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Yoga as Preventive Measure for Lifestyle Disease

Fastrack Revision

► **Asana:** The term 'asana' means sitting in a particular posture, which is comfortable and which could be maintained steadily for long time. Asana gives stability and comfort both at physical and mental level.

► **Asanas as Preventive Measures:** Asanas can be used as preventive measures as they provide following physiological benefits which ultimately help in avoiding various lifestyle diseases such as obesity, diabetes, etc. The following are the benefits of asanas for prevention of diseases:

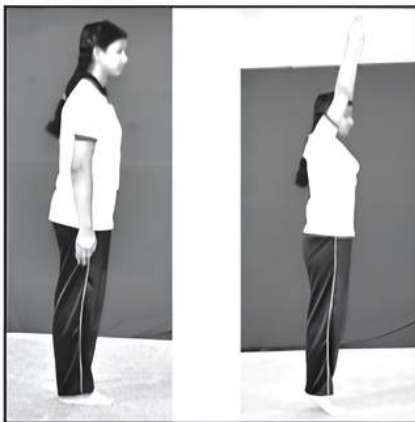
- Joints and muscles become strong.
- Respiratory organs become efficient.
- The nervous system improves.
- Immune system is strengthened.
- Efficiency of digestive system increases.

► **Obesity:** Obesity is that condition of the body in which the amount of fat BMI increases at extreme level. It is condition in which the BMI is greater than 30. Some of the asanas practised to control obesity are as follows:

► **Tadasana (Palm Tree Posture):** Tada in Sanskrit means 'palm tree'. This is called Tadasana because in this asana the student stands straight like a palm tree. Hence, it has been named Tadasana.

► **Procedure**

- Stand erect, feet together, hands by the side of the thighs. Keep the back straight and gaze in front.
- Stretch the arms upward, keep them straight and parallel with each other in vertical position, with the palms facing inward.
- Slowly raise the heels as much as you can and stand on toes. Stretch body up as much as possible. Maintain the position for 5-10 seconds.
- To come back, bring the heels on the floor first. Slowly bring down the hands by the side of the thighs and relax.



► **Benefits**

- It gives vertical stretch to whole body muscles.
- It strengthens thighs, knees and ankles.
- It helps to increase height of the children.
- This posture plays an important role in increasing one's self-awareness.
- It helps to remove laziness and lethargy.

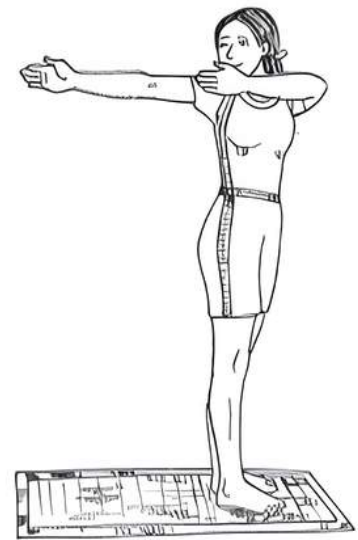
► **Contraindication**

- Those having complaints of vertigo should not practice this asana.

► **Katichakrasana (Lumber Twist Posture):** Kati in Sanskrit means 'waist' and chakra means 'wheel'. In this asana, the waist is moved towards right side and left side. The movements of the waist along with arms look like a wheel. Hence, it is called Katichakrasana.

► **Procedure**

- Stand erect on the ground with feet 12 inches apart.
- Now, keep the arms out-stretched in front of the body with palms facing each other at the shoulder level.



- While inhaling, swing the arms slowly towards right side of your body.
- Twist your body from the waist to the right and take your arms back as far as possible.
- While swinging towards right side, keep the right arm straight and left arm bent.
- Repeat the practice twisting toward left side as well.

➤ **Benefits**

- It helps in making slim.
- It relieves constipation and makes the lumber region strong.
- It is good for respiratory ailments. Tuberculosis of lungs can be prevented.
- It strengthens shoulders, neck, arms, abdomen, back and thighs.

➤ **Contraindication**

- Do not practice it if suffering from Chronic Spinal pain or injury.

▶ **Pawanamuktasana:** The Sanskrit word Pawana means 'air' or 'wind' and mukta means 'freedom' or 'release'. This is called as the 'wind relieving posture' as it assists in releasing trapped digestive gas from the stomach and intestines.



➤ **Procedure**

- Lie supine with legs together and hands kept by the sides of the body, palms resting on the floor.
- Inhaling, fold both the legs at the knee over the belly.
- Hold the knees with the interlocked arms and press them on the belly.
- While exhaling, raise the head and let the chin touch the knees.
- Bring the head down cautiously.
- Release the interlocked arms and bring them on the floor.
- Exhaling, unfold the legs back on the floor.
- Bring legs together, hands by the side of the body, palms placed on floor and relax.

➤ **Benefits**

- This asana helps to increase digestive power.
- It helps to deal constipation by stimulating the abdominal region.
- It helps in releasing trapped gas from the stomach.
- It helps to dissolve extra fat deposited in the abdominal region.

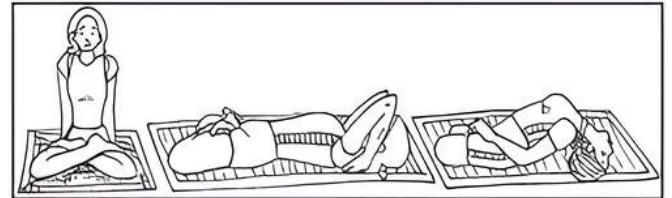
➤ **Contraindication**

- Do not practise, if suffering from severe back pain or abdominal injuries.

▶ **Matsyasana (Fish Posture):** In Sanskrit, Matsya means 'fish'. In final posture of this asana, the body takes shape of a floating fish. The folded legs resemble the tail of a fish, hence, it is called Matsyasana. This asana should be performed under the supervision of an expert.

➤ **Procedure**

- Sit in Padmasana.
- Lie on the back with support of the elbows.
- Lift the neck and chest slightly up; the back should be arched and raised from the ground.
- Bend the head backward and place the crown of the head on floor.
- Make hooks with the index fingers of both hands; and clasp the big toes with hooks of opposite hands.



- Maintain the position for 10-15 seconds or as long as comfortable.
- To come back, release the toes; place hands on the ground; raise head up with the support of hands. Sit with the help of the elbows.

➤ **Benefits**

- It improves blood supply to the brain.
- It regulates the functioning of thyroid gland and improves immune system.
- It alleviates backache and cervical spondylitis.
- It divert the blood from the legs to the pelvic region and helps to increase the tone of the abdominal muscles.
- It is beneficial in lungs and respiratory disorders.

➤ **Contraindication**

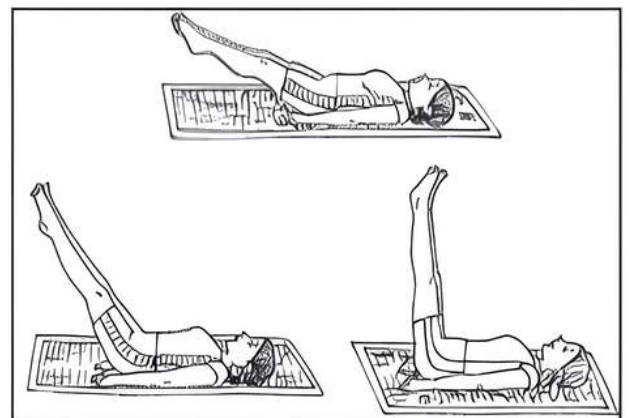
- Avoid practising this asana in case of vertigo, cardiovascular diseases, hernia, arthritis, knee and ankle and spinal problems.

▶ **Halasana (Plough Posture):** Halā In Sanskrit and Hindi means 'plough'. In the final position of this asana, the body resembles the shape of a plough. As plough makes the hard ground soft, in this asana the veins are stretched which reduces the stiffness of the body.



➤ **Procedure**

- Lie in supine position, legs together and arms beside the body.
- Keeping the knees straight, raise the legs up to 30°.
- Raise the legs further up to 60°.



- Raise the legs still further up to 90°, keeping them vertical and straight.
- Pressing the arms raise the trunk by lowering the legs over the head, the toes touching the ground. Push the legs a little beyond the head.
- Keep the arm straight on floor. Maintain the position for 5-10 seconds.
- To come back, remove the arms, slowly lower the back and buttocks to the ground, bring the legs to 90° position. Lower the legs to starting position.

➤ **Benefits**

- It gives good exercise to the thyroid gland/parathyroid gland.
- It gives a good stretch to the spinal column and back deep muscles, making the spine strong and healthy.
- It helps in increasing the height of children.
- It alleviates problem of dyspepsia and constipation is removed.

➤ **Contraindication**

- Practice of this asana should be avoided in case of stiffness in spine, cervical spondylitis, hernia, high blood pressure and slipped disc.

➤ **Paschimottanasana:** Paschimottanasana means stretching the posterior region. In Sanskrit, Pashchima means 'posterior' and uttana means 'stretch-up'. In this posture, posterior muscles of the body get stretched. Hence, it is called Paschimottanasana.

➤ **Procedure**

- Sit with the legs extended together.
- Bend the elbows. Make hooks with the index fingers.
- Bend the body forward and catch hold of the toes with the hooks of the fingers.



- Place the head between the arms.
- Keeping a little bend in the elbows and without bending the knees, try to touch the forehead with the knees. Maintain the position for 5-10 seconds.
- Raise the head slowly.
- Release the hold of the toes and keeping the body erect, bring the hooks of the fingers near the chest.
- Place the hands on the respective sides of the body.
- Sit with the legs extended together.

➤ **Benefits**

- It gives a good posterior stretch to the spinal column.
- It helps to increase the flexibility of the spinal and abdominal muscles.
- It helps to improve the blood circulation in organs situated in the abdominal region.
- It helps to correct postural deformities.

➤ **Contraindication**

- Person suffering from heart diseases, ulcer in abdomen, slipped disc, sciatica should not practise it.

➤ **Ardhamatsyendrasana (Half Spinal Twist):** Ardhamatsyendrasana is a milder version of the Matsyendrasana which is named after Yogi Matsyendranath. Arsha means 'half'. The original Matsyendrasana is difficult to practise, hence its easier version called Ardhamatsyendrasana is generally practised. In Ardhamatsyendrasana, the spine is given the maximum lateral twist.

➤ **Procedure**

- Sit on the ground with legs extended in front.
- Bend the knee of the left leg, place left foot close to the right buttock, heel touching the side of hip and the left knee touching the ground.
- Bend the right knee; and place right foot flat on the ground near outside of the left knee. Toes of the right foot should face forward.
- Place left arm over right knee in such a way that it covers outside of the right knee. Hold the right foot or ankle with left hand. The right knee should be close to the left arm.
- Bend the right arm from the elbow and take it behind and encircle the waist as much as possible as if trying to touch the navel.
- Turn the head towards right side. Try to look behind over the shoulder.
- Stay in this position for 5-10 seconds.
- To come back, bring your head to the centre. Bring the right arm in the front. Similarly, bring the left arm, right leg and left leg in the starting position. Repeat it on the other side.



➤ **Benefits**

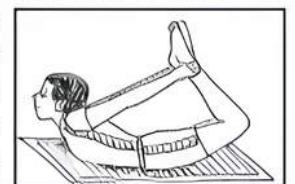
- It stimulates liver, spleen and pancreas and helps to regulate their functioning.
- It benefits intestines also.
- It is beneficial for free movements of the shoulders.
- It rejuvenates the nerves around the navel.
- It is useful for persons suffering from diabetes mellitus and lower back pain.
- It strengthens the spinal column and muscles of the back.

➤ **Contraindication**

- Person suffering from peptic ulcer, hernia and severe arthritis should avoid this practice. Person with sciatica or slipped disc should be cautious and seek expert advice.

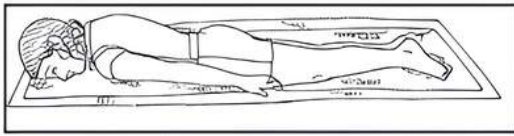
➤ **Dhanurasana (Bow Posture)**

➤ In Sanskrit Dhanur means 'bow'. This is called the bow posture because in this posture the body resembles a bow with its string attached to it. The trunk and the thighs represent the bow, whereas the hands and legs take the place of the string.

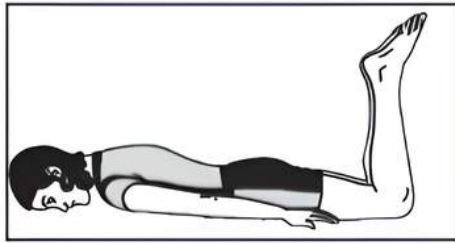


➤ **Procedure**

- Lie down in prone position.



- Exhaling, slowly bend the legs backwards at the knees.



- Hold the toes or ankles firmly with hands as per your capacity.
- Inhaling, raise thighs, head and chest as high as possible. Stretch and bring the toes or ankles towards head. Look upward, maintain the position comfortably for 5-10 seconds.
- To come back, release the arms and keep them beside the body. Straighten the legs. Bring the legs, head, shoulders and chest slowly on the floor and relax in starting position.

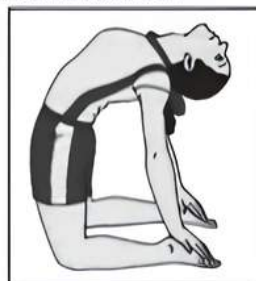
➤ **Benefits**

- Dhanurasana is a good exercise for joint of the shoulders, knees, ankles and entire backbone.
- It is beneficial for management of diabetes mellitus as it massages the liver and pancreas.
- It helps to reduce excess fat around the belly, waist and hips.
- It strengthens the ligaments, muscles and nerves in the back, arms, legs, shoulders, neck and abdomen.
- It stimulates and regulates thyroid and adrenal glands.
- It helps in reducing backache pain.
- It is good for the conditions of hunched back and drooping shoulders.

➤ **Contraindication**

- Person with high blood pressure, hernia, peptic ulcer, appendicitis, colitis slipped disc, lumbar spondylitis should not practice this asana.

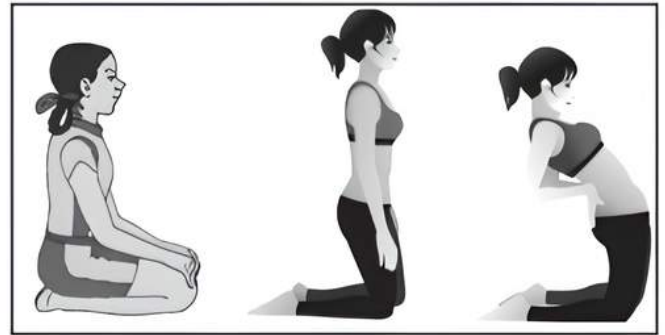
➤ **Ushtrasana (Camel Posture):** In Sanskrit, Ushtra means 'camel'. In the final position of this asana, the body resembles a camel. Hence, this is called Ushtrasana. This asana should be practised after Sarvangasana.



➤ **Procedure**

- Sit in Vajrasana.
- Stand on the knees with toes pointing backward and resting on the floor.
- Inhaling, bend backward giving the spine a backward bend.
- Place the palms on the respective heels or soles.
- Keep the head tilted backwards.
- Maintain the posture comfortably for 5-10 seconds.

- To come back, release the hands one by one, bring the head, neck and chest back to the normal position and slowly come to the Vajrasana.



➤ **Benefits**

- It is beneficial for people with drooping shoulders and hunched back.
- It helps to regulate the functions of the endocrine system especially the thyroid glands.
- It helps to tone-up the entire digestive system as well as excretory system.
- It makes the spine flexible; loosens up the vertebrae and stimulate spinal nerves.

➤ **Contraindication**

- Avoid practising this asana in hernia, abdominal complaints, severe arthritis and vertigo.

➤ **Surya Bhedana Pranayama (Right Nostril Breathing):**

'Surya' means 'Sun', 'Bhedana' means 'Piercing' or 'Entering'. While Pranayama comprises 'Prana' is the 'Life Force' and 'Yama' is the 'Control'. It translates to a breathing exercise that let Prana enter (Bhedana) through the right nostril in the form of sun-energy (Surya) in the body.



➤ **Procedure**

- Sit comfortably on the mat in any cross-legged postures.
- Make Mridha mudra (fold your right-hand's index finger and middle finger down towards palm while keep ring and little finger as in the natural position.) with your right hand and bring it close to the left nostril to shut it from ring finger and little finger. Make Gyan mudra with your left hand.
- Begin Surya Bhedana Pranayama with taking a deep breath in from the right nostril (while left nostril kept closed).
- After inhaling through the right nostril, close your right nostril with your right thumb and hold the breath in for a while.
- Release your ring and little finger from left nostril (while kept shut your right nostril with thumb). Exhale out completely the held air from the left nostril.

- One Round of Surya Bhedana Pranayama – Step 3 (Inhale right) + Step 4 (Hold) + Step 5 (Exhale left).
- Repeat this act for 5 to 10 times.

➤ **Benefits**

- Surya Bhedana increases the efficiency of the digestive system.
- Replenishes the oxygen supply in the blood.
- It cleans the frontal sinuses.
- It provides relief from anxiety, depression and mental illness.
- It helps in treating problems related to low blood pressure.

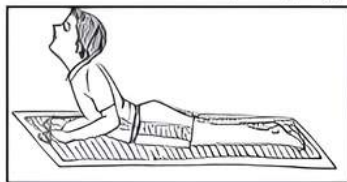
➤ **Contraindication**

- Surya Bhedana Pranayama is contraindicated in epilepsy, heart disease, anxiety, and high blood pressure. Avoid it at night as it may lead to difficulty in falling asleep.

➤ **Diabetes**

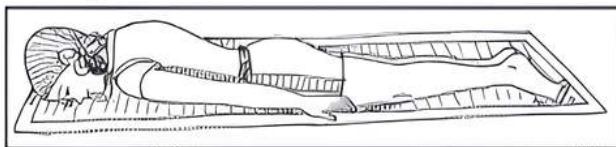
- Diabetes is such a disease that causes sugar to build up in our blood instead of being used by the cells in our bodies. In fact, our body uses a hormone (Insulin) to control the level of sugar in our blood. There are two types of diabetes—Type-I and Type-II. In Type-I diabetes, the pancreas gland does not produce insulin. In Type-II diabetes, the body does not produce sufficient amount of insulin hormone or hormone is produced but it is not used properly. Some of the asanas to control diabetes are as follows:

➤ **Bhujangasana (Cobra Posture):** Bhujangasana comprises of two words — bhujanga and asana. In Sanskrit, bhujanga means cobra (snake) and asana means posture. In the final position of this asana, the body resembles the shape of a hooded snake, hence the posture is called Bhujangasana.



➤ **Procedure**

- Lie prone on the ground with forehead touching the floor; legs together, hands by the side of thighs.



- Fold the hands at elbows and place the palms by the side of the shoulders, thumbs under armpits, with tip of the fingers not crossing the shoulder line.
- Inhaling, slowly raise the head, neck and shoulders. Shoulders should be shrugged backwards.
- Raise the trunk up to the navel region. Raise the chin as high as possible.
- Eyes should be kept gazing upward.
- Maintain the position for 5-10 seconds or as long as comfortable.
- To come back, bring down the upper part of navel region, chest, shoulders, chin and head.

- Place the forehead on the ground and arms along the body, hands by sides of the thighs. Relax.

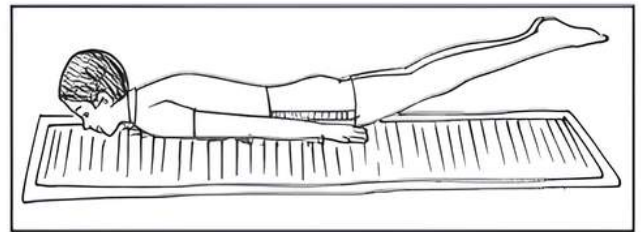
➤ **Benefits**

- It affects the spinal column and makes it flexible.
- It solves digestive complaints.
- It increases intra-abdominal pressure benefitting the internal organs especially the liver and kidneys.
- It relaxes both body and mind.

➤ **Contraindication**

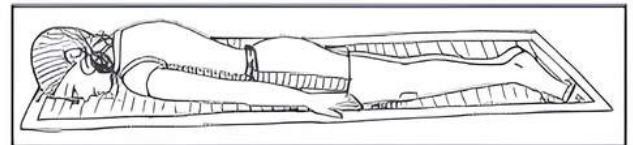
- Those suffering from hernia, peptic ulcer, intestinal tuberculosis and acute abdominal pain should avoid this practice.

➤ **Shalabhasana (Locust Posture):** This asana is named after the locust. In Sanskrit Shalabha refers to 'locust' and asana means 'posture'. In the final posture of this asana, body resembles a locust.



➤ **Procedure**

- Lie flat on the stomach, legs together, hands by the side of the thighs, palms facing downward and heels together. Chest and forehead should be placed on the ground.



- Place both palms under the thighs.
- Stretch the chin slightly forward and keep it on the floor.
- Inhaling and pressing the palms on the ground, raise both the legs upward as high as possible.
- Maintain the position with normal breathing for few seconds.
- To come back, slowly bring down the legs to the floor. Take out the hands from the thighs. Lie flat on the stomach, legs together, hands by the side of the thighs and palms facing downward.

➤ **Benefits**

- Shalabhasana stimulates the autonomic nervous system especially the parasympathetic system.
- It strengthens the lower back and pelvic organs.
- It gives relief in the conditions of mild sciatica, backache and non-serious slip disc.
- It is a good exercise for the legs, thighs, hips, buttocks, the lower abdomen, diaphragm and wrists.
- It improves blood circulation in the pelvic region.
- It helps to reduce excessive fat formed around the knees, the thighs, the waist and the abdomen and thereby improve physical appearance and positive body image.

- It helps to regulate the functioning of liver.
- It is beneficial to increase elasticity and flexibility of spine.

➤ **Contraindication**

- People suffering from high blood pressure, asthma and cardiac diseases, weak lungs, hernia, peptic ulcers and intestinal tuberculosis should avoid practising this asana.

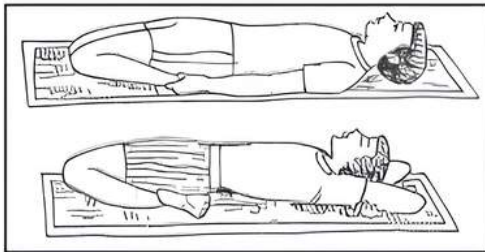
▶ **Supta Vajrasana:** Supta Vajrasana means 'lying backward' in Vajrasana. This asana is the extension of Vajrasana.

➤ **Procedure**

- Sit in Vajrasana.



- Slowly bend backwards taking the support of the elbows.
- Lie on the back in Vajrasana. Keep the hands on thighs or take the arms behind and hold the elbow/arm with the hand of another arm.



- Place your hands by the side of your body. Come to the Vajrasana with the support of elbows and arms.

➤ **Benefits**

- It stretches abdominal muscles.
- It makes the back flexible.
- It reduces backache.
- It is useful for high blood pressure.
- It gives relief in constipation.

➤ **Contraindication**

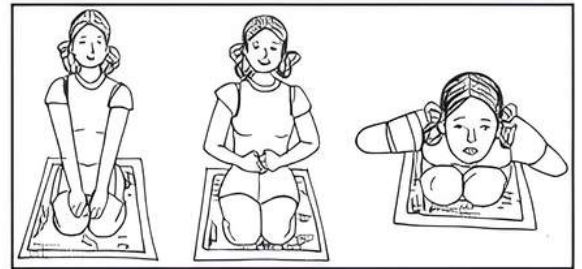
- Person suffering from knee complaints, slipped disc, sciatica and pain in the hip should not practise this asana.

▶ **Mandukasana (Frog Posture):** Manduka, a Sanskrit word means 'frog'. In this asana, the final posture resembles the shape of a frog. Hence, it is named Mandukasana.

➤ **Procedure**

- Sit in Vajrasana.
- Make the fists with thumbs inside and put them near navel and press the navel area.
- Exhale slowly, lean forward from the waist, lower the chest, so that it rests on the thighs.
- Keep the head and neck raised and gaze in front.
- Maintain the position comfortably for 5-10 seconds.

- To release the posture, come back to the sitting position by raising the trunk; remove your fists from the navel area and sit in Vajrasana.



➤ **Benefits**

- This asana is beneficial for the people having heavy bellies, thighs or hips.
- It eliminates gases from the abdomen.
- It benefits people suffering from constipation, diabetes and digestive disorders.

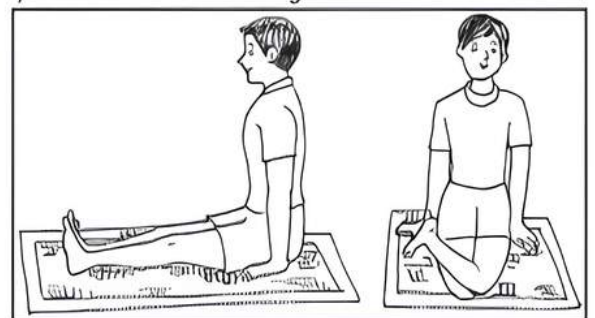
➤ **Contraindication**

- Person with slipped disc, lumber spondylitis or any other major disease of the spine should not practise this asana.

▶ **Gomukhasana:** Go means 'cow' and mukha means 'mouth' or 'face'. In this asana, the position of legs look like the face of cow, hence, it is called Gomukhasana.

➤ **Procedure**

- Sit in long sitting posture.
- Bend the right leg at the knee, bring the right foot to the left side and place it close to the left buttock.
- Fold the left leg in the knee. Bring the left foot to the right side and place it close to the right buttock.
- Take the left arm over the left shoulder and right arm behind the back. Clasp the fingers of both hands at the back.
- Sit in this position for 10-15 seconds.
- Release the fingers. Bring the arms on the side of the body.
- Release the left leg and extend it.
- Release the right leg, extend it and come to the starting position. Repeat it by changing the position of arms and legs.



➤ **Benefits**

- It increases concentration and induces inner peace.
- It is helpful in correcting postural deformities like drooping shoulders.
- It is beneficial for improving lung capacities.
- It is useful in arthritis.
- It relieves backache, sciatica and general stiffness in shoulders and neck.

➤ **Contraindication**

- Those who are suffering from bleeding piles should not practise this asana.

➤ **Yogamudrasana:** Yogamudrasana is a further extension of Padmasana.

➤ **Procedure**

- Sitting in Padmasana, take both arms behind the back. Hold the right wrist with palm of the left hand.



- Exhaling, bend forward and bring forehead or chin to the floor. You may stay in the final position inhaling and exhaling normally. Maintain the position for 5-10 seconds.
- Raise your body, release the hands, and inhaling come to the starting position.

➤ **Benefits**

- It stretches spine and makes it flexible.
- It improves digestion.
- It helps in improving concentration.
- It tones spinal nerves.

➤ **Contraindication**

- Persons with heart problems and back problems should not practise this asana.

➤ **Kapalabhati (Frontal Brain Cleansing):**

Kapalabhati is considered a Kriya (cleansing practice) which cleanses the frontal brain. In Sanskrit, Kapala means 'skull' and bhati means 'shine'. Kapalabhati helps to improve the functions of the organs located in the skull.



➤ **Procedure**

- Sit straight in any meditative pose like Padmasana or Vajrasana.
- Take deep breath through the nostrils.
- Exhale forcefully in such a way that the lower abdomen is contracted to expel out the air. Inhale spontaneously and passively without making any efforts. Do not make effort to inhale. Air will enter the body through the passive inhalation. This is one stroke of Kapalabhati. Begin with 20 strokes at a time. This is one round. One can practise one to three rounds in a practical session. Gradually increase the strokes in one round.

➤ **Benefits**

- It stimulates the nerves in the abdominal region, tones up the abdominal muscles and improves digestion.
- Kapalabhati expels more carbon dioxide and other waste gases from the lungs than the normal breathing.
- It improves heart and lungs capacity and therefore good for bronchial asthma.
- It improves blood circulation throughout the body.

- It energises the body and removes lethargy.

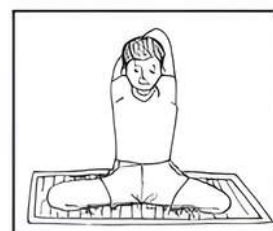
➤ **Contraindication**

- Those suffering from cardio-vascular problems, high blood pressure, hernia, vertigo and gastric ulcer complaints, should avoid practising Kapalabhati.

➤ **Asthma:** Asthma is a disease of lungs in which our airways narrow and swell and produce extra mucus. This can make breathing difficult and trigger coughing, wheezing and shortness of breath. Asthma can be prevented as well as cured by performing the following asanas regularly.

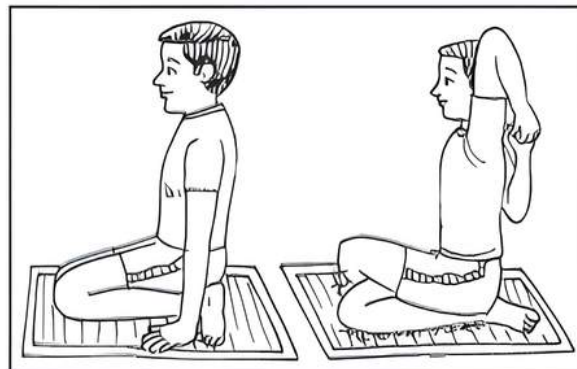
➤ **Uttana-mandukasana (Stretched up Frog Posture):**

Uttana means 'upright' or 'stretched up' and manduka means 'frog'. In final position of this asana, the body looks like a stretched up or upright frog, hence, it is called Uttana-mandukasana.



➤ **Procedure**

- Sit in Vajrasana.
- Keep both the knees wide apart to such an extent that toes of both the feet touch each other. The head, neck and trunk are kept erect. The eyes are either closed or kept open.
- Raise the arms above the head, fold them and take them behind.



- Place the right palm below left shoulder and left palm below right shoulder.
- Maintain this position comfortably for 5-10 seconds.
- To come back, remove the arms one by one, bring the knees together and come to Vajrasana.

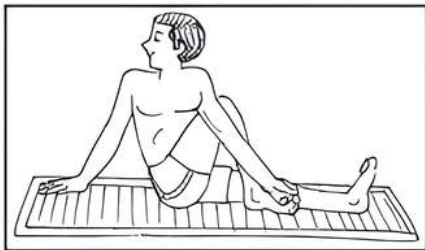
➤ **Benefits**

- It helps in reducing backache.
- It improves the blood circulation in the chest and abdomen.
- It tones the abdominal and shoulder muscles.
- It improves the functioning of lungs by improving the movements of diaphragm.

➤ **Contraindication**

- Those suffering from chronic knee pain and piles should avoid this asana.

➤ **Vakrasana (Half Spinal Twist Pose):** Vakrasana comes from a combination of two words, Vakra which means twisted and asana which means yoga posture. Earlier, Vakrasana was a simplified form of Ardhamatsyendrasana.



► Procedure

- Start in a sitting position with legs stretched out and hands resting on the ground by the side.
- Slightly bend your left leg while keeping the sole of your feet resting on the ground. Keep your right leg straight on the ground.
- Twist your torso towards the left and bring in your right hand over the left leg.
- The right hand should be placed over the left toe or you can hold the left ankle with your right hand. Position the left hand behind to support the body. The neck is in a twisted position, in line with the torso.
- Keep a normal breath in this position and maintain the pose for at least 30 seconds.
- Now, release the pose by slowly releasing the hands. Twist towards your right and assume the normal forwards looking position. Bring the hands to the side of the body, resting on the ground. Lower the left leg and let it rest on the ground.
- Repeat the same steps on the right side as well. Do as many rounds of Vakrasana as comfortable.
- Rest in Shavasana after you practice the yoga twist poses.

► Benefits

- Vakrasana benefits the spinal nerves and back nerves.
- The regular practice of Vakrasana benefits in treating back pain, headache and neck pain.
- Vakrasana is one of the best post-yoga poses that reduces the stiffness in the body and increases its flexibility.
- Vakrasana improves the digestion process.
- Massages the abdominal organs and reduces belly fat.

► Contraindications

- It is advised not to practice Vakrasana if you are suffering from peptic ulcers, spinal cord injury, extreme back pain and hernia.
- Avoid the practice during sciatica or slipped disc conditions.
- Women should not practice Vakrasana after the first trimester of the pregnancy.

- **Anuloma-viloma Pranayama (Alternate Nostril Breathing):** The Anuloma means 'towards' and Viloma means 'reverse'. It is called Anuloma-viloma because alternate nostrils are used for each inhalation and exhalation. One inhales through the left nostril and then exhales through the right nostril, then the order is reversed by inhaling through the right nostril, and exhaling through the left nostril. This pranayama is called Nadi-shodhana

pranayama also, if it is performed with kumbhaka (holding the breath).

► Procedure

- Sit in the position of Padmasana or in any other comfortable meditative posture.



- Keep the body erect and place the hands on the respective knees.
- Raise the right hand and place the right thumb on the right nostril and close it.
- Inhale slowly through the left nostril.
- Close the left nostril by the ring finger and the little finger and exhale slowly through the right nostril.
- Again inhale through the right nostril.
- Close the right nostril with thumb and exhale through the left nostril. This is one round of Anuloma-viloma.
- Repeat it 10 times.

► Benefits

- It calms down the mind and improves concentration.
- It improves functioning of all cells of the body by providing them sufficient oxygenated blood.
- It purifies the blood.
- It improves blood supply to brain.
- It helps to regulate blood pressure.
- It helps in managing stress by reducing anxiety.
- It is beneficial in many diseases such as asthma, high or low blood pressure, insomnia, chronic pain, endocrine imbalances, heart problems, hyperactivity, etc.

► Contraindication

- In the beginning, retention of breath should be avoided.

► Urdhwahastottansana

The name for this asana comes from the Sanskrit *urdhva*, meaning upward, and *hasta*, meaning hands. It is called upward salute or upward hands pose in English.

► Procedure

- Stand upright in the overhead-stretch pose with fingers interlocked.
- Breathing in, stretch the hands high, but keep the feet flat on the floor.
- Breathing out, slowly bend to the left/right. Pause for few seconds at the limit of the bend.



- Strengthen up slowly, breathing in.
- Slowly bend to the opposite side (left/right), breath out, hold for few seconds.
- Straighten up slowly, inhaling.

➤ **Benefits**

- The regular practice of this yogasana is helpful in overcoming back pain.
- It is beneficial for spinal health.
- It ensures the betterment of lungs health and gives relief from asthma too.
- This asana is good for the health of toes, feet, ankles, knees, buttocks, etc.
- It helps to reduce sciatica pain drastically.

➤ **Contraindications**

- The asana should be avoided during Pregnancy.
- A person suffering from varicose veins should take help of a yoga expert.
- Don't perform during headache.
- During insomnia, a yoga therapist should be consulted before practicing the yoga pose.

➤ **Hypertension:** High blood pressure, or hypertension is the most common cardiovascular disease, which occurs when our blood pressure increases to unhealthy levels. High blood pressure can lead to many serious health problems, such as heart attack, stroke and kidney disease. Asanas to control high blood pressure are:

➤ **Uttanapadasana:** In Sanskrit *uttana* means 'raised' and *Pada* means 'leg'. In this asana, legs are raised hence the name of the asana is *uttanapadasana*. This is a traditional posture.

It can be practised by raising one leg at a time or by raising both legs simultaneously.

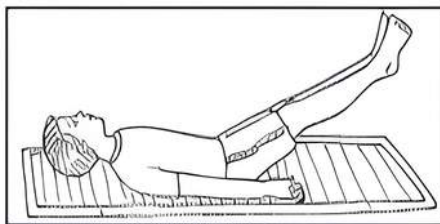
➤ **Procedure**

Ek-Pada Uttanasana

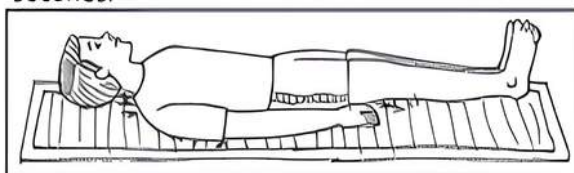
- Lie on back (supine) with legs together, hands by the side of the body, palms placed on floor.
- Inhaling, slowly raise the left leg at 30°, 45° and upto 60° angle and maintain the posture for 5-10 seconds.
- Lower down the leg slowly at 45° and 30° come back on the floor while exhaling. Practise with right leg in a similar way.

➤ **Dvi-Pada Uttanasana**

- Lie supine with legs together, hands by the side of the body, palms placed on floor.



- Inhaling, raise slowly both the legs at 30°, 45° and upto 60° angle and maintain the posture for 5-10 seconds.



- While exhaling slowly lower down both the legs at 45° and 30° angle and then to the floor.

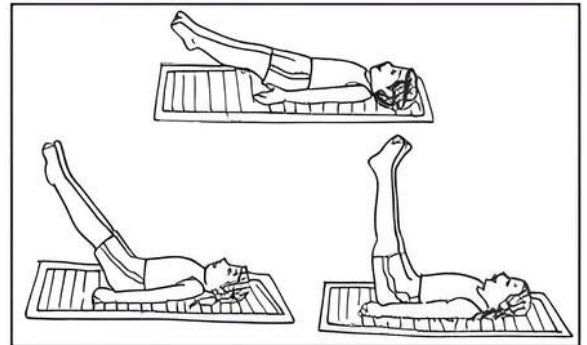
➤ **Benefits**

- It is beneficial in constipation, indigestion, nervous weakness and diabetes.
- It strengthens the abdominal muscles.
- It balances the navel centre.

➤ **Contraindication**

- Do not practise with both legs if suffering from back complaints.

➤ **Ardhahalasana (Half Plough Pose):** *Ardha* means 'half' and *hala* means 'plough'. It is a preparatory practise of *Halasana*.



➤ **Procedure**

- Lie in supine position with legs together, hands by the side of the body, palms placed on floor.
- Raise your both legs up stopping at 30°, 45° and 60° angles.
- Further raise and bring the legs up to 90° without bending at knees. Maintain the posture comfortably for 10 seconds.
- Lower down the legs stopping at 60°, 45° and 30° angles.
- Lower down slowly the legs on the floor. Keep hands by the sides of the body.

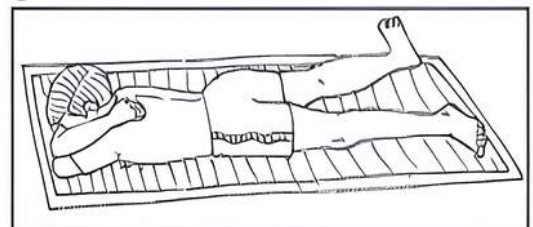
➤ **Benefits**

- It stretches leg muscles and ligaments of leg.
- It improves digestion and removes constipation.
- It helps in bringing about stability in body and mind.

➤ **Contraindication**

- Person having complaints of hernia, slipped disc, high blood pressure and sciatica should avoid the practice of this asana.

➤ **Makarasana (Crocodile Posture):** The posture is called *Makarasana* as the body resembles the shape of *makara*, which in Sanskrit means 'crocodile'. *Makarasana* is a relaxing asana to body and mind and is very beneficial for reducing stress.



➤ **Procedure**

- Lie down on your stomach.
- Keep the legs at a comfortable distance with heels inside and toes pointing outward.
- Fold arms at elbows, and keep them under the head.

- Place the head on the cushion of the arms, close the eyes and relax.
- To come back bring the arms along the body and legs together.

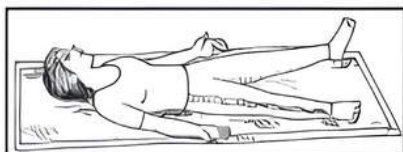
➤ **Benefits**

- Traditionally, it is a relaxing posture.
- It is beneficial in almost all psychosomatic disorders.
- It is beneficial for respiratory organs, as well as digestive organs.

➤ **Contraindication**

- Those having complaint of obesity and cardiac problems should avoid this practice.

▶ **Shavasana (Corpse Posture):** In Sanskrit, Shava means a 'dead body'. In this posture the body resembles like a dead body, hence, this asana is called Shavasana. As the name suggests, this asana takes the person away from tension; reduces stress and is relaxing to the body and the mind.



➤ **Procedure**

- Lie flat in supine position.
- Keep the legs straight with feet at 8-12 inches apart. Keep heels inside and toes outside.
- Keep the palms facing upward slightly away from the body with fingers in a semi-flexed position.
- Take deep breath and simultaneously close the eyes. Feel complete relaxation in your body. Try to relax all parts of your body.
- Breathe normally and concentrate on the flow of breath.
- To come back, open your eyes and come to the starting position.

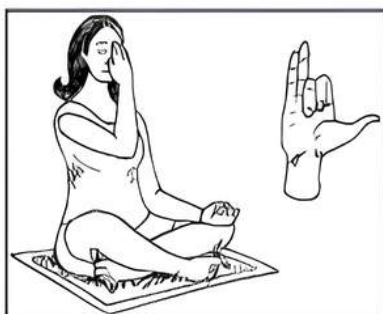
➤ **Benefits**

- It removes stress and tension.
- It is useful to reduce high blood pressure.
- It relaxes the body and mind.
- It removes fatigue from the body.
- It is beneficial in the case of insomnia, as it helps to induce sleep.

➤ **Contraindication**

- Do not practise if suffering from low blood pressure.

▶ **Nadi-Shodhana Pranayama (Alternate Nostril Breathing Exercise):** Nadis are subtle energy channels in the human body that can get blocked due to various reasons. The Nadi-Shodhana pranayama is a breathing technique that helps to clear these blocked energy channels, thus calming the mind.



➤ **Procedure**

- Sit comfortably with your spine erect and shoulders relaxed.
- Place your left hand on the left knee, and palms open to the sky or in Chin Mudra (thumb and index finger gently touching at the tips).
- Place the tip of the index finger and middle finger of the right hand in between the eyebrows, the ring finger and little finger on the left nostril, and the thumb on the right nostril.
- Press your thumb down on the right nostril and breathe out gently through the left nostril.
- Now breathe in from the left nostril and then press the left nostril gently with the ring finger and little finger. Removing the right thumb from the right nostril, breathe out from the right.
- Breathe in from the right nostril and exhale from the left. You have now completed one round of Nadi-Shodhana pranayama.
- Complete 9 such rounds by alternately breathing through both the nostrils.

➤ **Benefits**

- Excellent breathing technique to calm and center the mind.
- High blood pressure/hypertension is also overcome by this asana.
- This pranayama is beneficial in removing constipation or acidity.
- Nadi-shodhana Pranayama is very beneficial for relieving anxiety and stress of the mind.

➤ **Contraindications**

- Nadi-shodhana should not be practiced while suffering from cold, flu or fever.
- Patients with sinus should avoid practicing Nadi-shodhana pranayama while they experience pain or inflammation in the nasal or throat region.

▶ **Sheetali Pranayama:** Sheetali means 'cooling'. Sheetali pranayama cools the body and mind, hence the name is sheetali pranayama.

➤ **Procedure**

- Sit in Padmasana or any other meditative posture.
- Keep the hands in jnana mudra.
- Open the mouth. Extend the tongue and bring it outside the mouth as far as possible.



- Roll the tongue from the sides to make it like a tube. The sides of the tongue should be curled up.
- Inhaling draw the air from the curled tongue and fill the lungs with air to the maximum.

- Draw the tongue inside and close the mouth.
- Exhale through the nose making a sound similar to the rushing wind.
(This is one round of Sheetalī Pranayama. Practise it 3-5 times).

➤ **Benefits**

- It cools the body and tranquilises the mind.
- It quenches thirst and improves digestion.
- It enhances endurance to short deprivation of water.
- It is beneficial in the case of high blood pressure and also in low fever.
- It is beneficial for skin and eyes also.

➤ **Contraindication**

- Persons suffering from low blood pressure, asthma, bronchitis and constipation should avoid practising this asana. It should not be practised in cold climate also.

➤ **Ardha Chakrasana (Half Wheel Pose)**



➤ **Procedure**

- Stand straight with your feet together and arms alongside the body.
- Hold your lower back with your hands by bending the elbows.
- With slow inhalation, bend your head backwards without bending your knees.
- Remain in the pose for a while.
- Exhale and come to the original position.

➤ **Benefits**

- Ardha Chakrasana stimulates the abdominal organs and aids in digestion.
- The pose reduces flab in the waist and thighs.
- It helps to alleviate upper back pain. When you do Ardha Chakrasana, your lung capacity improves and respiratory disorders are cured.
- The pose relieves stress in the neck and shoulders.
- It tones the lower back muscle and improves flexibility of the back.
- It improves heart functions and regulates blood pressure.

➤ **Contraindications**

- Those with serious hip or spinal problems as well as those with high blood pressure and brain ailments should avoid this asana.
- It is best avoided by those with peptic or duodenal ulcers and hernia.

➤ **Bhadrasana**

Bhadrasana means Gracious Yoga, it consists of two words- Bhadra and Asana. Bhadra is a Sanskrit word, which means Auspicious or Gracious, while asana indicates Yoga pose.

➤ **Procedure**



- Sit on the mat with legs fully stretched forward.
- Bring the feet, with the toes pointing outward, close to the generative organ, the heels touching the perineum very closely.
- If required, clasp the feet to bring the heels as close to the body as possible.
- Once this position is secured, place the hands on the respective knees pressing them down.
- Keep the neck straight, upper body (chest) forward, stomach held in normal contour, focus eyes at one point straight ahead.

➤ **Benefits**

- Helps to loosen the joints by flexing and stretching the tendons. The muscles of the pelvis, knees and ankles become more supple.
- Relieves tension from the spinal region.
- Provides relief in cases of sciatica, varicose veins and menstrual disorders.
- Prevents Arthritis
- Improves posture

➤ **Contraindication**

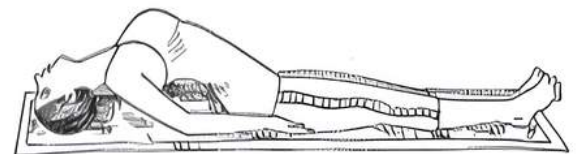
- Although beneficial for prevention from arthritis, practitioners with serious arthritis should consult yoga expert before practising this asana.

➤ **Sarala Matsyasana**

The word Sarala means easy and Matsya means fish.

➤ **Procedure**

- Lie flat on the back.
- With the support of your hands keep the top of your head on the mat.
- Neck, upper back and shoulders will be lifted from the ground.
- Relax your hands at the side of your body.
- Breathe normally and keep your toes stretched out.
- Hold the position for 30 seconds, then relax.



➤ **Benefits**

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

➤ **Contraindication**

- People with cervical spondylitis and frozen shoulder should avoid practicing this asana.

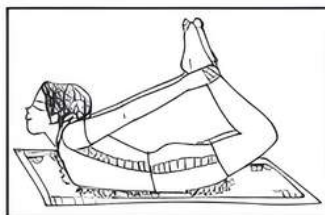


Practice Exercise



Multiple Choice Questions

Q 1. Identify the asana: (CBSE SQP 2022-23)



- a. Paschimottasana
- b. Halasana
- c. Vajrasana
- d. Dhanurasana

Q 2. Which asana is helpful in increasing height?

(CBSE SQP 2022-23)

- a. Sukhasana
- b. Tadasana
- c. Bhujangasana
- d. Vajrasana

Q 3. Which of these is not an asana to cure obesity?

- a. Tadasana
- b. Dhanurasana
- c. Halasana
- d. Bhujangasana

Q 4. Identify the Asana: (CBSE 2023)



- a. Bhujangasana
- b. Halasana
- c. Vajrasana
- d. Dhanurasana

Q 5. Which of the following asana is NOT used to cure Asthma? (CBSE 2023)

- a. Tadasana
- b. Dhanurasana
- c. Parnatasana
- d. Bhujangasana

Q 6. Which of the following asana should be performed for curing obesity?

- a. Ardhamatsyendrasana
- b. Mandukasana
- c. Uttanpadasana
- d. Gomukhasana

Q 7. Identify the Asana: (CBSE SQP 2023-24)



- a. Pawanmuktasana
- b. Sukhasana
- c. Chakrasana
- d. Gomukhasana

Q 8. Which gland is associated with Diabetes?

(CBSE 2023-24)

- a. Endocrine glands
- b. Pituitary
- c. Pancreas
- d. Hypothalamus

Q 9. Kati chakrasana is used to cure:

- a. diabetes
- b. hypertension
- c. Both a. and b.
- d. asthma

Q 10. The disease of lung where airways are blocked or narrowed is:

- a. diabetes
- b. hypertension
- c. asthma
- d. back pain

Q 11. Which of these is not a symptom of Asthma?

- a. Weight loss
- b. Wheezing
- c. Coughing
- d. Shortness of breath

Q 12. Gomukhasana, Vakrasana and Matsyasana are helpful in curing which disease?

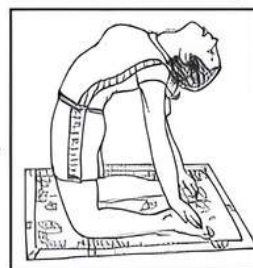
- a. Diabetes
- b. Back pain
- c. Asthma
- d. Obesity

Q 13. Match the asanas:



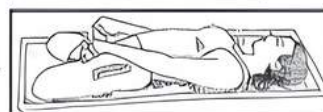
1.

A. Matsyasana



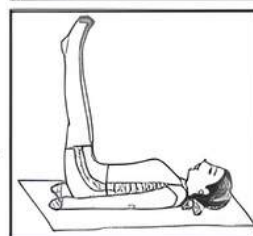
2.

B. Ardha halasana



3.

C. Gomukhasana



4.

D. Ushtrasana

- a. 1-D, 2-C, 3-B, 4-A
- b. 1-C, 2-D, 3-A, 4-B
- c. 1-C, 2-D, 3-B, 4-A
- d. 1-D, 2-A, 3-B, 4-C

Q 14. Which of these asanas helps in curing one from hypertension?

- a. Paschimottasana
- b. Ardhamatsyendrasana
- c. Shavasana
- d. Shalabhasana

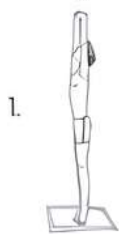
Q 15. Which asana is helpful in maintaining normal blood pressure?

- a. Makarasana
- b. Uttanpadasana
- c. Vakrasana
- d. All of these

Q 16. Which of the following are benefits of performing Shavasana?

- Reduces obesity
- Strengthens the legs, knees, arms and chest
- Helps in the treatment of sciatica
- Removes stress and tension

Q 17. Identify the odd one:



- a. 4 b. 3 c. 2 d. 1

Q 18. Match the following: (CBSE SQP 2022-23)

| | |
|----------------|--------------------|
| A. Garudasana | (i) Round shoulder |
| B. Gomukhasana | (ii) Lordosis |
| C. Chakrasana | (iii) Bow legs |
| D. Naukasana | (iv) Knock knees |

- A-(iii), B-(iv), C-(i), D-(ii)
- A-(i), B-(iii), C-(iv), D-(ii)
- A-(iv), B-(ii), C-(i), D-(iii)
- A-(ii), B-(iii), C-(iv), D-(i)

Q 19. Identify the asana:



- Ardha chakrasana
- Sheetali Pranayama
- Bhadrasana
- Yogamudrasana

Q 20. Ardha chakrasana is also known as:

- half wheel pose
- crocodile pose
- half plough pose
- None of these



Assertion & Reason Type Questions

Directions (Q. Nos. 21-25): There are two statements marked as Assertion (A) and Reason (R). Read the statements and choose the appropriate option from the options given below:

- Both Assertion (A) and Reason (R) are true and Reason (R) is the correct explanation of Assertion (A).
- Both Assertion (A) and Reason (R) are true, but Reason (R) is not the correct explanation of Assertion (A).

- Assertion (A) is true, but Reason (R) is false.
- Assertion (A) is false, but Reason (R) is true.

Q 21. Assertion (A): The best time to practise asana is the morning time before breakfast.

Reason (R): At morning, the energy is highest and asanas can be done with ease and freshness.

Q 22. Assertion (A): Bhujangasana is a part of sequence of yoga postures in Surya Namaskar.

Reason (R): Bhujangasana should be avoided if suffering from hernia or back injuries.

Q 23. Assertion (A): Obesity is that condition of the body in which the amount of fat increase to extreme levels.

Reason (R): People with obesity usually fall prey to diabetes.

Q 24. Assertion (A): Regular practice of Gomukhasana helps in the treatment of sciatica.

Reason (R): Gomukhasana makes the leg muscles strong and elastic.

Q 25. Assertion (A): A person whose blood pressure readings are beyond 140/90 mm Hg, is said to have hypertension.

Reason (R): Bhujangasana, Tadasana and Surya Bhedana Pranayama are helpful in curing hypertension.

Answers

- (d) Dhanurasana
- (b) Tadasana
- (d) Bhujangasana
- (a) Bhujangasana
- (d) Bhujangasana
- (a) Ardhamatsyendrasana
- (a) Pawanmuktasana
- (c) Pancreas
- (c) Both a. and b.
- (c) asthma
- (a) Weight loss
- (c) Asthma
- (b) 1-C, 2-D, 3-A, 4-B
- (c) Shavasana
- (a) Makarasana
- (d) Removes stress and tension
- (b) 3
- (a) A-(iii), B-(iv), C-(i), D-(ii)
- (b) Bhadrasana
- (a) half wheel pose
- (a) Both Assertion (A) and Reason (R) are true and Reason (R) is the correct explanation of Assertion (A).
- (b) Both Assertion (A) and Reason (R) are true, but Reason (R) is not the correct explanation of Assertion (A).
- (b) Both Assertion (A) and Reason (R) are true, but Reason (R) is not the correct explanation of Assertion (A).

24. (a) Both Assertion (A) and Reason (R) are true and Reason (R) is the correct explanation of Assertion (A).
 25. (c) Assertion (A) is true, but Reason (R) is false.

 **Case Study Based** Type Questions 

Case Study 1

Read the following passage and answer the following questions.

Mrs Iyer aged 50 years is recommended to practice the below asana as a preventive measure. She is a software engineer by occupation and spends lot of time sitting at one place.



- Q 1. The above pose can be identified as:**
 a. Ardhalasana b. Halasana
 c. Chakrasana d. Supta vajrasana
- Q 2. This asana is used to cure:**
 a. Back pain b. Diabetes
 c. Knee pain d. Obesity
- Q 3. This asana is contraindicated when a person is suffering with:**
 a. Appendicitis b. Epilepsy
 c. Sciatica d. Hernia

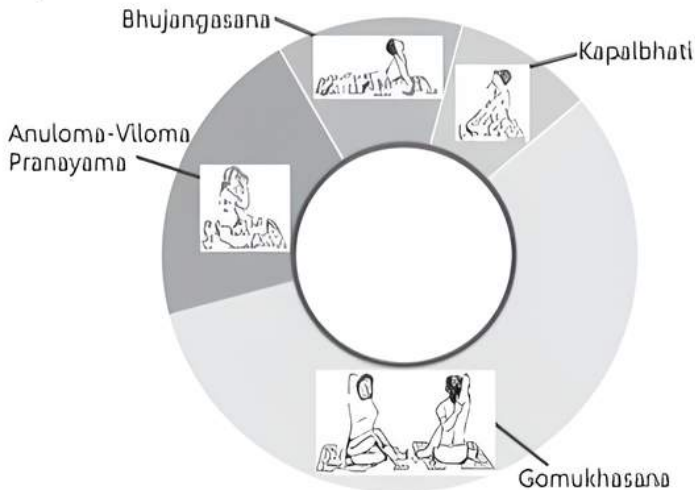
Answers

1. (a) 2. (d) 3. (a)

Case Study 2

Read the following passage and answer the following questions.

Bharti, a yoga instructor at ABC school conducted a survey on which is the favourite asana of students. She was able to make a pie chart on the basis of the data. On the basis of the chart answer the following questions:



- Q 1. Which is the most famous asana?**
 a. Bhujangasana b. Chakrasana
 c. Gomukhasana d. Vajrasana
- Q 2. Which amongst these is a lying asana?**
 a. Vajrasana b. Bhujangasana
 c. Chakrasana d. Gomukhasana
- Q 3. Which amongst these is used to prevent hypertension?**
 a. Gomukhasana b. Bhujangasana
 c. Both a. and b. d. Kapalabhati

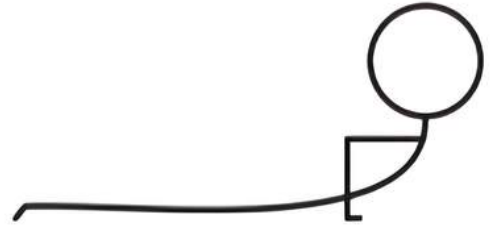
Answers

1. (c) 2. (b) 3. (c)

Case Study 3

Read the following passage and answer the following questions.

Mr Shyam aged 53 years, is recommended to practice the given, asana as a therapeutic measure. He is a clerk in a private bank and spends most of the time sitting at one place. He developed symptoms like frequent urge for urination, tiredness, excessive weight gain, anxiety and gets easily irritated.



Based on the above given picture, answer the following questions:

- Q 1. From the shape of the body in the given pose, it can be identified as:**
 a. Gomukhasana b. Bhujangasana
 c. Tadasana d. Vajrasana
- Q 2. Mr. Shyam is diagnosed with:**
 a. only diabetes
 b. both diabetes and hypertension
 c. only hypertension
 d. obesity
- Q 3. This asana should be avoided by people suffering from:**
 a. migraine b. peptic ulcer
 c. high blood pressure d. hyper acidity

Answers

1. (b) 2. (b) 3. (b)

 **Very Short Answer** Type Questions 

- Q 1. Define asana.**
Ans. Asana is a physical yoga posture that is formed to improve physiological functions of the body.
- Q 2. Name any one asana to cure obesity.**
Ans. Halasana, Dhanurasana, Ardhamatsyendrasana, etc. are performed to cure obesity.

Q 3. What do you understand by diabetes?

Ans. Diabetes is a disease in which the person has high blood glucose (blood sugar), either because insulin production is inadequate, or because the body's cells do not respond properly to insulin, or both.

Q 4. Discuss any two benefits of Paschimottanasana.

Ans. Two benefits of Paschimottanasana are as follows:
(i) It helps to correct postural deformities.
(ii) It helps to increase the flexibility of the spinal and abdominal muscles.

Q 5. Explain the benefits of Pawanmuktasana.

Ans. Benefits of Pawanmuktasana are as follows:
(i) It helps to increase digestive power.
(ii) It helps to dissolve extra fat deposited in the abdominal region.

Q 6. What is the main physiological cause of Asthma?
(CBSE 2018)

Ans. Main causes of Asthma includes:
(i) Genetic changes
(ii) Air pollution
(iii) Allergens such as pollens, mold, etc.
(iv) Irritants like strong odors from perfumes
(v) Tobacco smoke
(vi) Stress (Any two)

Q 7. State two contraindications of Uttanamandukasana.

Ans. The two contraindications of Uttanamandukasana are as follows:
(i) Avoid if you are suffering from knee pain.
(ii) Avoid if you are suffering from piles.

Q 8. What is hypertension?

Ans. Hypertension is a serious medical condition in which the force of the blood pumping through our arteries is too high.

Q 9. What is the normal range for blood pressure?

Ans. The normal range for blood pressure is 120/80 mm Hg.

Q 10. Write any two benefits of Sheetal Pranayama.

Ans. Two benefits of Sheetal Pranayama are as follows:
(i) It cools the body and tranquillises the mind.
(ii) It is beneficial for skin and eyes.

 **Short Answer Type-I Questions** ↘

Q 1. Explain any two benefits of Ardhamatsyendrasana:
(CBSE SQP 2022 Term-2)

Ans. Benefits of Ardhamatsyendrasana:
(i) It increases the flexibility of the spine.
(ii) It stimulates the kidneys, liver and lungs.
(iii) It relieves fatigue, sciatica, backache and menstrual discomfort.
(iv) It energises and stretches the backbone.

Q 2. Discuss the procedure of Pawanmuktasana.

Ans. Procedure of Pawanmuktasana:
(i) Start off in the spine position with your back on the floor. Inhale deeply and bring your knees

close to your chest. Wrap your arms around your knees as you hold them in and clasp your fingers together.

- (ii) Simultaneously, exhale. Lift your head and bring your chin towards your chest.
- (iii) Take a deep breath and hold this position for four to eight breaths.
- (iv) While exhaling, slowly return your head back onto the floor and straighten your legs.

Q 3. Elucidate the benefits and contraindications of Matsyasana.
(CBSE 2022 Term-2)

Ans. Benefits of Matsyasana:
(i) It stimulates the thyroid and pituitary gland.
(ii) It provides relief from respiratory disorders and cures asthma and bronchitis.
(iii) It helps in relieving tension in the neck and shoulders.
(iv) It improves blood circulation in the body.

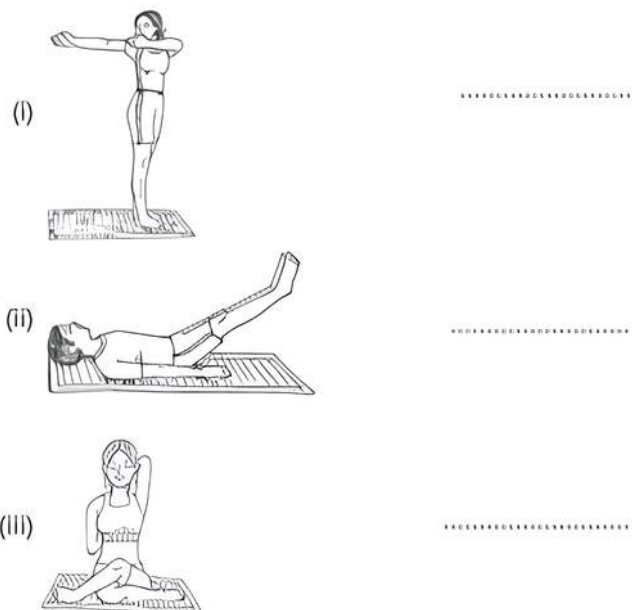
Contraindications of Matsyasana:

- (i) Avoid doing this asana if you have high or low blood pressure.
- (ii) Migraine and Insomnia patients should also refrain from performing this asana.
- (iii) Individuals who have lower back or neck injuries should not perform this asana.

Q 4. Mention the benefits of Tadasana.

Ans. The benefits of Tadasana are as follows:
(i) It is an excellent asana for those who wants to enhance their height.
(ii) It regulates digestive, nervous and respiratory systems.
(iii) It improves body posture.
(iv) Knees, thighs and ankles become stronger.
(v) It alleviates sciatica.

Q 5. Identify the below given Asanas and write the names:

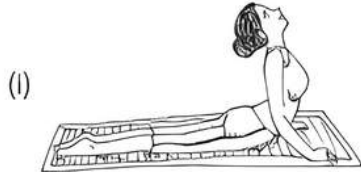




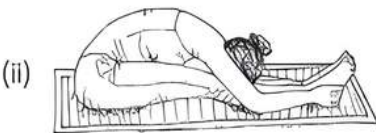
(iv)

Ans. (i) Katichakrasana. (ii) Uttanapadasana.
(iii) Gomukhasana. (iv) Kapalabhati

Q 6. Identify the below given Asanas and write the names:



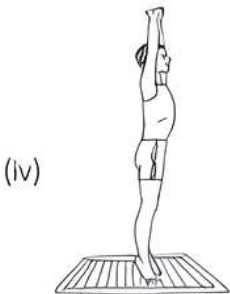
(i)



(ii)



(iii)



(iv)

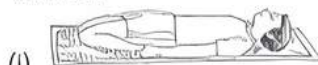
Ans. (i) Bhujangasana,
(ii) Paschimottasana,
(iii) Matsyasana,
(iv) Tadasana

Q 7. Write contraindications of Urdhwahastottansana.

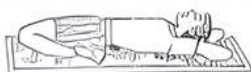
Ans. Contraindications

- (i) The asana should be avoided during pregnancy.
- (ii) A person suffering from varicose veins should take help of a yoga expert.
- (iii) Don't perform during headache.
- (iv) During insomnia, a yoga therapist should be consulted before practicing the yoga pose.

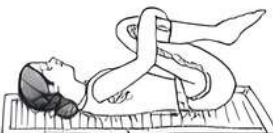
Q 8. Identify the below given Asanas and write the names:



(i)



(ii)



(iii)



(iv)

Ans. (i) Supta Vajrasana. (ii) Pawanmuktasana.
(iii) Shalabhasana. (iv) Shavasana.

Short Answer Type-II Questions

Q 1. "Asanas can be used as a preventive measure." Comment. (CBSE 2022 Term-2)

Ans. The term asana means sitting in a particular posture, which is comfortable and could be maintained steadily for a long time. Various types of asanas which include meditative and relaxative asanas can be used as preventive measures because they stimulates blood circulation, balances the nervous system, benefits the various system running in our body such as digestive system, nervous system, cardiovascular system, muscles, joints, etc. Asanas also help in relieving stress, treating anxiety and makes a person mentally rejuvenated, which ultimately help us in preventing various lifestyle diseases such as diabetes, obesity etc.

Q 2. What is the role of yoga in preventing lifestyle diseases? (CBSE 2019)

Ans. Yoga help us in preventing various lifestyle diseases such as diabetes, back pain, etc., because it provide the following benefits:

- (i) **Muscles become Strong:** By performing yoga asanas regularly, muscles of the body becomes stronger and flexible.
- (ii) **Respiratory Organs become Efficient:** By doing yoga asanas regularly the size of the lungs enhances, the diaphragm is strengthened and oxygen uptake is improved.
- (iii) **Joints become Strong:** As a result of performing yoga asanas regularly, the joints are able to bear more pressure. It also enhances the flexibility of joints. Diseases like arthritis, sciatica, etc., are controlled with the help of yoga.

Q 3. Write the procedure and benefits of Dhanurasana.

Ans. Procedure of Dhanurasana:

- (i) Lie down in prone position.
- (ii) Exhaling, slowly bend the legs backwards at the knees.
- (iii) Hold the toes or ankles firmly with hands as per your capacity.
- (iv) Inhaling, raise thighs, head and chest as high as possible. Stretch and bring the toes or ankles towards head. Look upward. maintain the position comfortably for 5-10 seconds.
- (v) To come back, release the arms and keep them beside the body. Straighten the legs. Bring the legs, head, shoulders and chest slowly on the floor and relax in starting position.

Benefits of Dhanurasana:

- (i) Dhanurasana is a good exercise for joint of the shoulders, knees, ankles and entire backbone.
- (ii) It is beneficial for management of diabetes mellitus as it massages the liver and pancreas.
- (iii) It helps to reduce excess fat around the belly, waist and hips.

Q 4. Explain about the procedure and advantages of Bhujangasana. (CBSE 2019)

Ans. Procedure of Bhujangasana:

- (i) Lie flat on your stomach. Place your hands on the side and legs close together.
- (ii) Then, move your hands to the front, making sure they are at the shoulder level, and place your palms on the floor.
- (iii) Now, straighten up your arms slowly and raise you head and trunk.
- (iv) You need to arch your neck backward In an attempt to replicate the cobra with the raised hood.
- (v) Press your hips, thighs, and feet to the floor.
- (vi) Hold the asana for about 15 to 30 seconds.
- (vii) Exhale and slightly bring the body in starting position.
- (viii) Repeat this asana 4-5 times.

Advantages of Bhujangasana:

- (i) It cures acidity, indigestion and constipation.
- (ii) It increases blood circulation.
- (iii) It helps to lose weight.
- (iv) It strengthens the arms, shoulders and abdomen.
- (v) It enhances the function of the liver and the kidney.
- (vi) It improves the function of male and female reproductive organ.



TIP

The students must prepare about the procedure of each yoga asana thoroughly.

Q 5. Explain the procedure and benefits of Mandukasana.

Ans. Procedure of Mandukasana:

- (i) Sit in Vajrasana.
- (ii) Make the fists with thumbs inside and put them near navel and press the navel area.
- (iii) Exhale slowly, lean forward from the waist, lower the chest, so that it rests on the thighs.
- (iv) Keep the head and neck raised and gaze in front.
- (v) Maintain the position comfortably for 5-10 seconds.
- (vi) To release the posture, come back to the sitting position by raising the trunk; remove your fists from the navel area and sit in Vajrasana.

Benefits of Mandukasana:

- (i) This asana is beneficial for the people having heavy bellies, thighs or hips.

- (ii) It eliminates gases from the abdomen.
- (iii) It benefits people suffering from constipation, diabetes and digestive disorders.

Q 6. Write the benefits of Anuloma-viloma.

Ans. Benefits of Anuloma-viloma:

- (i) It calms down the mind and improves concentration.
- (ii) It improves functioning of all cells of the body by providing them sufficient oxygenated blood.
- (iii) It purifies the blood.
- (iv) It improves blood supply to brain.
- (v) It helps to regulate blood pressure.
- (vi) It helps in managing stress by reducing anxiety.
- (vii) It is beneficial in many diseases such as asthma, high or low blood pressure, insomnia, chronic pain, endocrine imbalances, heart- problems, hyperactivity, etc.

Q 7. Discuss the procedure and benefits of Kapalabhati.

Ans. Procedure of Kapalabhati:

- (i) Sit straight in any meditative pose like Padmasana or Vajrasana.
- (ii) Take deep breath through the nostrils.
- (iii) Exhale forcefully in such a way that the lower abdomen is contracted to expel out the air. Inhale spontaneously and passively without making any efforts. Do not make effort to inhale. Air will enter the body through the passive inhalation. This is one stroke of Kapalabhati. Begin with 20 strokes at a time. This is one round. One can practise one to three rounds in a practical session. Gradually increase the strokes in one round.

Q 8. List down any three asanas used for preventing of Asthma and write two benefits of each.

(CBSE SQP 2022 Term-2)

Ans. Asanas used for preventing Asthma are as follows:

- (i) Uttana-Mandukasana
 - (ii) Vakrasana
 - (iii) Dhanurasana
 - (iv) Ushtrasana
 - (v) Gomukhasana
 - (vi) Matsyasana
- (Any three)

Benefits of Uttanamandukasana:

- (i) It helps in reducing backache.
- (ii) It improves the blood circulation in the chest and abdomen.
- (iii) It tones the abdominal and shoulder muscles.
- (iv) It improves the functioning of lungs by improving the movements of diaphragm.

Benefits of Vakrasana:

- (i) The regular practice of Vakrasana benefits in treating back pain, headache and neck pain.
- (ii) Vakrasana is one of the best post-yoga poses that reduces the stiffness in the body and increases its flexibility.
- (iii) Vakrasana improves the digestion process.
- (iv) Massages the abdominal organs and reduces belly fat.

Benefits of Dhanurasana:

- (i) It helps in reducing backache pain.
- (ii) It stimulates and regulates thyroid and adrenal glands.

Q 9. Discuss the procedure of Nadi-shodhana Pranayama and Sheetal Pranayama for hypertension.

Ans. Procedure of Nadi-shodhana Pranayama:

- (i) Sit comfortably with your spine erect and shoulders relaxed.
- (ii) Place your left hand on the left knee, and palms open to the sky or in Chin Mudra (thumb and index finger gently touching at the tips).
- (iii) Place the tip of the index finger and middle finger of the right hand in between the eyebrows, the ring finger and little finger on the left nostril, and the thumb on the right nostril.
- (iv) Press your thumb down on the right nostril and breathe out gently through the left nostril.
- (v) Now breathe in from the left nostril and then press the left nostril gently with the ring finger and little finger. Removing the right thumb from the right nostril, breathe out from the right.
- (vi) Breathe in from the right nostril and exhale from the left. You have now completed one round of Nadi-Shodhana Pranayama.
- (vii) Complete 9 such rounds by alternately breathing through both the nostrils.

Procedure of Sheetal Pranayama for hypertension:

- (i) Sit in Padmasana or any other meditative posture.
- (ii) Keep the hands in Jnana mudra.
- (iii) Open the mouth. Extend the tongue and bring it outside the mouth as far as possible.
- (iv) Roll the tongue from the sides to make it like a tube. The sides of the tongue should be curled up.
- (v) Inhaling draw the air from the curled tongue and fill the lungs with air to the maximum.
- (vi) Draw the tongue inside and close the mouth.
- (vii) Exhale through the nose making a sound similar to the rushing wind.
(This is one round of Sheetal Pranayama. Practise it 3-5 times).



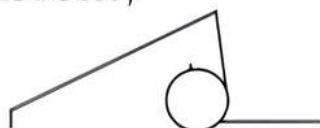
Long Answer Type Questions

Q 1. What is obesity? Draw stick diagrams of any two asanas recommended to control obesity and explain their procedure. (CBSE 2022 Term-2)

Ans. Obesity is a condition in which excess body fat accumulates to such an extent that health may be affected. It is commonly defined as a Body Mass Index (BMI) of 30 kg/m² or higher.

Procedure of Halasana:

- (i) Lie in supine position, legs together and arms beside the body.

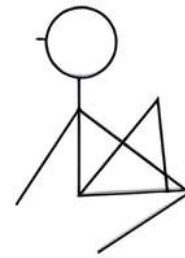


- (ii) Keeping the knees straight, raise the legs up to 30°.

- (iii) Raise the legs further up to 60°.
- (iv) Raise the legs still further up to 90°, keeping them vertical and straight.
- (v) Pressing the arms raise the trunk by lowering the legs over the head, the toes touching the ground. Push the legs a little beyond the head.
- (vi) Keep the arm straight on floor. Maintain the position for 5-10 seconds.
- (vii) To come back, remove the arms, slowly lower the back and buttocks to the ground, bring the legs to 90° position. Lower the legs to starting position.

Procedure of Ardhamatsyendrasana:

- (i) Sit on the ground with legs extended in front.
- (ii) Bend the knee of the left leg, place left foot close to the right buttock, heel touching the side of hip and the left knee touching the ground.
- (iii) Bend the right knee; and place right foot flat on the ground near outside of the left knee. Toes of the right foot should face forward.



- (iv) Place left arm over right knee in such a way that it covers outside of the right knee. Hold the right foot or ankle with left hand. The right knee should be close to the left arm pit.
- (v) Bend the right arm from the elbow and take it behind and encircle the waist as much as possible as if trying to touch the navel.
- (vi) Turn the head towards right side. Try to look behind over the shoulder.
- (vii) Stay in this position for 5-10 seconds.
- (viii) To come back, bring your head to the centre. Bring the right arm in the front. Similarly, bring the left arm, right leg and left leg in the starting position. Repeat it on the other side.

Q 2. Briefly explain the administration of Pawanmuktasana along with its contraindications and draw stick diagram. (CBSE SQP 2022 Term-2)

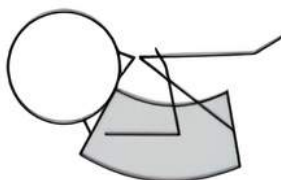
Ans. Administration of Pawanmuktasana:

- (i) Lie on your back with your feet together and arms besides your body and relax, breathing deeply.
- (ii) With a deep inhalation raise your legs to 90° and completely exhale.
- (iii) 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.
- (iv) Remain with the bent knees for a few breaths. With every exhalation press the thighs and knees on the abdomen and hold them with your hands.

- (v) 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.
- (vi) 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.
- (vii) Try to maintain the balance while breathing slowly and keeping the body relaxed.
- (viii) Now with an inhalation, release the neck and head and exhale completely. With another inhalation straighten the legs and bring them back to 90° and as you exhale release the leg from 90° to the relaxed posture. With complete exhalation, bring the legs stretched out on the floor and relax the neck.
- (ix) 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 will loosen.

Contraindications of Pawanmuktasana:

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 menstrual cycle.

Q 3. Describe the procedure for performing Gomukhasana along with its benefits and contraindications. (CBSE SQP 2019-20)

Ans. Procedure of Gomukhasana:

- (i) Sit erect on the ground with your legs stretched out in front of you.
- (ii) Now gently bend your left leg, and place it under your right hip.
- (iii) Fold your right leg and place it over your left thigh.
- (iv) Place both your knees close together as they are stacked one on top of the other.
- (v) Gently fold your left arm and place it behind your back.

- (vi) Take your right arm over your right shoulder, and stretch it as much as you can until it reaches your left hand. With practice, you will be able to not just reach, but also catch your left hand.
- (vii) Keep the trunk erect, expand your chest, and lean slightly back.
- (viii) Hold this pose for as long as you are comfortable, as you breathe slowly and deeply. Concentrate on your breathing.

Benefits of Gomukhasana:

- (i) It helps to stretch and strengthen the muscles of the ankles, hips and thighs, shoulders, triceps, inner armpits and chest.
- (ii) Regular practice of this asana aids in the treatment of sciatica.
- (iii) It enhances the working of the kidneys by stimulating it, thus helping those suffering from diabetes.
- (iv) Practising this asana regularly can reduce stress and anxiety.

Contraindications of Gomukhasana:

- (i) Do not attempt this asana in case of neck, knee hip and shoulder injury.
- (ii) Avoid this asana in case of migraine or spinal disorders.

Q 4. List down any four asanas used for prevention of asthma. Explain the procedure for administration of any one of them with help of a stick diagram.

(CBSE SQP 2022-23)

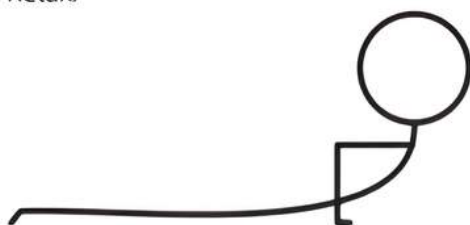
Ans. Asanas to prevent Asthma are as follows:

- (i) Bhujangasana
- (ii) Gomukhasana
- (iii) Tadasana
- (iv) Vakrasana
- (v) Kapalabhati
- (vi) Anuloma-viloma Pranayama (Any four)

Procedure of Bhujangasana:

- (i) Lie prone on the ground with forehead touching the floor; legs together, hands by the side of thighs.
- (ii) Fold the hands at elbows and place the palms by the side of the shoulders, thumbs under armpits, with tip of the fingers not crossing the shoulder line.
- (iii) Inhaling, slowly raise the head, neck and shoulders. Shoulders should be shrugged backwards.
- (iv) Raise the trunk up to the navel region. Raise the chin as high as possible.
- (v) Eyes should be kept gazing upward.
- (vi) Maintain the position for 5-10 seconds or as long as comfortable.
- (vii) To come back, bring down the upper part of navel, region, chest, shoulders, chin and head.

- (viii) Place the forehead on the ground and arms along the body, hands by sides of the thighs. Relax.



Stick Diagram

Q 5. 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. (CBSE 2023)

Or Discuss the asanas helpful for a person suffering from Hypertension. Write down the procedure and contraindications of Sarala Matsyasana in detail.

(CBSE SQP 2023-24)

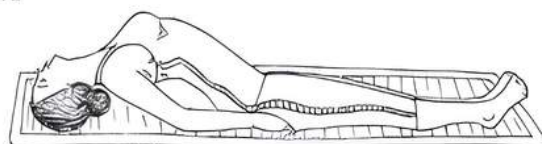
Ans. Four asanas used for prevention of Hypertension are as follows:

- (i) Sarala Matsyasana
- (ii) Ardhalasana
- (iii) Shavasana

- (iv) Sukhasana

Sarala Matsyasana

The word Sarala means easy and Matsya means fish.



Procedure

- (i) Lie flat on the back.
- (ii) With the support of your hands keep the top of your head on the mat.
- (iii) Neck, upper back and shoulders will be lifted from the ground. Inhale as you lift the chest and tuck the head.
- (iv) Relax your hands at the side of your body.
- (v) Breathe normally and keep your toes stretched out.
- (vi) Hold the position for 30 seconds, then relax. Exhale while relaxing the body and bring it to the initial position.

Contraindication

People with cervical spondylitis and frozen shoulder should avoid practicing this asana.



Chapter Test

Multiple Choice Questions

Q 1. Name the lifestyle disease prevented by performing this asana:



- a. Kapalabhati
- b. Pawanmuktasana
- c. Anuloma-viloma
- d. Matsyasana

Q 2. Which of the following is a benefit of performing the above discussed asana :

- a. it helps to reduce laziness
- b. it increases the flexibility of spinal and abdominal muscles
- c. it helps to regulate thyroid and adrenal glands
- d. it balances the navel centre

Q 3. Which one of the following asanas is not a remedial asana for treating obesity?

- a. Ardhalasana
- b. Ushtrasana
- c. Tadasana
- d. Surya Bhedana Pranayama

Q 4. Makarasana is also known as:

- a. Plough Posture
- b. Crocodile
- c. Corpse Pose
- d. Fish Posture

Q 5. Match the following:

| List-I (Disease) | List-II (Asana) |
|------------------|-------------------|
| A. Asthma | (i) Shavasana |
| B. Hypertension | (ii) Kapalabhati |
| C. Obesity | (iii) Gomukhasana |
| D. Diabetes | (iv) Halasana |

- | | | | | |
|----|-------|-------|------|------|
| | A | B | C | D |
| a. | (iii) | (i) | (ii) | (iv) |
| b. | (i) | (iii) | (iv) | (ii) |
| c. | (i) | (iii) | (ii) | (iv) |
| d. | (iii) | (i) | (iv) | (ii) |

Assertion and Reason Type Questions

Directions (Q. Nos. 6-7): There are two statements marked as Assertion (A) and Reason (R). Read the statements and choose the appropriate option from the options given below:

- a. Both Assertion (A) and Reason (R) are true and Reason (R) is the correct explanation of Assertion (A).
- b. Both Assertion (A) and Reason (R) are true, but Reason (R) is not the correct explanation of Assertion (A).
- c. Assertion (A) is true, but Reason (R) is false.
- d. Assertion (A) is false, but Reason (R) is true.

Q 6. Assertion (A): Asthma is a disease of respiratory system where the airways get narrowed, often in response to a trigger such as exposure to an allergen, cold air, exercise, etc.

Reason (R): It causes symptoms such as wheezing, shortness of breath, chest tightness and coughing.

Q 7. Assertion (A): High blood pressure is also referred to as 'the silent killer'.

Reason (R): It is asymptomatic, i.e., there is no indication or any clear symptoms.

Case Study Based Question

Q 8. Read the extract given below and answer the questions on the basis of the same.

Gunjan, a Yoga instructor at XYZ school was consulted by a student of class XI in relation to her overweight. The child wants to do asanas to reduce her weight.

(i) Gunjan has asked the child to practice

- a. Paschimottanasana b. Gomukhasana
c. Shalabhasana d. Vakrasana

(ii) While practicing this asana child should not be suffering from

- a. Arthritis b. High BP
c. Scurvy d. Constipation

(iii) Which of the following is a benefit of performing the above discussed asana?

- a. it helps to reduce laziness
b. It increases the flexibility of spinal and abdominal muscles

- c. It helps to regulate thyroid and adrenal glands
d. It balances the neural centre

Very Short Answer Type Questions

Q 9. State any two benefits of asanas for prevention of diseases.

Q 10. Discuss any two benefits of Matsyasana.

Short Answer Type-I Questions

Q 11. Explain Asthma and its symptoms.

Q 12. How do asanas help bones and joints to grow stronger?

Q 13. Write the procedure of practicing Surya Bhedana Pranayama.

Short Answer Type-II Questions

Q 14. List down any three asanas used for preventing Hypertension and write two benefits of each.

Q 15. Explain about the procedure and advantages of 'Dhanurasana'.

Q 16. Explain the procedure of Katichakrasana.

Long Answer Type Questions

Q 17. Briefly explain the administration of Shalabhasana along with its benefits and contraindications.

Q 18. What is diabetes? Draw stick diagrams of any two asanas recommended to control diabetes along with its benefits and contraindications.