

PHYSICAL EDUCATION



YOGA AND LIFESTYLES

Yoga and Lifestyle

both are interrelated. If you do Yoga regularly then you can lead a good lifestyle.

Asanas are the third step of eight elements after Yama and Niyam. Asanas are slow stretching activities, in which holding body postures brings stability of body and poise to mind.

Yoga Asanas are categorized into three parts:

Cultural Asana: For overall body fitness.

Meditative and Relaxative Asana: For improving mental activities.

Therapeutic Asana: For curing various health problem.

These Asanas are performed in standing, sitting and lying or inverted postures. The warming up in Yoga is performed with Surya Namaskar.

Yoga Asanas are slow stretching activities in which heart rate, breathing rate and body temperature remain normal. The effects of Asanas are internally felt and not observable.

Yoga Asanas As Preventive Measures:

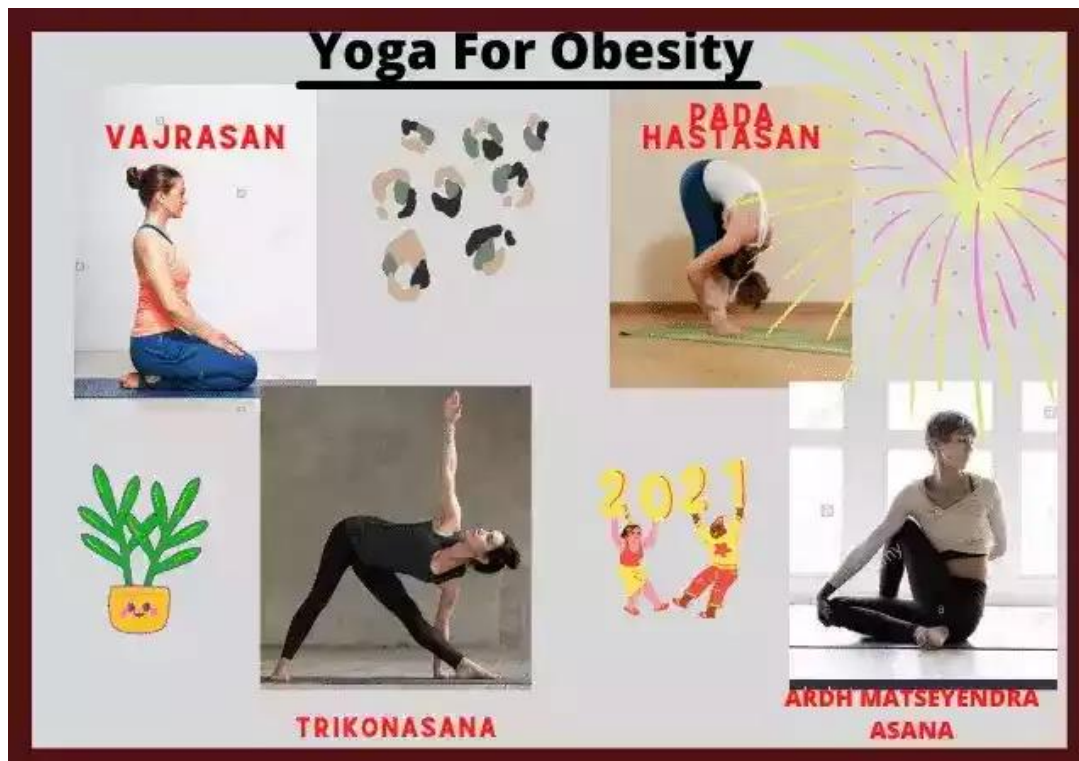
Yoga Asanas have great curative, preventive and therapeutic effects. Asanas can cure and prevent many chronic health problems such as:

- **Skeletal or Ortho related problems:** Asanas can prevent and cure many ortho related problems such as Kyphosis, Round Shoulder, Lordosis, Scoliosis, Knock knees, Bowlegs, Flat foot, Neck Spondylitis
- **Digestion related:** Asanas can prevent and cure many digestive related health problems e.g. diabetes, obesity, underweight, constipation, food intolerance, Gastric problem and many more.
- **Concentration related problems:** Asanas prevent and cure stress and tension, control anxiety, stabilize mind and improve memory
- **Immunity related problems:** Asanas can improve the immunity to a great extent, thus prevent cold, cough, viral infection, communicable diseases, asthma etc.
- **Cardiac related:** It also prevent coronary artery disease, heart attack, congestive heart failure, varied blood pressure
- **Nerve related:** It prevents Paralysis, Sciatica, Parkinson, weak muscle cramps.

Benefits of Yoga Asanas:

- It improves physical and mental abilities to a great extent.
- It increases the concentration and control behavior.
- Our bones and Joints become strong.
- Increase blood circulation.
- Respiratory organs become strong and efficient.
- Efficiency of digestive system increases.
- Nervous system gets strengthen.
- Glandular activity is stimulated and regulated properly Efficiency of excretory system enhances.
- Immune system gets strengthen.
- Improves cardiovascular system.
- Control over sense organs.
- It gives relaxation from stress and tensions.
- It develops good posture.
- It removes ortho problems.
- It prevents premature aging.

Obesity



Obesity is a condition in which excess body fat has accumulated to the point that it may have a negative effect on health. The excess fat of the body gets deposited under the skin, especially in areas like the abdomen, chest, shoulder, buttocks, and legs.

Obesity leads to many health problems. Yoga asanas can cure these problems by increasing physical activity and controlling glandular function.

Vajrasana

- Procedure:
- Sit with flexed legs.
- Hands over the knees.
- Back Straight, toes behind, heels joined.
- Body resting over the ankle.

Benefits:

- Controls Obesity.
- Improves leg muscles.
- Cures Gastric problem.

Contraindications:

- Avoid if you have severe knee pain.
- Avoid if you had recent surgery of legs.
- If you feel pain in the ankle joint.

Trikonasana

Procedure:

- Stand with your legs apart
- Raise the arms sideways up to the shoulder level.
- Bend the trunk sideways and raise the right hand upwards.
- Do it on next side.

Benefits:

- It strengthens the leg muscles, knees arms and chest.
- Helps in improving, digestion and stimulates all the abdominal organs.
- Increases mental and physical equilibrium.
- Reduces stress anxiety back pain and sciatica

Contraindications:

- Avoid doing this Asana if you have.
- Avoid if have diarrhea, low or high blood pressure, back injury or migraine.
- Avoid in case of cervical spondylitis.

Pada Hastasana**Procedure:**

- Bend forward, touch the floor of either side of the feet.
- Keep your knee straight.
- Try to touch the knees with the forehead.

Benefits:

- Body become flexible and stretches the back and leg muscles.
- Removes excess belly fat.
- Improves digestion and reduces constipation.

Contraindications:

- Individuals who have back pain should avoid this asana. At least, they should not bend forward fully.

Ardhmatseyendra Asana**Procedure**

- The left heel is kept under the right thigh.
- Right leg is crossed over the left thigh.
- Hold the right toe with the left hand and turn your head and back to the right side.
- Perform the same asana in the reversed position.

Benefits

- Keeps gallbladder and the prostate gland healthy.
- Enhances the stretchability of back muscles.
- Alleviates digestive ailments.

Contraindications:

- Women who are pregnant should avoid this asana.
- Individuals who suffer from peptic ulcer, hernia, should perform this asana only under the expert guidance.

Diabetes



- Diabetes occurs when sugar builds up in our bloodstream, instead of being used by the cells in our body.
- Diabetes is a disease in which the body is unable to produce insulin, the hormone that regulates blood sugar levels. This can lead to increased sugar levels in the blood which can affect organs, causing blindness, kidney failure, cardiovascular disease, and impotence.

Bhujangasana

Procedure:

- Lie down on the belly
- Raise the upper part of the body with the support of hands
- Look up

Benefits:

- It prevents and cures diabetes
- It Improves digestive functioning
- It cures cold and bronchial problems, Kyphosis, obesity, Neck Spondylitis.
- It provides strength and agility

Contraindications

- This asana should be avoided by individuals who suffer from hernia, back injuries, headaches, and recent abdomen surgeries
- Pregnant women should not perform this asana

Paschimottanasana

Procedure:

- Sit with straight legs in front
- Try to touch the forehead to the knee
- Hold the feet

Benefits:

- Relieves diabetic patient
- Control weight and prevent obesity
- Back and leg muscles are strengthened and relaxed
- Cure gastric, indigestion and constipation problem

Contraindications:

- If you are suffering from enlarged liver or spleen or acute appendicitis then you should

avoid doing this asana

- Avoid if any respiratory diseases
- If you have any back or spinal problems, make sure that you perform this asana only under the expert guidance

Pavanamuktasana

Procedure

- Lie down on your back
- Feet together and arms beside your body
- Bring your knees towards your chest
- Press the thigh on your abdomen with a clasped hand

Benefits

- Prevent and cure diabetes
- Improve digestive functioning
- Cure obesity, neck spondylitis

Contraindications

You should avoid this if you have

- Heart problems, slipped disc, hernia
- Pregnancy
- Abdomen surgery

Ardhmatseyendra Asana

Procedure

- The left heel is kept under the right thigh
- The right leg is crossed over the left thigh
- Hold the right toe with the left hand and turn your head and back to the right side
- Perform the same asana in the reversed position

Benefits

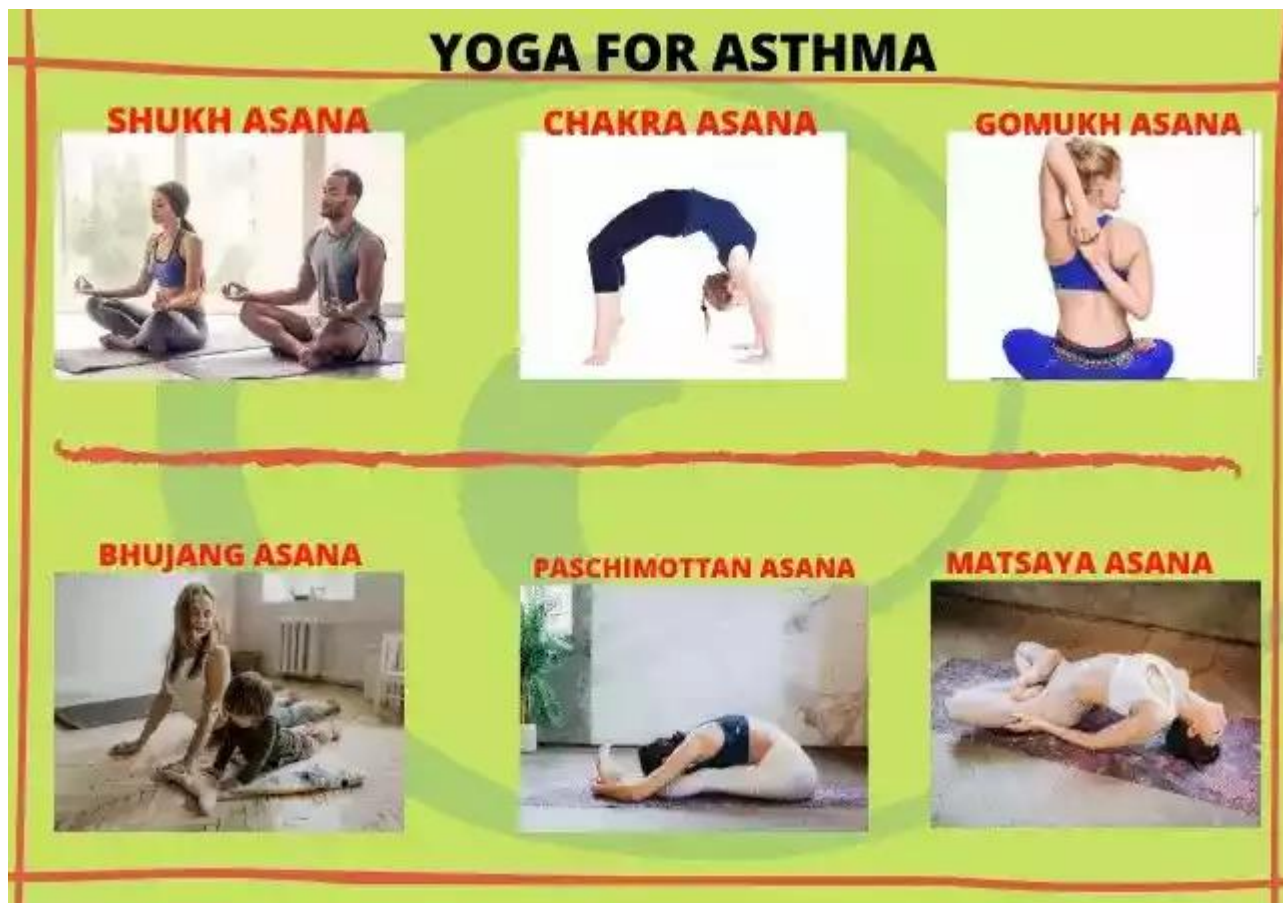
- Keeps gallbladder and the prostate gland healthy

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Asthma



Asthma is an inflammatory respiratory disease. It is characterized by episodes of wheezing, chest tightness, and shortness of breath. These episodes often develop either spontaneously or after exposure to irritants such as tobacco smoke, dust mites, or pollen.

Sukh Asana

Procedure

- Sit with cross leg position

- Hands-on both knees
- Lengthens the back

Benefits

- Cures Asthma
- Calms the brain
- Strengthen the back
- Stretches the knees and ankles

Contraindications

- If your knee and hip are injured avoid this asana
- If you have slip disc problem you should take proper care

Chakrasana

Procedure

- Lie down on your back and fix your hands firmly on the ground.
- Then raise the middle portion of your body upward. Raise it as high as possible,
- Then keep your head downwards between your hands

Benefits

- Cures back pain
- Cures problem related to the kidney
- Helps in reducing obesity
- Prevents the problem of hernia
- Stimulates pituitary and thyroid glands

Contraindications

- If you're suffering from headache or high blood pressure, do not perform this asana
- Don't perform this asana in case of shoulder impingement
- Do not perform this asana if you have tendonitis in the wrist.

Gomukh Asana

Procedure

- Sit down with legs straight
- Fold your legs
- Sit on the left foot
- Keep the right thigh on thigh
- Fold the left arm behind your back over the shoulder and right hand under the right shoulder.
- Hands clasp each other

Benefits

- It makes leg muscles strong
- It improves the function of lungs
- It also reduces stress and anxiety

Contraindications

- Avoid this asana if you suffer from shoulder, knee and back pain.
- You should avoid this asana in case of any knee injury

Bhujangasana

Procedure

- Lie down on the belly
- Raise the upper part of the body with the support of hands
- Lookup

Benefits

- It prevents and cures diabetes
- It Improves digestive functioning
- It cures cold and bronchial problems, Kyphosis, obesity, Neck Spondylitis.
- It provides strength and agility

Contraindications

- This asana should be avoided by individuals who suffer from hernia, back injuries,

headaches, and recent abdomen surgeries

- Pregnant women should not perform this asana.

Paschimottanasana

Procedure

- Sit straight, legs in front
- Try to touch your forehead to the knee
- Hold the feet

Benefits

- Relieves diabetic patient
- Control weight and prevent obesity
- Back and leg muscles are strengthened and relaxed
- Cure gastric, indigestion and constipation problem

Contraindications

- If you are suffering from enlarged liver or spleen or acute appendicitis then you should avoid doing this asana
- Avoid if any respiratory diseases
- If you have any back or spinal problems, make sure that you perform this asana only under the expert guidance.

Matsyasana

Procedure

- Sit in padmasana
- 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

- Helpful in curing back pain, knee pain
- It also cures defects of eyes

- Skin disease can be cured
- Good Asana for diabetes

Contraindications

- If you have high or low blood pressure
- Avoid if you have migraine and Insomnia problem
- Avoid if you have a neck injury and lower back problem

Hypertension



A person has hypertension when their blood pressure is more than 140/90. This condition can affect the arteries, valves, and other parts of the circulatory system. It's common at any age but it is most commonly found in adults aged 30 to 60 years old or those who are obese.

Hypertension can also be a risk factor for heart disease, stroke, kidney damage, and other diseases. Many people have mild high blood pressure while some people have severe high blood pressure.

Tadasana

Procedure

- Come on your toes while keeping the arms upward
- Hold the posture for as long as you can
- Breathing should be normal.

Benefits

- Better posture
- Cure sciatica
- Improve physical strength
- Stronger thighs, knees, and ankles

Contraindications

- If you have high blood pressure, you should not do this Asana.
- In case of headache or Insomnia, you should avoid doing this Asana.

Vajrasana**Procedure**

- Sit with flexed legs
- Hands are over knees
- Back straight
- The body is resting over the ankle

Benefits

- Controls Obesity
- Improves leg muscles
- Cures Gastric problem

Contraindications

- Avoid if you have
- Severe knee pain
- Recent surgery of legs or waist
- Feel any pain in the ankles

Pavanamuktasana**Procedure**

- Lie down on your back

- Feet together and arms beside your body
- Bring your knees towards your chest
- Press the thigh on your abdomen with a clasped hand

Benefits

- Prevent and cure diabetes
- Improve digestive functioning
- Cure obesity, neck spondylitis

Contraindications

You should avoid this if you have

- Heart problems, slipped disc, hernia
- Pregnancy
- Abdomen surgery