

UNIT - 1

Body Care and Wellness



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Unit Overview & Description

This unit will provide the student information about the various aspects of Body Care and Wellness.

Knowledge and Skill Outcomes

The following knowledge must be assessed as part of this Unit:

- Definition of Health, Food, Classification of Food and Nutrition
- Basic Exercise – Yoga/Ashtang Yoga
- Suksham Vyayam
- Basic Asanas
- Basics of Alternate Therapies

Resource Material

1. Nutrition – A Practical Approach – Suzanne le Quesne
2. Food Science Nutrition & Health – Fox & Cameron



3. A Guide for Health and Beauty Therapist – Gaynor & Winyard
4. Beauty Therapy Fact File – Susan Cressy
5. Food Nutrition & Diet Therapy – L Kathleen Mohan, Sylvia Escott\
6. Diet & Nutrition – A Holistic Approach – Rudolph Ballentine
7. Food Science – Sumati R Mudambi
8. Nutrition & Diet Therapy – Ruth A Roth,Carolynn E
9. Diet & Nutrition – Katie Dicker
10. Fundamentals of Food & Nutrition – Sumati R Mudambi

Learning Outcomes

Session	Topic	Outcomes
1	Health and Nutrition	You will be able to understand <ul style="list-style-type: none">• Definition of health, food and nutrition.• Functions of the food
2	Yogic Suksham Vyamyam	Students will be able to understand <ul style="list-style-type: none">• Definition and eight stages of ashtang yoga• Exercise benefits of suksham vyamyam
3	Basic Asanas	Students will be able to understand <ul style="list-style-type: none">• Meaning of asanas• Exercise and benefits
4	Basics of Alternate Therapies	You will be able to understand about Naturopathy <ul style="list-style-type: none">• Principles of naturopathy• Definition of hydrotherapy, colour, mud therapy and ayurveda



Assessment Plan (for the Teachers)

Session	Topic	Assessment Method	Remarks
1	Health and Nutrition	Exercise: Question & Answer Practical: Display of various food items (Vegetable and Fruits). Exercise: Question & Answer Practical: Display of various food items which contains all food nutrients	
2	Yogic Suksham Vyamyam	Exercise: Question & Answer	
3	Basic Asanas	Practical, Demonstration and practice Exercise: Question & Answer	Visit to Yoga Ashrams.
4	Basics of Alternate Therapies	Exercise: Question & Answer; Practical Demonstration by Trainees	Visit to Spa/ Naturopathy centre/ Ayurvedic Centre



Session 1: Health and Nutrition

Health

As defined by World Health Organization (WHO), it is a “State of complete physical, mental, and social well-being, and not merely the absence of disease or infirmity.” Health is a dynamic condition which can be good state or in bad state resulting from a body’s constant adjustment and adaptation in response to stress and changes in the environment for maintaining an inner equilibrium called homeostasis.

Food

Any nourishing substance which is of plant origin or animal origin that is eaten, drunk, or otherwise taken into the body to sustain life, provide energy, promote growth, etc. is known as Food.

Food may be the most important factor to maintain the health of your body. When you eat it, you are supplying your body with the nutrients that it uses to build and maintain your cells, create hormones, run chemical reaction.

Nutrition

Nutrition is the intake of food, considered in relation to the body’s dietary needs. Good nutrition – an adequate, well balanced diet combined with regular physical activity – is a cornerstone of good health. Poor nutrition can lead to reduced immunity, increased susceptibility to disease, impaired physical and mental development, and reduced productivity.

By W.H.O. (World Health Organization)

Nutrition is the process which involves taking in and the utilization of food substances by which growth, repair and maintenance of the body are accomplished. Nutrients are stored by the body in various forms and are used when the food intake is not sufficient.

The moment you place a piece of food in your mouth and you begin to chew, your brain is stimulated to secrete powerful digestive enzymes that will help your body digest the food. Once the food is broken down, the nutrients (Proteins & carbohydrates) are absorbed in your intestines to be used by your body. When your body has taken and used what it needs, the waste products are eliminated from your body. This physiological



process relies on thousands of chemical reactions and enzymes, and is only possible because of the nutrients in the foods that you eat.

Classification of Food

Nutrient is a normal diet. Food can be obtained from animal as well as plant kingdom from organic as well as inorganic sources. Food is classified according to its nutrients composition and also according to the function it serves in the body.

Nutrient Classification

Nutrients can be divided into seven groups:

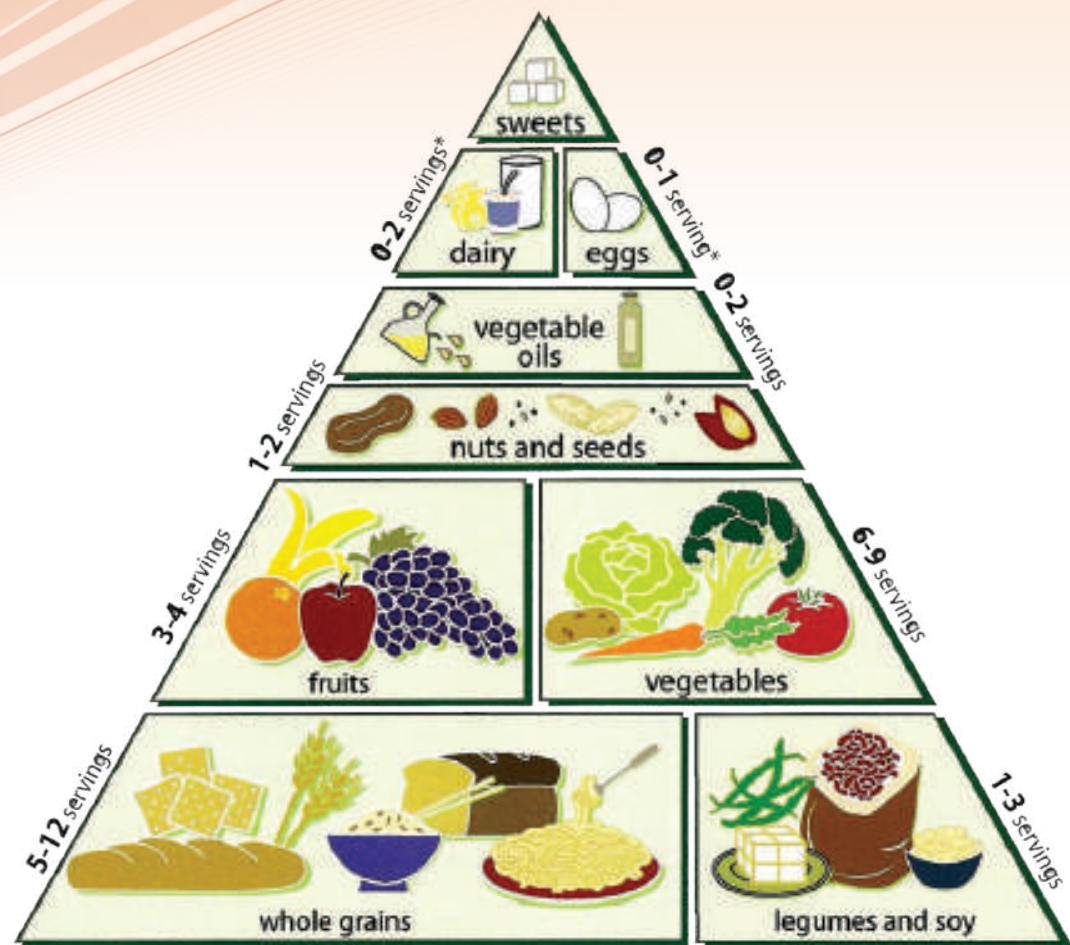
1. Proteins
2. Carbohydrates
3. Fats
4. Vitamins
5. Minerals
6. Water
7. Roughage

Food is a must for man or of any other organism to survive. No Life on this earth is possible without food. The desire to eat is normal and basic in human beings. This does not however mean that an individual is eating well. Eating just any food will satisfy the appetite and provide energy.

In the body protein, fats, carbohydrate can be described as energy yielding nutrients. They are also called as macronutrient because we need large quantities of them on daily basis. These macronutrients are also called as organic .Organic nutrients contain hydrogen, oxygen and carbon. Vitamins, Minerals and water do not yield energy in the body .Although vitamins are classified as organic nutrient whereas minerals and water are inorganic (they do not contain carbon).Vitamins and minerals are called as micronutrients because we need only tiny amounts of them compared to the macronutrients.



Food Pyramid



* A reliable source of vitamin B12 should be included if no dairy or eggs are consumed.

Other Lifestyle Recommendations



Daily Exercise



Water—eight, 8 oz. glasses per day



Sunlight—10 minutes a day to activate vitamin D

A Typical Food Pyramid

All Food Nutrients are required by individual to have healthy body. Food helps body to fight against the diseases and keep everyone healthy. Right kind of food keeps body physically, mentally and psychologically fit. Food can be obtained from animal as well as plant kingdom from organic as well as inorganic sources. No life on this earth is possible without food. The desire to eat is normal and basic in human beings.



S.No.	Nutrients	Sources	Functions	Deficiency/ Disease	Toxicity
1	Carbohydrates	Cereals, pulses, sugar—Jaggery, Honey, Starchy Veg like potato, Sweet potato, Tapioca, Fruits, Milk-lactose	1) Primary energy source 1 gm carbohydrate = 4 kals 2) Required in synthesis of nucleic acid i.e. RNA & DNA 3) Helps in proper utilization of proteins	Low blood sugar, poor concentration	Breathlessness, high blood sugar, weight gain
2	Proteins	1) Animal Sources: Milk, Meat, Egg, Fish, Cheese, curd 2) Plant sources: Pulses, nuts, Soyabean, Peas	1) Helps in cell growth. 2) Helps to keep hair, skin, nails healthy.	1. kwashiorkor: Growth retardation, Mental Retardation, Oedema-water retention 2. Marasmus, Dehydration, Weight loss 3. Dull Hair, Dull skin	1. Liver Damage 2. Kidney Damage
3	Fats	Ghee, Butter, Cream, Egg yolk, vegetable oils	1. Source of Energy 2. Source of fat soluble vitamins i.e. A, D, E, K	Lack of fat soluble vitamins i.e. A, D, E, K	1. Weight gain 2. High Cholesterol 3. Heart Disease

Vitamins



A regular intake of vitamins is essential to maintain good health. They are found in fresh raw food and can be easily destroyed by cooking and storing. Vitamins are necessary catalysts which ensure the body's functions are efficient.




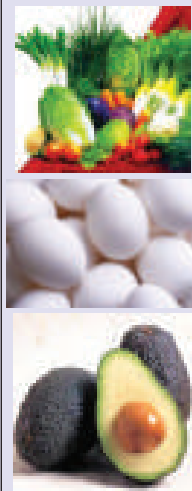

There are two classes of Vitamins

- a) **Fat Soluble Vitamins:** Vitamin A, D, E, K (can be stored in the body)
- b) **Water Soluble Vitamins:** Vitamin B, B complex and C (cannot be stored in the body and therefore must be regularly supplied)



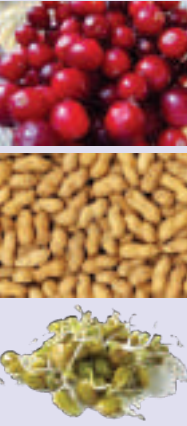
A. Water Soluble Vitamins (not stored in the body)

Vitamin B (Complex)	Found in	Function	Deficiency	Excess	
Vitamin B1 (thiamine)	Peas, Beans, Lentils, East, Liver, Pork, Apples, Egg Yolk	1. Essential for metabolism, brain function and digestion 2. Acts as enzyme in converting glucose into energy	1. Beriberi (Nervous Disorder) 2. Insomnia 3. Poor Concentration and Memory	1. Dizziness 2. Nausea 3. Headaches 4. Skin Irritation, 5. Pain in Joints and Bones 6. Coma	
Vitamin B2 (Riboflavin)	Liver, Milk, Meat, Fish Roe, Eggs, Green Vegetable	1. Helps with the oxidation of foods to provide energy 2. Helps prevent dermatitis and skin eruption 3. Slows cholesterol production 4. Healthy skin and good vision	1. Cracks and sores in corners of mouth and eyes 2. Hair loss 3. Sluggishness, memory loss	1. Excess b2 is excreted through urine (causing it to turn in yellow colour) 2. Numb or burning sensation over skin 3. Itchy Skin	






Vitamin B 12 (cobalamins)	Liver, Kidney, Milk, Eggs, Cheese, Pork, Beef, Lamb, Sardines. Difficult to find in Vegetable Source	1. Essential For Production of Anemia 2. Protects Our Nerves 3. Helps In Synthesis of Protein	1. Pernicious Anemia 2. Nerve Degeneration 3. Menstrual Disorders	1. Mild Diarrhea 2. Swelling of Body 3. Heart Failure 4. Pulmonary Oedema	
Vitamin B (Folic acid)	Green Leafy Vegetables, Liver, Kidney, Eggs, Beetroot, Asparagus, Avocado Broccoli	1. Beneficial In Early Stages Of Pregnancy To Help Prevent Growth Disorders 2. Prevents Pellagra (Scaly Dermatitis, Diarrhea, Depression)	1. Anemia 2. Weakness And Fatigue 3. Prematurely Graying Of Hair 4. Miscarriage And Premature Birth	1. Nausea 2. Loss of Appetite 3. Unpleasant Taste In Mouth 4. Insomnia	
Vitamin C (ascorbic acid)	Citrus Fruits, Tomatoes, Kiwi Fruit, Potato Skins, Sprouted Seeds and Beans	1. Vital for Supporting for Immune System and Antibody Production 2. Detoxifies Heavy Metals and Carcinogens 3. Aids Absorption of Iron 4. Produces Antis Stress Hormones 5. Reduces Cholesterol Level	1. Scurvy (Bleeding of Gums) 2. Frequent Cold and Infections 3. Nose Bleeds 4. Slow Wound Healing 5. Anaemia and Premature Ageing	1. Bloating 2. Diarrhea 3. Frequent Urination 4. High Blood Sugar Levels 5. Increases The Risk of Kidney Stones.	

B. Fat Soluble Vitamins (Stored in body)




Vitamins	Sources	Functions	Deficiency	Excess	Diagrams
Vitamin A (Keratin or retinol)	Carrots, Milk, Lettuce, Egg Yolk, Fish, Liver Yellow or Orange Colored Fruits and Vegetables Which Contain Beta Carotene	1. Essential for Promoting Vision, and Growth 2. Supporting Immune System and Maintenance of Skin	1. Night Blindness 2. Dry Flaky Skin 3. Acne 4. Frequent Cold And Infections	1. Nausea 2. Vomiting 3. Dizziness 4. Blurred Vision	
Vitamin D (Calciferol)	Exposure to Sunlight, Fish Liver Oil, Salmon, Tuna, Eggs	1. Acts As Antioxidant and Promotes Absorption of Calcium and Phosphorous 2. Necessary for Strong Bones and Teeth	1. Osteoporosis 2. Rickets 3. Hypocalcemia 4. Malnutrition	1. Severe Depression 2. Over Absorption of Calcium in Digestive Tract	
Vitamin E (Tocopherol)	Wheat Gram, Egg Yolk	1. It Fights Against Free Radicals and Therefore it is Called as Antioxidant	1.Loss of Muscle Tone	Increased Risk of Developing Chronic Diseases	












Vitamin K (Phyllo-quinone)	Green Leafy Vegetables, Lettuce, Cabbage Family, Corns, Potatoes, Tomatoes	1. Essential for Production of Prothrombin (Blood Clotting) 2. Helps in Normal Liver Functions 3. Aids in Reducing Excessive Menstrual Flow	1. Prolonged Clotting Time 2. Excess Nose Bleeding, Gum Bleeding 3. Heavy Menstrual Flow	Increases Risk of Kidney and Heart Diseases	  
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Minerals

Are inorganic (i.e. not living) and produce no energy value, however they are important in maintain health and are vital for our existence. In a normal carried diet there should be no deficiency apart from possible iron and calcium during pregnancy and lactation (breast feeding). Several mineral salts are required by the body in large amounts and others in traces (trace elements). Deficiency of minerals can result in food consumed not being fully utilized by the body to the nutritional values of foods being properly extracted. Minerals are not dissolvable nor digested; they work as catalyst to break down foods into a workable form. In addition to those minerals listed below, we also require: copper, zinc, sulphur, chlorine and magnesium.

Mineral	Sources	Functions	Deficiency	Excess	Diagrams
Calcium	Milk and Milk Products, Salmons and Sardines, Green Leafy Vegetables, Parsley and Pumpkin Seed	1. Builds and maintains healthy bones and teeth 2. Aids blood clotting	1. Rickets in children 2. Osteomalacia in adults 3. Bone pain 4. Muscle weakness and cramps	1. Nausea, 2. Constipation, loss of appetite, 3. Abdominal pain, vomiting, 4. Dry mouth 5. Frequent urination.	  

Sodium	Table Salt, Sea Salt, Processed Cheese, Meat and Fish	1. Maintaining water balance 2. Helps in transmission of nerve impulse	1. Low blood pressure 2. Rapid pulse 3. Dry mouth 4. Muscle cramps 5. Dehydration 6. Sunken features like sagging skin	1. Fluid retention 2. High blood pressure 3. Changes in urination 4. Extreme thirst	  
Potassium	Raisins, Peanuts, Dates, Vegetables & Fruits Apricots, Tomato Juice, Baked Potatoes	1. Helps in transmission of nerve impulse 2. Helps secretion of insulin for blood sugar control 3. Maintains heart functioning	1. Muscle weakness 2. Loss of muscle tone 3. Fatigue 4. Mental apathy 5. Irregular heart beat	1. Difficulty in breathing 2. Irregular heart beat 3. Tingling and numbness in your extremities	  
Iron	Meat, Fish, Pumpkin seeds, Parsley, Almonds, Cashew Nuts	1. Transports oxygen and carbon dioxide to and from cells 2. Vital for hemoglobin production	1. Anaemia 2. Pale skin 3. Heavy menstruation 4. Breathlessness 5. Palpitations	1. Pain in chest, abdomen and groin region 2. Flushing of skin 3. Swelling of mouth and throat 4. Metallic taste	  



Iodine	Iodized salt, Seafood, Dairy Products	<ol style="list-style-type: none"> 1. Helps in synthesis of thyroid hormones 2. Helps in brain development 3. Maintains BMR. 	<ol style="list-style-type: none"> 1. Weight gain 2. Goitre 3. Dry flaky skin 4. In pregnant mothers it will lead to miscarriage and still birth 	<ol style="list-style-type: none"> 1. Thyroid cancer 2. Severe skin disorder 3. Weight loss 	  
Phosphorous	Cheddar Cheese, Nuts, Eggs, Red Meat, Brown Rice	<ol style="list-style-type: none"> 1. Forms and maintains bone and teeth 2. Needed for milk secretion in lactating mothers 3. Builds muscle tissue 	<ol style="list-style-type: none"> 1. Osteoporosis 2. Loss of muscle control and strength 3. Convulsion 4. High blood pressure 	<ol style="list-style-type: none"> 1. Decreases bone density 2. Hardening of soft tissues and organs 	  

Water

Water is vital for human existence .We can live without food for extended period of time, but without water will result in death.

Functions of Water

1. It plays a vital role in the maintenance of body temperature.
2. It is an essential constituent of all cells of the body and the internal environment.
3. Water is a medium for most biochemical reactions within the body.
4. It is a valuable solvent in which various substances such as electrolytes, non-electrolytes, hormones, enzymes, vitamins are carried from one place to another.



5. It forms a part of fluids in body tissues; eg the amniotic fluid surrounds and protects the fetus during pregnancy.
6. Saliva is about 99.5% water which makes swallowing easier by moistening the food and finally helps in digestion.
7. Requirement of water varies according to climate, diet, activities and surface area of the body.

As a rule a person should take enough water to excrete about 1200 ml-1500 ml of urine per day. Normal intake of water ranges between 8 – 10 glasses per day.

Prevention of Dehydration: Dehydration can be prevented by taking sufficient amount of water as fluids. The correction of dehydration is called rehydration.

Oral Rehydration Salt: WHO, UNICEF formula consist of the NaCl – 3.5 g, NaHCO₃ – 2.5 g, KCl – 1.5 g and glucose 20 g to be dissolved in one litre of potable drinking water. Potable water is that which is safe and wholesome i.e, free from pathogenic agents and chemicals.

Roughage (Fibre)

Adequate peristalsis occurs in the bowel only when there is sufficient residue for the muscle wall to work on. Roughage is mainly provided by the cell walls of plants. It is found in green vegetables, wholegrain products (cereals), granary bread, bran etc.

Fibre Diets

Fiber or roughage is the name for carbohydrates found in the cell walls of plants. Fiber passes through the body without being absorbed and helps maintain a healthy large intestine (bowel) and controls both blood sugar and blood cholesterol bowels. Fiber gives a feeling of bulk and fullness; this reduces the desire to eat and therefore is an advantage when trying to lose weight

Adolescent: Nutritional Guidelines

Nutritional factors

1. Specific changes during adolescence that affect nutritional requirements are :
 - Increase in the growth rate
 - Height and weight increase
 - Changes in body composition
 - Attainment of sexual maturity



2. Growth rate is different for boys and girls. Since growth is early in girls, nutritional needs increase at an earlier age
3. More food is needed by both sexes to support growth but the requirement of boys is higher as compared to girls because of greater lean body mass, and a more intense growth spurt
4. Adequate energy and good quality protein is vital for both boys and girls to meet the needs of the growth spurt
5. Due to rapid growth and bone mineralization, adequate calcium is important
6. Iron is especially important for adolescent girls due to menstrual losses
7. Need for iodine is increased in adolescence

A day's sample diet plan for a 14 year old boy

Personal data

Age	14 years
Sex	Male
SES	MIG
Food Habits	Non-veg

Recommended Dietary Allowances

Energy	2750 Kcal
Protein	54 gm
Calcium	800 mg
Thiamine	1.2 mg

Food Exchange Plan

Food Groups	No. of Exchange	Energy (Kcal)	Protein (g)	Carbohydrate (g)	Fat (g)
Milk	2	340	16	24	20
Meat	2	140	14	-	10
Pulse	2	200	14	34	-
Cereal	15	1050	30	225	-
Vegetable A	1	-	-	-	-



Food Groups	No. of Exchange	Energy (Kcal)	Protein (g)	Carbohydrate (g)	Fat (g)
Vegetable B	3	120	6	21	-
Fruit	2	80	-	20	-
Sugar	8	160	-	40	-
Fat	8	360	-	-	40

Distribution of Exchanges & Menu Plan

Meal	Exchanges	No.	Menu
Breakfast	Milk	0.7	Porridge Boiled egg
	Meat	1	
	Cereal	1	
	Sugar	3	
Mid Morning	Pulse	1	Dry dal Spinach paranthas Orange
	Cereal	3	
	Vegetable A	0.5	
	Fruit	1	
	Fat	3	
Lunch	Milk	0.4	Kadhi Stuffed brinjals Boiled rice Salad
	Pulse	1	
	Cereal	4	
	Vegetable A	0.5	
	Vegetable B	1	
	Fat	2	
Tea	Milk	0.4	Cold coffee Vegetable cutlets
	Cereal	2.5	
	Vegetable B	0.5	
	Sugar	2	
	Fat	1	
Dinner	Milk	0.5	Pea keema curry Cauliflower & potato vegetable Chapatti Fruit custard
	Meat	1	
	Cereal	4.5	
	Veg B	1.5	
	Fruit	1	
	Sugar	3	
	Fat	2	

A day's sample diet plan for a 14 year old girl**Personal data**

Age 14 years
Sex Female
SES MIG
Food Habits Ovo-vegetarian

Recommended Dietary Allowances

Energy 2330 Kcal
Protein 51.9 gm
Calcium 800 mg
Iron 27 mg

Food Exchange Plan

Food Groups	No. of Exchange	Energy (Kcal)	Protein (g)	Carbohydrate (g)	Fat (g)
Milk	2	340	16	24	20
Meat	1	70	7	-	5
Pulse	2	200	14	34	-
Cereal	14	980	28	168	-
Vegetable A	2	-	-	-	-
Vegetable B	3	120	6	21	-
Fruit	2	80	-	20	-
Sugar	8	160	-	40	-
Fat	7	315	-	-	35

Distribution of Exchanges & Menu Plan

Meal	Exchanges	No.	Menu
Breakfast	Milk	1	Porridge
	Meat	1	Boiled egg
	Cereal	1	
	Sugar	3	
Mid Morning	Cereal	2	Spinach paranthas
	Vegetable A	0.5	Orange
	Fruit	1	
	Fat	2	
Lunch	Milk	0.4	Kadhi
	Pulse	1	Stuffed brinjals
	Cereal	4	Boiled rice
	Vegetable A	0.5	Salad
	Vegetable B	1	
	Fat	2	
Tea	Milk	0.4	Cold coffee
	Cereal	2.5	Vegetable cutlets
	Vegetable B	0.5	
	Sugar	2	
	Fat	1	
Dinner	Milk	0.5	Pea Nutrinugget curry
	Pulse	1	Cauliflower & potato vegetable
	Cereal	4.5	Chapatti
	Veg B	1.5	Fruit custard
	Fruit	1	
	Sugar	3	
	Fat	2	



Calorie calculator–as per NIN

Activity Zones	Examples of Activities	Energy (Kcal/min)
1	Sleeping, Resting, Relaxing	1.0
2	Sitting (Light activities); eating, reading writing, listening, talking	1.5
3	Standing, standing (Light activity), washing face, shaving, combing, watering plants	2.3
4	Walking (Slow), driving, dusting, bathing, dressing, marketing, childcare	2.8
5	Light manual work, sweeping, cleaning utensils, washing clothes, other house chores	3.3
6	Warm-up & recreational activities, walking up/down stairs, cycling, fetching water	4.8
7	Manual work (moderate pace), loading/unloading, walking with load, harvesting, carpentry, plumbing	5.6
8	Practice of non-competitive sport/games, cycling (15 kmph), gymnastics, swimming, digging	6.0
9	High intense manual work & sports activities – tournaments, wood cutting, carrying heavy loads, running, jogging	7.8

Review Exercise

1. What is the definition of Health by W.H.O.?
2. What is the definition of Food?
3. What is the definition of Nutrition?
4. Write down the resources of carbohydrates?



5. Match the following

Carbohydrate

Fat

Iron

Vitamin

Protein

Eggs

Soyabean

Sweet Potato

Butter

Almonds

6. Sakshi is 12 year old girl and she is suffering from anemia. Her doctor has suggested her to take healthy and balanced diet which include food items rich in iron content prepare a balanced diet chart for her.

Break Fast

Mid Morning

Lunch

Tea

Dinner

7. Fill in the table

S. No	Nutrient	Source	Deficiency Disease
1.	Protein		
2.	Vitamin D		
3.	Iodine		
4.	Carbohydrate		
5.	Protein		

8. Fill in the blanks:-

- a) W.H.O Stands for _____ .
- b) _____ in the primary source of energy.
- c) Fat soluble vitamins are _____ .
- d) Deficiency of vitamin C leads to _____ .



Checklist for Assessment Activity

Use the following checklist to see if you've met all the requirements for assessment activity.

PART A

- Explain the meaning of Health, food and nutrition.
- Explain the different nutrients of balanced diet.

PART B

Discussed in class the following: -

- Dietary need of adolescent girl and boy.
- How to prepare the balanced diet chart for girl and boy.
- Function of different food groups and deficiency diseases of various nutrients.

PART C : Performance Standards

The performance standard may include, but not limited to :

Performance standard	Yes	No
Able to explain food, nutrition and health.		
Able to list various nutrients of balanced diet.		
Able to prepare diet chart as per the age group.		
Able to identify the diseases caused due to lack of particular food nutrient.		

Session 2: Yogic Suksma Vyayama

Yoga

Yoga means “union” a sum of unity of two entities. Here it means the unison of self with God. It has been developed and practiced for thousands of years by our Sages and this is now known world over as a part of Indian Culture. It was first presented in a formal and systematic written work by Great Patanjali. The term Yoga was defined by sage Patanjali as “Chitta-Vriti-Nirodh”, which means as: Mind – its Fluctuations – and Control. The word ‘Yoga’ is derived from the Sanskrit root ‘yuj’ which means to join, to direct and concentrate the attention in order to use it for meditation. It is the communion of the human soul with Divinity. It provides us physical, mental, and spiritual well-being with a long life.



Path & Principles of Yoga

Ashtangyog

There are different ways to reach a desired common destination. In Yogic discipline there are four paths in an order of Yoga-Karma, Raja, Bhakti, and Jnana-all leading to the same centre of consciousness, Patanjali evolved eight stages on the path Yoga leads the individual from ignorance to knowledge, from darkness to light and from death to immortality.

- | | | |
|-------------|--------------|-----------|
| • Yama | • Niyama | • Asanas |
| • Pranayama | • Pratyahara | • Dharana |
| • Dhyana | • Samadhi | |

Yogic Suksma Vyayama/Light Exercises

- 1 Uccarana-sthalatathaVisuddha-cakra-Suddhi (Clearing the Pharynx)
- 2 Yogic prarthana (Prayer)
- 3 Buddhi-tatha-Dhrti-Sakti-Vikasaka (Developing the Mind and Will-power)
- 4 Smarana-sakti-vikasaka (Developing the Memory)
- 5 Medha-sakti-vikasaka (Developing the Intellect)
- 6 Netra-sakti-vikasaka (Improving the Eye-sight)
- 7 Kapola-sakti-varadhaka (rejuvenating the Cheeks)
- 8 Karna-sakti-varadhaka (Improving the power of Hearing)
- 9 Griva-sakti-vikasaka (Strengthening the Neck) [1]
- 10 Griva-sakti-vikasaka (Strengthening the Neck) [2]
- 11 Griva-sakti-vikasaka (Strengthening the Neck) [3]
- 12 SkandhatathaBahu-mula-sakti-vikasaka (Developing the strength of the Shoulder-blades and joints)
- 13 Bhuja-bandha-sakti-vikasaka (Strengthening the Upper arms)
- 14 Kaphoni-sakti-vikasaka (Strengthening the Elbow)
- 15 Bhuja-balli-sakti-vikasaka (Strengthening the Fore-arms)
- 16 Purna-bhujasakti-vikasaka (Developing the Arms)
- 17 Mani-bandha-sakti-vikasaka (Developing the Wrists)
- 18 Kara-prstha-sakti-vikasaka (Developing the back of the Hands)
- 19 Kara-tala-sakti-vikasaka (Developing the palms)
- 20 Anguli-mula-sakti-vikasaka (Developing the Finger-joints)
- 21 Anguli-sakti-vikasaka (Strengthening the Fingers)



- 22 Vaksa-sthala-sakti-vikasaka (Developing the Chest) [1]
- 23 Vaksa-sthala-sakti-vikasaka (Developing the Chest) [2]
- 24 Udara-sakti-vikasaka (Developing the Abdominal muscles)-Ajagari[1]
- 25 Udara-sakti-vikasaka (Developing the Abdominal muscles) [2]
- 26 Udara-sakti-vikasaka (Developing the Abdominal muscles) [3]
- 27 Udara-sakti-vikasaka (Developing the Abdominal muscles) [4]
- 28 Udara-sakti-vikasaka (Developing the Abdominal muscles) [5]
- 29 Udara-sakti-vikasaka (Developing the Abdominal muscles) [6]
- 30 Udara-sakti-vikasaka (Developing the Abdominal muscles) [7]
- 31 Udara-sakti-vikasaka (Developing the Abdominal muscles) [8]
- 32 Udara-sakti-vikasaka (Developing the Abdominal muscles) [9]
- 33 Udara-sakti-vikasaka-Nauli (Developing the Abdominal muscles) [10]
- 34 Kati-sakti-vikasaka (Strengthening the Back) [1]
- 35 Kati-sakti-vikasaka (Strengthening the Back) [2]
- 36 Kati-sakti-vikasaka (Developing the strength of the Back) [3]
- 37 Kati-sakti-vikasaka (Developing the strength of the Back) [4]
- 38 Kati-sakti-vikasaka (Developing the strength of the Back) [5]
- 39 Muladhara-cakra-suddhi (Toning up the Bowels)
- 40 UpasthatathaSvadhithana-cakra-suddhi (Cleansing and toning up the Bowels)
- 41 Kundalini-sakti-vikasaka (Developing the power of the Mystic coil)-(Kundalini)
- 42 Jangha-sakti-vikasaka (Developing the Thighs) [1]
- 43 Jangha-sakti-vikasaka (Developing the Thighs) [2]
- 44 Janu-sakti-vikasaka (Strengthening the Knees)
- 45 Pindali-sakti-vikasaka (Developing the Calves)
- 46 Pada-mula-sakti-vikasaka (Developing the strength of the Soles)
- 47 Gulpha-pada-prstha-pada-tala-sakti-vikasaka (Developing the strength of Ankles and the Feet)
- 48 Padanguli-sakti-vikasaka (Developing the Toes)

Yogic Suksma Vyayama

1. Uccarana-Sthala Tatha Visuddha-Cakra-Suddhi

Posture: With your feet together and body erect, tilt your head slightly backward while keeping your eyes wide open and your mouth closed. The chin must be 2½" above the



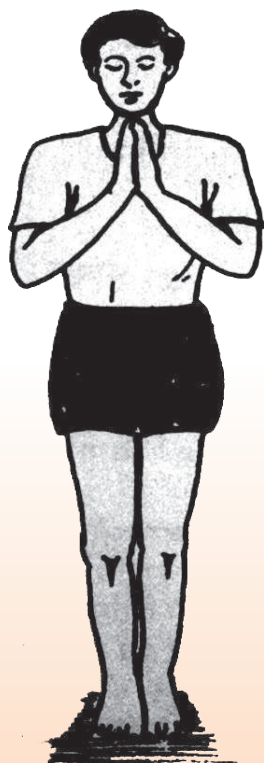
sterna notch (the cavity at the base of the throat) and held in to be in line with the eyes.

Exercise: Let your arms hang normally by the side. Concentrating on your vocal chords (larynx) inhale and exhale deeply and rapidly through the nose with the bellows effect.

Benefits: The rapidity and force of the breathing result in clearing, drying and ventilating the air passages. It clears the pharynx of phlegm. Lipping can be overcome and the voice becomes stronger and more resonant. The exercise is particularly beneficial to singers.



Uccarana-SthalaTathaVisuddha-Cakra-Suddhi



Prarthana

2. Prarthana

Posture: With eyes closed, feet together, the body erect, fold your hands with the thumbs on the throat-cavity (sterna-notch) and the forearms pressed against the chest.

Exercise: Concentrate your mind on the Supreme Being. As soon as you have attained this mental state, relax the pressure of your forearms and palms. As long as you are unsuccessful in achieving this state of mental concentration, keep the forearms pressed against the chest.

Benefits: It gives strength to triumph over worldly passions and improves concentration power.



3. Buddhi-Tatha-Dhrti-Sakti-Vikasaka

Posture: With your feet together, the body erects and the mouth closed, tilt you head back as far as it will go and keep the eyes wide open.

Exercise: Concentrating on the crown of your head, in-hale and exhale rapidly and vigorously through the nose with the bellows.

Benefits: This exercise develops the mind and will power.



Buddhi-Tatha-Dhrti-Sakti-Vikasaka



Smarana-Sakti-Vikasaka

4. Smarana-Sakti-Vikasaka

Posture: The same as in exercise No. 3 but instead of tilting the head backward it has to be held in the normal position and the eye must focus on a spot 5 ft. front of the toes.

Exercise: Concentrate on the Brahma-randhra, which is the Yogic name for the area just under the anterior fontenellae and through the nose inhale and exhale vigorously. 5 times to begin with.

Benefits: This helps to improve mental fatigue and memory. It's useful for those whose work causes mental strain and nervous exhaustion.

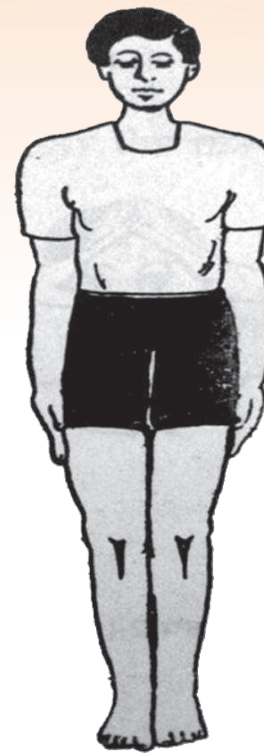


5. Medha-Sakti-Vikasaka

Posture: Close your eyes, keeping your feet together and your back erect. Your chin should be lowered to rest on the sternal notch.

Exercise: According to Yogic science, the centre of intellectual vigour is in the depression at the back of the neck. Concentrate on this with all the force you possess. Then start the bellows breathing exercise inhaling and exhaling with equal force. In the beginning 5 times.

Benefits: By doing the Jālandharabandha exercise which contracts the cavity of the throat, the nectar that drips from the thousand-petal-lotus is not burnt up in the digestive system, and by controlling the life-force, kindles the kundalinī.



Medha-Sakti-Vikasaka



Netra-Sakti-Vikasaka

6. Netra-Sakti-Vikasaka

Posture: Stand with your feet close together, your back erect and your head tilted back as far as it will go.

Exercise: Concentrate with all your will, while looking at the spot between your two brows without blinking. The eyes must squint in doing so. When your eyes feel tired or start watering, discontinue the exercise and resume it after a short rest. For five minutes in the beginning.

Benefits: This exercise produces stimulation of the nasociliaryplexus of the autonomic nervous system, as well



as on the fibres of the nerves moving the eye-ball and internal structures of the eye. It improves the muscular power, balance and co-ordination of the various muscles that move the eye-ball.

“This trātaka exercise cures all the diseases of the eyes, and prevents drowsiness. One should keep this trātaka exercise secret like a well-guarded treasure.”

7. Kapola-Sakti-Vardhaka

Posture: With feet close together and standing erect, joint the tips of the fingers and close the nostrils with the two thumbs.

Exercise: Keeping the eyes open and pouting your lips (in the shape of a crow’s beak), suck in the air vigorously through the mouth with a sibilant sound and blow out your cheeks. Now close your eyes and with your chin resting against the cavity of your throat (sternal notch), hold your breath as long as you can. Let the neck return to the normal posture, open your eyes, and exhale through the nose slowly and effortlessly. In the beginning five times.

Benefits: The Kakimudra depends on aeration and oxygenation of the oral cavity. Since in normal breathing the mouth remains closed and fresh air does not enter it, germs multiply unteeth, gums etc., it must have a beneficial effect and many oral infections would be prevented and cured.

It gives your cheeks a fresh bloom. The teeth become stronger. Pyorrhoea, caries and halitosis are cured. Sunken cheeks fill up gradually and once again look normal. Pimples, boils etc. disappear

8. Karna-Sakti-Vardhaka

Posture: With the feet close together, stand erect.

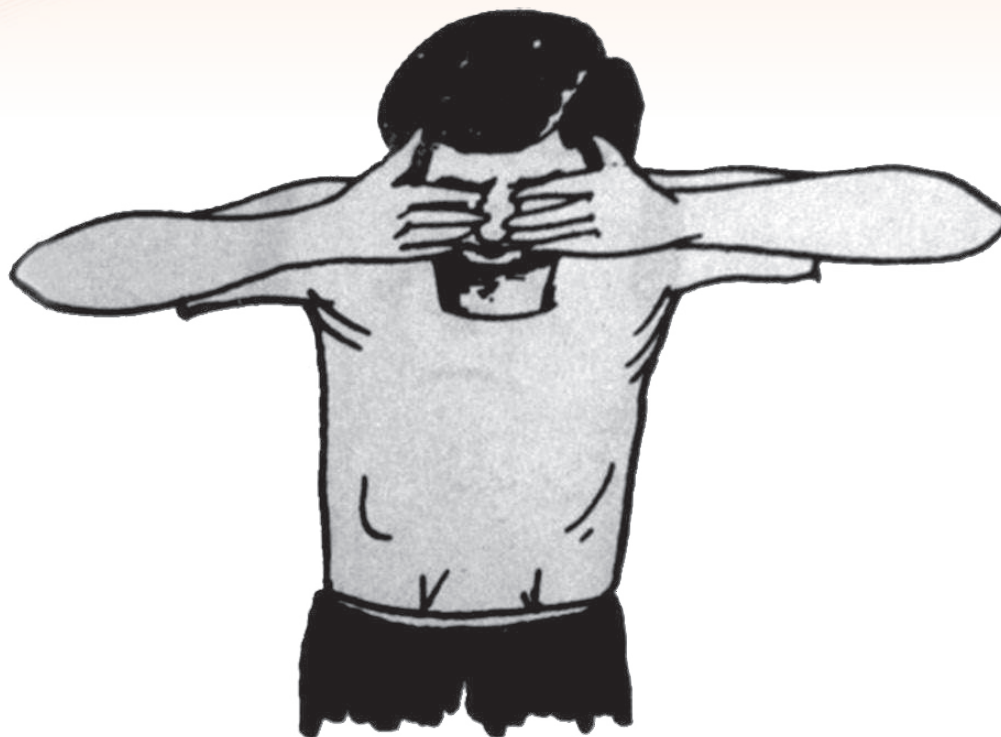
Exercise: Close your mouth, plug your ears with the thumbs and place your index fingers on your eyes which should be kept shut. Your middle and third fingers should



Kapola-Sakti-Vardhaka



encircle the mouth which should pout so as to resemble the beak of a crow. Now suck in the air, blowing out your cheeks and lower your chin to rest on the cavity of your throat. Hold the breath as long as possible. Then let your neck go back to the normal posture and while doing so open your eyes gradually and at the same time exhale through the nose.



Karna-Sakti-Vardhaka

Note that while holding the breath the cheeks should be kept fully puffed out.

Benefits: The pressure inside the mouth forces air through the pharyngo-tympanic tube (eustachian tube) which connects the mouth cavity with the middle ear. The healthy functioning of this tube is essential for equalization of pressure inside and outside the ear. Without this the free vibrations of the ear drum cannot take place, which will result in defective hearing.

The Jalandharabandha (bent neck) which forms part of the whole process ensures stimulation of the endocrine glands as well as the nervous components, both somatic and autonomous, situated in this region. This exercise will cure many ailments of the ear and also impaired hearing.



9. Griva Sakti-Vikasaka (1)

Posture: Keeping your feet together, stand erect.

Exercise '1': Relaxing your neck, turn your head with a jerk first towards your right shoulder, then towards your left shoulder. In the beginning 10 times.

Exercise '2': Standing erect, jerk your head first forward, then backward. When it goes back it should touch the nape of your neck. When it is forward your chin should touch the sternal notch. Keep breathing normally. 10 times to begin with.



GrivaSakti-Vikasaka (1)



GrivaSakti-Vikasaka (2)

10. Griva Sakti-Vikasaka [2]

Posture: Keep your feet close together, your back straight, your mouth closed and your eyes wide open.

Exercise: Keep your chin in and rotate the head left to right and then right to left alternately. Breathe normally. Try to make your ear touch shoulder, taking particular care to avoid raising the shoulder. Five times to begin with.



11. Griva Sakti-Vikasaka [3]

Posture: Keeping your feet close together, stand straight.

Exercise: Inhale and exhale through the nose ("Bellows effect") making the veins of your neck stand out. Blow out your stomach while inhaling, draw it in while exhaling. 25 times to begin with.

Benefits: These three exercises strengthen the neck and beautify it. Diseases peculiar to the throat, such as tonsillitis, laryngitis, pharyngitis etc. can be checked. The voice becomes resonant and speech defects such as lisping and stammering are completely removed. With perseverance, this exercise, in conjunction with a couple of others, yields marvelous results in cases of dumbness. Singers will derive great benefit from it.



GrivaSakti-Vikasaka (3)



SkandhaTathaBahu-Mula-Sakti-Vikasaka

12. Skandha Tatha Bahu-Mula-Sakti-Vikasaka

Posture: Feet close together, your back straight, your fingers clenched into fists with the thumbs tucked in.

Exercise: With your mouth pouting and forming the shape of a crow's beak, such in air, blowing out your cheeks and hold your breath with your chin resting on the sternal notch. While holding your back straight move the shoulders vigorously and stiffly up and down, in a pumping motion. The arms should be kept rigidly straight at the side. Assume the normal posture and straightening your neck, open your eyes and exhale gradually through the nose. Repeat the process five times to begin with.



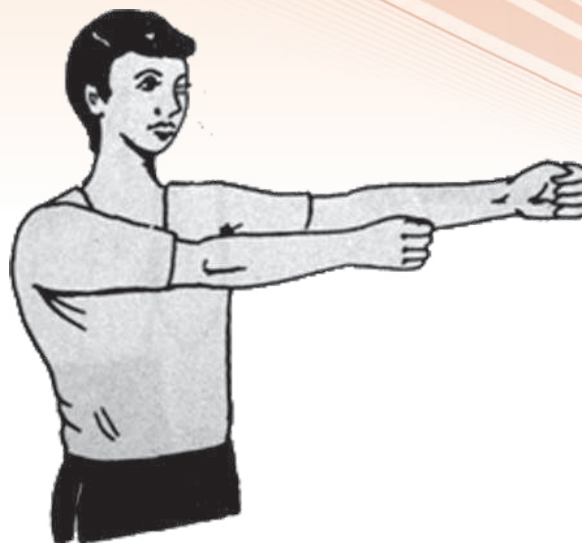
Benefits: The bones, blood vessels, the muscles and the nerves in the shoulders are toned up.

13. Bhuja-Bandha-Sakti-Vikasaka

Posture: Keep your feet close together, your hands formed into fists with the thumbs tucked in. Bend the elbows and raise the forearms at an angle of 90.

Exercise: Throw your arms vigorously forwards and backwards at shoulder level. The elbows must not go further back than the starting position. When pushed, the arms should be parallel to the ground. Breathe normally. In the beginning 25 times.

Benefits: Arms, which are under-developed with weak biceps, will develop good muscles. Heavy arms will become slender. The elbow-joints will receive unexpected strength; deformities of the arms and the shoulders will be cured. Constant practice of this exercise will make the arms like an elephant's trunk, and will be just as strong.



Bhuja-Bandha-Sakti-Vikasaka

14. Kaphoni-Sakti-Vikasaka

Posture: Keeping the feet close together and standing straight, clench your fists with your thumbs tucked in the palms must come up to the level of the shoulders and then down straight. The elbows should remain stationary. The palms must not touch the shoulder when going up, nor touch the thighs when coming down.

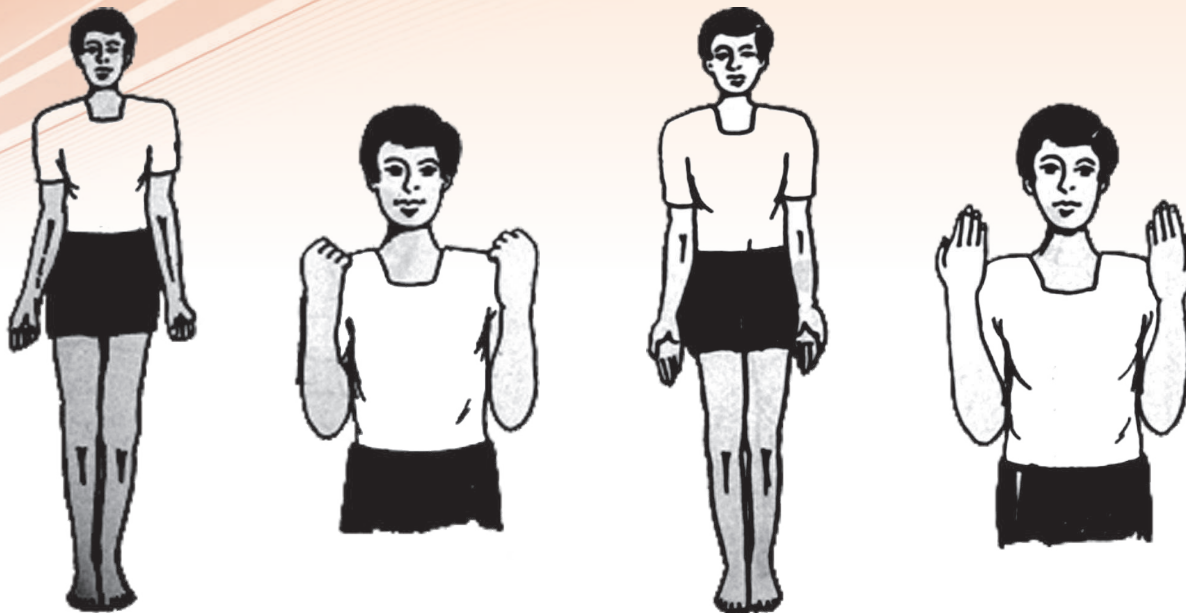
Exercise '1': Raise your clenched fists forward to the level of the shoulders with a jerk, holding the upper arm stiff. Then bring them down, reverting to the original position. In the beginning 5 times.

Posture 'B': Keep your feet together, your body straight and your palms open and turned front with the fingers close together.

Exercise '2': Repeat the exercise '1' jerking your arms from the elbow up and down as before.



When doing this exercise,



Kaphoni-Sakti-Vikasaka

Benefits: This exercise cures malformation of the elbows and strengthens the joints. The circulation of blood in the arteries is accelerated bringing fresh strength to the entire length of the forearm beginning from the elbow. Constant practice gives women rounded forearms while those of men acquire strength.

15. Bhuja-Valli-Sakti-Vikasaka

Posture: Feet together, the body straight, the arms by the sides.

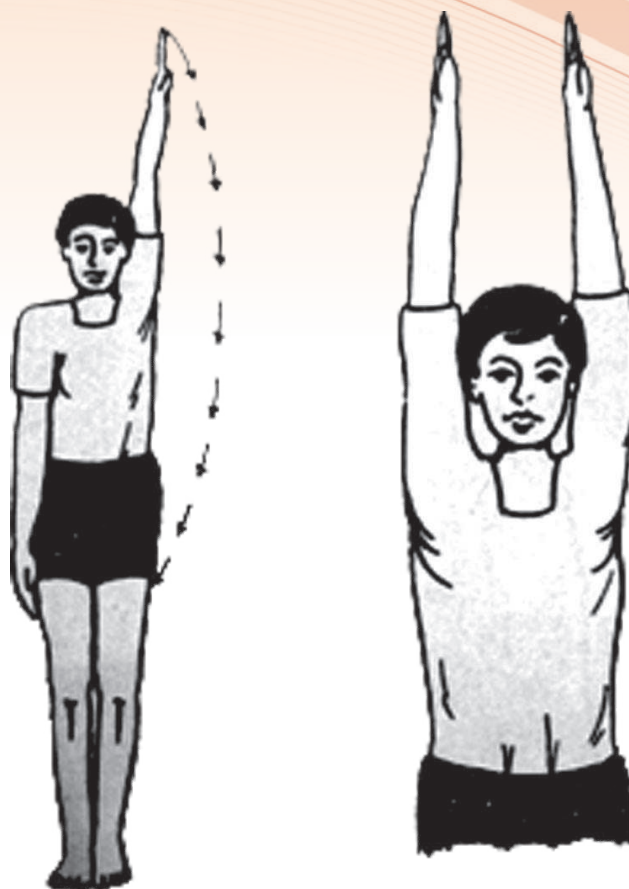
Exercise '1': Begin with your right arm. Let it hang relaxed; then raise it sideways above your head with the palm outward. Bring it down in the same manner. The arm must not touch the head when going up, or the thigh when coming down. Palms must be open, with the fingers together.

Exercise '2': Repeat the exercise with your left arm.

Exercise '3': Now bring both arms into action. Both should go up and come down together but the arms should not touch the head nor the hands touch each other.

Benefits: Regular practice gives great strength to the arms while improving their shape.



**Bhujavalli-Sakti-Vikasaka**

16. Purna-Bhujavalli-Sakti-Vikasaka

Posture: Keep the feet together, body erect, the hands clenched into fists with the thumbs tucked in.

Exercise '1': Inhaling through the nose and holding your breath, swing your right arm forward and backward in a circle as many times as you can. When you cannot hold your breath any longer stop with your arm bent at the elbow and breathe out forcefully while thrusting your arm forward at shoulder level.

Exercise '2': Repeat the exercise 'A' in reverse, swinging the arm backward and then forward.

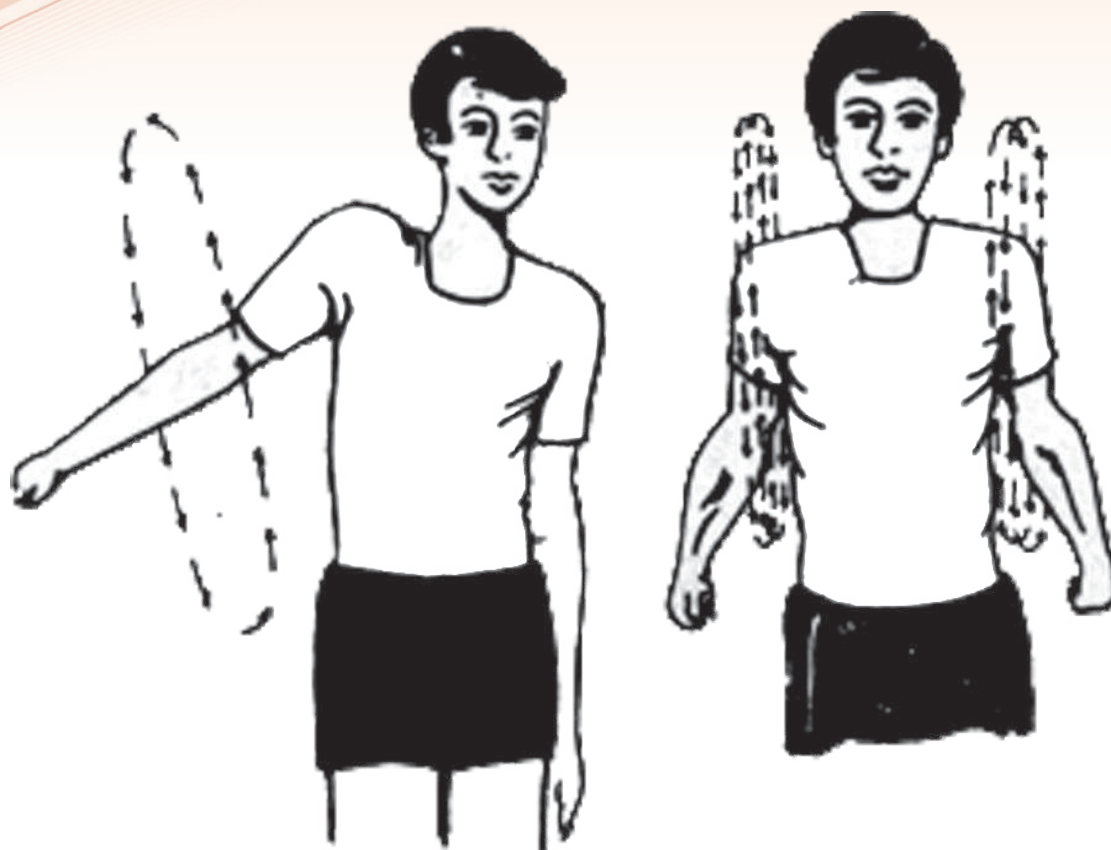
Exercise '3': Now repeat the exercise 'A' with the left arm.

Exercise '4': repeat the exercise 'B' with the left arm.



Exercise '5': With both hands clenched into fists, let both your arms describe a full upward circle, and exhale with a hissing sound.

Exercise '6': The same as exercise 'e' in reverse.



Purna-Bhuja-Sakti-Vikasaka

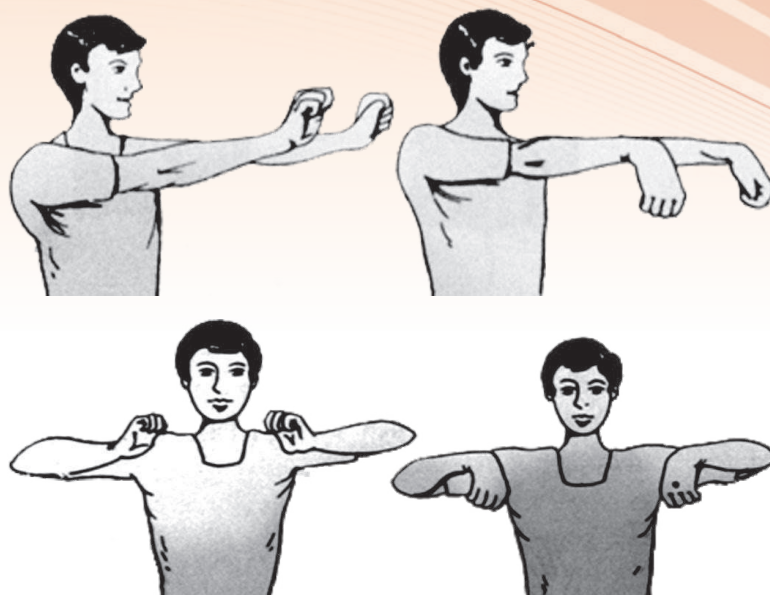
Benefits: This set of exercises tones up the nerves. The arms and hands become more shapely. The entire length of the arm becomes stronger.

17. Mani-Bandha-Sakti-Vikasaka

Posture: Stand with feet close together, with the body straight. Stretch out your two arms straight in front of you at shoulder level, keeping them parallel to the ground.

Exercise '1': With loosely clenched fists, let your wrists move the fists up and down with force. While bringing your first up and down, try to touch the forearm. The arms should be kept as stiff as possible. Five times to begin with.





Mani-Bandha-Sakti-Vikasaka

Exercise '2': Raise the arms, bent at the elbow, sideways to shoulder level. The wrists should be moved up and down as in *exercise '1'*. while doing so, the fingers should try to touch the forearm. Five times to begin with.

18. Kara-Prstha-Sakti

Posture: Keep feet together, the body straight, the arms stretched out in front, parallel to the ground, at shoulder level. Palms open and the fingers close together.

Exercise '1': Move your wrists up and down as in exercise 17.

Exercise '2': As in *exercise '2'* of No. 17, but with the arms folded at the elbows with palms open, fingers together.



Kara-Prstha-Sakti

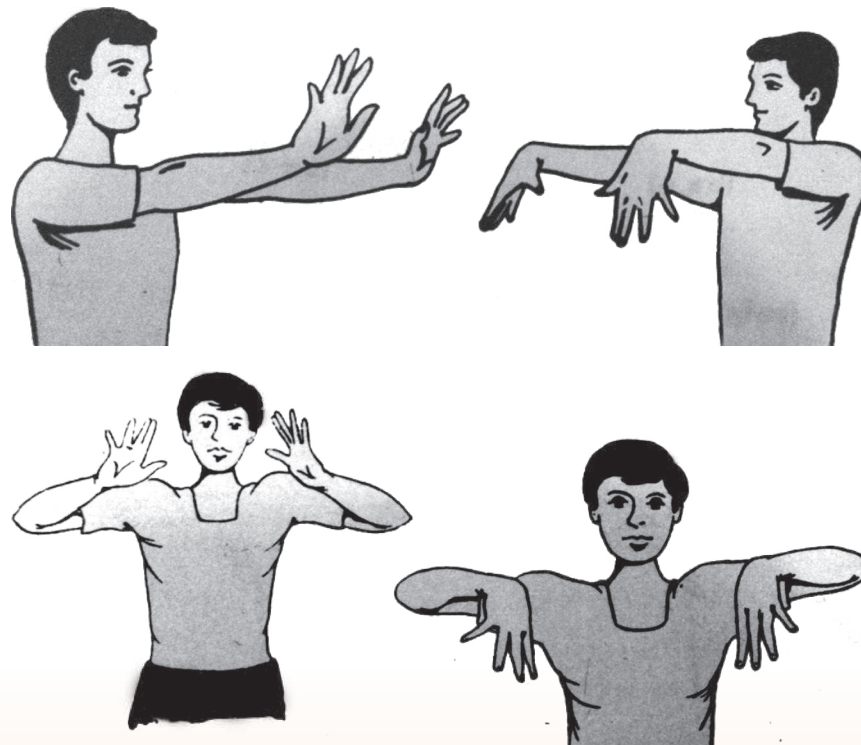


19. Kara-Tala-Sakti-Vikasaka

Posture: Keep your feet close together, the body straight. Stretch your arms forward, with the fingers spread out as far as possible. The arms should be kept parallel to the ground, at shoulder level.

Exercise '1': From the wrists let your hands move up and down vigorously. While bringing the palms up and down the fingers must try to touch the arm.

Exercise '2': With the same posture, raise your arms side-ways, bent at the elbows, keeping the fingers far apart from each other, and move the hands up and down as if the fingers were to touch the arm.



Kara-Tala-Sakti-Vikasaka

20. Anguli-Mula-Sakti-Vikasaka

Posture: With the feet together and the body relaxed, raise the arms forward, parallel to the ground, at shoulder level, the hands beyond the wrists should be relaxed and drooping.

Exercise '1': While stiffening the entire arm, the hand alone must be relaxed. Hold for five minutes to begin with.



Exercise '2': As at '1' but with the arms bent at the elbow. Do for five times to begin with.



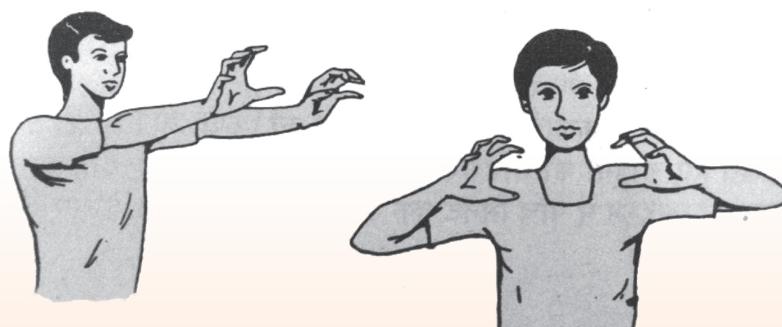
Anguli-Mula-Sakti-Vikasaka

21. Anguli-Sakti-Vikasaka (Strengthening the Fingers)

Posture: Stand with the feet close together and the body erect. Throw out your arms in front, keeping them parallel to the ground at shoulder level.

Exercise '1': Let your fingers form the shape of the hood of a cobra, taking particular care to stiffen the entire length of the arms from the shoulder-joints to finger-tips. The exercise will not be effective if enough force is not put into it to make the arms tremble. Five minutes to begin with.

Exercise '2': Posture the same as for 'A'. Repeat the exercise '1', with the arms bent at the elbows. The fingers should be spread in the shape of a cobra's hood. Five minutes to begin with.



Anguli-Sakti-Vikasaka

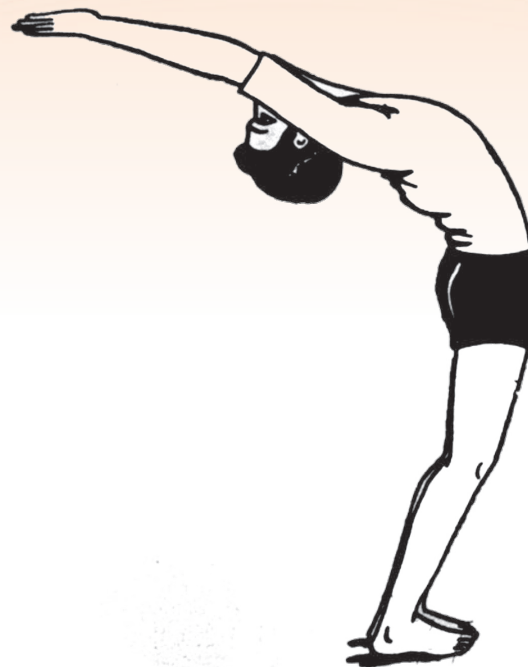
Benefits: All the five exercises from 17 to 21 give strength to the wrist, the knuckles, the palms and the fingers. They are also supposed to stimulate the action of the heart. Many minor ailments are cured and the condition of the heart improves. The exercises are specially recommended to writers, typists, those who play musical instruments, weavers, sculptors, etc.

22. Vaksa-Sthala-Sakti-Vikasaka [1]

Posture: Stand with the feet together, body erect. Arms by your side, palms turned backwards with the fingers together

Exercise: Swing back your arms, describing a semi-circle. While doing this, inhale through the nose and lean back as far as possible and remain in that position as long as you can. Exhale slowly while reverting to the original position. 5 times to begin with.

Benefits: This exercise is helpful in many chest diseases. The chest expands and becomes strong. Tuberculosis, asthma and chronic bronchitis can be effectively tackled with the help of this exercise. Persons suffering from weakness of the heart should do this exercise for five times every morning.



Vaksa-Sthala-Sakti-Vikasaka [1]



Vaksa-Sthala-Sakti-Vikasaka [2]

23. Vaksa-Sthala-Sakti-Vikasaka [2]

Posture: Stand with the feet together, body erect, arms by your side with palms of the hands turned inwards.

Exercise: While inhaling through the nose, bend backward from the waist as far as you can go. At the same time raise your arms behind you as high as you can. Maintaining this posture as long as you can, exhale slowly while resuming your original position. Five times to begin with.

Benefits: This exercise is helpful in many chest diseases. The chest expands and becomes strong. Tuberculosis, asthma and chronic



bronchitis can be effectively tackled with the help of this exercise. Persons suffering from weakness of the heart should do this exercise for five times every morning. This exercise gives vitality and strength to the chest and back. The arms are also strengthened. Thin persons will find their protruding bones covered with healthy flesh. Regular practice of this exercise will keep the back straight throughout a man's life.

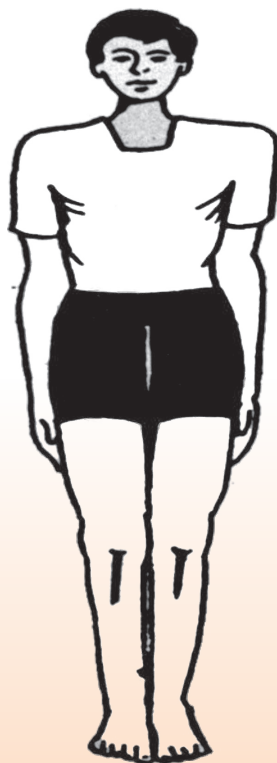
24. Udara-Sakti-Vikasaka [1]

Posture: With the feet together, stand erect.

Exercise: Inhale through the nose slowly. While doing so, distend your abdomen as much as you can. After holding the breath in this posture, release it slowly and gradually, while drawing in the abdomen as much as you can, till it becomes hollow. This exercise is also known as 'Uddiyanabandha'. Practice this exercise repeatedly. Five times to begin with.



Udara-Sakti-Vikasaka [1]



Udara-Sakti-Vikasaka [2]

25. Udara-Sakti-Vikasaka [2]

Posture: Stand erect with your feet together and your neck raised as inch above the normal.

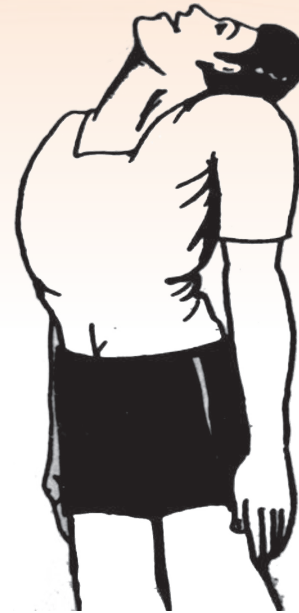
Exercise: Breathing quickly and deeply through the nose (Bellows effect) distend your abdomen, and while exhaling, contract it. 5 times to begin with.



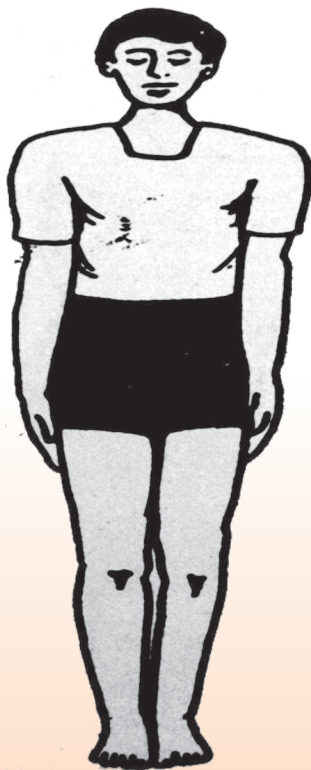
26. Udara-Sakti-Vikasaka [3]

Posture: With your feet together, stand erect and bend spot four to five feet forward from your head as far as it can go.

Exercise: Breathe in and out quickly (Bellows effect) while distending and contracting the stomach. 5 times to begin with.



Udara-Sakti-Vikasaka [3]



Udara-Sakti-Vikasaka [4]

27. Udara-Sakti-Vikasaka [4]

Posture: Stand erect with your feet together. Look at a spot four to five feet forward from your toes.

Exercise: Inhale and exhale sharply (bellows effect) distending and contracting your abdomen. 5 times to begin with.

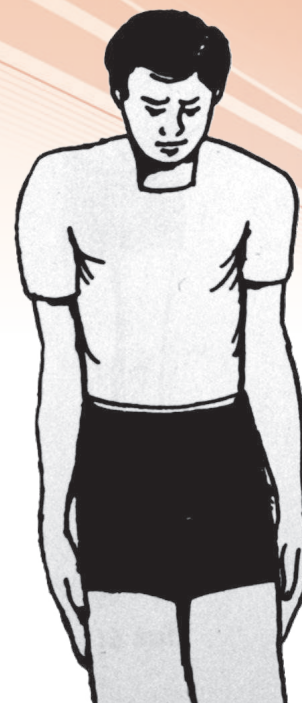


28. Udara-Sakti-Vikasaka [5]

Posture: Stand with your feet together and the body erect.

Exercise: Pouting your lips suck in the air, and at the same time lower your chin to touch the sterna notch. This exercise is also called Jalandharabandha. While holding the breath, close your eyes and puff out the cheeks. Exhale so gradually through the nose that there is no sound at all in doing so.

If you have held your breath for a considerable time, take particular care not to blow it out violently. That would be harmful. 5 times to begin with.



Udara-Sakti-Vikasaka [5]



Udara-Sakti-Vikasaka [6]

29. Udara-Sakti-Vikasaka [6]

Posture: With your feet close together, stand erect. Bend the upper part of your body forward at an angle of 60° and place your hands on your hips with the fingers at the back, thumbs front.

Exercise: Inhale and exhale sharply through the nose (Bellows effect) taking care at the same time to distend and contract your abdomen. 5 times to begin with.



30. Udara-Sakti-Vikasaka [7]

Posture: With your feet together, stand erect and hands on hips as in Exercise No. 29 then bend forward to an angle of 90°.

Exercise: Inhale and exhale sharply (Bellows effect). While inhaling, the abdomen must distend; while exhaling it must contract. 5 times to begin with.



Udara-Sakti-Vikasaka [7]



Udara-Sakti-Vikasaka [8]

31. Udara-Sakti-Vikasaka [8]

Posture: As in Exercise No. 29. With extending your back forward.

Exercise: Breathe out through the nose and without breathing in distend and contract your abdomen in rapid succession. After you have held your breath to the fullest limit of your endurance, breathe in slowly. Then breathe out and distend and contract your abdomen again. Care should be taken to see that while you are busy exercising your abdomen, your breathing remains suspended. 5 times to begin with.



32. Udara-Sakti-Vikasaka [9]

Posture: Do as in the Exercise No. 30.

Exercise: Do as in the Exercise No. 31. With extending your back forward.

The entire operation of rapidly distending and contracting the abdomen with suspended breathing is to be treated as single exercises.



Udara-Sakti-Vikasaka [9]

33. Udara-Sakti-Vikasaka [10]

Posture: With feet two feet apart, place your hands on your knees and bend from the waist to form an angle of 90°.

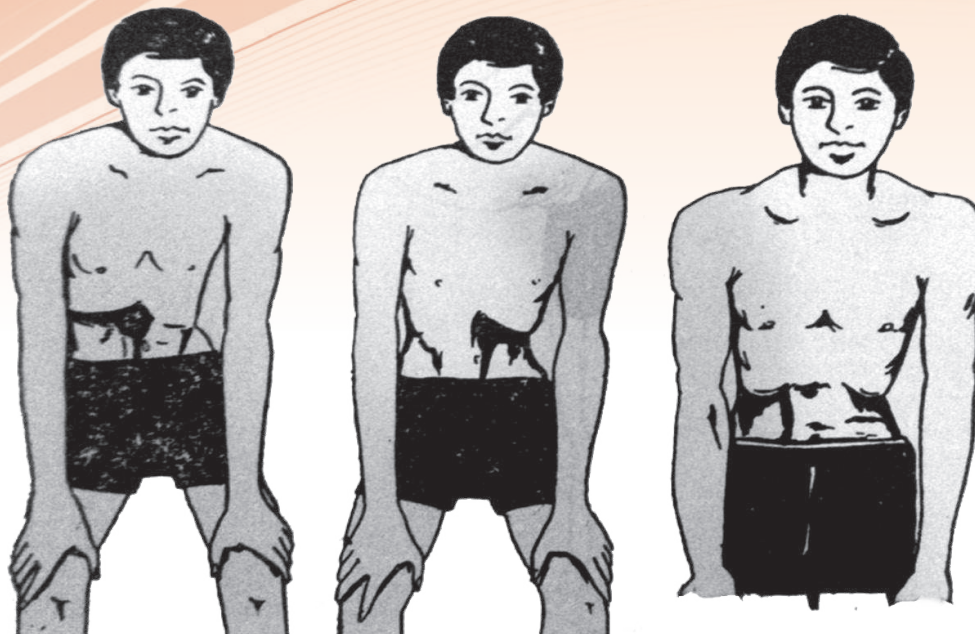
Exercise: Exhale completely. Then contract your abdomen to the fullest extent. This is called the complete Uddaiyana. This done, stiffen the arms and allow the Nauli to stand out. Try to rotate it right and left, describing a circle. Five times to begin with. The Nauli is the recti abdominis which form the front linear wall of the abdominal cavity.

The exercises for the abdomen depend for their efficacy on three processes:-

1. Muscular contraction of the parietal abdominal muscles specially the rectus abdominis;
2. Stimulation of celiac and plexuses of the autonomic nervous system; and
3. Abdominal respiration.

Benefits: The Jalandharabandha and the Uddiyanabandha, both practiced in these abdominal exercises, are likely to result in the stimulation of the thyroid, parathyroid, adrenal and pancreas which should be a great over-all benefit to the body.





Udara-Sakti-Vikasaka [10]

The participation of the abdomen in the respiratory processes allows fuller respiration. The continuous massage of the abdominal parietes on account of muscular action improves the circulation and also prevents accumulation of fat.

The simultaneous activity of the somatic nerve, supplying the muscles of the autonomic nervous system, provides a means for the co-ordinate activity of the voluntary and non-voluntary nervous systems.

34. Kati-Sakti-Vikasaka [1]

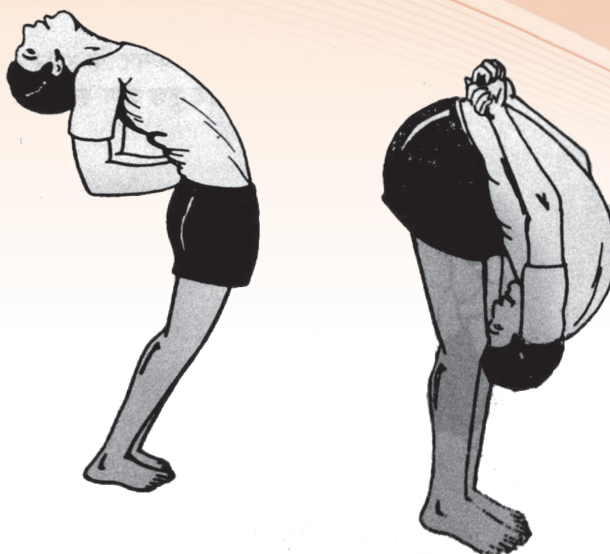
Posture 'A': With your feet together, back straight, clench your right hand to form a fist with the thumb tucked in. Holding it behind your back place your left hand on the right wrist, both in contact with the back.

Exercise '1': Breathe deeply through the nose while bending backward as far as you can. Maintain this posture for a few moments. Then, while exhaling, bend forward and try to touch your knees with your head. Repeat this operation several times. Five times to begin with.

Posture 'B': As above except that the left hand should be formed into a fist with the right hand on the left wrist.

Exercise '2': As in Exercise '1'.

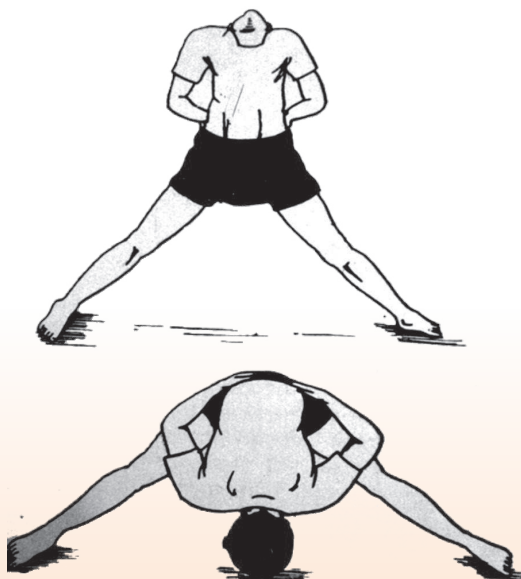




Kati-Sakti-Vikasaka [1]

35. Kati-Sakti-Vikasaka [2]

Posture: With your legs stretched apart as far as possible, arms on hips, keeping the fingers to the rear, and the thumbs in front.



Kati-Sakti-Vikasaka [2]

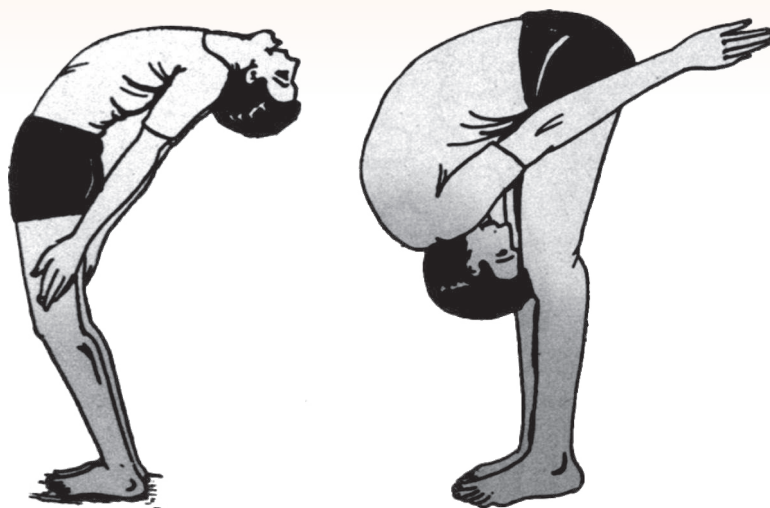
Exercise: Inhaling, bend back from the waist as far as you can go. Maintain this posture for some time. Then, while bending forward to touch the ground with your head, exhale gradually. Five times to begin with.



36. Kati-Sakti-Vikasaka [3]

Posture: With your feet together, stand erect.

Exercise: Inhaling, bend back with a jerk as far as you can. Exhaling, bend forward with a jerk trying to touch your knees with your head. Take care that during this exercise your hands do not touch your thighs or your knees.



Kati-Sakti-Vikasaka [3]

37. Kati-Sakti-Vikasaka [4]

Posture: With your feet together, stand erect with your arms stretched out sideways.

Exercise: With your arms spread out, bend the trunk to your left, as far as you can and return slowly to the normal position. Then bend towards your right. Five times to begin with.

While doing this exercise, particular care should be taken to see that your arms do not move up or down and that the trunk does not bend forward or backward. At the same time while bending to right or left you must stretch so that the hand touches the calf.

Repeat the exercise with your feet two feet apart. 5 time to begin with.



Kati-Sakti-Vikasaka [4]

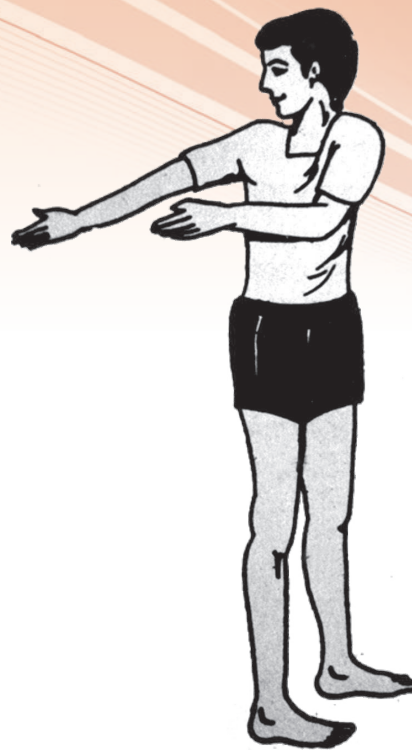


38. Kati-Sakti-Vikasaka [5]

Posture: Stand with your feet two feet apart.

Exercise: While inhaling quickly, swing the trunk and the outstretched arms to describe a semi-circle to the right and exhale. Repeat the process, this time exhaling with the trunk turned to the left. Repeat this operation ten times to begin with.

Benefits: All the five exercises for the back make it supple and symmetrical. Regular practice removes all minor deformities of the back. Men and women under twenty-five can add to their height, while those between twenty-five and thirty will also find themselves taller than when they started. It is a boon for short persons. These exercises are specially good for strengthening the back.



Kati-Sakti-Vikasaka [5]

39. Muladhara-Chakra-Suddhi

Posture: Stand erect with feet together, the thighs pressed together and the neck relaxed.

Exercise: With the buttock pressed rigidly together contract the muscles of the rectum as if drawing in air through it. The breathing can be normal though, in fact, this exercises generally results in the suspension of breathing and the very violence of the effort makes the body tremble. Five minutes to begin with. Since this exercise is for the internal organs no illustration is possible.

Repeat the exercise with the feet separated by about 2-3 inches. Five minutes to begin with.

Benefits: "The inhalation of air through the rectum, Apana, results in locking it up and with the help of this Yogic device, Apana mixes with the vital air. This fusion results in the elimination of the products of the kidneys and the bowels, and slenderness replaces flabbiness."



40. Upastha Tatha Svadhisthana-Chakra-Suddhi

Posture: Stand erect, keeping your feet at a distance of 1½ feet from each other.

Exercise: With buttocks rigid, contract and draw upward the muscles of the rectum and of the genital organs. Breathing would automatically be suspended and your feet, knees and thighs will begin to tremble. As this particular exercises draws upon your energy very heavily, special care should be taken in doing it correctly.

Benefits: This exercise helps to stimulate the pelvic centre, creates stimulation of the pelvic plexus of nerves. This results in stimulation of the hypo gastricplexus of nerves. From both these centers, the nerve supply goes to the lower part of the intestinal tract as well as to the pelvic viscera and the sphincters of the genitor urinary system as well as of the anus. These exercises cure all the irregularities of the bowels, and ailments like diabetes, piles and fistula can be alleviated. The beneficial result of these exercises is of a lasting nature. Seminal disorders like spermetorrhoea can be effectively controlled. Women can derive a great deal of benefit from a regular practice of these exercises which are helpful in cases of Leucorrhoea and ailments connected with the genital organs.

41. Kundalini-Sakti-Vikasaka

Posture: Keeping a distance of two inches between your feet, stand erect.

Exercise: Hit your heels on your buttocks one after the other, with force. Care should be taken to bring the foot down on the original spot from which it was raised. 10 times to begin with.

“In the upper region of the knot resides the coil endowed with immense power. This powerful coil is the cause of the bondage of the ignorant and the emancipation of the Yogi.”

Benefits: *This operation kindles the forces of the “mystic-coil”.*

The ‘Kundalini’ is a mysterious, abstract concept of Yoga, signifying the ‘Grand Potential’. It has not been possible to explain it in terms of the known anatomical structures or physiological processes, although many theories and conjecture abound in literature. Even in spite of the great scientific, parapsychic and metaphysical interest aroused in this entity, it remains an engigma to modern medicine.



Kundalini-Sakti-Vikasaka



It is generally argued that the 'awakening' of this dormant 'potential' force results from the integration of the autonomous and voluntary nervous system.

It is difficult to explain how the exercise described here can result in this unique phenomenon except perhaps through the integration of the activity of the lower most of the autonomous nerve plexuses.

42. Jangha-Sakti-Vikasaka [1]

Posture: Stand erect with your feet together.

Exercise '1': Inhale through the nose and at the same time throw up your arms while jumping up with your feet together and coming down on your toes with feet apart. While exhaling lower your arms, while jumping up and coming down on your toes with your feet together. Care should be taken to see that when coming down your arms do not touch your thighs, nor should your legs bend at the knees.

Exercise '2': The same as at '1' but the entire operation being in reverse. In the earlier exercise you inhaled when the arms were thrown up; in this one you should inhale when bringing them down, and exhale when throwing them up. 5 times to begin with.



Jangha-Sakti-Vikasaka [1]

43. Jangha-Sakti-Vikasaka [2]

Posture: With the feet together, stand erect.

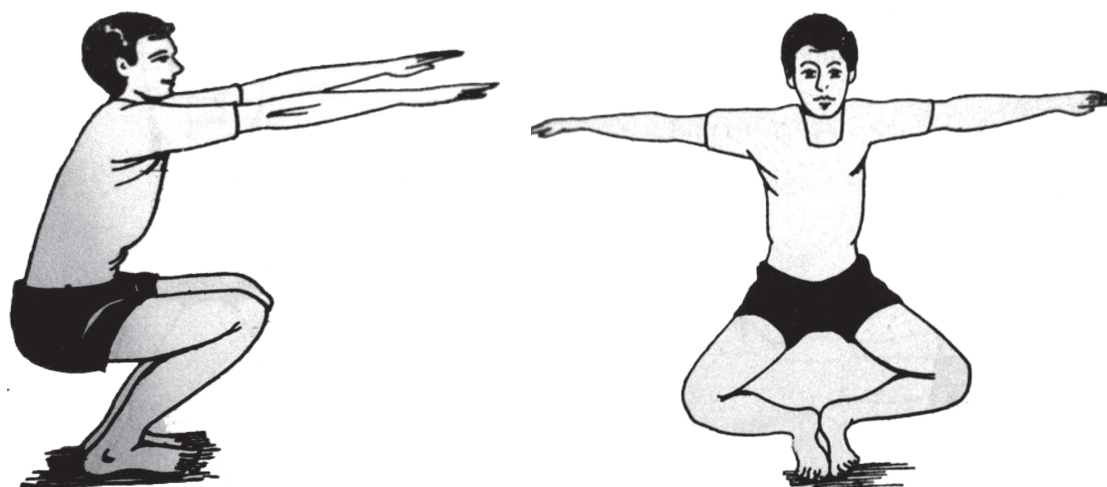
Exercise '1': Inhaling through the nose bend your knees gradually, with your arms held out before you, parallel to the ground. Stop when your thighs are parallel to the ground and try to maintain this position as long as you can. Take care to prevent the heels or the toes from rising from the ground. The knees must be together. Then begin to rise gradually, while exhaling.



Posture 'B': With your feet together, heels raised, body erect, spread your arms sideways, throwing your entire weight on the toes.

Exercise '2': Breathing in and spreading your knees apart bend your knees but without sitting on your heels. While in this position, hold your breath as long as you can. While rising exhale slowly. Breathe normally to begin with, if it is difficult to hold your breath. Five times to begin with.

Benefits: These exercises develop the thighs and make them shapely. You can cover long distances without tiring. Thin limbs acquire healthy flesh, while flabby ones get rid of the superfluous flesh. Within a very short time benefits of a lasting nature are noticed.



Jangha-Sakti-Vikasaka [2]

44. Janu-Sakti-Vikasaka

Posture: With the feet together, stand erect.

Exercise: Raise your foot forward with a jerk of the knee and then raise it backward and repeat while keeping the upper part of your body in the same erect position. After doing this exercise with one leg, repeat it with the other. When taking your leg back, the heel must touch the buttock. 5 times to begin with.

Benefits:- This exercise is good for rheumatic condition of the knees as it improves the circulation of blood in the region.



Janu-Sakti-Vikasaka



45. Pindali-Sakti-Vikasaka

Posture: With the feet together, stand erect, your hands clenched into fists, your neck relaxed.

Exercise: While inhaling through the nose, squat with your arms held out in front of you, keeping them parallel to the ground. Your feet should remain on the ground, with your knees closed. Go down as far as you can. Holding your breath, stand up while your arms describe one full circle.

Benefits: This exercise help to strengthen the calves muscles.

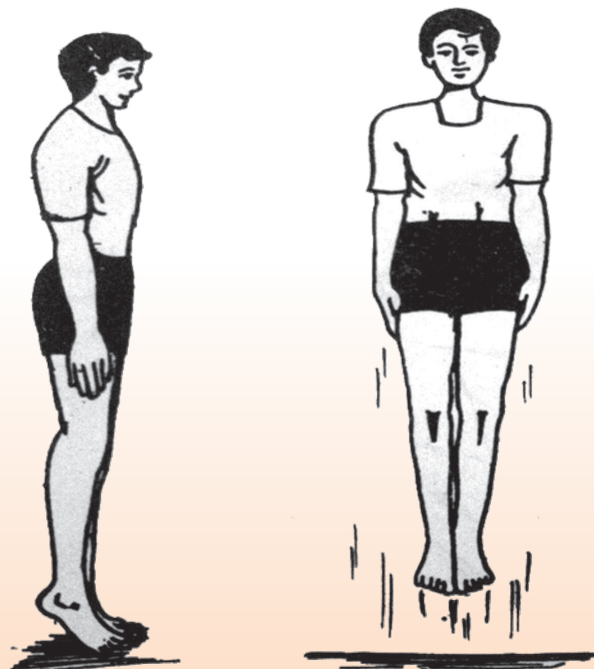


Pindali-Sakti-Vikasaka

46. Pada-Mula-Sakti-Vikasaka

Posture: Stand on your toes, body erect and relaxed.

Exercise '1': Throwing the weight of your body on the toes, raise and lower your body in a spring like motion. The heels and toes should be together throughout. 25 times to begin with.



Pada-Mula-Sakti-Vikasaka



Exercise '2': Balancing on the toes, jump up as high as you can, coming down on the toes. During this operation the toes should be used to maximum effect. Care should also be taken to maintain the original position of contact between the heels and the toes, and to bring them down on the spot from which you jumped. 5 times to begin with.

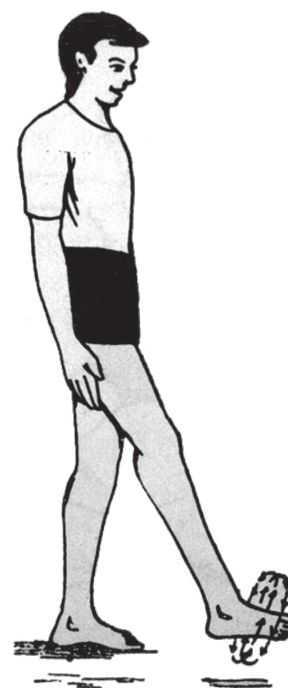
Benefits: This exercise gives the calves strength and symmetry, rheumatic conditions are cured. The calves become firm and the soles of the feet strong.

47. Gulpha-Pada-Prstha-Pada-Tala-Sakti-Vikasaka

Posture: With the feet together, stand erect.

Exercise: Stretching forward one foot and holding it about 9 inches off the ground, describe a circle first from to left, then from left to right, with the ankle. Repeat with the other foot. 5 times to begin with.

Benefits: The exercise relieves rheumatism of the ankles and strengthens the toes and the feet.



Gulpha-Pada-Prstha-Pada-Tala-Sakti-Vikasaka

48. Padanguli-Sakti-Vikasaka

Posture: Stand with the feet together, body erect and relaxed, and your arms spread out.

Exercise: With the toes held together, throw the entire weight of the body on your tips. Try to maintain your balance in this position as long as you can. Three minutes to begin with.



Class X: Beauty and Wellness

Benefits: This exercise strengthens the feet and the toes and their joints. Deformed toes improve in appearance.



Padanguli-Sakti-Vikasaka

It will be noticed that all the parts of the body are exercised in one way or another. The flow of blood through all the capillaries and arteries is thus improved. This is particularly helpful for the veins in the legs and feet which are normally adversely affected by the effect of gravity.

Review Exercise

1. What do you understand by the term Yoga?
2. What are the eight limbs of AshtangYoga?
3. Sweet voice can be obtained by doing which SukshamVyamyam ?
4. Wisdom and intellect can be gained by which SukshamVyamyam ?
5. Chest related problems can be cured by which SukshamVyamyam ?
6. One can have perfect shape on Waste line by which SukshamVyamyam ?



7. Stomach related diseases and disorders can be cured by which Suksham Vyamyam?
8. Legs and feet can be strengthened by which SukshamVyamyam?
9. Match the following:-
- | | |
|------------------------------|---------------|
| 1. Kapol Shakti vikasak | Ears |
| 2. Kati Shakti Vikasak | Brain |
| 3. Mani Bandh Shakti Vikasak | Face & Cheeks |
| 4. Karna Shakti Vikasak | Arms & Hands |
| 5. Smaran Shakti Vikasak | Waist |
10. Fill in the blanks:-
1. Eight limbs of Yoga is known as _____ .
 2. Janu Shakti Vikasak is good to improve rheumatic condition of the _____ .
 3. To improve the concentration and memory power student should perform _____ regularly.
 4. _____ exercise is beneficial for improving weak eye sight.
 5. The _____ exercise is particularly beneficial for singers.
11. Manish is 12 yrs of age, his weight is 50 kg. due to his obesity he has become self conscious and cannot concentrate and his studies suggest few exercises (Yogic suksham vyayam) for him which can help him in overcoming the following problems.

Problem	Yogic SukhamyVyayam	Benefit
Lack of concentration	_____	_____
Poor Memory	_____	_____
Fat around belly area	_____	_____
Muscular pain in Leg region	_____	_____



Class X: Beauty and Wellness

12. Write down the benefits for the following Sukhsam Vyayams:-

1. Kati Shakti Vikaskak

2. Udar Shakti Vikasak

Checklist for Assessment Activity

Use the following checklist to see if you've met all the requirements for assessment activity.

PART A

- Explain the eight paths of ashtangyog.
- Explain the meaning of Yoga.

PART B

Discussed in class the following: -

- Benefits of doing various sukshamvyayams.
- Benefits associated with doing various sukshamvayayam.
- Benefits of proper breathing while doing sukshamvayayam.

PART C : Performance Standards

The performance standard may include, but not limited to :

Performance standard	Yes	No
Able to perform all 1 -48 sukshamvyayam in proper sequence.		
Able to list out benefits of all the sukshamvyayams.		
Able to identify that which sukshamvyayam is beneficial for which body part.		



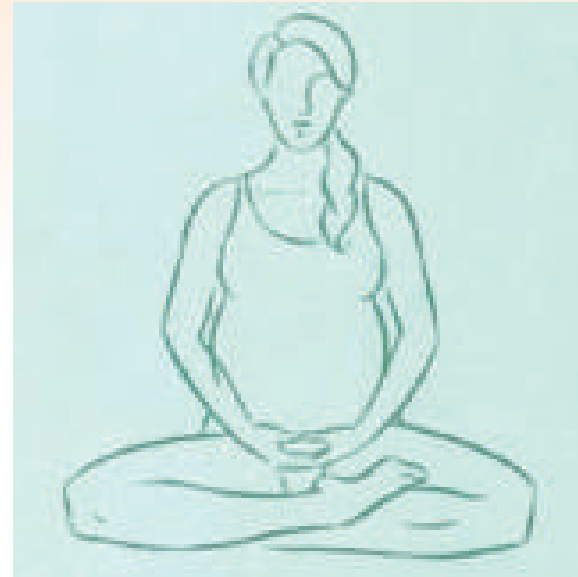
Session 3: Basic Asanas

1. **Sukhasana:** This is an easy, comfortable posture for meditation for which one has to sit for a long period.

Posture: According to your convenience, sit crosslegged, placing the sole of one foot on the ankle of the other. Ensure that the bone of the ankle does not touch the floor.

Keep the spinal column straight. Keep the body tension-free. Place both hands on the feet or separately on the knees. Keeping the waist and spinal column straight keeps the body from tiring.

Benefits: The body does not tire and the mind remains restful. This enables one to sit for long periods during meeting and prayers. The body does not tire even if one sits in Sukhasana for many days.



Sukhasana

2. **Padmasana:** This asana is known as Padmasana or Kamalasana/Lotus pose

Posture: Sit on the ground with the heel of the left foot resting on the right thigh so as to be as close as possible to the navel. Then, the right foot should be placed on the left thigh in such a way that the heels touch each other as near the navel as possible. The vertebral column and the body from the waist upwards should be kept erect. Care should be taken that the knees touch the ground. The hands should be placed in the lap, palms upward. The whole procedure is to be repeated by altering the sequence in which the feet are placed on the thighs.



Padmasana

Padmasana seems and is difficult to perform in the beginning, but it is the asana which must be practiced by all-men, women and children, old and young alike. To facilitate it's practiced, the great seers invented Ardha-Padmasana or Half-Lotus posture.

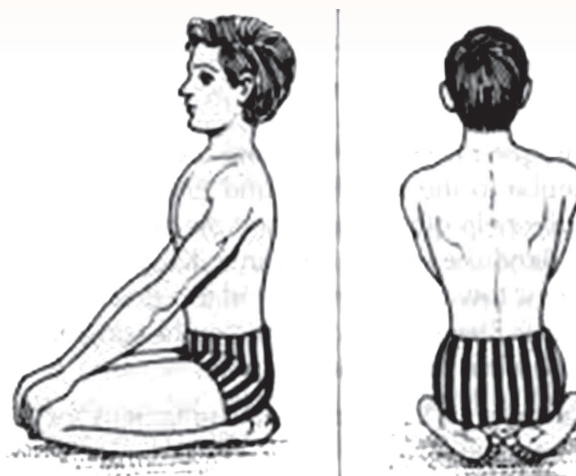


Benefits: This asana relieves constipation, indigestion and flatulence. It improves digestion and strengthens the thighs and calves. It is considered more useful to women than to men because it has a beneficial effect on the womb. This Padmasana annihilates all ailments. Although difficult, it is capable of being perfected by all intelligent persons on earth who practice it.

3. Vajrasana

Posture: Squatting on the toes and placing the heels beneath the anus, the hands are placed on the thighs while keeping the trunk and the neck erect. The asana can be performed also with the heels placed in either side of the buttocks.

Benefits: The body gets strong and firm from the practice of the asana. Hence the yogis have named it Vajrasana, implying that through its practice the body becomes like adamant or Vajra. Through this the toes, knees, legs and thighs get strong. It is extremely useful for those who are prone to excessive sleep. It has proved useful for students and those who keep late hours at night. It should be practiced for 5 minutes after meals, when the flow of the nadis is usually downwards; the asana reverses this flow and it ascends and thus helps in the speedy digestion of food. The essence derived after the digestion of food is so wholesome and pure that the whole body, including the bones and the nadis, become like adamant.



Vajrasana

4. Gomukhasana

Posture: Sit on the ground with the left leg bent so that the heel touches the anus. The right leg also should be bent so that the right heel touches the left buttock. Care should be taken that the left foot remain straight; touching the ground, and the toes of the right foot also touch the ground. The right arm should be raised and bent at the elbow behind the shoulders towards the back. The left arm should be bent upwards behind the back so that all the eight fingers of both the hands are inter-locked. Then the right elbow should be lowered as far as possible towards the ground. The process should be repeated



by starting the time on the right side instead of the left as described above. This would result in bringing the right foot near the anus. Irrespective of which way the asana is practiced, one knee must rest on the other.



Gomukhasana

Benefits: The practice of this asana gives strength to the feet, knees, and waist. The arms and shoulders develop. The chief and unique characteristic of this asana is that it is helpful in diseases of the lungs. Patients of asthma and phthisis (tuberculosis of the lungs) should specially practice it because the respiratory movement of the lung on the side on which it is performed is almost stopped and the other lungs work more rapidly and vigorously.

5. Janu – Sirsasana

Posture: Sit on the ground with legs stretched out. The left foot should then be placed on the right thigh so that the left heel is near the navel. Then, catching hold of the toes of the right foot with the left hand, the head should be made to touch the right knee and, carrying the right hand behind the back, as effort should be made to touch the left heel. This is Janu-Sirsasana. The asana should be repeated with the position of limbs reversed. The sole of the foot should be kept on the thigh. The extended foot is then held with both the hands for 10-15 minutes daily.





Janu – Sirsasana

Benefits: This asana improves circulation of blood. It is recommended for those with rigid bodies. It proves extremely useful in the treatment of hernia and enlargement of the testicles.

It removes bad odour from the secretions of the body. It is very easy to perform and equally useful to men and women.

All the different procedural modifications of this asana can be understood and learnt from a teacher of yoga.

6. Tadasana

Posture: With feet together, stand on the toes. The arms should be raised by the side of the ears, with the palms open. There are a number of variations of this asana. While keeping the body from the shoulders to the feet as before, the arms can swing back and forth, sideways or up and down at will or describe a circle, like palm leaves spreading out in all directions from the trunk of the tree.





Tadasana

Benefits: The body becomes well built and beautifully proportioned, nimble and agile through the practice of this asana. Height can also be increased. This is the only asana which can be practiced by women throughout the ten months of pregnancy, and it helps in making childbirth almost painless and in keeping the expectant mother healthy. The asana provides a wholesome, non-tiring, and bracing exercise which keeps the body nimble and active and in addition makes the delivery painless. During pregnancy women must practice this asana with great care and caution and in accordance with the instruction of a teacher. The Tadasana is also beneficial in sciatica and for those whose limbs are hyper-sensitive to cold.

7. Katicakrasana

Posture: Stand on the ground with feet twelve inches apart and arms out-stretched in front of the chest. Swing towards the right. The arm on which side the body is swinging should be kept straight while the other arm should be bent.





Katicakrasana

Benefits: The waist becomes slim and supple and the chest expands. It is recommended to persons of short stature. It relieves constipation and makes the lumbar region extraordinarily strong. The ribs acquire resilience whereby many respiratory ailments, even tuberculosis of the lungs, can be prevented. The shoulders, neck, arms, abdomen, back, and thighs are strengthened. It is equally useful for men as well as women.

8. Trikonasana

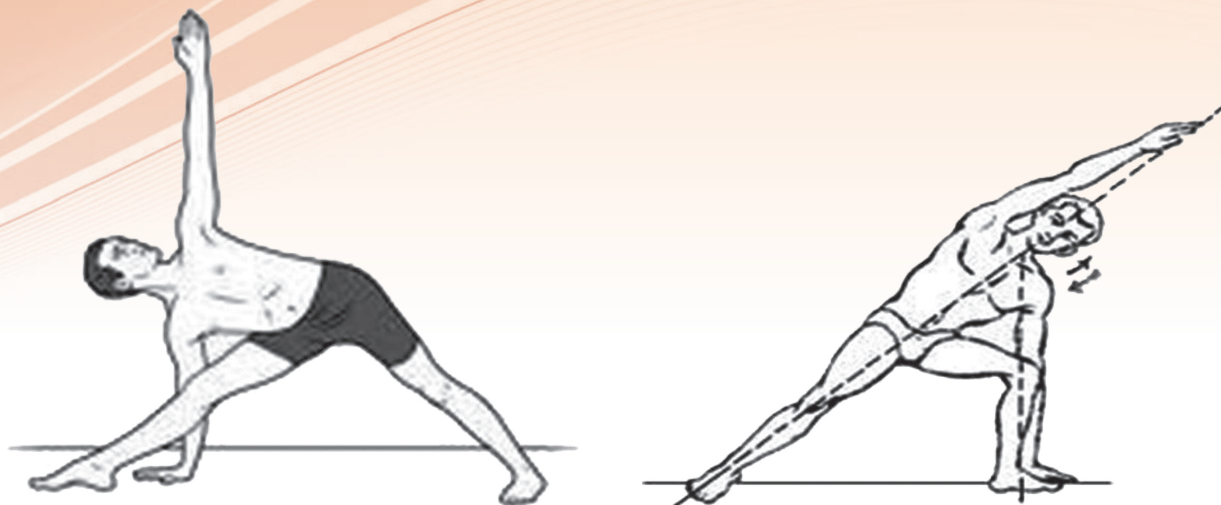
When performed, this asana gives the appearance of a triangle hence the name of Trikonasana.

Posture: Stand with feet two to three feet apart and stretch both the arms sideways paralld to the ground, palms facing downwards. Bending at the waist, take the left arm down to touch the right foot, the head is turned right and the right arm is held upwards in line with the left arm, all the while looking at the right hand.

Then raising the trunk, return the arms to the horizontal position. The procedure is then repeated on the other side.

Exhale while lowering the trunk down and inhale while it is brought up.





Trikonasana

Benefits: The bones below the knees become so strong that it is unlikely that one will ever fracture a bone or have a sprain. Those who have to climb a number of stairs, or those who go for mountaineering do not tire easily. This asana gives very good lateral movements to the spine. It makes the ankles, knees and thighs very strong and elastic.

9. Salabhasana

Posture: Lie on the abdomen and place the palms near the shoulders. The feet should be joined together and the body should be raised from the ground, as much as possible, above and below the waist. The body from the waist to the feet should be erect.

The feet should be joined together and the body above and below the waist should be raised above the ground as much as possible.



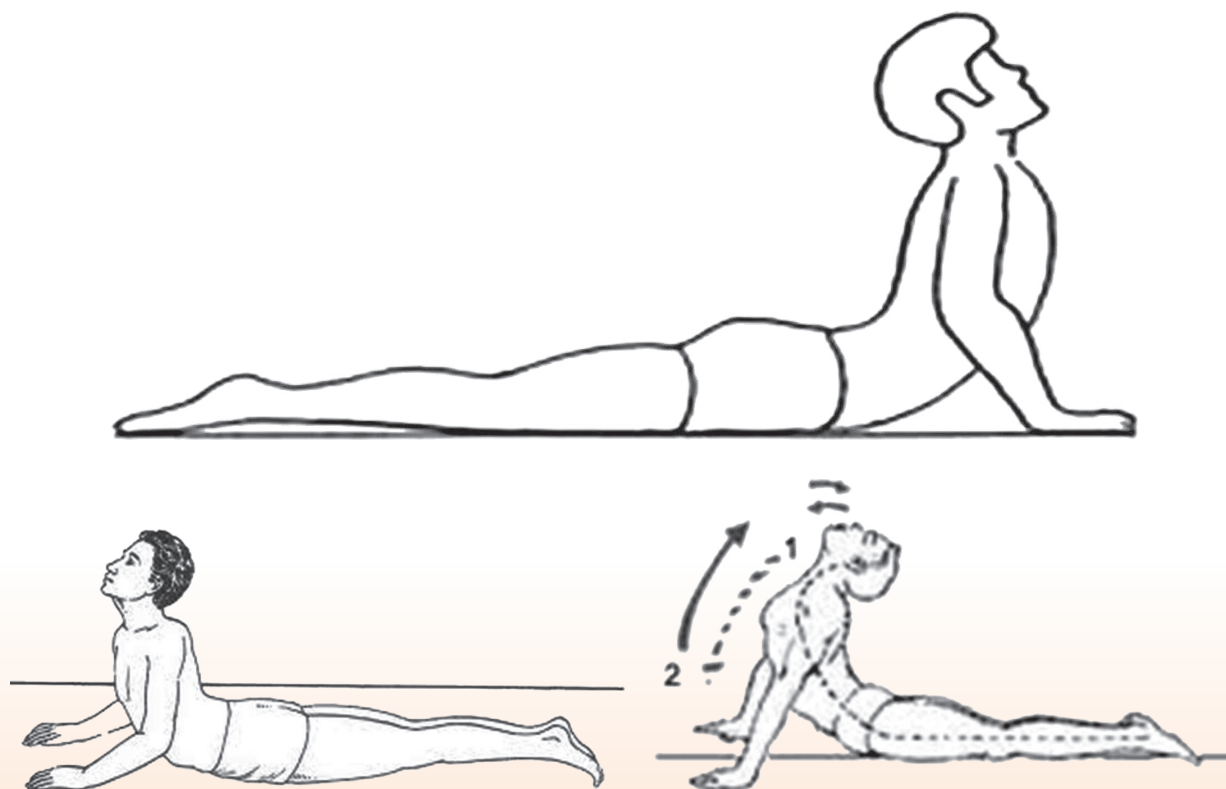
Salabhasana



Benefits: The chest broadens through the practice of this asana. The waist becomes resilient and supple. It is also very for the shoulders and abdomen. It relieves constipation and stimulates digestion. The asana is easy to perform and is also very useful. Women, in particular, need to practice it. Just as the locusts have a distinctive and highly developed faculty of hopping high, the practice of this asana sublimates many of man's faculties.

10. Bhujangasana

Posture: Lying on the abdomen, the lower limbs should be joined together and kept close to the ground. While the body from the toes to the navel touches the ground, the hands should be kept under the shoulders and, resting on them. The body above the navel should be lifted above the ground, as high as possible, so that it resembles the hood of a cobra.



Bhujangasana

Benefits: The practice of this asana relieves constipation, indigestion, and flatulence. It is very useful for patients with chronic constipation; it is useful for cleansing the whole gut from the mouth through the small and large intestines to the rectum.



Review Exercise

1. Padmasana is also known as _____
2. To help digest food _____ asana is beneficial.
3. Cow pose is also known as _____
4. _____ Asan is also known as Cobra Pose.

5. Match the following :

- | | |
|-----------------|-----------------|
| 1. Bhujangasana | Triangular Pose |
| 2. Padmasana | Cobra Pose |
| 3. Gomukhasana | lotus Pose |
| 4. Trikonasana | Cow pose |

6. Suggest any one asana each for the following problems.

1. Constipation _____ .
2. Asthama _____ .
3. Hernia _____ .
4. Sciatica _____ .
5. Poor Digestion _____ .

7. Savita is 25 yrs of age, she is suffering from respiratory problems since childhood, suggest her some asan which can help her lead a normal life. Suggest the asan along with the posture and benefits of the asana to her.

Ans. 3 _____

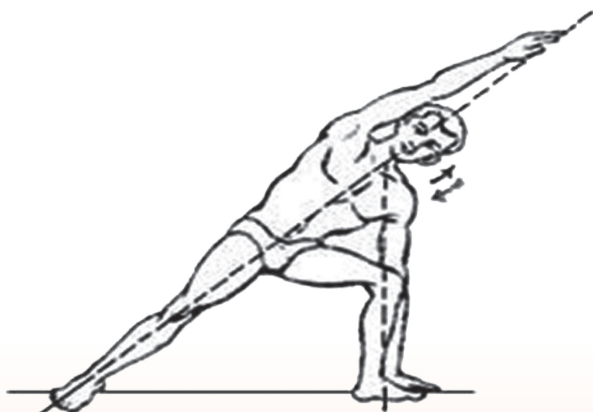


8. Write down the benefits of the following asanas.

1.

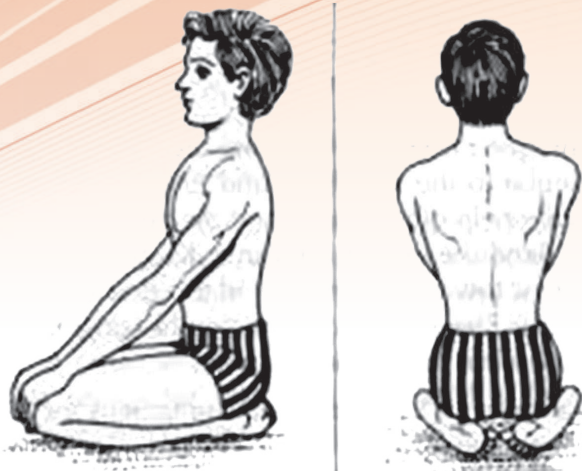


2.





3.



Checklist for Assessment Activity

Use the following checklist to see if you’ve met all the requirements for assessment activity.

PART A

- Explain the procedure and posture of doing various asanas.
- Explain the benefits of doing various asanas.

PART B

Discussed in class the following: -

- Different asana for curing different diseases.
- Benefits associated with doing various asanas.
- Benefits of proper breathing while doing asanas.



PART C : Performance Standards

The performance standard may include, but not limited to :

Performance standard	Yes	No
Able to perform all asana in proper manner.		
Able to list out benefits of all the asana.		
Able to identify that which asana is beneficial for which body part.		

Session 4: Basics of Alternate Therapies**1. Naturopathy****Basic Principles of Naturopathy**

Naturopathy is a form of treatment of diseases through elements of nature. Nature is made of five elements-Jal (water), Vayu (air), Agni (fire), Akash(sky) and Prithvi (Earth). These elements also constitute our body. We get sick when there is imbalance in these elements and body just reacts to this imbalance by trying to get rid of impurities in form of cough, vomiting, fever etc. Therefore, it is beneficial to cure diseases not through drugs or surgery, but with help of these five elements of nature. Naturopathy says that our bodily functions are guided by nature's vital forces, therefore a holistic approach must be followed for curing ailments. Body has natural tendency to heal and naturopathy only facilitates the process of healing through energy of nature.

1. Belief in nature's healing powers and in body's inherent tendency to heal itself
2. Looking beyond symptoms to identify and treat underlying causes
3. Adoption of least invasive and most natural ways to cure
4. Teaching patients natural ways to maintain a good health
5. Viewing body as an integration of physical and spiritual aspects
6. Focusing on prevention, maintaining overall wellbeing

Elements of Body

According to **AYURVEDA** elements in the body are called as "**PANCHAMAHABHUTAS**".

Pancha means five and *Mahabhutas* are elemental source.





Five elements of Ayurveda

The five great elements are **EARTH, WATER, FIRE, AIR, and ETHER** which make up the outer world of experience including physical body.

Each element represents a medium they are as follows:

- **EARTH/PRITHVI** – Represent solid which helps to give solidity and stability.
- **WATER/JAL** – Represent liquid which helps for flowing motion and conversions.
- **FIRE/AGNI** – Represent radiant which helps in perception and chemical changes.
- **AIR/VAYU** – Represent gaseous state which helps in subtle movements.
- **ETHER/AKASH** – Represent etheric form which helps in allowing interchange between all material medium.

Location of the Elements with Respect to Sense Organs are as Follows:

- EARTH – NOSE
- WATER – TONGUE
- FIRE – EYES
- AIR – SKIN
- ETHER – EAR



All these Five Subtle Elements (Pancha Mahabhutas) are found in the material creation, from a grain of sand to the complex physiology of every human being. Balancing these PANCHA MAHABHUTAS in right way is the key to maintaining health and treating disease whether it is physical, mental, or spiritual.

2. Hydrotherapy

Hydrotherapy is also called as water therapy. In this water is used as healing source. Viscosity and many mineral components of water helps to get rid of various diseases which are as follows:

- **Spondylitis** – Inflammation in cervical vertebrae
- **Insomnia** – Sleeping disorder
- **Muscular Spasm** – inability to perform particular action due to rigidity in muscle
- **Lumbago** – Pain around lumbar region
- **Sciatica** – Inability to walk due to peer pressure on sciatic nerve.
- **Inflammation of joints** – Swelling around joints.



Hydrotherapy

Types of Hydrotherapy

WET SHEETS PACK – In this the body is covered with the help of wet sheet. Wet sheet can either be cold or hot depending on which condition it has to be used and then again full body is covered with thermal blanket which induces sweating that is ultimately good for detoxification



COLD BATH – In this the body is sprayed with ice cool water showers mainly to stimulate blood circulation.

COMPRESS – Compresses are of two types ie hot and cold. In cold compress the cloth is dipped in ice cold water and is wrapped around affected part whereas in hot compress the cloth is dipped in hot water and is wrapped around affected part and external heat for eg: infrared rays is given.

3. Colour Therapy

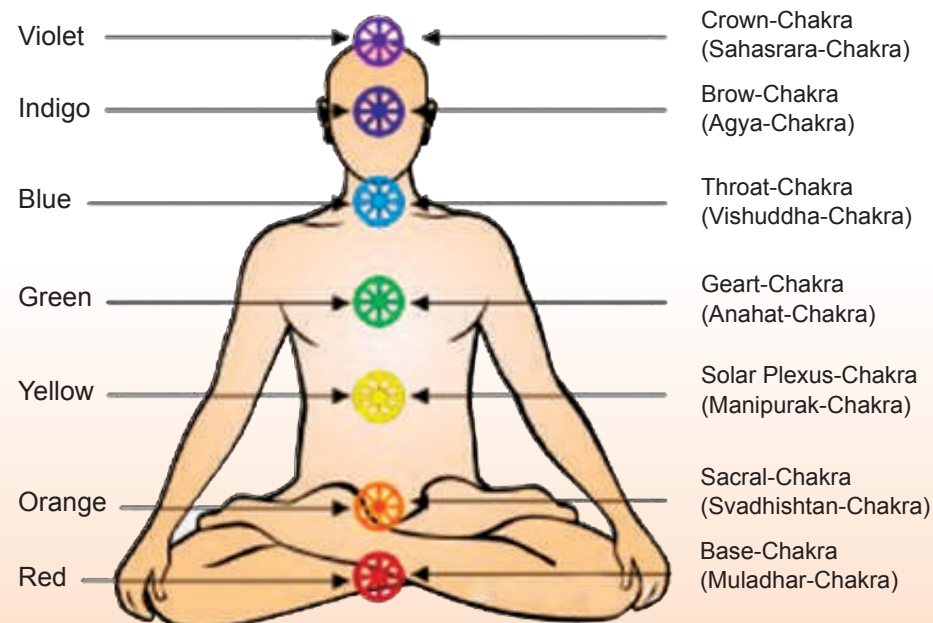
In this therapy specific colours according to the conditions are used so to remove energy blockages be it mentally or physically through sense of light.

Colours help to give emotional strength and balance our mind, channelizes our positive energy into right direction. For example bright colours helps to uplift our mind where as dark colors depresses our mind and energy.

Colours help to build our aura and are useful for spiritual healing. We can use these colours in our day to day life which helps to bring harmony in our surrounding as well as mind.

There are seven main energy centers in our body they are also called as **CHAKRAS**. It can also be called as major plexus of arteries, veins and nerves.

Colour Therapy is also called as **CHROMOTHERAPY**.



Colour Therapy



Colour therapy uses colours to balance the chakras and aims for stimulating body's healing process.

- 1) **VIOLET** – Crown chakra at the top of the head relates to self knowledge and spiritual awareness. Violet colour governs the crown chakra .This colour helps spiritual healing, wisdom, purifies and filters our thoughts and thus helps in decision making process.
- 2) **INDIGO** – Brow chakra is in the center of the forehead which relates to self responsibility. Indigo colour governs brow chakra. This colour helps to connect our body to unconscious self and make us realize that we are part of this universe. Indigo colour strengthens intuition and increases dream activity.
- 3) **BLUE** – Throat chakra is situated in throat area which relates to self expression. Blue colour governs throat chakra. This colour pacifies our nervous system and help ability to communicate our needs and requirements.
- 4) **GREEN** – Heart chakra is situated in mid part of thorax (related organs are heart & breast) which relates to love. Green colour governs heart chakra. This colour helps to give and take love unconditionally so that we can love and nurture ourselves.
- 5) **YELLOW** – Solar chakra is situated above the navel area which relates to self personality, ego and intellect. Yellow colour governs solar chakra. This colour strengthens our ability to perceive and understand.
- 6) **ORANGE** – Sacral chakra is situated in lower abdomen which relates to self respect. Orange colour governs sacral chakra. This colour helps to remove all the inhibition and make us independent and social. Orange colour is considered as one of the best colour to stimulate emotionally.
- 7) **RED** – Base chakra is situated at the base of the spine which relates to self awareness. Red colour governs base chakra. This colour helps to absorb power from the earth and connects us to our physical body.

For Example

- 1) Use of colored lamps.
- 2) Use of bright light instead of dark colors.
- 3) Meditate in areas where there are lush green trees, near ocean blue or near colourful flowers.



4. Mud Therapy

In this therapy, different types of mud are used to absorb toxins from human body. Mud is known for its healing properties due to its mineral components that is magnesium, calcium, potassium, silicates, bromides and organic elements.



Mud Bath

For mud therapy mostly black mud, mud from Dead Sea, moor mud (mud which has higher concentration of organic residues i.e. herbs and flowers)

Types of Mud Therapy

They are of two types

- 1) MUD PACK
- 2) MUD BATH

MUD PACK – In this mud or muslin cloth dipped in mud is applied on affected part of the body. For making mud pack first mud is soaked in water for at least 30 min and then that mud is applied evenly on muslin cloth.

We can use such mud packs for eyes like eye pack which helps in relaxing the eyes, for head like a band dipped in mud tied all around head for migraine, for face mud can be directly applied over face for better complexion and to get rid of acne spots.

MUD BATH – In this the mud is applied all over the body in lying or sitting position in which the body is exposed to sunlight or any other external heat. This helps the mud to absorb toxin in a better way, stimulates blood circulation and also for removing dead



Class X: Beauty and Wellness

skin. Mud should be kept for at least 45 minutes and after that person is allowed to take bath in luke warm water.

Benefits of Mud Therapy

- 1) Skin Disorders like Psoriasis, Urticaria
- 2) Reduces Stiffness In Joints
- 3) Increases Blood Circulation
- 4) Help In Reducing Swelling And Relieves Pain
- 5) Removes Dead Skin, Deep Cleanses and Helps the Skin to Glow
- 6) Improves Skin Complexion



Mud Therapy

5. Ayurveda

Term Ayurveda: The term Ayurveda is the combination of two words AYUSH and VEDA.

AYUSH means life and **VEDA** means knowledge or science. Hence the term Ayurveda means the science of life. Thus it is equivalent to the term 'biology'. But in real practice the term is used to denote a system of human medicine.

Ayurveda literally means "science of life and longevity." and is considered to be the traditional system of medicine of India. It is a holistic system of healing that supports healthy life style and curing the diseased condition.





Ayurveda

Origin of Ayurveda

Ayurveda is attributed to Dhanvantari, the physician to the gods in Hindu mythology, who received it from Brahma. Its earliest concepts were set out in the portion of the Vedas known as the Atharvaveda.

There are several aspects of this system of medicine which distinguish it from other approaches to health care:

1. It focuses on establishing and maintaining balance of the life energies within us, rather than focusing on individual symptoms.
2. It recognizes the unique constitutional differences of all individuals and therefore recommends different regimens for different types of people. Although two people may appear to have the same outward symptoms, their energetic constitutions may be very different and therefore call for very different remedies.
3. Ayurveda describes three fundamental universal energies which regulate all natural processes on both the macrocosmic and microcosmic levels. That is, the same energies which produce effects in the various galaxies and star systems are operating at the level of the human physiology—in your own physiology. These three universal energies are known as the Tridosha.



Panchakarmas

PANCHA means five and **KARMAS** means treatments which go according to the second rule of therapeutic principles.

In AYURVEDA there are two main therapeutic principles:

- 1) **SHAMAN** : To suppress the toxins inside the body and to cure disease.
- 2) **SHODHAN**: To remove toxins completely from the body, allowing healing and restoration mechanism.

Review Exercise

1. Name five elements of the body.
2. What are the types of hydrotherapy?
3. Discuss about the benefits of hydrotherapy.
4. Write down the benefits of using orange and red color
5. Define term AYURVEDA?
6. Fill in the blanks:-
 1. Water therapy is also known as _____.
 2. According to ayurveda elements in the body are known as _____.
 3. Colour therapy is known as _____.
 4. Ayurveda is a combination of two words _____ and _____.
 5. The seven main energy centers in the body are known as _____.
7. Name five elements of body related to following sense organs.
 1. _____ Ear
 2. _____ Eyes
 3. _____ Tongue
 4. _____ Skin
 5. _____ Nose



8. Complete the following table:-

S. No.	Colour Chakra	Position of the chakra	Beneficial for
1.		Throat Chakra	
2.			This colour help in absorbing power from the earth
3.	Orange		
4.		Mid part of thorax	
5.	Indigo		
6.			This colour helps in spiritual healing & wisdom
7.		Above the navel area	

9. Difference between:-

Mud Therapy

Hydrotherapy



Checklist for Assessment Activity

Use the following checklist to see if you've met all the requirements for assessment activity.

PART A

- Explain the basic principles of Naturopathy.
- Explain the elements of body as per Ayurveda.
- Explain the basics of hydrotherapy, colour therapy, mud therapy and panchkarma.

PART B

Discussed in class the following: -

- Benefits of doing naturopathy treatment.
- Benefits associated with doing various types of hydrotherapy treatments.
- Benefits of using right colour on body chakras to cure diseases.
- Benefits of mudtherapy ,ayurveda and panchkarma.

PART C : Performance Standards

The performance standard may include, but not limited to :

Performance standard	Yes	No
Able to do perform basic alternative therapies .		
Able to differentiate between therapies.		
Able to list benefits and precautions to be taken while giving these treatments.		

Exercise Questions Unit-1**Theory Questions**

1. Write down the names of food nutrients?
2. What are the sources of fats?



3. What is the place of roughage in the food?
4. List down the types of Vitamins.
5. Tonsils and throat related diseases can be cured with Griva Shakti Vikasaka – Justify the statement?
6. ENT problem can be improved with the help of which Suksham Vyamyam? Write names and explain in detail with benefits?
7. To strengthen lower back, what kind of Asanas is advised – Explain with benefits?
8. Asana purifies the body and mind and has preventive and curing effects – Justify?
9. How one can obtain balanced mind and body by Asanas?
10. Why it is important to do client consultation before any therapy?
11. What are the six principles of naturopathy?
12. Describe in detail about colour therapy?
13. What is mud therapy?
14. Explain the meaning of Panchakarma
15. Give detail about types of mud therapy and its benefit.

Practical Questions

1. Prepare a file and project report on study of Ashtang yoga with detail knowledge of Asana and SukshamVyamyam?
2. Demonstrate various Suksham Vyayams.
3. Demonstrate various Asanas.
4. Demonstrate which color should be used on different chakras of the human body.
5. Prepare balanced diet chart for 15 years old school going girl.



Activity

Suggest Asanas/Vyayam you would suggest to the customers.

Physical ailments	What will I suggest
Constipation	
Back ache	
Weak Eye	

