



## BRIEF INTRODUCTION OF YOGASANA AND THEIR BENEFITS

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**Abstract:** *Yoga is the way of a better living. It ensures efficiency in work and better control over mind. Through yoga one can achieve physical and mental harmony. Health is the greatest blessing for all. It enables the individuals to lead a life of complete physical, mental and social well-being and not merely the absence of disease or infirmity. Physical Education may provide the right direction and needed actions to improve the health of members of any society, nation and the world as a whole. An educational system encompassing the mental, emotional, spiritual, social and physical dimensions of health becomes imperative to bring about all around development in students.*

**Key Words:** Efficiency, control, Through, yoga, physical, mental harmony, Health, greatest .

**Meaning of Yoga:** The word 'Yoga' is derived from Sanskrit word "yuj" which means 'join' or 'unite'. This may be taken as the union of body, mind and soul, and is used in the literature both as an end as well as means. As an end, yoga signifies 'integration of personality' at the highest level. As means, yoga includes various practices and techniques which are employed to achieve the development of such integration. These practices and techniques are means in the yogic literature and are also referred collectively as 'Yoga'.

### **Definition of Yoga:**

According to Bhagvat Gita , "Yogah Karmasu Kaushalam".

According to Lord Krishna, "Yoga is skill in actions."

**Aim and Objectives Yoga:** The aim of yoga is control over the mind. A man who cannot control his mind will find it difficult to attain divine communion, but the self-controlled man can attain it if he tries hard and directs his energy by the right means. The main aim of yoga is integrating the body, mind, and thoughts so as to work for good ends. The main objectives of the Yogic practices are to make one free from diseases, ignorance, egoism, miseries the affiliations of old age, and fear of death etc.

**Asanas:** Pathanjali has defined asana 'Sthir Sukham Asanam' that is 'Asana means steady and

comfortable posture'. Asanas (Postures) means holding the body in a particular posture to bring stability to the body and poises to the mind. By practicing asana one frees himself from physical disabilities and mental distractions.

Classification of yoga asanas:

1. Meditative Asanas
2. Relaxation Asanas
3. Cultural Asanas

### **1. Meditative Asanas:**

These asanas provide a comfortable and stable sitting position of the body to make the mind more steady for the process of meditation.

#### **A) Padmasana (Lotus Posture)**

##### **Benefits of Padmasana:**

- \* Padmasana is the most easy asana for contemplation and meditation.
- \* Padmasana is the mostly preferred asana to increase the focus of mind as well as concentration.
- \* This Asana helps to preserve important fluids in the body and prevents abdominal diseases for better health.
- \* By doing this Asana gives your mind peace and longevity to the practitioner. It increases the hunger.
- \* This Asana helps to relax the body.
- \* It can also help in stretching the ankle as well as knees.

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\* This Asana is the base for all Asanas and it strengthens the hip and knee joints of the male as well as female and can get painless peaceful mind.

\* You can reduce the unwanted fat of hip and thigh of an individual. This is the simplest asana which can practice by all the age group of men and women and relax the body.



**B) Vajrasana (Thunderbolt or Diamond Posture)**

**Benefits of Vajrasana:**

- \* It is a best Asana for meditation and concentration and helps in keeping the mind calm.
- \* This asana Cures indigestion, acidity, gas formation and constipation and this asana increases digestion process.
- \* Those people who are suffering from gas problems can practice immediately after lunch or dinner every day.
- \* Give relaxation in back pain and very beneficial in stomach disorders.
- \* Beneficial in urinary problems of an individual.
- \* Helps to reduce obesity. Gives strength to the thigh muscles.
- \* Useful for arthritis patients. Relieving pain in the knees.



**2) Relaxation Asanas:**

The asanas for relaxation are designed in a way that there is no need to contract any muscle. It is important to practice them exactly, so your body can come to a deep relaxation; it is not just lying on the floor.

**A) Makrasana (Crocodile Posture)**

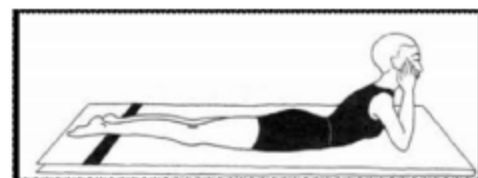
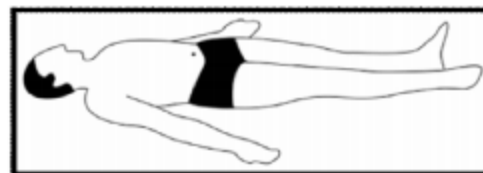
**Benefits of Makrasana:**

- \* Beneficial in cervical, slip disc, spondylitis and sciatica.
- \* Beneficial in all spine related problems of an individual.
- \* Very useful in Asthma, knee pain and other lungs related problems of an individual.
- \* Stretches and relax the muscles of legs and hips.
- \* This pose is best for relaxing after doing other Asanas.

**B) Savasana (Relaxation Posture)**

**Benefits of Savasana:**

- \* Savasana is easy to do and best relaxation process for high blood pressure, heart diseases, stress, insomnia and depression. Increase the concentration power, and thinking power.
- \* Performing this pose after other asanas relieves the tiredness of your body in a very short time.
- \* It gives complete rest to mind, body, brain and soul.
- \* Calms all the body parts, mind and soul and gives happiness.
- \* It cures weakness of brain, negative thinking and tiredness.



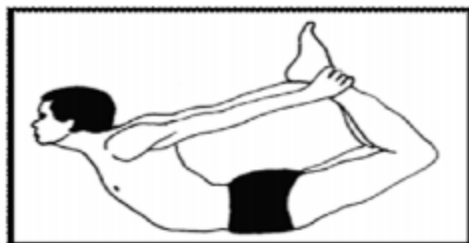


**3) Cultural Asanas:-** Bring out changes in the body by correcting postural defects, corrects disturbed function of various systems, improper muscle tone and also cultivate correct mental attitude.

**A) Tadasana (Palm Tree Posture)**

**Benefits of Tadasana:**

- \* Due to deep breathing it provides strength and expansion to the lungs.
  - \* This is the best exercise to increase the height and develops and activates the nerves of the entire body.
  - \* It gives strength to vertebral column and heart. Also good for regulating the menstrual cycle in women and Cures the problems related to the indigestion.
  - \* Give strength to arms and legs and it reduces the problem of flat feet.
- B) Dhanurasana (Bow Posture)**
- Benefits of Dhanurasana:**
- \* Dhanurasana strengthens the back and the abdomen at the same time.
  - \* Helps us to be active and energetic.
  - \* It helps improve upon stomach disorders.
  - \* Bow Pose also helps in reducing fat around belly area.
  - \* Helps regulate the pancreas and is recommended for people with diabetes.
  - \* Expands the thoracic region of the chest.



**C) Bhujangasana (Cobra Pose)**

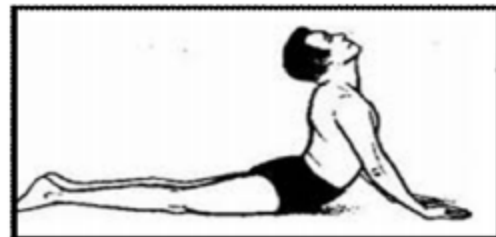
**Benefits of Bhujangasana:**

- \* This Asana helps to stretch muscles in the shoulders, chest and abdomen.
- \* It decreases stiffness of the lower back, and it strengthens the arms and shoulders.
- \* It increases flexibility.
- \* Helps in stress, depression, anxiety management.
- \* Improves the blood circulation and oxygen in body, heart and throughout the spinal and pelvic region especially, and it's stimulates organs in the abdomen, like kidneys.
- \* Improves digestion, strengthens the spinal cord. It also helps to cure the symptoms of asthma.

**D) Halasana (Plow Posture)**

**Benefits of Halasana:**

- \* Practicing this asana regularly can avoid disease like diabetes, obesity, constipation, stomach disorder, Blood pressure and menstrual disorders.
- \* It makes your back bone elastic and flexible.
- \* Halasana helps to reduce both belly and body fat.
- \* It improves memory power.



**E) Paschimottanasana (Waist Stretched Out Posture)**

**Benefits of Paschimottanasana:**

- \* Stretches the whole spine specifically lower back, hamstring and hips.
- \* Massages and tones the abdominal and



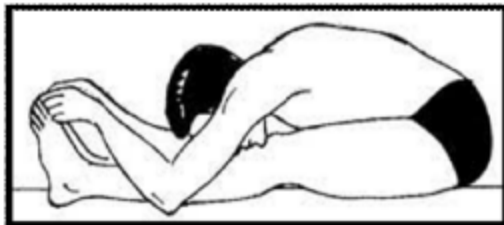
pelvic organs.

- \* Improves the circulation.
- \* Stretches and strengthens the calf and thigh muscles.
- \* Activates the spinal nerves.
- \* Reduces abdomen fat.

#### F) Salabhasana (Locust Posture)

##### Benefits of Salabhasana:

- \* It is beneficial in all the disorders at the lower end of the spine.
- \* Most helpful for backache and sciatica pain.
- \* Useful for removing unwanted fats around abdomen, waist, hips and thighs.
- \* Daily practice of this Asana can cure cervical spondylitis and spinal cord ailments.
- \* Strengthen wrists, hips, thighs, legs, buttocks, lower abdomen and diaphragm.
- \* Toughens back muscles.



**Conclusion:-** The purpose of Yoga is to create harmony in the physical, vital, mental, psychological and spiritual aspects of the human

being. In this paper, I have described about the Yogasana and the classifications of the Yogasanas. Yoga is not mere practice for an hour or two in a day but it is the most scientific way of living, all the twenty-four hours of the day. "Yogah karmasu Kausalam-Yoga is skill in action." Skill here means to be in tune with the nature of the Supreme Reality. Be a Yogin always, is the loving instruction of Lord Krishna. Convert life into Yoga, so that you may ensure success in all the fields of activity. By regular practice, by using your presence of mind, skill and wisdom, you can become Yogins and enjoy happiness and peace, whatever be the circumstances and conditions in which you are placed.

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