottanasana - Matsyasana etc.

(i) Urdhva Hastottanasana:

Hastottanasana consists of two words: Hasta means 'Arms' and Uttana means 'Stretched up'. Hastottanasana is named so because this standing yoga pose, stretched the arms upwards followed by side bending. That's why, it is also known as Up-stretched arms yoga asana.

Procedure:

(i) Stand in tadasana keeping the feet 10 cm apart and arms by the sides.

(ii) Equally distribute the weight on both the feet and relax the arms, neck, and shoulders.

(iii) Inhale raising the arms above your shoulders and head.

(iv) Join the palms together overhead keep the feet grounded firmly.



(v) Draw the shin bones and knee caps upward and keep the thighs engaged while stretching upward.

(vi) Inhale further and deepen the stretch by engaging the core muscles and stretching the neck muscles to look towards the raised hands.

(vii) Hold the stretch for about 8-10 breaths and then sweep the arms back to the sides while exhaling.

This completes one round of Urdhva Hastasana. Practice it for about 10 rounds and then relax.

Benefits:

- It is known as yoga for waist slim, yoga to remove fats from hips and buttocks.

- It provides stretch to the chest region, thus, helps to increase the intake capacity of the lungs.

- It helps in relieving constipation and also helps in increasing height.

- It also provides support to back pain relief.

Contraindications:

- This yoga should not be performed by pregnant ladies.

- People who are suffering from leg pain, insomnia and dizziness should not perform this yoga.

(ii) **UttanMandukasana:**

The term "Uttana" means upright or stretched up and 'Manduka' means frog. The final position of Uttana Mandukasana resembles an upright frog, hence the name. This is one of the important yoga pose of the International Day of Yoga common yoga protocol.

**Procedure:**

- (i) Sit in Vajrasana.
- (ii) Spread both the knees wide apart while toes remaining together.
- (iii) Raise your right arm, fold it and take it backward from above the right shoulder and place the palm below the left shoulder.



- (iv) Now fold the left arm similarly and place the palm from above below the right shoulder.
- (v) Maintain the position. While coming back, slowly remove the left arm and then right arm; bring the knees together as in the initial position.

**Benefits:**

- It gives adequate stretch to the muscles and nerves of the throat region thus good to give relief from throat pain.
- It helps to make the back muscles flexible and supple thereby relieving back-related straining and pain.
- The practice of the pose is useful to get relief from shoulder pain and cervical problems.
- It helps to shed the extra fats from the sides of the abdominal region. This helps to make you slim, especially from the tummy area.

**Contraindications:**

- Those who are having arthritis, hernia, and back problems shouldn't practice this yoga pose.
- It shouldn't be practice in case of pregnancy and menstruation.

**Commonly Made Mistake** ⚠️

➡ Students get confused between two asanas named "Uttanapadasana" and "Ardha-Halasana" which helps to cure Asthma. It should be kept in mind, in the "Uttanapadasana" the feet are taken high about 30 degrees while in "Ardha-Halasana" it is about 90 degrees.

16. (a) : Shavasana

17. (d) : All of these

18. Asanas for curing 'Hypertension' are : Shavasana, Uttanpadasana, Gomukhasana and Nadi-shodhana Pranayama.

19. Increased blood pressure is hypertension. Hypertension is a condition where the pressure of blood against the wall of arteries is too high.

20. Hypertension may be prevented by practicing Tadasana and Shavasana.

**Procedure of Tadasana :**

- Starting position:** stand erect, legs together, hands by the side of the thighs. Keep the back straight and gaze in front.
- Stretch the arms upwards over the head and parallel with each other, with the palms facing each other.
  - Slowly raise the heels and stand on toes. Raise heels as much you can. Stretch body as much as possible. Stay for a few seconds in this final position.



**Releasing position:**

- While returning to original position, bring the heels on floor first.
- Slowly bring down the hands by the side of the thighs and relax.

**21. Procedure for Bhujangasana :**

- (i) Lie flat on your stomach with forehead touching the floor. Place the hand on the side of your thighs.
- (ii) Move hand to the front, keeping them at the shoulder level and place your palms on the floor.
- (iii) Straighten up your arms slowly, raising the head and trunk, your head should be backwards.
- (iv) Hold this position for 15-30 seconds. Back to the normal position.
- (v) For better result repeat this asana 3 to 5 times

**Advantages:**

- (i) Increases the circulation of blood.
  - (ii) Cures acidity, indigestion, constipation etc.
  - (iii) Enhances the function of the liver, kidney, Pancreas and gall bladder
  - (iv) Strengthens the arms and shoulders
  - (v) Decreases obesity.
22. (a) Child pose or Balasana  
(b) Sukhasana or easy pose  
(c) Shavasana  
(d) Cobra pose  
(e) Bridge pose  
(f) Paschimottanasana

**Bhujangasana :**



**Procedure**

**Starting position :**

- Lie on stomach on the ground, with forehead touching the floor.
- Extend the arms along the body.
- Bend the arms at the elbow, place the palms by sides of the shoulders on the floor.
- Inhaling slowly, raise the head, neck and shoulders. Raise the trunk up to navel and arch the back. Maintain the posture for 10-15 seconds.

### Releasing position :

- Exhaling slowly bring down the torso and then head and chin. Place the forehead on the ground.
- Straighten the arms and keep them by the side of body and relax.

### Do's and don'ts :

- Put minimum weight on hands.
- The trunk should be raised up to the navel only.
- Do not raise the region below the navel.
- Beginners should first try Nirālamba Bhujangāsana, which is half cobra position.
- Do not jerk the body.

23. The given statement is correct, as asanas help to cure many diseases like hypertension, asthma, diabetes, etc and make us healthy.

Like Tadasana is helpful for hypertension and obesity and reduces muscular stress, improves body structure, strengthen thighs, knees and ankles etc.

Another example is Uttanapadasana which aids in digestion, helpful in weight loss, increases blood circulation and reduces belly fats and suitable for back pain.

### CBSE Sample Questions

1. (d) : Dhanurasana (1)
2. (b) : Tadasana (1)
3. (d) : Both (a) and (b) (1)
4. Pavanmuktasana

### Procedure

- (a) Lie on your back with your feet together and arms besides your body and relax, breathing deeply.
- (b) With a deep inhalation raise your legs to  $90^\circ$  and completely exhale.
- (c) Now with another inhalation bring both the knees close to your chest and press on the lower abdomen, holding the knees with your hands. Exhale completely.
- (d) Remain with bent knees for a few breaths. With every exhalation press the thighs and knees on the abdomen and hold them with your hands.
- (e) With a deep breath raise your head, neck and chest and bring them close to your knees. If possible, bring your chin in between your knees. Ensure the head moves less and the knees come closer to the face. That way the pressure on the abdominal muscles will help in releasing the unwanted gas/wind around the abdominal organs.
- (f) Remain in this posture for a few breaths focusing on maintaining the position of the head and neck in place. With every exhalation press the thighs closer and deeper into the chest and face deeper into the knees.
- (g) Try to maintain the balance while breathing slowly and keeping the body relaxed.
- (h) Now with an inhalation, release the neck and head and exhale completely.  
With another inhalation straighten the legs and bring them back to  $90^\circ$  and as you exhale release the leg from  $90^\circ$  to the relaxed posture. With complete exhalation, bring the legs stretched out on the floor and relax the neck.

- (i) Take a few breaths, and then continue with the next round. The longer you hold in this posture, the faster the muscles around the abdomen loosen.

### Contraindications

To be avoided or performed under guidance by those suffering from

- (i) Severe migraine
- (ii) High or Low Blood Pressure
- (iii) Asthma
- (iv) Slip disc
- (v) Advanced stages of spondylitis
- (vi) Girls/women should avoid this asana or take the guidance of the teacher while practicing it during the menstrual cycle.



(2 + 1 + 1 + = 4)

5. I. (c) Vajrasana  
II. (c) >30  
III. (b) Walk on outer edge of foot (3 × 1 = 3)
6. Benefits of Ardha Matsyendrasana are :
  - (i) It loses extra fat and makes the body beautiful and strong.
  - (ii) It stimulates the liver, spleen and pancreas.
  - (iii) It is beneficial for the respiratory system.
  - (iv) It strengthens the spinal column and back muscles.
  - (v) It glorifies the face and keeps the menstrual cycle in women in control.
  - (vi) It rejuvenates the nerves around.
  - (vii) It heals back pain, stress, and headache.
  - (viii) It is helpful for people suffering from diabetes.(Any two) (2 × 1 = 2)
7. (a) Bhujangasana  
(b) Trikonasana  
(c) Paschimottanasana  
(d) Ardhamatsyendrasana (0.5 × 4 = 2)
8. Asanas used for curing asthma : Sukhasana, Chakrasana, Gomukhasana, Parvatasana, Bhujangasana, Paschimottanasana, Matsyasana and Kapalbhathi.
  - Benefits of Bhujangasana are:
    - it helps to make spine flexible and improves agility.
    - it solves many digestive problems.
  - Benefits of Matsyasana are:
    - it improves breathing functions.
    - it reduces anxiety and brings the sense of well-being.
  - Benefits of Kapalbhathi are:
    - it helps to cure mental problems like depression, anxiety, stress etc.
    - it boosts memory power and immune system. (3)
9. Asanas which are used for prevention of asthma are: Tadasana, Dhanurasana, Anuloma-Viloma, Bhujangasana, Gomukhasana, Ushtrasana etc.



## UttanMandukasana

The term "Uttana" means upright or stretched up and 'Manduka' means frog. The final position of Uttana Mandukasana resembles an upright frog, hence the name. This is one of the important yoga pose of the International Day of Yoga common yoga protocol.

### • Procedure:

- Sit in Vajrasana.
- Spread both the knees wide apart while toes remaining together.
- Raise your right arm, fold it and take it backward from above the right shoulder and place the palm below the left shoulder.



- Now fold the left arm similarly and place the palm from above below the right shoulder.
- Maintain the position. While coming back, slowly remove the left arm and then right arm; bring the knees together as in the initial position.

### • Do's and Don'ts :

- Do not try it if you have a disability in your hip joint.
- Keep breathing normally while holding the pose.
- Sit separating the knees apart ensuring the toes remain in contact, such that the buttocks are resting above the soles.

### • Benefits:

- It gives adequate stretch to the muscles and nerves of the throat region thus good to give relief from throat pain.
- It helps to make the back muscles flexible and supple thereby relieving back-related straining and pain.
- The practice of the pose is useful to get relief from shoulder pain and cervical problems.
- It helps to shed the extra fats from the sides of the abdominal region. This helps to make you slim, especially from the tummy area.

### • Contraindications:

- Those who are having arthritis, hernia, and back problems shouldn't practice this yoga pose.
- It shouldn't be practice in case of pregnancy and menstruation.

(2 + 2 + 1 = 5)

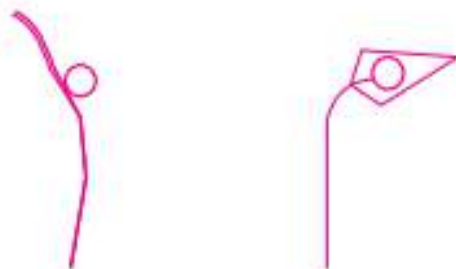
## 10. Tadasana, Urdhva Hastottanasana, UttanMandukasana

### Urdhva Hastottanasana

Hastottanasana consists of two words: 'Hasta' means 'Arms' and 'Uttana' means 'Stretched up'. Hastottanasana is named so, because this standing yoga pose, stretched the arms upwards followed by side bending. That's why, it is also known as Up-stretched arms yoga asana.

### Procedure:

- Stand in tadasana keeping the feet 10 cm apart and arms by the sides.
- Equally distribute the weight on both the feet and relax the arms, neck and shoulders.
- While inhale, raise the arms above your shoulders and head.
- Join the palms together overhead keep the feet grounded firmly.



- Draw the shin bones and knee caps upward and keep the thighs engaged while stretching upward.
- Inhale further and deepen the stretch by engaging the core muscles and stretching the neck muscles to look towards the raised hands.
- Hold the stretch for about 8-10 breaths and then sweep the arms back to the sides while exhaling.
- This completes one round of Urdhva Hastasana. Practice it for about 10 rounds and then relax. (5)

11. Asanas which are helpful in preventing Hypertension are Shavasana, Tadasana, Uttanapadasana, Ardha Halasana, Sarala Matsyasana, Gomukhasana, Nadi Shoadhana Pranayama etc.

### Uttanapadasana

#### • Procedure:

- First, you need a normal mat or a yoga mat and then lie down on your back. Your breathing should be normal and keep your hands straight on the floor, but palms should face downwards.
- Then, slowly raise your leg to an angle of 45 to 60 degree, and inhale while doing this.
- Make sure your legs are straight, and your upper body is parallel to the floor.



- Try to hold this position until you feel pressure in your abs, for 15 to 20 seconds if possible, and do not overdo in the beginning try to increase this time with consistency and time.
- Breathe out when you want to come back to the starting position, you should relax. Make sure your legs are straight while practising Uttanapadasana steps.



- You can repeat these steps 10 times.
- **Benefits:**
  - It aids in digestion and relieves acidity and constipation.
  - It strengthens your back, abdominal muscles and organs and pelvic floor and leg muscles.
  - It is helpful in weight loss and reducing belly fats and for arthritis, knee pain, and back pain.
  - It increases blood circulation and beneficial for treating varicose veins.
- **Contraindications:**
  - People who are suffering from abs pain, any serious injury and low blood pressure should avoid this yoga.
  - Women who are pregnant or having periods, should avoid this yoga.

### Saral Matsyasana

Saral Matsyasana is a Sanskrit term in which "Saral" means easy and "Matsya" means fish.

#### Procedure:

- Lie down flat on your back. Keep your feet together.
- Place your hands on the floor, palms facing downwards. Move your hands beneath your thighs, close to your buttocks.
- Keep your forearms firmly on the floor and lift your chest up by weighing down on your elbows.

- When your chest is off the floor, lower your head back till it touches the floor.
- Ensure that your elbows, and not your head, bear the weight of your torso.



- Breathe evenly as your body is now an arch. Maintain the posture for around a minute.
- To unwind from the posture, lift your head off the floor and straighten your back.
- Now, lower your torso completely onto the floor. Relax your body

#### Do's and Don'ts :

- While bending your neck, don't put excessive stress on back and neck, as it can lead to serious injuries.

#### Benefits:

- It helps to get rid of abdominal related issues and cure irritable bowel syndrome.
- It improves the digestive system.

#### Contraindications:

- People who suffer from insomnia should not practice this asana.

(5)

