

Asanas are performed only for physical health, They are incomplete thinking. Main aim of Asana is - stability, concentration and purity of mind.' This is only possible when a person performs Asana regularly. Maharshi Patanjali Stated for result of Asana ततो द्वन्द्वानभिधानः । There will be no shocking to duel.

Rajogun is disappeared and Sattvagun is developed due to performing Aasana. A person becomes physically, mentally and emotionally pure. Over and above, more important quality is spiritual development.

Useful Suggestions for Yogabhyas - Yoga-study :

- It is best to perform Asana in the morning or twilight.
- Asana should be performed after passing the stools (faeces) i.e. after the discharge of excreta and with empty stomach. Asana should be done after half an hour of taking any type of liquid and after taking meal it should be done after four hours.
- Before performing Asanas, the Yogic rotation of organs, should be done. After performing Asana Shavasana should be performed for five minutes and make body and mind clam.
- Perform the Asana on a carpet, and there will be a cotton soft piece on it. If there is a wool carpet, it will be good. The land for Asana should be in level and stable.
- To perform Yoga study, proper cotton clothes should be put on. The things which may produce injuries should be removed (i.e. wrist watch, ring, chain, socks, belt etc.)
- The numbers and time of Asana should be increased slowly and as per capacity.
- Asanas should be practised regularly as per individual capacity, without jerks, slowly, rhythmically, without any enforcement by keeping positive attitude.
- The body position is important as well as breathing i.e. breathe in, retain the breath and exhale is also important to perform Asanas.
- After performing Asanas, Shavasana or Makarosana should be performed two minutes for rest.
- After performing the Asanas, the meal should not be taken before half an hour and light refreshment should not be taken before 10 minutes.
- Immediately after performing the Asanas, one should not do strenuous exercise.
- After performing any Asana, its supplementary Asana should be performed.
- Yoga is a subject for study, so one has to study more for teaching.
- Yoga is not demonstrative activities, but it is life behaviour subject.
- A loin-cloth or under garments should be put on during Asanas.
- Women should not perform Asanas during the menstruation period. During the pregnancy they should not perform the Asanas. After the delivery period for three months they should not perform the Asanas.
- Asanas should not be performed where there is a speedy wind.
- Fragrant flowers and incense stick should be used during Asanas for being delighted.
- The series of Asanas should be simple to difficult.

Baddha Padmasana

This Asana is being done in sitting position, Sit in a Padmasana position, bind the Padmasana with two hands. This Asana is called 'Buddha Padmasana.

Basic Position :

Keep both the legs straight, knees touch the ground, both heels of feet and toes of feet should be attached, hands are straight from elbows, put them near both sides, keep palms on the ground, keep fingers closed with each other, body from waist should be erected and in loose condition.

Method :

- Hold the left toe with the right hand, bend the leg from the knee, put the left toe on the right thigh.
- Hold the right toe with the left hand, bend the leg from the knee, put the right toe on the left thigh. The heels must touch the lower part of the abdomen.
- Then move the arms behind the back. Hold the toes with respective hands.
- Stay in this posture for some time, then for coming in basic position, leave the toe of leg side foot. Put the left hand in side.
- Leave the toe of right side foot, put the right hand in side.
- Straighten the right leg.
- Straighten the left leg.

Things to bear in mind :

- While doing this Asanas, concentration should be on breathing.
- Do this Asana with stable mind, quietly.

Benefits :

- Gives relief in constipation.
- Indigestion trouble will be removed.
- Gets rid of viral bacterial diseases.
- Removal of pain of shoulders, elbows, knees.

Vajrasana

There is a word VAJRA in Sanskrit. It is used for man's organ of reproduction. This Asana affects on the lower part of abdomen, so it is called vajrasana.

Basic Positon :

Keep both the legs straight, knees touch the ground, heels of the feet and toes of the feet are closer. Keep hands straight from elbow, put them to both sides of legs. Keep palms on the land, Then sit in a position shown in the picture.



Method :

- Bend the left and right legs from the knee and put it under the buttocks.
- Put the left hand on left knee and right hand on right knee.
- Close the eyes.
- Keep this position for a few minutes, open the eyes for coming in basic position.
 - Put both the hands on the ground, side way.
 - Bring the right hand in front and make it straight.
 - Bring the left hand in front and make it straight.

**Things to bear in mind :**

- Keep the place for Yoga study clean.
- Make determination that body and mind become like Vajra
- Remember the powerful great men.

Benefits :

- This is only Asana that can be done after taking meal.
- Improves the digestion.
- The calf-muscles and legs become strong.
- The knee muscles become flexible.

Supta Vajrasana

This Asana is being done in sitting position. In coming of Vajrasana position, one has to lie down on back, so it is called Supta Vajrasana.

Basic Positon :

Keep both the legs straight, keep knees touching the ground, keep heels of the feet and toes of the feet closer. Keep hands straight from elbow, put them to both the sides of legs, keep palms on the ground, fingers of the hands attacked each other, the body from waist should be erected and in loose position.

**Method :**

- Bend the left leg from the knee and put it under the buttocks.
- Bend the right leg from the knee and put it under the buttocks.
- Lie down on the back, with the support of hands.
- Put both the hands under the head.
- Keep this position for some times, for coming in basic position

- put both the hands on side.
- Sit up slowly with the help of hands.
- Straighten the right leg.
- Straighten the left leg.

Things to bear in mind :

- This Asana can be done after taking meal.
- During pregnancy period, women should not perform this Asana.
- During lie down on the back, go slowly with the help of elbows.
- After enough practice of Vajrasana, this Asana can be performed.

Benefits :

- A spinal cord bends behind so a hump is removed.
- Flexibility of spinal cord is increased.
- Muscles of face and head are developed.
- There is relief in thyroid.
- It affects on pancreas. It gives the relief in diabetic trouble.
- Digestive system becomes active.
- Number of white cells increase, so immunity increases more.
- This Asana is useful to the students who sleep more.

Sinhasana

In this Asana the scene of the mouth is similar to the open mouth of a lion, so it is called Sinhasana.

Method :

- Sit with extended legs.
- Bend the right leg from knee, put it under the left buttock, put the left buttock on the sole of foot of left buttock.
- As same put the left leg under the right buttock.
- Cross the ankles with each other. Put the legs in such a way that some part of soles and fingers can be seen behind.
- Put the hands on the respective knee. Keep the fingers of hand open, put them on the knees as claw of lion. Press a little both the hands, bend the body in front.
- Bend the head a little low, open the mouth full, bring the tongue out, as possible as you can.
- Keep the sight on tip of nose.
- Keep the abdomen in contraction.
- Make Appearance of face dangerous, breath powerful roaring from navel.



Points to be kept in mind :

- In the beginning, do Sinhasana for some seconds, after increasing practice, reach upto three minutes.
- Sit with forward bend in such a way that there will be no pressure on the ankles.
- Open mouth fully, bring tongue out completely.

Benefits :

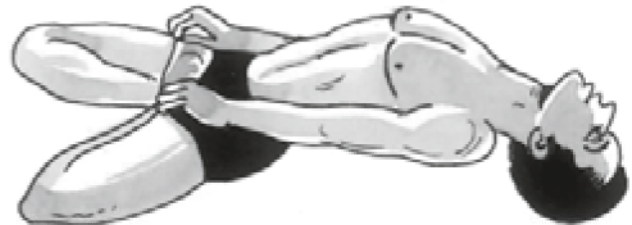
- Body becomes ready for Mulbandh, Uddiyanbandh and Jalandharbandh.
- This Asana is useful in stammering.
- The saliva gland of mouth becomes healthy and active.

Matsyasana

This Asana is being done on sleeping back. The shape of body becomes like a fish, so this Asana is called Matsyasana.

Basic Positon :

Sleep on the back, keep both the hands near knees, keep both the legs near to each other and straight from knee, palms to land side.

**Method :**

- Hold the toe of right leg with left hand and put it on the thigh of left leg.
- Hold the toe of left leg with right hand and put it on the thigh of riht leg.
- Put both the hands on land near the head, with the support of hands, lift waist - lift head, put the middle upper part of the head on the ground. knees remain with land touching.
- Hold the toes with hands. Try to touch the elbows to the land (complete position). Stay for some time in this position, then come in the basic position :
 - Release both the toes, put the hands near the body.
 - Put both the hands on land near the head, with the support of hands put the head in correct - systemetic position, put the waist on ground.
 - Straighten right leg.
 - Straighten left leg.

Things to bear in mind :

- This is a supplementary Asana of Halasana, Sarvangasana.
- Those who have trouble of spine, should take of the guidance of expert and then perform.

Benefits :

- Whole body becomes strong.
- There is improvement in breathing.
- Supportive for the development of chest and working of lungs.

- Stomach and intestines become clean.
- The pain of eyes, ear and head will be removed.
- Memory is increased.
- It is helpful in thyroid disease.

Sarvangasana

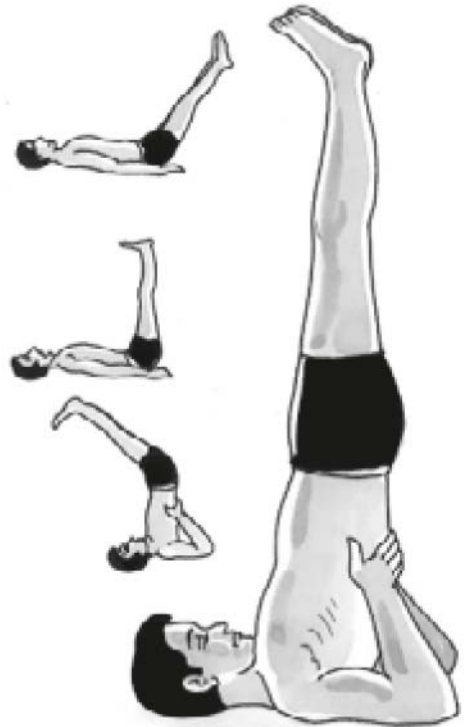
This Asana is being done by lying on the back. All organs of body will be good by doing this Asana. This Asana is for all the organs of our body, so that this Asana is called 'Sarvangasana'. Sarvangasana is called the king of all the Asanas.

Basic Position :

Lie on the back, put both the hands near the knees, put legs near to each other and straight from knees. Keep palms on ground side.

Method :

- Keep legs together and lie on the back. Keep both the legs straight, raise both the legs towards the sky slowly. Then bring both the legs over the head, so the body from sitting part will be raised. Now lift the hands from the land and put them on the waist, support the body. The support should be removed downward, straight the body so that legs will remain in upward direction, the body should be raised until chin touches the chest. Keep breathing speed normal.
- Raise both the legs upto 45° angle. Bring both the hands behind and put on the ground. Keep palms to upper side, do both actions simultaneously.
- Raise both the legs up to 90° angle. Bring both the hands forward and put on the land. Keep palms toward the land.
- Bring both the legs behind in such a way that both the legs will be parallel to shoulder and to waist part. The legs should not touch the ground.
- Raise the whole body from neck with the support of hands at waist part. Arrange the body with support of hands, in a straight line. (Complete Position).
- Stay for some time in this position, for coming in basic position :
 - Bring both the legs behind, parallel to land both the hands straight touching the land.
 - Bring both the legs in such a way that there will be 90° angle.
 - Bring both the legs in such a way that there will 45° angle. Bring both the hands behind, put on the land, palms toward the land.
 - Put both the legs on land. Bring both the hands in front, put them on the ground.



Things to bear in mind :

- The patient of heart disease should not perform this Asana.
- The patient of liver disease should not perform this Asana.

Benefits :

- The digestive power increases active, by performing this Asana daily.
- Body skin doesn't get loosened.
- Wrinkles are prevented.
- Mind and soul become pure.
- Power of eyes and mind is increased.
- This Asana is helpful in the diseases of indigestion, thyroid constipation, development of thyroid.

Bhadrasana

Bhadra means auspicious. This Asana is considered as auspicious.

Method :

- Sit with extended legs forward for this Asana. Put the soles of both the legs facing and touching each other with the help of hands, as salutation position. The legs will be in bending position from knees. Fingers of both hands should be joined to each other of both the hands, bring them under the toes, hold strongly toes of the legs with hands. Now bring both the legs slowly to near of the body. Try to bring them near and touch the 'Shivni' (the part between the anus and urinary canal). Keep the body erect, chest will come out. Press both the legs' knees on the ground. Keep the body erect completely and have normal breathing.

**Things to bear in mind :**

- Don't perform while illness.
- Keep such a position that the Asana can be performed without jerks. Improve upon the positions and get control over the Asana.

Benefits :

- Joints of legs and muscles become strong.
- A testicle and the excretory system become healthy.
- Fat of the inner part of thigh is decreased.
- Will power increases, intellectuality becomes sharp.
- This Asana is effective for the treatment of Piles, Fistulas in the anus.
- This Asana is beneficiary to tuberculosis, heart disease, sleeplessness and in many other diseases also.

Utkatasana

'Ut' means upper and 'Kat' means buttock. In Utkatasana both buttocks are lifted up, so it is called Utkatasana.

Method :

- For this Asanas, take a position on legs that it is in neither quite standing not quite sitting posture. Keep a distance of 45 cm between two legs.
- Keep both the hands on ground with their respective side.
- Raise both the heels, keep body supported on toes and support of hands. Lift heels so that heels make 45° angle with the ground.
- Put both hands to respective knee.
- Keep the fingers parallel with ground as shown in figure. Erect the body from waist. See in front. Whole body will be supported by toes.
- Stay for certain time then come in the basic position in the reverse order.



Things to bear in mind :

- In the beginning, if you feel difficulty to keep the body stable on toes, take a support of both hands, hands keeping on the ground.
- Gradually, they can control over it after constant practice, then put the hands on knees.
- At the initial stage do this Asana for some seconds. After practice, perform the Asana for a minute.

Benefits :

- This Asana is used in Yaugic Basti.
- Stability of body increases.
- Toes of feet become strong.

Utkatasana (Second Manner)

Method :

- Stand on a carpet.
- Raise the heels upto 45° angle.
- Bend both the legs from knees.
- Bend the body from waist, Erect the upper part of body from waist, keep the hands parallel to the ground. Keep palms towards the ground, raise hands in front.
- Hold the position for a suitable time and return basic position, slowly in the reverse order.

Things to bear in mind :

- Both the hands and thighs should be parallel to the ground.
- Action of raising heels, action of lowering thigh and buttock, action of raising the hands should be done simultaneous.
- During this Asanas, attention should be concentrated to navel.

Benefits :

- It increases the power of body-stability.
- Muscles of Hands and legs become strong.
- A waist become flexible. The fat deposited on the waist is removed.
- This Asana is useful to develop the physical and vital power-capacity.

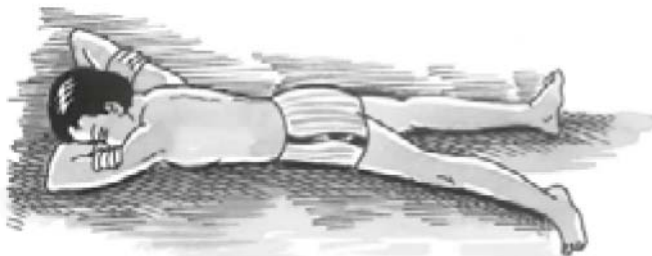


Makarasana

Makar means crocodile. In this Asanas, Figure of the body is like a sleeping crocodile lying on the bank of a river.

Method :

- Sleep on the stomach.
- Fold both hands with each other, put a head on it.
- Keep both the legs a part, heels are in inner side.



Benefits :

- After performing the Asanas on chest, this Asana is useful for rest.
- Gas of abdomen is removed. Body gets sufficient rest.

Duration :

According to one's ability.

Trikonasana

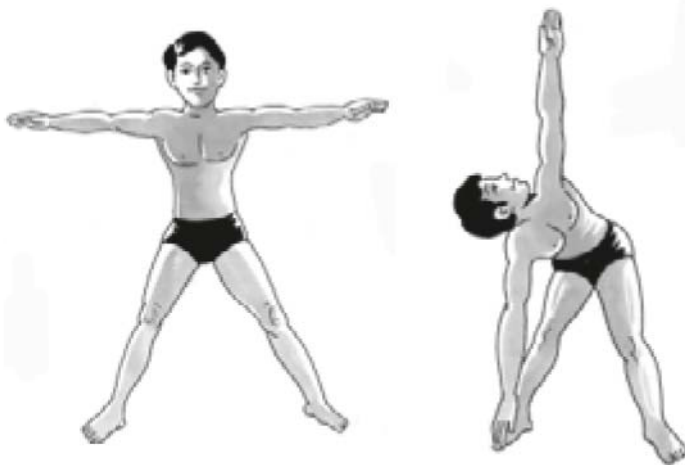
This Asana is done in standing position. In this Asanas, a triangle is created of body, hence this Asana is called Trikonasana.

Basic Positon :

Stand in an attention position (Keep both legs together). Keep both hands straight and attached with body. Sight should be infront. Fingers of hands should be attached with body.

Method :

- Put left foot toward left side apart 1 m keep both the hands at shoulder level in a side direction. Palms should be at ground side both the actions should be done simultaneously.
- Keep left leg straight to left side, turn the right claw to little right side. Both the legs should be straight from knees.
- Breath out, bend the body to left side. Put the left hand on the left ankle or on the ground. Raise the right hand toward the sky from the right side. Both hands should be in one line, perpendicular to the land.
- Turn the head to right hand side, side should be on right hand (Complete Position).
- Hold this position for some time and turn the head for coming in basic position :
 - Come in an attention position, both the hands should be in shoulder level.
 - Turn the claws of feet and knees infront.
 - Keep left leg together with right leg, keep hands lower side and keep to side of body.



Special : This action should be done by right leg also.

Things to bear in mind :

- It is advisable that the persons having diseases should take guidance and advice.
- This Asana should not be done with jerk.
- Body should not bend in front or back side, but it should be bent sideward.

Benefits :

- Muscles of leg become strong.
- Diseases of neck and back are cured.
- Development of chest.
- It is useful to increase the height.
- Mental power increases, youth is maintained.
- The calf muscles and the knee become strong.

EXERCISE**1. Describe the method of the following Asanas :**

- (1) Baddha Padmasana (2) Vajrasana (3) Sinhasana (4) Matsyasana (5) Sarvangasana
(6) Bhadrasana (7) Utkatasana (8) Supta Vajrasana (9) Makarasana (10) Trikonasana.

2. State the benefits of the following Asanas :

- (1) Baddha Padmasana (2) Vajrasana (3) Sinhasana (4) Matsyasana (5) Sarvangasana
(6) Bhadrasana (7) Utkatasana (8) Supta Vajrasana (9) Makarasana (10) Trikonasana.

3. Write answers of the following questions by selecting correct option from the options given below :

- (1) In which Asanas, the position of body becomes like a fish ?
(A) Makarasana (B) Trikonasana (C) Matsyasana (D) Sinhasana
- (2) In which Asanas, the position of body becomes like a crocodile ?
(A) Sarvangasana (B) Vajrasana (C) Utkatasana (D) Makarasana
- (3) In which Asanas, the shape of mouth becomes like a mouth of lion ?
(A) Baddha Padmasana (B) Sinhasana (C) Makarasana (D) Trikonasana
- (4) Which Asana is being done by sleeping on back ?
(A) Matsyasana (B) Vajrasana (C) Bhadrasana (D) Sinhasana
- (5) Which Asana is being done by sleeping on the abdomen ?
(A) Sinhasana (B) Makarasana (C) Matsyasana (D) Baddha Padmasana
- (6) In which Asanas, body shape becomes Triangular shape ?
(A) Bhadrasana (B) Utkatasana (C) Supta Vajrasana (D) Trikonasana
- (7) Which Asana is being done in sitting position ?
(A) Baddha Padmasana (B) Matsyasana (C) Sarvangasana (D) Makarasana

•