

CBSE Test Paper 02
CH-03 Yoga and Lifestyle

1. What do you mean by Hypertension?
2. Briefly mention the benefits of Shavasana.
3. Explain the contraindication of Hastasna.
4. Discuss the procedure of Trikonasana.
5. Briefly state any five benefits of Bhujangasana.
6. Write the detail about the benefits of Hastasana.
7. Discuss any three benefits of asana for prevention of disease in brief.
8. Discuss the procedure of Gomukhasana.
9. Discuss the procedure, benefits and contraindications of Trikonasana and Ardha Matsyendrasana.
10. Explain the contraindications of Trikonasana, Ardha Matsyendrasana and Bhujangasana.

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Answer

1. Hypertension means increased blood pressure.
2. **Benefits of Shavasana.**
 - a. It controls high blood pressure.
 - b. It relieves mental tension.
 - c. It regulates blood circulation and gives relief in various aches and pains.
 - d. It helps to cure many cardiac problems.
 - e. It increases energy levels.
 - f. It improves concentration and memory.
3. You should avoid this pose (or reach out to an experienced teacher) if you have any of the following:
 - Neck pain
 - Shoulder pain



First of all stand with your legs apart. Then raise the arm sideways upto the shoulder level. Bend the trunk sideways and raise the right hand upward. Touch the ground with left hand behind left foot. After sometime, do the same asana with opposite arm in the same way.

5. Benefits of Bhujangasana:

- a. It alleviates obesity.
- b. It provides strength and agility.
- c. It cures the disorder of urinary bladder.
- d. It cures the disease of liver.
- e. It improves blood circulation.

6. There are some benefits of Hastasana as follows:

- **Clears up Congestion:** The stretch of the spinal bone promotes proper growth and clears up congestion of the spinal nerves at the points at which they emerge from the spinal column.
- **Improves Digestion:** It stretches the abdominal muscles and hence tones these muscles improving digestion.
- **Improves Pulmonary Functions:** The chest is expanded thus giving room for clear passage for breathing from the diaphragm.
- **Stimulates Nervous System:** Helps to give control over muscular movement and stimulates the entire nervous system of the body.

7. The various benefits of asana are as follows:

- a. **Bones and joints become strong:** By performing regular asana, the bones, cartilages, and ligaments become strong. Along with this, height of children is enhanced.
- b. **Circulation of blood becomes normal:** By performing asana regularly, the stroke volume as well as cardiac output increases because cardiac muscles start working more strongly and efficiently. Blood circulation becomes proper and blood pressure normalizes and stabilises.
- c. **Immune system is strengthened:** By regular practice of asana, our immune system is strengthened. As a result, our body becomes less prone to diseases.

8.



Procedure: Sit down on the ground with legs stretched forward. Now fold the left leg at the knee and sit on the left foot. Fold the right leg and keep the right thigh on the left thigh with the help of your hands. Now lift your buttocks and bring the heels of both the feet together so that they should touch each other. Now fold your left arm behind your back over the shoulder. Fold the right arm behind the back under the right shoulder. After that bend your fingers of both the hands and clasp each other. At this time your head and back should be erect. Then repeat the same in reverse position.

9. Procedure of Trikonasana: First of all stand with your legs apart. Then raise the arm sideways up to the shoulder level. Bend the trunk sideways and raise the right hand upward. Touch the ground with left hand behind left foot. After sometime, do the same asana with opposite arm in the same way.

Benefits of Trikonasana:

- a. It strengthens the legs, knees, arms and chest.
- b. It helps in improving digestion and stimulates all body organs.
- c. It increases mental and physical equilibrium.
- d. It reduces stress, anxiety, back pain and sciatica.
- e. It helps in increasing height.
- f. It helps in reducing obesity.
- g. It enhances blood circulation.
- h. It is also helpful in reducing extra fat around the waistline.

Contraindications of Trikonasana:

- a. If you are suffering from diarrhea, low or high blood pressure, back injury or migraine, avoid the practice of trikonasana.

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- b. The individuals having cervical spondylosis should not perform this asana.

Procedure of Ardha Matsyendrasana: the left heel is kept under right thigh and the right leg is crossed over the left thigh. After that hold the right toe with left hand and turn your head and back to the right side. In this position move the trunk sideways. Then Perform the same asna in the reverse position.

Benefits of Ardha Matsyendrasana:

- a. It keeps gall bladder and prostate gland healthy.
- b. It enhances the stretch ability of back muscles.
- c. It alleviates digestive ailments.
- d. It regulates the secretion of adrenaline and bile and thus is recommended in yogic management of diabetes.
- e. It is also helpful in treating sinusitis, bronchitis, constipation, menstrual disorder, urinary tract disorder and cervical spondylitis.

Contraindications Ardha Matsyendrasana:

- 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.

10. Contraindications of Trikonasana

- Avoid doing this pose if you are suffering from low or high Blood Pressure. As the flow of blood goes the opposite way it may become uncomfortable for someone suffering from Blood Pressure.
- Any kind of neck injury. As the neck is tilted and is hanging downwards, further damage to the nerves and the muscles around the neck is likely.
- Any kind of back injury. Needless to say, any back injury takes a good time to heal and in this Asana the Back is put to test, so must be avoided.
- Any injury of the hamstring muscles especially an athlete, should take care and

avoid this Asana till healing takes place.

Contraindications of Ardha Matsyendrasana

- People suffering from severe back or neck pain should practice with caution, and with close supervision.
- Those with slip disc problems should avoid this pose completely.
- Those with internal organ issues may find this pose difficult and painful. Should be avoided by pregnant women as it can press the fetus.

Contraindications of Bhujangasana

- Those with severe back problems relating to the spine should clearly avoid this yoga pose.
- Someone having neck problems relating to spondylitis too should clearly avoid this yoga pose.
- Someone suffering from stomach disorders like ulcers should ensure proper guidance while doing this yoga pose or avoid this yoga pose if discomfort is seen or felt.
- Pregnant women should avoid this yoga pose as a lot of pressure is felt at the lower abdomen and can also cause injury if the position of the arms is not correct while in this pose.