

CBSE Test Paper 03
CH-03 Yoga and Lifestyle

1. State two contraindication of Tadasana.
2. Write any two benefits of Vajrasana in obesity.
3. What Are the benefits of Ardha matsyendrasana?
4. Explain the procedure of Vajrasana.
5. Define yoga.
6. Describe the benefits and contraindications of Pada Hastasana.
7. Discuss the benefits and contraindications of Ardha Matsyendrasana.
8. Discuss the procedure and benefits of vajrasana in brief.
9. What do you mean by asthma? Mention the procedure and benefits of Matsyasana.
10. Elucidate the benefits and contraindication of Vakrasana and Vajrasana.

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Answer

1. The two contradictions of Tadasana are as follows:
 1. **Unable to Stand:** This yoga pose cannot be beneficial to anyone who finds it difficult to stand for long with feet together or otherwise.
 2. **A severe Migraine or Giddiness:** Someone who is suffering severe migraine or giddiness would find this pose a challenge.
2. Two benefits of Vajrasana are as follows:
 - Slow and rhythmic breathing in this position can induce a meditative state.
 - Cures constipation, acidity, increases digestion process.
3. Benefits of Ardha Matsyendrasana.:
 1. It keeps gall bladder and prostate gland healthy.
 2. It enhances the stretch ability of back muscles.
 3. It alleviates digestive ailments.
 4. It regulates the secretion of adrenaline and bile and thus is recommended in yogic management of diabetes.
 5. It is also helpful in treating sinusitis, bronchitis, constipation, menstrual disorder, urinary tract disorder and cervical spondylitis.
4. **Procedure of Vajrasana:** It is a meditative asana. Kneel down on the ground with your knees, ankle and toes touching the ground. Your toes should be stretched backwards. Now place your palms of both hands on the knees. The upper body should be straight. At this time, the breathing should be deep, even and slow.
5. The term 'Yoga' is derived from Sanskrit word 'yuj' which means to unite 'to join' or 'to combine'.

PADAHASTASANA

6.



Benefits of Pada Hastasana:

- a. It makes the body very flexible.
- b. It stretches the leg and back muscles.
- c. It helps to eliminate excess belly fat.
- d. It makes the spine flexible and tones the nerves.
- e. It improves blood circulation.
- f. It improves digestion and removes constipation.

Contraindications: The individuals who have back pain should avoid this asana. At least, they should not bend forward fully. They can bend themselves only as far as comfortable.

7. Benefits of Ardhs Matsyendrasana.:

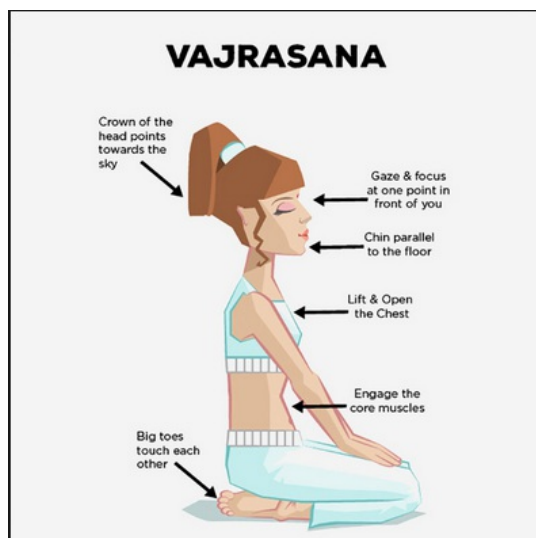
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Contraindications:

- a. Women, who are two or three months pregnant, should avoid practicing this asana.
- b. The individuals who suffer from peptic ulcers, hernia, and hypothyroidism should practice this asana under expert guidance.
- c. The individuals who have the problem of sciatica or sleep disc may benefit from asana but they need to take great care while doing this asana.

8.



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Benefits:

- a. It is helpful for concentration.
- b. It is helpful in curing dysentery, back pain and chest diseases.

- c. It enhances memory.
- d. It cures problems related to menstruation.
- e. It cures mental stress.
- f. It strengthens the pelvic muscles.
- g. It removes postural defects.
- h. It prevents hernia and gives relief from piles.

9. Asthma is a disease of lungs in which the airways become blocked or narrowed causing difficulty in breathing. The airways also swells up and produce extra mucus. It usually triggers coughing, wheezing or whistling or shortness of breath. The coughing usually occurs at night or early in the morning. Procedure of Matsyasana: For performing this asana, sit in padamasana. Then lie down in supine position and make an arch behind. Hold your toes with the fingers of your hands. Stay for some time in this position.



Benefits:

- a. It is helpful in curing back pain, knee pain and tonsillitis.
- b. It also cures the defects of eyes.
- c. Skin diseases can be cured, if we practice this asana regularly.
- d. This asana is helpful for the treatment of diabetes.
- e. It helps in relieving tension in the neck and shoulders.
- f. It improves posture.
- g. It is the best asana to get relief from asthma.
- h. It provides relief from respiratory disorders by encouraging deep breathing.

10. **Benefits of Vakrasana**

- Tones the muscles of the back and thus brings stability to the spine. As the very name suggests, the twist of the spinal cord brings the correction in back. Someone who is tall and has the habit of not standing with the spine straight or not sitting with the spine straight, this pose helps to overcome this habit.

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- Straightens the upper back and brings the sagging shoulder in alignment with the spine thus making shoulders look strong.
 - Tones the internal organs like the digestive system, intestines, uterus, and kidney. As the body twists, some pressure is felt at the lower part of the abdomen, thus internally working on the organs. The pressure on the abdominal muscles assists in faster toning and tightening of the muscles.
 - Works on inner muscles of the eyes because of the movement of the gaze of the eyes during the twist.

Contraindications of Vakrasana

Sore back due to an injury: it may not be a good idea to practice this yoga pose if there is a back injury.

- Sciatica: pressure on sciatic nerves can cause more injury with this yoga pose as the pressure is on the nerves while the body is twisted.
- Pregnancy: pregnant women should avoid this yoga pose as it will bring discomfort to the abdomen and hence this pose is not good for the uterus.
- Menstruation: not to be practiced by women during menstruation. During this time the uterus is weak and active and hence any pressure can cause discomfort.

Benefits of Vajrasana

- Heals Body: The end of the spinal column (Meru danda) is so beautifully placed on the heels giving the body a great looking posture and helps in transporting the prana smoothly to the entire body. This flow of prana is the first stage to heal the body from within.
- Increases Flexibility in Ankles: The ankles are bent so well giving room for greater flexibility right up to the tips of the toes.
- Improves Blood Circulation: The folding of the knees and the thighs stretch these muscles and improves blood circulation and improves flexibility.
- Strengthens Pelvic Muscles: In this pose, as the spine is elevated and away from the floor, the flow of blood is altered along with the nerve impulses in the pelvic region and pelvic muscles are strengthened.

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- Improves Digestion: As this is one of the few yoga poses which can be practiced even after a meal, it is considered as a good way to help in digestion and increases the efficiency of the digestive system.

Contraindications of Vajrasana

- Injured Ankles or Knees Ligaments: This pose can be hard on the knees and the ankles if one is not flexible with these muscles and joints. This pose should not be practiced if one is suffering from injured ligaments at the ankles or at the knees.
- A hernia or Ulcers: Those suffering from a hernia or intestinal ulcers should take medical advice and guidance before practicing this and should perform this pose with a trained yoga teacher. The pressure on the anus in this pose may bring unwanted pressure to the intestine.
- Runners with Hamstring or Calf Injury: Runners should avoid this if they have an injury in their hamstrings or the calves.
- Arthritis in Knees: Not to be practiced by people who have severe arthritis of the knees.