

Unit 3 | Yoga as a Preventive Measures

Yoga

The term "yoga" comes from a Sanskrit word meaning "union."
Yoga combines physical exercises, mental meditation, & breathing techniques to strengthen the muscles and relieve stress.

Asanas



According to Patanjali asana means -
Sthiram sukham asanam means 'that position which is comfortable and steady'
According to Brahmanopanishad - to sit comfortable position or posture for everlasting period is called asanas. Asana is a means through which physical and mental development is achieved. prevention of diseases and delay in aging are the effect that are achieved through yoga exercises

Benefits

1. Bones & joints become strong.
2. Muscles of the body become stronger & the efficiency of muscles also increases
3. Blood circulation is improved & blood pressure normalises and stabilize.
4. The size of the lungs and chest also increases so that the respiratory organ become efficient.
5. Efficiency of the digestive system increases that means the absorption of food become efficient.
6. Nervous system strengthening and increase the neuromuscular coordination also.

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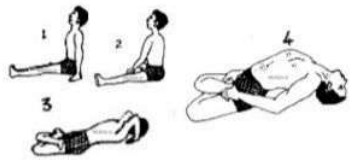
Obesity



Obesity is that condition of the body in which the amount of fat increases to the extreme level. BMI is helpful for calculating the obesity level.

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OBESITY

Asanas	Definition	Benefits	Diagram
Tadasana	Tadasana, Mountain pose, or Samasthiti is a standing asana in modern yoga as exercise; it is not described in medieval hatha yoga texts. It is the basis for several other standing asanas	It improves body posture and reduces flat feet problems. Knees, thighs, and ankles become stronger. Buttocks and abdomen get toned.	
Katichakrasana	Katichakrasana literally means rotation of the waist. It gives a nice stretch to the waist and helps in making it more flexible and supple. It takes very little time to do the stretch and it benefits your body in many ways. Kati = Waist; Chakra = Wheel, Circular Rotation; Asana = Posture, Pose	It improves the flexibility of the spine and waist. It is good for relieving constipation. It opens up the neck and shoulders. It helps to relieve back pain.	
Pawanmuktasana	It has three words to it. Pawan =wind, mukta =release or relieve, and asana =posture. So as the name suggests this asana helps in releasing the accumulated wind in stomach and intestines. This pose is a beginner-level, supine Hatha Yoga practice and belongs to the traditional approach to yoga.	It cures acidity, indigestion & constipation. It is helpful for those suffering from arthritis, heart problems & waist and back pain. This is very beneficial for stomach abs. Beneficial for reproductive organs & for menstruation disorder.	
Matsyasana	Matsyasana is a popular yogic asana. In the word 'Matsyasana', Matsya means Fish in Sanskrit. It is named so, since the final posture that the body assumes in this asana resembles a fish. Hence Matsyasana is also called as Fish pose.	It stretches the neck muscles and shoulders. This pose provides relief from respiratory disorders by encouraging deep breathing, as this pose increases lung capacity to a great extent.	
Halasana	Halasana (Plow Pose), a full-body stretch that positions your body upside down with your feet over your head, offers interesting new perspectives.	It makes your backbone elastic and flexible. It helps to reduce both belly and body fat. It improves memory power.	
Pachimottasana	Paschimottasana is a Sanskrit name that translates as " west stretching pose ," displaying the sunset of a practice traditionally initiated facing the rising sun	It relieves menstrual discomfort and enhances fertility. It reduces headache, anxiety, insomnia, and sinusitis. It reduces abdominal fats and increases metabolism.	
Ardha – Matsyendrasana	The word "Ardha Matsyendrasana" has been derived from Sanskrit and it translates as "Half Lord of the Fishes Pose".	It improves the functioning of the liver and kidneys. It stretches the shoulders, hips, and neck. It stimulates the digestive enzymes in the belly. It relieves menstrual discomfort	

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Dhanurasana (Bow pose)	Dhanurasana has been named after the shape the body takes while performing it – that of a bow. Dhanu means bow and asana mean posture or pose. Just as a well-strung bow is an asset to a warrior, a well-stretched body helps keep you flexible with a good posture.	Dhanurasana strengthens the back and the abdomen at the same time. It helps improve stomach disorders. It also helps in reducing fat around the belly area.	
Ushtrasana	'Ustra' means camel and 'asana' means posture or seat. Therefore, Ustrasana is often referred to as the camel pose. Camel Pose or Ustrasana is a chest-opening backbend that is energizing and beneficial.	Ushtrasana stretches the anterior muscles of the body. It improves the flexibility of the spine and strengthens it. It improves digestion. It gives relaxation to the lower back.	
Suryabedhan pranayama	Surya Bhedana or Surya Bhedi is a warming/energizing pranayama practiced in a seated meditation posture. Using Vishnu Mudra (hand gesture), you block the left nostril, inhale through the right, retain the breath for as long as you can, and block the right nostril to exhale through the left nostril. The same steps are repeated to perform forced right-nostril breathing.	It activates the body's functions. It is very helpful for increasing digestive fire. It cures all diseases that are caused by the insufficiency of oxygen in the blood.	

Diabetes

Diabetes is a condition that impairs the body's ability to process blood glucose, otherwise known as blood sugar.

Note: Some asanas are already discussed previously in the chapter.

Asanas	Definition	Benefits	Diagram
Bhujangasana	Bhujangasana or Cobra Pose is a reclining back-bending asana in hatha yoga and modern yoga as exercise. It is commonly performed in a cycle of asanas in Surya Namaskar , Salute to the Sun.	It improves the blood circulation in body. It decreases menstrual irregularities in females. It strengthens muscles of chest, shoulders, arms & abdomen.	
Shalabhasana	Shalabhasana; the locust pose is a cultural asana—for backward bending of the spine. The final position of this Asana resembles a locust or a grasshopper—a strong flier i.e. the instrument to move is strong.	It is beneficial for spinal problems. It is helpful for backache and sciatica pain. Removes unwanted fats around the abdomen & waist.	

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Supta-Vajrasana	The word Supta Vajrasana comes from the Sanskrit language where 'Supta' means reclined or sleeping, 'Vajra' means thunderbolt, and 'Asana' means pose. It is known as Reclined Thunderbolt Pose in English. People also use terms like Sleeping Thunderbolt Pose and Supine Thunderbolt Pose. It is also known as Supta Virasana (Reclined Hero Pose).	It tones the spinal nerves, makes the rear versatile, & realigns rounded shoulders. It is useful for those stricken by respiratory disorders and different respiratory organ ailments.	
Mandukasana	Mandukasana, or Frog posture is a group of seated asanas in Hatha yoga and modern yoga as exercise, all of which put the body in a shape like that of a frog.	It cures the problems related to stomach. It is beneficial in cardiovascular diseases. It is useful for flexibility of thighs and legs. It reduces extra fat from thighs and hips.	
Gomukasana	It is a combination of three words i.e., go-mukh-asana where "go" refers to cow, "mukh" refers to face and "asana" refers to pose.	It helps in stretching and strengthen the muscles of the ankles, hips and thighs, shoulders, triceps, inner armpits and chest. It is helpful in curing of sciatica. It improves the functioning of lungs.	
Yoga mudrasana	Yoga mudrasana, a deep forward bend, is one of the best anti-aging poses as it helps the practitioner to look and feel younger. From Sanskrit, yoga means "awareness"; mudra means "seal"; and asana means "pose" or "posture." To enter this pose, begin in padmasana (lotus pose)	It stretches the posterior muscles of the trunk and the neck. It improves muscle tone and venous circulation of the spinal column. It has favourable effects on the viscera due to deep intra-abdominal.	
Kapalbhati	Kapalabhati is an important shatkarma, a purification in hatha yoga. The word kapalabhati is made up of two Sanskrit words: kapāla meaning "skull", and bhāti meaning "shining, illuminating".	- It purifies the frontal air sinuses and stimulates the brain. - Massages abdominal organs and improves digestion. - It increases the capacity of lungs. - It is useful in treating cold, rhinitis	KAPALBhati PRANAYAMA SKULL SHINING BREATH  INHALATION: SLOW & NORMAL EXHALATION: QUICK & FORCEFUL

Hypertension

Hypertension occurs when a person's blood pressure reaches 140/90. This illness may have an effect on the arteries, valves, and other components of the circulatory system. Although it can happen at any age, people between the ages of 30 and 60, as well as those who are obese, are more prone to get it.

Note: Some asanas are already discussed previously in the chapter.

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HYPERTENSION

Asana	Definition	Benefits	Diagram
Uttana Padasana	There are three Sanskrit terms in uttana padasana. In Sanskrit "uttana" means "intense stretch" or "lying on the back with the face-up", "pada" means "foot" or "leg", and "asana" refers to "pose".	It opens up the chest, contracts the abdomen & stretches the arms and legs simultaneously. It increases the flexibility of internal and external muscles. It relieves stiffness in the lower back, backache, pain in hips and joints.	
Ardh-Halasana	Ardha literally means half and Hala means plough. It is an intermediate posture to perform Halasana hence it is named as Ardha Halasana.	It improves digestion and appetite. It improves blood circulation. It strengthens the thigh muscles and calf muscles. It is helpful to reduce abdomen fat and lose weight.	
Sarala Matsyasana	Matsyasana or Fish pose is a reclining back-bending asana in hatha yoga and modern yoga as exercise.	It is beneficial in cervical, slip disc, spondylitis, sciatica. It is beneficial in all spine-related problems. It stretches the muscles of the legs & hips.	
Makrasana	It is a yoga pose commonly referred to as the crocodile pose. While makar means crocodile, asana means pose.	It is beneficial in cervical, slip disc, spondylitis, sciatica. It is beneficial in all spine-related problems. It stretches the muscles of the legs & hips.	
Shavasana	Shavasana, Corpse Pose, or Mritasana, is an asana in hatha yoga and modern yoga as exercise, often used for relaxation at the end of a session. It is the usual pose for the practice of yoga Nidra meditation, and is an important pose in Restorative Yoga.	It relaxes the whole body. It releases stress, fatigue, depression and tension. It improves concentration and cures insomnia. It helps to calm the mind and improves mental health. It regulates blood circulation.	
Sitali Pranayama	Sitali Pranayama, often called "the cooling breath," is a breath practice that cools the body and has a calming effect on the nervous system. In Ayurveda, Sitali breath is encouraged during the summer months and hottest parts of the day to pacify the heat that builds in your body.	It relieves stress and anxiety through its soothing and relaxing effect. It also helps reduce fever by bringing down body temperature. It helps calm down hunger and thirst in an emergency situation.	

Asthma

Asthma is the disease of liver lungs in which airway become blocked causing difficulty in breathing. Airways also swell up and produce extra mucus. It usually triggered the coughing sneezing or shortness of breath.

Note: Some asanas are already discussed previously in the chapter.

Asana	Definition	Benefits	Diagram
Urdhva Hastasana	Urdhva Hastasana translates to "Raised Hands Pose," but it is also sometimes called Talasana, the Palm Tree Pose.	It enhances the functioning of the digestive system and increases the capacity of the lungs. This asana helps in improving the blood circulation of the body. It helps in enhancing the body's postures.	
Uttana Mandukasana	Uttana Mandukasana, 'Uttana' means 'Stretched up,' 'Manduka' means 'Frog,' and 'Asana' means 'Pose'.	It gives a good stretch to the upper and lower back muscles, makes back muscles flexible, and relieves back pain and strain. It stretches the elbow joints and is hence good for elbow health.	
Vakrasana	Vakrasana comes from a combination of two words, Vakra which means twisted and asana which means yoga posture. Earlier, Vakrasana was a simplified form of Ardhamatsyendrasana. Vakrasana is among flexible yoga twist poses where twisting is observed in the spinal region and one may also call it a twisted pose or seated twist yoga pose.	• It reduces belly fat. • It improves the function of both spinal cord and nervous system. • It controls diabetes and strengthens kidneys.	
Anuloma Vilom	Anuloma Pranayama is one of several Pranayama or breath exercises used in the practice of Hatha yoga. Anu roughly translates as with and Loma means hair implying "with the grain" or "natural".	• Calms and steadies the mind, improves focus and concentration. • Improves blood supply to the brain.	

Backpain

"Physical discomfort occurring anywhere on the spine or back, ranging from mild to disabling" Back pain can have causes that aren't due to underlying disease. Examples include overuse such as working out or lifting too much, prolonged sitting and lying down, sleeping in an uncomfortable position or wearing a poorly fitting backpack.

Note: Some asanas are already discussed previously in the chapter.

Ardha-Chakrasana	Ardha-chakrasana yoga is also known as "half wheel pose", and this asana is much easier than Chakrasana. A lot of people find it difficult to practice full wheel pose or say Chakrasana, but half wheel pose is known to be a much easier asana to practice every day.	This asana helps to improve your lung capacity. This asana is also helpful to control high blood sugar levels and to stimulate the pancreas. "Ardha Chakrasana" also helps to increase your back and spine muscles. This asana helps to tone your shoulders, thighs, and waist. This asana helps to relieve shoulder and neck pain.	
Bhadrasana	<i>Bhadrasana</i> is a basic yoga pose suitable for beginners. It is a great asana for meditation as it is comfortable and can be held for extended periods of time. Practicing bhadrasana calms the mind and brings about feelings of groundedness. It also activates the <i>muladhara</i> (root) chakra.	Calms the mind. Activates the Muladhara chakra. Activates the reproductive organs. Stretches ankles and knees. Strengthens and lengthens the spine. Improves and supports digestion	