



Yoga Philosophy

How to keep soul, mind and body aligned &
healthy?

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Vedic Science Centre, Lucknow

Yoga Philosophy-How to keep soul, mind and body aligned & healthy?

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Indian yoga knowledge is five thousands year old originated from Yogasutra of Maharishi Patanjali, in which philosophy of the science towards living life properly is called Yoga. Therefore it is necessary to include it in daily life. But most of the people consider illusion yoga is only physical exercise and adopt a complex way of twisting, stretching of body parts and breathing. However, the meaning of yoga is unity or bonding not only exercise or postures.

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Dedicated

To



My most beloved friend, Late Shri Ram Shabda Mishra, whose
Divine soul is heavenly present, but without his
'Inspiration, support and lesson of patience'
I couldn't have fulfilled the dream of
Writing my Yoga Philosophy book,
and succeeded in providing
contents for the benefits
of general public.

*



Message

Anandiben Patel
Governor, Uttar Pradesh



Raj Bhavan
Lucknow - 226 027

15 December, 2020

I am very glad to know that the book Yoga Philosophy is being published by the Vedic Science Center, School of Management Sciences, Lucknow.

Yoga is India's ancient tradition and holy offering of our sage culture. The importance of yoga in improving physical health and mental upliftment is well known. Yoga can be the basis of attaining good health, happiness, peace, harmony and well-being in life. I am confident that the readers will get useful information related to yoga through this book.

I extend my heartiest congratulations for the successful publication of the book.

Anandiben Patel
(Anandiben Patel)

Preface

The literal meaning of yoga is mainly the coordination of two existences and the word yoga also has two meanings: first unite / combine and second samadhi. It originated in the second century BCE from the Yogasutra of Maharishi Patanjali and originated from the Sanskrit root word YUJ (YUJA). Yuj means - to combine or unify each other. The yoga of Maharishi Patanjali is called Raja Yoga or Ashtanga Yoga. The eight organs (i) Yama (ii) Niyam (iii) Asana (iv) Pranayama (v) Pratyahara (vi) Dharna (vii) Dhyana and (viii) Samadhi consist of all types of yoga. Man can achieve liberation by using physical application and meditation of compound techniques, and thus man becomes separated from nature. But until you connect yourself, it will be difficult to reach samadhi. Thus it would appear that yoga is a type of science.

In this book, we will study about Yoga and its ideologies. Yoga works on all aspects of physical, mental, emotional, and spiritual aspects of our life, and give us a chance to think of things beyond all imagination. Ancient yoga from Patanjali's Yogasutra focussed on finding out its knowledge and practicing it, this tells us about simple but profound yoga principles (Yama and Niyam), which can become the essence of a happy and healthy life for us. The 'contentment' principle (Niyam) helps in being satisfied in life and 'imperfection' theory in relieving anxiety, distraction and stress due of greed and attachment.

The 'defecation' principle describes mental and physical purification. These rules especially help us when we are worried about the fear of suffering from infectious diseases. By adopting the scientific method given in this book, we will develop the thought and tendency to make life more meaningful and to serve in the public - I believe so.

One would be surprised to know the benefits of Kapalabhati Pranayama - In the era of corona virus epidemic, it is very important to follow all the safety rules to keep oneself safe, because this disease affects the human being through breath. At the same time, Pranayama Yoga is considered to be the best exercise to give strength to human lungs. If we do Kapalabhati, Pranayama regularly, then it gives health benefits and reduces the risk from various diseases, which mainly includes relieving stress etc. by reducing weight. Presently, this deadly coronavirus epidemic has inspired people to remain healthy in many ways and raising curiosity among people to adopt yoga-pranayama. If we talk about Delhi's first corona virus (Survivor), he recommended Pranayama to the people suffering from Covid-19 and also said that he got a lot of help from Pranayama during the treatment of respiratory disease.

In this book, I have mentioned the simple method of yoga and it is divided into 7- Chapters. It consists mainly –

1. Introduction,
2. Yogic Activities,
3. Yogasanas - Popular Postures and Divisions,
4. Major Asanas - Method of Practice and Benefits
5. Pranayama - Types and Benefits
6. Meditation - A feeling of Calm Mind and
7. Shared Experience of few People.

In this book, out of 84-Yogasanas, 40-specific Yogasanas, 19-Pranayam and simple method of meditation (with pictures) and its various benefits are explained in detail through the above chapters and some lights on Samadhi is also thrown. Along with this, other Yogasanas, and Pranayam, have special benefits from various diseases, which are also mentioned.

At the end, some discussions have been mentioned with people practicing yoga regularly who have got relief from specific diseases so that readers can benefit from reading yoga

philosophy and adopting yoga. It is hoped that the readers will definitely share their experiences gained from this book with us, so that others can also benefit from it, by spreading it to as many people as possible. We always welcome any of your suggestions, which are useful in the meaning of this book.

Prof. (Dr.) Bharat Raj Singh
Satish Kumar Singh
Mukesh Kumar Singh



Acknowledgment

Since April 2015, about 450 articles have been published by me in the daily newspapers / magazines for the benefits of the society after studying mythological texts of ancient literature. In this sequence, I have got an opportunity to write a book titled Yoga-Darshan on the demand of the public and on the suggestion of the members and friends having a lot of interest in spirituality and ancient science. With the help of my co-authors, I have mentioned simple methods of yama, niyam, asana, pranayama, pratyahara, dharna, meditation and samadhi and its benefits from Maharishi Patanjali's Yogasutra, along with spiritual contemplation; which has been divided into 7-chapters. It is: "1). Introduction, 2). Yogic Activities, 3). Yogasanas - Popular Asanas and Divisions, 4). Major Asanas - Method and Benefits, 5). Pranayama - Types and Benefits, 6). Meditation & samadhi - Feeling of Quiet Mind and 7). Experiences of Some People – Described". Hope the readers will get benefitted from reading this and they would share their suggestions with me.

First of all, I would like to extend my gratitude to the Governor of Uttar Pradesh, Smt. Anandiben Patel ji, on my own behalf and on behalf of; all the members of the Vedic Science Center, Lucknow, College management and engineering fraternity of the Abdul Kalam Technical University. Her blessings on us certainly lead our yogic activities mentioned in this book & will be helpful for human kind in a sustainable manner.

I also extend thank to my co-authors- Shri Satish Kumar Singh and Mr. Mukesh Kumar Singh who conducting daily yoga exercises and have provided photographs and other useful suggestions. Authors also wish to thank all the respected members of the Vedic Science Center, who gave their suggestions from time to time, and on this count we could introduce regular *Prayer and Yoga* in the class schedule and now teachers and students are getting aware about the

benefits of the ancient treasure of Indian mythological rites of Patanjali. In order to this context, I express my deepest thanks and appreciation especially to; Director, School of Management Sciences, Lucknow, Dr. Manoj Kumar Mehrotra,; Dean, Dr. Dharmendra Singh; Head of Department, Dr. P.K. Singh, Asstt. Prof. Sujata Sinha and all those who have always been instrumental in the preparation of the book, and many more who have directly and indirectly supported the documentation of this book.

The author cannot forget to mention the support of his wife Smt. Malti Singh, children - Nidhi and Rahul Singh, Saurabh and Deepika Singh, Gaurav Singh and grand children - Navaditya, Nandika, Jayani and Jaitra, etc., who have always inspired in writing the Yoga philosophy book for the benefits of the individual and public at large.

At the end, authors and all supporters would also like to thank Mr. Sharad Singh, Secretary and Executive Officer, School of Management Sciences, Lucknow, for his encouragement received during preparation of the book.

Prof. (Dr.) Bharat Raj Singh



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Summary

Yoga - is a five thousand year old style of Indian knowledge, which originated from the Yogasutra of Maharishi Patanjali and is the science of living life properly. Therefore it is necessary to include it in daily life. Many people consider illusionism yoga to be only physical exercise, and adopt a complex way of twisting, stretching and breathing exercises of the body - but with performing yogasanas, pranayamas and meditation, the body remains perfectly healthy. As the immunity increases, the respiratory system also becomes stronger. Obviously, there is no question of any kind of infection in a healthy body.

Yogasanas and Pranayamas are the only common solution to avoid the infection of corona virus. Doing yoga regularly increases the white blood cells in the body and due to this; immunity of the body is increasing. When our body's immunity increases then no virus or germ can infect us. This system of fighting the diseases of our body eliminates the virus automatically. In this way, with the help of yoga only, we can win the battle against the epidemic like corona.

Along with this, blood pressure, anxiety, diabetes, heart disease etc. can be avoided through five pranayamas and five asanas. Corona virus infections are mostly a threat to those people who suffer from the above mentioned diseases. It does not take long to do these asanas, so we can spare at least 25-30 minutes of our daily routine for keeping our body fit.



1.0

Introduction

Maharshi Patanjali placed yoga in written form around 200 BCE and created the Yoga Sutra. Patanjali is called the father of yoga because of the creation of the Yoga-Sutra. The yoga of Maharishi Patanjali is called Raj Yoga or Ashtanga Yoga. The above eight elements (1) Yama (2) Niyam (3) Asana (4) Pranayama (5) Pratyahara (6) Dharna (7) Dhyana (8) Samadhi consists of all types of yoga. These eight elements also have their own sub-elements. But currently only three elements of yoga are in vogue - asana, pranayama and meditation. Maharishi Patanjali's 'Yogasutra' is the first systematic and scientific study of Yoga philosophy. Yogadarshana - divided into four broad parts, which are called Parts (Paad) in the above scripture - Samadhipada, Sadhanpada, Vibhutipada and Kaivalyapada.

The main topic of the **first pada** is the self-realization through the samadhi from the regulation of the various practices of the mind. In the **second pada**, there are five external means - Yama, Niyam, Asana, Pranayama and Pratyahara. The **third pada** describes the intimate three dharana, dhyana and samadhi. It also mentions various attainments achieved during yoga practice, but according to the sage, they are only obstacles to the path of samadhi. The **fourth Kaivalyapada** is that supreme stage of liberation, where a yoga practitioner unites with his original source. Maharishi Patanjali while giving the definition of yoga in the same sutra says - 'Yogasanta Vrittirodhodha'. That is, yoga is the control of the mental instincts.

Maharishi Patanjali has given a brief introduction to the Ashtanga Yoga tool in the second and third pada for the prevention of Chitta Vrittis: -

1). The Yam: Non-violence, truth, non-stealing, like celibacy, etc., are prescribed for the abstinence of body, emotions and mind. Failure to follow them affects both the life and society of the person.

(2). Rules (Niyam) : Rules have been formulated to make human beings duty-free and streamline life. These include defecation, satisfaction, asceticism, self-education and God providence. The defecation involves both external and internal purification.

(3). The Posture of Sitting (Asan): Patanjali has called the posture of sitting steady and happy. Later thinkers have imagined many asanas. In fact, asana is the main subject of hatha yoga. Detailed description is found in the 'Hatha Yoga Pratipika', 'Gharend Samhita' and 'Yogashikhopanishad' related to them.

(4). Pranayama: Pranayama is the nadi instrument for the proper practice of yoga and the breathing and exhalation done for their awakening. Pranayama is very helpful for overcoming the agility and disturbance of the mind.

(5). Pratyahar: The name of removing the senses from subjects is pratyahar. The senses orient man. Through this practice of pratyahar, the seeker attains the ultimate state of introversion required for yoga.

(6). Dharana: Concentration is to focus the mind on a particular place.

(7). Meditation (Dhyana): When the mind becomes fit while contemplating the object, it is called meditation. In the state of complete meditation, nothing distracts the mind.

(8). Samadhi: It is a state of mind in which the mind becomes completely absorbed in the contemplation of the object. Yoga

philosophy considers salvation possible only through samadhi.

There are also two categories of samadhi: samprajnata and asamprajnata. Sampragnat samadhi is a form of vitarka, thought, bliss and non-belief. In Asampragnat, all the practices of Satvik, Rajas and Tamas are cleared.

If we meditate on our experiences like feelings of anxiety, fear and stress, then perhaps it will be uncouncted. Everyday activities like- worrying about the child's test result, or the parents' expectations and reactions to the report card, the nervousness of interviewing for work or the first meeting with someone etc., all of us in the life will sometimes have gone by such moments. However, to keep us disciplined, focused and dynamic, this fear is also very important. The problem between them starts when this fear continues to dominate and interfere in our daily lives. Then it can take the form of an anxiety disorder, extreme discomfort, or something unknown, which is sometimes necessary to treat with the consultation of a doctor or specialist and drug treatment, and this is where yoga would be more effective for us.

But Yoga should not be considered as a treatment, it should be used as a supplement only. The doctor can give us the right advice about our condition and can tell us better what kind of anxiety disorder we are suffering from such as - panic disorder, affective compulsive disorder (obsessive compulsive disorder), shock stress disorder (post traumatic stress disorder), social stress disorder (social anxiety disorder) or general anxiety (generalized anxiety). But one thing is to note that: Consumption of allopathy medicines can cause many unwanted effects. Therefore, to eliminate its effect, we can also use alternative treatments like Homeopathy and Ayurveda.

1.1 Anxiety - Symptoms of Disorder

- You feel unusually nervous, afraid and anxious.
- After any shock, we keep getting uncontrolled and attached thoughts related to it.

- We often wake up because of nightmares.
- There is a tendency to wash hands frequently.
- If we have problems of sleeping.
- Our extremities are unusually sweaty.
- Our heartbeat increases repeatedly.

1.2 Yoga for Relief

In real terms, body and mind, as well as emotion, are indivisible from each other in such a way that they cannot be separated even after trying. The mind is not only an impulse to the brain, but it is also an intellect ray which operates the parts of the body and its minutest parts. Every object or process that affects the body must have an effect on the mind and the body.

Since the mind is inbuilt in the entire body and has an entry in each molecule, the compound actions we call yogasana have the same effect on the mind and emotions. It is undeniably true that simple yoga and meditation in general are just as effective in providing natural peace and relaxation and stability of mind and emotions. The specialty of this method is that after the practice of asanas and pranayamas done within a few minutes, there is a feeling of self-pleasure.

Insomnia is a common disease that many people suffer from. It is natural to think about insomnia when sleep is not due to any reason, because we are well aware of the side effects of insomnia. With regard to insomnia, as we worry, its severity also increases. People who take sleeping pills at night know that it is extremely harmful for their health, yet they are unable to ignore the immediate benefits.

Stress is a state of mind in which a person feels pressurized by a type of mental burden and is constantly in conscience. Science has also started accepting the fact that stress causes both physical and mental illnesses. Symptoms of stress begin to become apparent from man's work behavior when he flares up and his face grin disappears.



Treatment of stress is possible with yoga. In Pranayama, long deep breaths, Sheetal Pranayam, Anulom-Antonyms, Kapalbhati, Ujjayi, Bhramari etc. Pranayama play an important role in relieving the tension of the mind. Similarly,

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meditation, which is considered a bath of mind, is also a surefire means of relieving stress. Stress is relieved by meditating regularly for 15-30 minutes in the morning. By Yojanidra, it is possible for long-term spontaneous treatment of stressed people because the glands of their subconscious mind are opened by Yojanidra. The magical effect of Shashank Asan and the sound of Om is also seen on some women suffering from stress. Shavasan has also been considered effective in relieving stress.

There are many such activities of yoga such as tadasana, bhujangasana and other postures of the neck, astrology and pulse purification pranayama which help in getting restful sleep. These are just simple and simple actions to spread the organs, which automatically relieves tension. Therefore, those major parts of the body where tension, stiffness, and tightness are felt, we should do posture of stretching before resting at night. It should always be remembered that when facing the condescending agony of stress and grief or going through that anguish, a divine rest awaits us. Therefore, sadness is also a component of yoga and this is the initial step of joy, like after any sad time, even a little happiness brings bliss and the body and mind become elated. Always keep in mind that stress is helpful in advancing or rising life, but uncontrolled stress only causes problems. Wrong steps taken to avoid stress such as taking medicines, intoxicating, eating more etc. increase the stress more, do not reduce it.

Generally, stress should not be taken in a negative way, because often stress helps to move forward in life. Hence, yoga and yoga are done in a regular and systematic way to relieve stress such as Ardha Chandrasana, Tadasana, Vajrasana, Shashankasana, Bhujangasan, Shalabhasan, Podottanasana, Pavanmuktasana and Makarasana followed by pranayama with deep breath, anulom -vilom, bhramari and relaxation actions should be performed. Yoga and meditation are also helpful in relieving stress. Laughter can prove to be a panacea to relieve stress, because the amount of cortisol, which increases stress and negative thinking from the body, is reduced gradually. The level of serotonin, which produces

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positive energy, also increases, due to which the body gets increased in internal and disease resistance. Among the diseases caused by stress are psychiatric, high blood pressure, hypertension, heart disease, asthma, diabetes, peptic ulcer and insomnia.

1.3 Some things needed for stress relief

- Reduce abdominal weight and body weight respectively and sweat hard.
- Abandon smoking or intoxicants and have an optimistic view.
- Reduce the use of salt and coffee and drink more and more water and consume celery in your diet. Practice relaxation and prolonged deep breathing.
- Keep time off from your professional work and read the literature and do any work for entertainment. Keep doing asana pranayama and meditation continuously and do every work for God.
- Live a yogic life by adopting regular yoga practice in life and keep doing some creative work and always increase your morale.
- The egoistic person is unhappy and also makes others unhappy. Stress takes permanent form in the life of such a person. Ego creates anger and unrest, anger destroys the conscience and tends towards sinful deeds. So do self inspection daily before going to sleep.
- Do not waste time thinking about what is not under your control, but instead start doing what is in your control.
- Work continuously with full self confidence and patience until success is achieved.

Thus, by adopting ease in life, we should always seek moments that provide happiness rather than stress and lead a life of peace.



2.0

Yogic Activities

Regular yoga practice can help one to remain calm and relaxed and at the same time empower us to face problems that have gone untold. Yoga practice is ideally the perfect co-ordination of Yogaasana, Pranayama, meditation, and ancient yogic science, and all of these have given many anxious people the ability to recover as well as live life positively. In this way, we too can welcome a positive life and get rid of fear through regular yoga practice. The following yoga techniques can help calm the unstable mind:

i). Different types of Yogasanas

With the help of following yogasanas one can get happy and healthy body and mind.

Yogasanas help in removing stress and negativity from our body:

- Dhanurasana (Bow pose)
- Matsyasan (fish pose)
- Janu Shikhasana (One-legged forward band)
- Sethubandhasana (Bridge Pose)
- Marjariasana (Cat Stretch)
- Paschimottanasana (True Forward Bend)
- Hastapadasana (Standing Forward Bend)
- Downward dog facing (downward dog facing)
- Headstand
- Corpse Pose

Note: After Yogasana, do Yoganidra for a few moments, so that your body and mind get deep rest. This technique helps in freeing the body from harmful chemicals which is the primary cause of stress.



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ii). Different types of Pranayamas

Focusing on the breath relieves the thoughts of the vain, which are the root causes of stress. Practice the following respiratory procedures:

- Bhastrika pranayama (pulling and exhaling the breath from both nacos).
- Kapal Bhati Pranayam (Shinyink Breathing Technique-Skill).
- Anulom-inverse or vascular purification pranayama (Alternate nostril
- Breathig) is a way to relieve tension, in which the breath exhaled is longer than inhalation.
- Bhramari Pranayama (B. Breath).
- Udgith Pranayama (pronunciation of ॐ).

iii). Meditative-To become calm

Meditation is the best method to calm the distracted mind. There is a feeling of peace; And through continuous practice, we are able to realize how the mind keeps us entangled in small trivial things. Meditation also prevents us from worrying too much about the future and getting restless.

You must have heard the words 'Adrenalin surge' (adrenalin juice) many times. This is when we worry excessively about a potential threat. For example, when we ride an exciting swing, our adrenaline hormone levels rise, which speeds up our heart, muscles, and causes excessive sweating from the body. It has also been proved at the scientific level that the amount of this stress hormone can be reduced significantly by regular meditation practice.

iv). Regular practice of Yoga Science

Knowing and using ancient yoga techniques tells us about simple but profound yoga principles (yama and niyam), which can become the essence of a happy and healthy life for us. For example, the 'Santosh' principle (niyam) makes one realize the importance of being satisfied in life. The 'aparigraha' theory helps to relieve anxiety, distraction and tension arising out of

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greed and attachment feelings. The 'defecation' principle describes mental and physical purification. This rule especially helps us when we are worried about fear of infectious diseases.

The Yama and Niyam of Yoga will help in eating nutritious food and in maintaining a healthy lifestyle, so that one will overcome stress and anxiety to a great extent.

v). Prayer, Reverence and Smile

Prayer is the best source of assurance in freeing us from worry. Adopting habits like praying regularly, chanting mantras, doing hymns fill us with positive energy and they help to stabilize the mind. It fills us with a deep belief that whatever is happening, is for our good and is the best divine power, which takes care of all of us. Additionally, make a conscious effort to smile as much as possible. It will automatically instill confidence, peace and positivity in you. Try it soon.



3.0

Yogasanas

- Popular Asanas and its Division

Aashana means the state of the body in which one can keep our body and mind - calm, stable and happy. Our mind is like a pendulum, which keeps swinging from the past to the future, to worry and regret, to anger, to fear and to grief. Yoga postures enable us to maintain parity in life. Yogaasan is not just a workout or practice!

- It is described in Patanjali's Yoga Sutra "**Sustainable Sukham Asanam**" means that Yogasana is the balance of effort and relaxation.
- Yoga sutra by Maharshi Patanjali - "**Prayatna Shaithilyananta Sampattibhyam**" - which again repeats the same philosophy. Try and dedicate and by doing this our awareness attains eternal, our awareness develops.
- In the Rigveda, the first major religious text of the world, mention is made about yogic activities in many places.

In this way, the ability to sit happily for the maximum time in one position without suffering is called asana. The activities of doing yoga and related postures are called **Yogasana**.

We try to get into the posture and then we rest there. Yogasan brings balance in every aspect of our life. It teaches us to strive and then surrender, enlightenment to be free from consequences. Yogasana increases our physical flexibility and develops our thoughts.

According to the tradition of Yoga Shastras, there are **eighty-four million postures** and all these creatures are based on the names of animals. Since no one fully knows about these

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postures, only **eighty-four Asanas** have been considered prominent and currently **forty Asanas** have been famous.

| Hindi / English Name | Sanskrit Name |
|---------------------------------|--------------------------|
| 1. Konasana | कोनासन |
| 2. Konasana 2 | कोनासन २ |
| 3. Katichakrasana | कटिचक्रासन |
| 4. Hastapadasana | हस्तपादासन |
| 5. Ardha Chakrasana | अर्ध चक्रासन |
| 6. Trikonasana | त्रिकोणासन |
| 7. Veerabhadrasana | वीरभद्रासना / वीरभद्रासन |
| 8. Parsarita Padotanasana | पसारिता पादोत्तनासन |
| 9. Vrikshasana | वृक्षासन |
| 10. Paschim Namaskarasana | पश्चिम नमस्कारासन |
| 11. Garudasana | गरुडासन |
| 12. Chair Pose - Utkatasana | उत्कटासन |
| 13. Janu Shirasasana | जानु शीर्षासन |
| 14. Paschimottanasana | पश्चिमोत्तासन |
| 15. Poorvottanasana | पूर्वोत्तनासन |
| 16. Vasisthasana | वसिष्ठासन |
| 17. Adho Mukh Swanasana | अधो मुख श्वानासन |
| 18. Makara Adho Mukha Svanasana | मकर अधो मुख श्वानासन |
| 19. Ardha Matsyendrasana | अर्ध मत्स्येन्द्रासन |
| 20. Butterfly - Badhakonasana | बद्धकोणासन |
| 21. Lotus pose - Padmasana | पद्मासना |
| 22. Ek Pada Raja Kapotasana | एक पाद राज कपोटासन |
| 23. Marjariasana | मार्जरी आसान |
| 24. Ustrasana | उष्ट्रासन |

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| | |
|---------------------------|-----------------|
| 25. Shishuasana | शिशु आसन |
| 26. Chakki Chalanasana | चक्की चलानासन |
| 27. Dhanurasana | धनुरासन |
| 28. Bhujangasana | भुजंगासन |
| 29. Salamba Bhujangasana | सलम्बा भुजंगासन |
| 30. Viparita Shalabhasana | विपरीत शलभासन |
| 31. Shalabhasana | शलभासन |
| 32. Naukasana | नौकासन |
| 33. Setu Bandhasana | सेतु बंधासन |
| 34. Matsyasana | मत्स्यासन |
| 35. Pavanamuktasana | पवनमुक्तासन |
| 36. Sarvangasana | सर्वांगासन |
| 37. Halasana | हलासन |
| 38. Natarajasana | नटराजासन |
| 39. Vishnuasana | विष्णुआसन |
| 40. Shavasana | शवासन |

3.1 Divisions of Asanas

Asanas are practiced physically, mentally and spiritually for health benefits and treatment which is divided into the following two groups - dynamic and static asanas.

3.1.1 Dynamic Postures: *Asanas in which the body moves more with strength.*

3.1.2 Static Postures: *Asanas in which practice is done in the body with little or no motion.*

3.2 Pre-Activities before starting major Postures

Here we will get information about the properties, benefits and precautions of yogasanas.

3.2.1 Quality and Benefits of Yogasanas

- The greatest quality of Yogasanas is that they are easily practicable and universal. Yogasana is such an exercise method that does not require special equipments.
- Yoga can be done by rich and poor, old and young, strong and weak.
- Asanas have to be performed by stretching, contracting and twitching movements on the muscles. Simultaneously with stress-relieving actions, which reduce body fatigue and recover power from the postures. Yogasanas have their own importance in terms of refreshing the body and mind, replenishing their lost power and spiritual gain.
- With Yogasanas the inner glands can do their work well and are helpful in maintaining puberty and protecting semen.
- Yogasanas cleanse the stomach properly and the digestive organs are strengthened. Disturbances do not occur in the digestive system.
- Yogasanas make the spinal cord flexible and compensate for the spent pulse power.
- Yogasanas give strength to the muscles. This reduces obesity and weak-skinned person becomes healthy.
- Yogasanas are particularly suited for the anatomy of women. They produce in them the qualities of beauty, equanimity, fragility and speed, beauty etc.
- Yogasanas increase intelligence and the power of perception gets new vigor and freshness. The upward tendencies are awakened and the efforts for soul-improvement increase.
- Yogasanas make women and men imitators of moderate and dietary mode, so the mind and body get permanent and complete health.
- Yogasanas regulate breathing, strengthen the heart and lungs, purify the blood and increase stability by creating stability in the mind.
- Yogasanas are a boon for physical health as they have an effect on all parts of the body and they perform their functions smoothly.

- Asanas eliminate disease disorders, protect them from diseases, keep the body free from sickness, healthy and strong.
- Light increases the eyes with rugs. The need for eyeglasses is eliminated for those who continuously practice asanas.
- Yogasan exercises every part of the body, making the body strong, healthy and strong. Asanas systematically conduct the functions of the five main organs of the body, the nervous system, the anaphylactic system, the respiratory system, so that the body remains perfectly healthy and no disease is prevented. Asanas have the right in the development of all areas physical, mental, intellectual and spiritual. Other exercise methods only have the ability to affect the external body, while Yogasanas are the all-round development of human beings.

3.2.2 Precaution before beginning of Postures

It is necessary to pay attention to some necessary precautions before one starts learning asanas. Asanas can be effective and beneficial only if done properly.

- Yogasan should be done only after getting retired from defecation and bathing as much as possible and take bath after one hour.
- Yogasan should be done by laying postures on flat land and wearing loose clothes according to the season.
- Yoga should be done in an open and ventilated room, so that you can freely take pure air with your breath. You can also practice outside, but the surroundings are pure and the weather is pleasant.
- Do not exert unnecessary force while doing the posture. Although initially one will find one's muscles stiff, but with a few weeks of regular exercise, the body becomes flexible. Do rugs easily, not with difficulty. Do not commit too much with them.
- Do not do asanas during menstruation, pregnancy, fever, severe diseases etc.

- Yoga practitioner should eat a proper diet i.e. food as natural and as easy to digest. All asanas except Vajrasana do empty stomach.
- Rest at the beginning and end of the posture. Do the asana methodically. Perform each asana from both sides and do its supplementary practice.
- If there is severe pain in any part of the body while performing the asana, then do asana only after consulting a yoga practitioner.
- If the air, excessive heat or blood in the vatas is highly impure, then the asanas done on the head should not be done. Caution is very important in order that toxic substances couldn't reach the brain and damage it.
- Before starting yoga it is necessary to perform limb movements. This ends the stiffness of the organs and prepares the body for rugs. To learn how to perform organ movements, read 'Organ Operation' in the next chapter.



4.0

Major Asanas - Methods and Benefits

We know that major asanas are 84, but here we will discuss only for 40-asanas, how it is done and what is the benefit from it, so that one can keep the body and mind calm, stable and happy.

4.1 Angular Posture



Angle posture (The Angle Pose)

Konasana is made up of two words; **Angle** + **Asana** = **Konasana**. Let us know the method of doing konasana.

How to do Angle posture

- While standing upright, make the distance of the hip width in the feet and keep the hands on the sides of the body.
- Breathe in and raise your left hand in such a way that your fingers stay in the direction of the ceiling.
- While exhaling, bend your spine, bend to your right, then move your pelvis (vestibule) to the left and bend slightly. Keep your left hand up and taut.
- To look above the left palm, turn your head and keep the elbows straight.
- Breathing straighten your body back.
- Exhale, bring your left hand down.

Benefit from angle posture

- Help to keep the spine and arms and legs straight.
- Soundness in all parts of the arms, legs and torso.
- Relief from back pain.
- Makes the spine flexible.
- Relieves constipation.
- Patients with sciatica (sciatica) benefit.

Contradiction to Angle Pose

- People who have acute back pain and spondylitis, do not do that posture.



4.2 Konasana-2

Method of doing Konasana-2

- Keep a gap of 2 feet between legs. Balance equal weight on both legs.
- Inhale, move both hands over the head with the spread out and connect the palms. Place the hands in a dome-like position by connecting the fingers together. Keep in mind that the hand should touch the ear.
- Breathing out, bend to the right. Note that the hands do not turn away from the elbows. Keep pressure on the ground with your feet. Remained in this position.
- Stretching the body while bending. While in this position, inhale deeply and release.
- Stand back in normal position while inhaling.
- Bringing both hands down while exhaling. Repeat this process on the left side.



Benefits of Konasan-2

- Stretches on both sides of the body and spinal cord.
- Organizes the arms, legs and abdominal organs.

4.3 Kati Chakrasana

Kati Chakrasana Yogasana actually means to rotate the waist part. Along with stretching the waist with this asana, there is flexibility in the waist. It takes some time to do this but it has many benefits.

Correct and regular practice of this simple and useful posture is helpful in relieving constipation.

Kati = Waist, Chakra = Rotation, Asana = Yogasana.

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Method of performing Kati Chakrasana

- Stand upright by joining feet or making little difference.
- Breathing in, keeping the palms facing each other, keep the hands in front of you and parallel to the ground.
- Keep the distance of your hands and shoulders equal.
- While exhaling, rotate the waist right and look back from the left shoulder. According to the advice of a yoga expert, keep the feet in one place, this will give the waist full rotation.
- Keep the distance of the palms equal. Feel if you are experiencing lower back stretch?
- Breathing in, turn back to the front.
- While exhaling, repeat this asana while moving to the left.
- Breathe in and turn back to the front.
- Do this asana on both sides for some time, and then exhale and bring the hands down.

Instructions: The pace of asana should be slow and uniform. Do not move the body with jerk. If you do yoga in harmony with breathing and motion, then you will get immense benefits.

Benefits of Kati Chakrasana

- Relief of constipation.
- Spinal cord and waist flexibility.

- Beneficial for arm and leg muscles.
- Strengthens the abdominal muscles and back, while relaxing the neck and shoulders.
- Profitable for those who sit or work in the office.

Concentrate on a few things while performing Kati Chakrasana

- This posture is prohibited for persons with pregnancy, hernia, slip disc, and any surgery done in the abdominal area.
- If you have any spinal problems, do this asana only after consulting a medical practitioner

4.4 Hastapadasana / Uttanasana

Hand = hand; Foot = foot; Asana words = Hastapadasana

Method of doing Uttanasana (Hastapadasana)

- Stand straight with feet together and keep hands with the body.
- Keep your body weight evenly on both feet.
- Breathe in and move your hands over the head.
- Exhale, bending forward and downward towards the feet.
- In this state, stayed for 20 seconds and kept breathing deeply for 30 seconds.
- Keep your legs and spine straight, place your hands on the ground next to the toes or can also be placed on the feet.
- While exhaling, move your chest towards the knees, lift the buttocks and tailbone (last tip of the spine) as high as possible, press the audio downwards. In this state, relax the head and move the head towards the feet comfortably and keep breathing deeply.
- Breathing in, raise your hands forward and upward and stand up slowly.
- Exhale, bring your hands with the body.



Benefits of Uttanasana (Hastapadasana)

- Stretches all the muscles found in the surface of the body.
- Increases blood flow to the nervous system and makes it energized.
- Strengthens the spine.
- Activates abdominal organs.

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Contraindications of Uttanasana (Hastapadaasana)

People who have problems with lower back, spondylitis, cervical pain or any type of back or spinal problem, do not do this asana.

4.5 ArdhaChakrasana

Half = half; Wheel = wheel; Asana words = Ardha Chakrasana

Method of doing ArdhaChakrasana

- Stand straight with feet together and keep hands with the body.
- Keep your body weight on both feet equally.
- Breathe inwards, move hands over head and palms facing each other.
- While exhaling, push the buttocks forward slightly, bend backwards lightly, keep your hands close to the ears, keep elbows and knees straight, raise your chest towards the ceiling while keeping head straight.
- Breathing inward, keep this state for a while and then come back slowly.
- Exhale, bring your hands down and relax.



Benefits of Ardha Chakrasana

- Stretches in the upper body (torso).
- Strengthens the muscles of hands and shoulders.

Contradiction of semicirculation

- Those people who have serious problems in the hip and spine, do not do this asana. Also, those who have problems with high blood pressure and mental disorder should not do this asana.
- Those who have a wound in the stomach or duodenum or have a hernia, they should not do this asana.
- Pregnant women should not do this asana.



4.6 Trikonasana

The meaning of trikonasana: Triangle = triangular; Aasana = posture.

Unlike other asanas, the eyes are kept open to maintain the body in equilibrium in trigonasana.

Method of doing Triangulation (Trikonasana)

- Make a comfortable distance of about 2-4 feet between your legs and stand up straight.
- Rotate your right paws 90 degrees and left paws 15 degrees.
- Bring the center of your right heel in line with the center of rotation of your left foot.
- Ensure that your claws are pressing the ground and that the weight of the body is equally on both feet.
- Take a deep breath inward, while exhaling, bend your body to the right side, go down from the hips, raise your left hand up in the air while keeping the waist straight and the right hand down towards the ground. Move In this way keep both your hands in a straight line.
- Take a deep breath inward, while exhaling, bend your body to the right side, go down from the hips, raise your left hand up in the air while keeping the waist straight and the right hand down towards the ground. Move in this way keep both your hands in a straight line.
- Make sure that your body is folded from the side. The body should not be bent forward or backward. The buttocks and thorax should be completely open.
- Stay stable while maintaining maximum stretch in the body. Keep breathing deeply. Relax the body with each outgoing breath. Be mindful with your body and breathing.
- Whenever inhale, rise up, bring your hands down and straighten the legs.
- Do the same process from your other side.

Some tips for Trigonasana

- Before performing this asana, you should make sure that you have warmed up properly.
- While leaning forward, slowly bend slowly so that you maintain balance.

Some asanas done before Trigonasana

- Katichrasana
- Konasana
- Vrikshasana



Asanas done after Trigonasana

- Virbhadrasana

Benefits of Trigonasana

- This posture makes legs, knees, ankles, hands and chest strong.
- This asana generates more openness and stretch in the buttocks, hips, thigh muscles, tendons, thoracic and spinal cord and makes it more flexible and open in all these organs.
- This asana increases physical and mental fitness.
- Helps in improving digestion or aids digestion and makes it active.
- Relieves stress, anxiety, back pain and pains of cytica.

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Contradiction of Trigonasana

- If you have migraine, diarrhea, low or high blood pressure, neck or back injury, do not do this asana, those who are suffering from high blood pressure, do this posture by not raising your hands above the head, otherwise their blood pressure There may be more.

4.7 Veerabhadrasana [Veerabhadrasana]

- This asana strengthens the muscles of hands, shoulders, thighs and waist. This asana was named after an Abhaya warrior, an incarnation of **Lord Shiva**. The story of the **warrior Virabhadra**, like other stories in the Upanishads, provides inspiration in life.

Method of performing Virabhadrasana

Virabhadrasana is the most attractive posture from yogasanas. This yoga practice Brings beauty and gratitude.

- Stand upright with legs spread 3 to 4 feet apart.
- Rotate the right leg 90 degrees and the left leg 15 degrees.
- Check - the right heel is kept in line with the left foot.
- Raise both hands up to the shoulders, palms should be open towards the sky.
- Check - hands be parallel to the ground.
- Exhale, bend the right knee.
- Check - Knee and right ankle should be in a straight line and right knee should not go beyond the ankle.
- Turn the head and look to your right.
- Stabilize the posture and pull your hands slightly.
- Slowly lower the pelvis down like a warrior, remain steady in this posture and keep smiling. Keep taking and leaving the sauce until it goes down.
- Breathe up.
- Bring both arms down while exhaling.
- Repeat this on the left. Rotate the left leg 90 degrees and the right 15 degrees.

Benefit from Veerabhadrasana

- Strengthens hands, feet and waist.
- Increases balance in the body, increases tolerance.
- Very beneficial for those who sit and work.
- Extremely effective in shoulder tightness.
- Immediately relieves shoulder tension.
- Increases courage, grace and peace in you.



Precautions of Virabhadrasana

- If you are suffering from renal bone disorders or some chronic disease, then do this asana only after consulting a doctor.
- Patients with hypertension do not perform this asana.
- Virbhadrasana is very beneficial for pregnant women in the second and third trimesters. Take recourse to the wall while doing this asana. Be sure to consult a doctor before performing this asana.
- Do not do this asana if you have diarrhea or recently suffered from it.
- If you have pain in the knees or have arthritis, then use support near the knees.

4.8 Prasarita Padottanasana



Method of proliferation [Prasarita Padottanasana]

- Stand upright with legs spread at a distance of 3 to 4 feet. The feet should be grounded. Take simple long deep breaths.
- Breathing straighten the spinal cord. Spread your hands over the head.
- Breathing down from the waist down. Keep the spinal cord straight.
- Place the palms on the ground, directly in the shoulder. Exhale deeply.
- Exhale and bend, raising the waist slightly. Place the head between your hands on the ground.
- Spread the thighs a little more. If you are stable, you can stretch your legs a little more.
- Press your hands on the ground while exhaling, strengthen the tilt. If your hands reach your feet, hold the fingers of the feet and pull them in.
- Breathe, spread your arms in the front and slowly rise up.
- Exhale, bring the hands down.

Benefits of Prasarita Padottanasana

- Strengthens legs and heel
- Straightens the spinal cord.
- Induces sclerosis in the posterior vein (hamstring).
- Strengthens the abdominal muscles.

Precaution of Prasarita Padottanasana

- Those who have complaints of lower back pain, avoid bending over. Excessive stretch can increase pain.

4.9 Vrikshaasan

Vriksha=Trees or Plant, Asan=Posture

This posture shows the calm and steady state of the tree. Unlike other yogasanas, in this asana we have to keep the eyes open to maintain the balance of our body.

Method of doing Vrikshaasan

- Stand upright with hands next to you.
- Keep your right paw on the left thigh while bending the right knee. The sole of your foot is perpendicular to the thigh and adjacent to the upper part.
- Maintain balance by keeping the left leg straight.
- After creating a good balance, take deep breaths, gratefully move your hands over the head and create a salutary pose.
- Look at the front, straight eyes are very helpful in creating the right balance.
- The spinal cord should be straight. Your entire body is taut like a rubber band. Every time you exhale, leave the body loose and relax, keep smiling body and breath.
- Breathing slowly, bring the hands down. Gently straighten the right leg.
- Stand tall straight, just like before. Now repeat the posture by keeping the left sole on the right thigh.



Benefits of Vrikshaasan

- After doing this asana, you feel full of energy. This asana creates discomfort in the muscles of the feet, hands and arms and refreshes you.
- It brings stability and balance in the brain.
- It is helpful in increasing concentration.
- This asana strengthens the legs and helps in balancing. It is also helpful in stretching the thighs.
- Extremely helpful in neuralgia.

Cautions to Vrikshaasan

Do not do this asana if you are suffering from migraine, sleeplessness, low or high blood pressure (the high-blood pressure effected can do this posture without moving the hand over the head. The blood pressure can increase by raising the hand over the head).

4.10 Paschim Namaskarasana

When hands are not placed in the west direction, but kept back in salutation position, it is called Paschim Namaskarasana. This Yogasana strengthens the upper part of the body and mainly works on the arms and abdomen. It is also called opposite Namaskarasana.

Method of performing Paschim Namaskarasana

- Start with Tadasana.
- Keep your shoulders loose and your knees slightly bent.
- Move your arms backwards and join your palms with the fingers facing down.
- Breathing fingers upwards, turning them towards the spine.
- Make sure that your palms are well adjacent to each other and knees are slightly bent.
- Take some breath while in this posture.
- Exhaling, bring the fingers down.
- Take the arms in their natural state and come to Tadasana.

Benefits of Paschim Namaskarasana

- Opens the stomach making it easier to breathe deeply.
- The upper back is scratched.
- Brings the shoulder joint and chest muscles.

Precautions of Paschim Namaskarasan

People with low blood pressure and injury to arm or shoulder, should be cautious while performing this asana.

Note: Yoga practice gives many healthy benefits to the body and mind, yet these are not an alternative to medicines. These yoga asanas are very important, whose training should be taken from a trained teacher and during any health related problem, practice this yoga asanas only after consulting a doctor.

4.11 Garudasana

Garudasana is a type of yogasana. This asana is named after Garuda, the king of birds described in mythology. Garudasana is derived from the Sanskrit word Garuda. This yogasana mainly affects the shoulder, wrist, arm and leg part. Also it can work to strengthen your ankles and hips. Those who want to do this posture, they need more to maintain the balance of the body.



Method of doing Garudasana

- Stand in Tadasana.
- Fold your knees and lift the left leg and rotate it above the right foot.
- Note that the right leg rests on the ground and the left thigh is above the right thigh. The left toe should be towards the ground.

- Keeping your hands parallel to the ground, bring them to the front.
- Cross the right hand over the left hand and bend your elbows in a 90 degree angle from the ground. Note that the back of the hands are towards each other.
- Slowly rotate the hands in such a way that the palms are facing each other.
- While pressing the palms on top of each other, raise them upwards.
- Stay in the same position while keeping your eyes fixed and keep breathing and exhaling.
- Gently release your hands and bring them to your side.
- Keeping the left leg gently, keep it on the ground and come back to Tadasana.

Benefits of Garuda Sasan

- Stretches the waist, thigh, shoulders and upper back.
- Increases body balance.
- Strengthens the leg muscles.
- Reduces sciatica and is beneficial in rheumatism.
- Makes the waist and legs more flexible.

Contraindications of Garuda Sasana

If you have knee, ankle or elbow injury, then avoid doing this asana.

4.12 Utkatasana or Kursi Asana

Sitting in uttkasana or chair yogasana, sounds easy and comfortable, but sitting in an imaginary chair can be a bit challenging and that is exactly what we do in uttkasana. Utkatasana literally means acute posture or powerful posture. You have to show a little perseverance to stay longer in uttkasana! Be sure to read its contradictions before committing an offense.

Process of doing Utkatasana

- Stand upright with a gap between the two legs.

- The palm should be straight, with the palm facing the ground, with the arms extended towards the front. Gently bend the pelvis down as if you are sitting in an imaginary chair.
- Stay in this position. To feel good in uttakasana, imagine that you are reading a newspaper sitting or typing on a laptop.
- Make sure that your hands are parallel to the ground.
- Sit straight while stretching the spine with reflexes.
- Keep breathing and enjoy the national and international news by turning the pages of the newspaper.
- Slowly sit in the chair and down but make sure that your knees do not go beyond your fingers.
- Keep going down slowly and then sit in Sukhasana. If you want, you can lie on your back, and relax.



Caution: Do it in smiling mudra or smiling, it will make it easier to stay in the posture. After all the rugs that have been done in standing position, it is found a good idea to do the chair posture. Thereafter you can do posture in sitting or in lying.

Benefits of Utkasan

- Good exercise of the muscles of the spine, hips and chest.
- Strengthens the lower back.

- The muscles of the thighs, heel, legs and knees get strength.
- There is balance in the body and perseverance in the mind.

Contraindications of Utkasana

- Chronic knee pain, arthritis, heel sprain, other knee problems and loss of muscles; Do not practice chair posture in the state of headache, insomnia.
- Take special care during lower back pain or during menstruation and do this asana very slowly.

4.13 Janu Sirsasana

Method of doing Janu Sirsasana

- Sit with the legs spread straight towards the front, keep the spine straight.
- Fold the left knee, keep the sole of the left foot near the right thigh, the left knee should remain on the ground.
- Breathe in, raise both hands above the head, pull and rotate the waist to the right.
- Breathing out of the hips, exhale, keeping the spine straight, extend the chin upward.
- If possible, hold your toes, place the elbow on the ground, pull the fingers forward. Keep the same condition.
- Breathe in, lift up while exhaling, bring your hands down from your armpits.
- Repeat the entire process with the right leg.

Benefits of Janushirasan

- Lower back exercise is done.
- Exercises of abdominal organs and shoulders are done.

4.14 Paschimotanasana

Sit with your legs spread forward, slowly bending from the hips, continue to move your sternum and lengthen the torso

instead of holding your legs, ankles and round your waist. If it hurts your waist, fold your knees as needed. Paschimotanasana opens the muscles of the lower back and also reduces pain and cramps. Do not do this asana for people who have bruises or slip discs in their lower back.

West=west, Uttan=stretch, Asana=Posture



Method of doing Paschimotanasana

- Sit with the legs spread out in front, the spine should be straight, fingers are taut.
- Breathing in and raise both hands above the head.
- While exhaling, lean forward with the hips joint, towards the chin toes, keeping the spine upright, instead of bending over the knees, focus your attention on moving the claws.
- Put your hands on the feet, wherever they reach, without extra effort. If you can grab your claw and pull it will help you bend forward. Breathing in, raise the head slowly, so that a spinal strain is produced.
- While exhaling, gently move the navel to the knee. Repeat the process 2-3 times.
- Tilt the head down and deep dry for 20-60 seconds.
- Extend the arms to the front.
- Sit back comfortably while breathing with the strength of your hands.
- Exhale, bring the hands down.

Benefits of Paschimotanasana

- This easy exercise of the muscles of the lower back, thigh and hips is done.
- Massage of abdominal and lower abdominal organs is done through this asana.
- Exercise of shoulders.

4.15 Poorvottanasana

This asana literally means to draw towards the east, though it has no relation with the east.

Purvottanasana increases the flow of subtle vital energy mainly in the eastern part of the frontal.

East = East direction; Uttan = Maximum stretch; Asana = Posture.



Method of doing Poorvottanasana

- Sit with the legs spread straight towards the front, keep the feet together, keep the spine straight.
- Place the palms on the ground, near the waist or shoulders, with the tip of the fingers away from the body, keep the arms straight.
- Bend backward and support body weight with hands.
- Breathe in, raise the pelvis up, keep the body straight.

- Keep the gono straight, keep the feet on the ground, keep the paws on the ground, so the soles will remain on the ground and allow the head to move back towards the ground.
- Keep breathing normally in this state.
- Exhale, sit back and do it again.
- Postures turning the direction of the fingers.

Benefits of proorvottanasana

- Artists, arms, ears, back wines are strengthened.
- Exercises of legs and hips are done.
- Improves breathing process.
- Stretches the intestines and abdominal organs.
- Stimulates the thyroid gland.

Contradiction of foresighting

Because during this asana, the weight of the entire body mainly falls on the wrist and hands, so do not do this asana if your wrist is hurt. Even if you have a neck injury, do not do this asana. In the event of injury, you can resort to a chair.

4.16 Vasisthasana

Sage Vasistha is considered as one of the most revered saints of India. Rishi Vasistha is a sage of the Saptarishi mandal. He is also the most prominent and main writer of the Rigveda mandal.



Sage Vasistha had a cow named Kamadhenu. The cow had a calf named Nandini. That cow had divine powers and made

Authors - Dr. Bharat Raj Singh, S.K. Singh, Mukesh Singh

the sage Vashistha very rich. Therefore the real meaning of Vasistha is rich. This asana strengthens the upper body (chest, abdomen and shoulders) and provides stability in it.

Method of doing Vasisthasana

- Get into Dandasana.
- Slowly place the weight of your body on your right hand and foot. It should seem that your left hand and feet are swinging in the air.
- Place your left foot on the right foot and the left hand on your hip.
- Your right hand should be with your shoulder. Note that it should not be under your shoulder but only in the angle.
- Note that your hands press the ground and your left hand is in the right direction.
- Breathing in, raise your right hand up. It should appear that your hand is standing upright on the ground.
- Turn your neck towards your raised hand and watch your fingers with your breath in and out.
- Exhale, bring your hand down.
- Slowly get into Dandasana and relax with outgoing breath.
- Repeat the same process with the other hand.

Benefits of Vasisthasana

- Strengthens the muscles of the hands, wrists and feet.
- Strengthens abdominal muscles.
- Builds stability in the body.

Contraindications of Vasisthasana

People who have ever suffered wrist injury, do not do this asana. If someone is hurt in the shoulder or elbow, do not do this asana.

4.17 Oriented Dog posture [Adho Mukha Svanasana]

Downward dog posture yoga

Adho Mukh=Downward face, Svan = Dog, Asana=Posture

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The downward swan asana is symbolic of leaning forward like a dog (dog / swan), hence it is called the downward swan asana. The process of doing this yoga asana is very easy and any person who has already started practicing yoga, can make it easy. This yogasana is very beneficial and it must be added to daily yoga practice.



Oriented dog posture method

- Get on your hands and feet. Bring the body to the position of a table. Your back should be like the top of the table and both arms and legs are like the legs of the table.
- Raise the waist up while exhaling. Strengthen your knees and elbows, straighten your body and make the shape of an inverted V.
- The hands should be at the same distance as the shoulders, feet equal to the distance of the waist and parallel to each other. The toes should be exactly in front.
- Press your palms to the ground, strengthen it with the help of shoulders. Keeping the neck taut, make the ears touch with the arms.
- Take long deep breaths, remain in a state of downward swan. Keep your eyes on the navel.

- While exhaling, bend the knee and return to the table position and relax.

Some tips on how to do a low-lying dog posture easily

- Before doing this asana, prepare your leg muscles and hands well.
- Perform Dhanurasana or Dandasana before performing the ascendant Swan asana.
- This asana can also be done as a part of Surya Namaskar.

Asanas preceded by a reverse dog posture

- Dhanurasana
- Dandasana

Asanas performed after a low-lying dog posture

- Crescent Mayurasana
- Chaturang Dandasana
- Vertical buccal cavity

Six benefits of reverse dog posture

- This asana gives energy to the body and refreshes you.
- This asana makes the spine flexible. Strengthens the chest muscles and increases lung capacity.
- It provides strength to the entire body, especially the arms, shoulders and legs.
- Strengthens the muscles and increases blood circulation in the brain.
- This asana provides peace of mind and is very beneficial in headache, sleeplessness, fatigue etc.

Downward dog posture precautions

Do not do this asana if you are suffering from high blood pressure, weak eye capillaries and shoulder injury or diarrhea.

4.18 Makaradhomukh Shwansan

Makar=Capricorn, Adhomukh=Downward face, Shwan = Dog, Asana=Posture

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Makarandhomukh Shawanasana is a medium level refreshing yogasana. This asana provides confirmation to the abdominal muscles. This is another type of dolphin posture.

Method of doing Swan asanas

- Get into the position of breathing and bring your body weight slowly forward.
- Keep in mind that the shoulders are in line with the wrists.
- Gently bring the forearms down until you touch the ground, at this time your palms should be resting on the ground.
- Keeping your feet straight, bring your heel in the line of the toe.
- Keep your eyes and knees straight while keeping your eyes fixed on the ground.
- Palms should be facing each other if possible.
- Breathing, pull the stomach muscles inside and provide relaxation while exhaling.
- In this situation, keep breathing for some time and keep going. After this, return to the downward facing dog.

Method of starting Makarodhomukha Shwansana

People who start new yoga exercises can do this asana on their knees. You can also use yoga blocks under the head to support the body weight.

Benefits of Makarodhomukha Shwansana

- This asana is extremely effective in headache, fatigue and pain.
- Strengthens arms and legs.
- Provides abdominal muscles.
- Combines digestion.
- It is helpful in reducing the pain caused by menstruation.

Contraindications of Makarodhomukha Shwansana

If you have pain or injury in your waist, throat or spine, then do this asana under the supervision of an experienced teacher.

Supplementary Seat

This asana can be done after Shalabasana.

4.19 Ardha Matsyendrasana

Half - Half, Matsyendra - King of Fishes: Matsya - Fish, Indra - King.

'Ardhamatsyendra' means to bend or rotate the body in half. Ardhamatsyendra asana is extremely beneficial for your spinal cord. This asana helps in getting the right amount of oxygen to the lungs or is very beneficial for the genitals. This asana is related to the spine, so it should be done carefully.

Ardhamatsyandrasana Methods

- Sit with the legs spread out in front, keep both feet together, spine should be straight.
- Bend the left leg and place the left foot heel near the right hip (or you can also keep the left foot upright).
- Keep the right foot in front of the left knee.

- Place the left hand on the right knee and the right hand behind.



- Look at the top of the right shoulder, turning the waist, shoulders and neck from the right side.
- The spine remains straight.
- Maintain the same, take long, deep simple breaths.
- Exhale, first loosen the right hand, then the waist, then the chest and finally the neck. Sit up straight in comfort.
- Repeat the process from the other side.
- Exhale and return to the front.

Benefits of Ardhamatsyandrasana

- The spine is strengthened.
- Increases flexion of the spine.
- By spreading the chest, lungs get the right amount of oxygen.

4.20 Butterfly Pose / Butterfly Posture

This posture is pronounced as Baddha-Kona-Asan.

Banddha = bound or resistant, Kona=angle or corner, Asana = posture

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This mudra is called Baddhkonasana because it consists of holding the soles of both feet near the genitals, with the help of hands, in a special angle.



During the posture, it is also called butterfly posture because of the movement of the feet, like the butterfly's moving wings. This pose is also called cobbler pose because it looks like a cobbler while sitting and working.

Butterfly Posture Method

- Sit with the legs spread out in front, keep the spine straight.
- Bend the knees and bring both legs towards the pelvis, touching each other at the bottom of the foot.
- Hold both feet tightly with both hands. You can put your hands under your feet for support.
- Try to bring the heel as close to the genitals as possible.
- Take long, deep breaths, while exhaling, press the knees and thighs towards the floor.

- Start moving both legs up and down like butterfly wings. Gradually increase speed.
- Keep on breathing.
- Perform the process as fast as possible. While slowing, stop, take deep breaths, bend forward while exhaling, chin is raised, spine remains straight.
- Apply pressure on the thighs or knees from the elbow so that the knee and thigh touch the ground.
- Feel the stretch in the inner part of the thighs and keep taking long deep breaths. Give the muscles more rest.
- Take a deep breath and bring the torso up.
- Exhale slowly, while stopping the butterfly posture and spread your legs towards the front & relax.

Benefits of butterfly posture

- Flexibility in pelvis and hips increases due to good stretch of thighs, lumbar region and knees.
- Eliminates fatigue caused by standing and walking for a long time.
- Relief from discomfort during menstruation and menopause symptoms.
- Ease of delivery by frequenting during pregnancy.

Contraindications of butterfly posture

- If you are suffering from a lumbar region or knee injury, then keep a blanket under the thighs for support. Do not use this currency at all without blankets.
- Patients with sciatica do not do this posture or keep cushion under the hips.
- If you have lower back pain, do this posture by keeping the spine straight.

4.21 Padmasana / Kamalāsana

Padma = lotus, Asana=posture

Padmasana or lotus yoga posture is performed, in which knees remain in the opposite direction. By doing this mudra, it calm the mind and deepen meditation. Many physical disorders also provide relief. With regular practice of this

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mudra, the seeker blossoms in full like lotus, hence the name of this mudra is Padmasana. In Chinese and Tibetan Buddhist belief, the lotus pose is also called **Vajrasanas**.

Method of performing Padmasana

- Stretch your legs in front of yoga mats or sit on the ground, keep the spine straight.
- Fold the right knee and place it on the sister thigh, making sure that the heel is near the abdomen and the soles of the feet are upwards.
- Now repeat the same process with the other leg.
- Bend both legs, feet on opposite thighs, keep hands on knees in the posture position.
- Head should be straight and spine straight.
- Keep breathing deeply while remaining in the same position.



Mudras of Padmasana

Padmasana Poses increase the transmission of energy in the body and results are better. Each Mudra is different from other mudras and benefits from them. You can bring more depth to your meditation by adopting *Chin Mudra and Chinmayi Mudra, Adi Mudra or Brahma Mudra* while sitting in

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Padmasana. Sitting in the posture for some time, breathe and feel the energy flow in the body.

People doing Padmasana for the first time, how they do this asana?

- If you have trouble sitting in the Padmasana with both legs folded, then you can sit in the half-padmasana, you can do this asana by placing any leg on the opposite thigh.
- To perform Padmasana it is necessary to have flexibility in the body. Until your body becomes resilient, practice Ardha Padmasana.

5-Benefits of Padmasana

- Helps in digestion.
- Reduces muscle tension and controls blood pressure.
- Provides peace of mind
- Helps in delivery of pregnant women.
- Reduces menstrual cycle discomfort.

Contradiction of Padmasana

Heel and knee injury: Do this posture only under the supervision of experienced teacher.

Asanas performed before Padmasana

The postures to be performed before Padmasana are: Ardh Matsyendra Asana, Badh Konasana, and Janu Shikhasana.

Easy to do after padmasana

After Padmasana, Adhomukho Swanasana can be done.

4.22 Ekapada Raja Kapotasana

Eka = One, Pada = Pad, Raja = King, Kapot = Pigeon, Asan = Posture

Ekapada Raja Kapotasana is a yoga pose suitable for intermediate level yoga practitioners. It is known to improve the flexibility and aids the hip muscles in relieving sciatica.

Method of Ekapada Raja Kapotasana / One-legged confession

- Begin by going through the marjari asana (cat-like stretch).
- Breathe out and bring your right knee forward to touch the right wrist.
- With the knee bent, bring your ankle near the groin area. Now move the right leg towards the left hand until it touches the left wrist.



- Move the left leg back so that it touches the floor. Keeping the knee straight, make sure that the facing part of the foot is touching the ground, while the soles of the foot are visible towards the ceiling.
- Keeping your right hip down, stick it on the floor and lengthen the lower part while pressing your tailbone forward.
- You can move the lower part more firmly, by resting your fingers on the floor.
- In this situation take some deep breaths.

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- With the help of your hands, slide your left knee forward (sliding) and drop back into the **Margarie Posture** (cat-like stretch).
- In a Margharhi Asana (cat stretch), take one or two deep breaths and repeat this process with the other leg.

For the first time those who are doing Ekapada Raja Kapotsana, how should they do this asana?

Ekapada Raja Kapotsasan You can do this by giving a blanket several mods or by placing the yoga block under the genital (groin) area and supporting the body.

Benefits of Ekapada Raja Kapotsan

Ekapada Raja Kapotasana brings the entire lower part of the body, stimulates the abdominal organs and helps to relieve the body of sciatica. It helps to open the hips and brings more flexibility to the hip area. It is also known to relieve stress and anxiety of the body.

Contradiction of Ekapada Raja Kapotsan

Ankle or knee injury: This should be done only under the supervision of an experienced teacher.

Follow-up Poses

You can do this pose after Kapotasana.

4.23 Marjari Asanas

Pets can also teach us yoga. A yogi's connoisseur gaze also acquires knowledge from the world around him. Marjari asana is an excellent example of cat stuff vibe.

Marjari Asanas = cat posture

Methods of doing Marjari posture

Come on your knees and hands and make the body a table in many ways, make the upper part of the table from your back and make the legs around the table with hands and feet.

- Keep your hands just below the shoulders, palms sticking to the ground, and keep the gap between the knees as the tendons.
- Keep the neck straight in front of you.



- Taking the breathe, move your chin upwards towards the back, press your navel to the ground and move the lower part of your waist towards the roof. Shrink both folds. Are you feeling a bit stretched?



- Keep this position and take long deep breaths and leave.
- Now do the opposite; While leaving the sauce, apply the chin to the chest and lift the back bow as high as possible, leaving the tendons loose.
- Keep this situation for some time and then come to the host position as before.
- Repeat this process five to six times and relax.

Suggestions: When we do this process slowly and with rhythm, then it gets more benefit and it leads us to the state of meditation.

Benefits of performing Marjari Asanas

- Makes the bone of the spine flexible.
- Increases shoulder and wrist capacity.
- Massages the glands of the digestive process.
- Improves digestion process.
- Stomach shape.

- Increases blood flow.
- Calms the mind.

Marjari Asana Precautions

If you have pain in your back and neck, consult a specialist. Do this asana with the instructor.

4.24 Ustrasana

"Ustra" is a Sanskrit word and means "camel". Ustrasana is called "Camel Pose" in English. Ustrasana is an intermediate backward bending yoga, which opens the Anahata (heart cycle). This asana brings flexibility in the body, gives strength to the body and increases digestive power. The process of undertaking and the benefits of ustrasana are given below.

Method of doing Camel Pose

- Sit on your yoga mats with your knees and place both hands on the ax.
- Knees should be parallel to the shoulders and the soles of the feet should be towards the sky.
- Breathing, pull the spinal cord towards the forearm as if being pulled from the navel.
- Sit neutral without applying pressure on the neck.
- In this situation, some people kept taking breaths.
- Exhale and return to your initial position.
- Bring the hands back to your waist and be straight.

How to do this posture in the beginning

For your convenience you can use pillows under your knees.

Benefits of Ustrasana

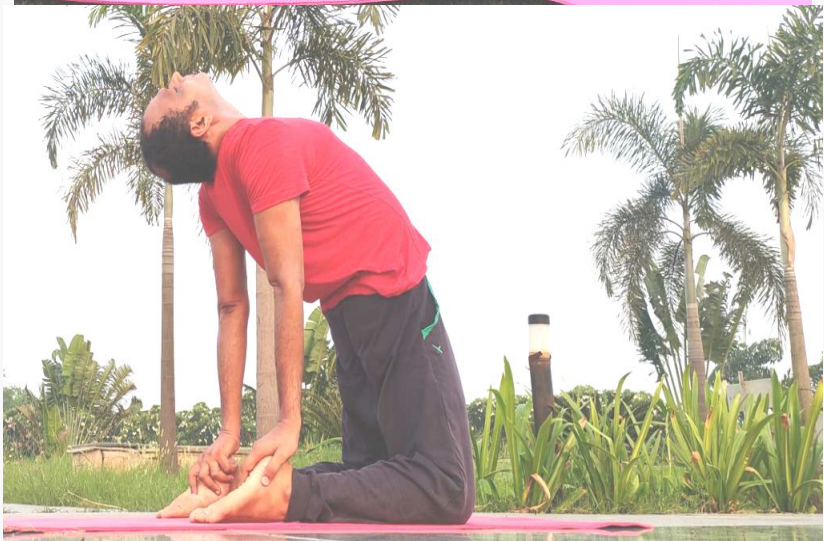
- Increases digestive power.
- Opens the chest and makes it stronger.
- Strengthens the back and shoulders.
- Relieves lower back pain.
- Also improves spinal flexibility and posture.
- Relieves menstrual discomfort.

Under which conditions one should not undertake

- People suffering from neck injury or high or low blood pressure, do this asana only under the supervision of an experienced teacher.

Follow posture

- Setubandh posture can be done after Uttrasana.



4.25 Balasana [Shishuasana]

It can also stretch your waist and your hips. You can do this easy anytime. To perform Balasana, sit in Vajrasana on the ground. Now while breathing, lift both hands on the walk. You come down while exhaling, bending from the hips. And bend until your palms hit the ground. Now take a deep long breath in and release out. Stay in this posture for as long as you can. Balasana is a comfortable seat for us. This asana provides relief to the entire body along with the waist.

Bal=child, Asana=Posture

Method of doing Balasan / Shishuasan

- Sit on your ankles, place the heel on the hips, bend forward and place the forehead on the ground.
- Keep the hands on the ground, extending from both sides of the body, if it is not comfortable, then with the palms facing towards the sky, you place the palm above one palm and place the forehead comfortably on it.
- Gently pressure the thighs from the chest.
- Maintain the position.
- Get up slowly and sit on the heel and straighten the spine slowly and relax.



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Benefits of Balasan

- Deep relaxation of the back.
- Relieves constipation.
- Calms the nervous system.

Balasan's contradiction

- Do not practice if you have back pain or knee operation.
- Pregnant women should not practice baby posture.
- If you are currently suffering from diarrhea or have recently recovered, do not do this asana.

4.26 Chakki Chalnaasana

Chakki = a machine to grind flour, Chalana= run, Asana= posture

This posture mimics the hand-held wheat mill found in Indian villages. This is a very good and enjoyable exercise.

Method of doing Chakki Chalnaasana

Sit with both legs fully extended, while holding hands, keep the arms facing the shoulders in front of you. Taking long deep breaths, bring the upper part of your body forward and begin to rotate to the right, forming an imaginary circle.

Breathing forward and to the right and exhaling back and to the left. Breathe out from right to right. Breathing forward and to the right and exhaling back and to the left. Breathe out from right to right. Keep the feet stable and feel cramped in the lower part of the body. The arm will rotate along the back and due to rotation of the torso, light movement in the legs is natural. He kept taking long and deep breaths while walking around. Feel if you feel cramped in arms, abdominal area and legs.

After doing 5-times in one direction, repeat 10-times in the other direction.

1



2



3



4



Benefits of Grinder Posture

- Beneficial in stopping Sciatica.
- The muscles of the back, abdomen and arms are exercised.
- Produces expansion in the chest and lumbar region.
- The exercise of the uterine muscles of women, continuous exercise provides relief from the painful menstrual cycle.
- Abdominal fat reduction through continuous exercise.
- Extremely effective in reducing stored fat during pregnancy. Be sure to consult your doctor before performing this mudra.

Contraindications to Grinder Posture

Do not grind in the following situations

- Pregnancy
- Low blood pressure
- Extreme pain due to slip discs in the lower back.
- Headache, migraine.
- If you have undergone surgery such as hernia.

4.27 Dhanurasana [Bow Posture]

This posture gets its name from its bow shape. Dhanurasana is one of the postures in the category of Padma Sadhana. It is rightly known as Dhanu-Asan.

Dhanurasana = bow, Asana= posture



Method of doing Bow Posture

- Lie on the abdomen, keep the distance as far as the buttocks and keep both hands directly on both sides of the body.
- Bring the knees close to the waist and hold the knee with hands.
- Inhale, lift the chest above the ground and pull the legs towards the waist.
- Look in front with a smile on your face.

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- Keeping your breath, steady your posture, now your body is like a bow.
- Taking long deep breaths, relax in the posture.
- Take care, do asana according to your ability, do not tighten the body more than necessary.
- After 15-20 seconds exhale, slowly bring the feet and chest back to the ground. Relax leaving the esophagus.

Benefits of Bow Posture

- To strengthen the back / spinal cord and abdominal muscles.
- Keep genitalia balanced.
- To relieve the tightness of the chest, neck and shoulders.
- Giving confirmation to the muscles of the arm and abdomen.
- Make the spine flexible.
- Free from stress and fatigue.
- Malaise and ease in menstruation.
- Improved kidney function.

Contraindications of Dhanurasana

- Please do not try Dhanurasana if you have high or low blood pressure, hernia, back pain, headache, migraine (pain in your head), neck injury / damage or recent abdominal operation.
- Pregnant women should not practice Dhanurasana.

4.28 Bhujangasana [Snake Posture]

Bhujangasana looks like a snake with a raised snake, hence the name of this asana is Bhujangasana. Bhujangasana is an important ease of Suryanamaskar and Padmasadhana which is very beneficial for our body. This makes the muscles of the chest and waist flexible and removes any tension in the waist. For patients related to spinal cord, Bhujangasana will prove to be very beneficial. In women, it helps in controlling uterine bleeding. Whether it is a patient related to the kidney or any

stomach related problem, this simple posture is the solution to all problems.



Method of performing Bhujangasana

- Lie flat on the ground, keep the padanguli and head straight on the ground.
- Keep feet straight, feet and ankles also together.
- Keep both hands equal to both shoulders, and keep both elbows near and parallel to the body.
- Taking long breaths, gently raise the forehead, then the chest and later the abdomen. Keep the navel on the ground.
- Now lift the body, with the support of both hands, pull it back towards the waist.
- Consider: Keep equal weight on both arms.
- Breathing reflexively, straighten both hands while slowly turning the reed joint even more, look upward while raising the neck.
- Notice: Are your hands away from your ears?
- Keep your shoulders relaxed. Elbows can also bend if needed. As time goes on, you can learn to give the back more curvature by keeping the elbows straight, by continuing the exercise.
- Keep in mind that your feet are still straight. Keep a light smile (smiling arms), take long breaths

- Taunt the body according to your own ability, too much folding can cause damage.
- While exhaling, firstly bring the stomach, then the chest and later the head slowly back to the ground.

Benefits of Bhujangasana

- To relieve shoulders and neck from stress.
- Strengthen the abdominal muscles.
- Confirming the entire back and shoulders.
- Make the upper and middle parts of the spine more flexible.
- Relieve fatigue and stress.
- Extremely beneficial for asthma and other respiratory diseases, do not use this asana when an asthma attack continues.

Contraindications of Bhujangasana

- Pregnant women, who have a crack in the rib or wrist, or have had a recent abdominal operation, such as a hernia, will have to avoid this asana.
- Do not do Bhujangasana even patients with Carpel tunnel syndrome.
- If you have been ill for a long time or have been suffering from a spinal disorder, then practice Bhujangasana under the supervision of a trainer.

4.29 Salamb Bhujangasana [Sphinx posture]

Salamb Bhujangasana (Sphinx posture) is a modified form of Bhujangasana. Salamb Bhujangasana (Sphinx Mudra) is a version of yoga to help early practitioners. This asana is also good for those who have lower back pain, as it has less rotation, so it reduces the pressure on the spine.

Slamb = Supported, Bhujang = Snake, Asan = Mudra

Method of performing Bhujangasana

- Lie on your stomach, keep the toes parallel to the floor and rest your forehead on the floor.

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- Keep your feet together, with the toes and ankles lightly touching each other.
- Stretch hands forward, palms facing the ground and arms touching the ground.
- Take a deep breath, gently lift the head, chest, and abdomen while the navel rests on the floor.
- With the help of arms, pull the torso back away from the ground.
- Breathe in and out with reflex and slowly take care of every part of the spinal cord.
- Make sure your feet are still together and head straight forward.
- While exhaling, slowly bring your abdomen, chest and then head down towards the ground.



Benefits of Salbhujangasana

Slumb Bhujangasana helps to strengthen the spine and stimulates the abdominal organs. This incandescent spreads to the chest and shoulders. This yoga posture improves blood circulation and relieves tension from the body.

Contraindications of lumbar Bhujangasana

Do not do this pose if you are pregnant, or have fractured your ribs or wrist bone or have recently had a stomach operation.

Asanas performed after salubrious Bhujangasana

You can do opposite Shalabhasana after Salbhu Bhujangasana.

4.30 Opposite Shalabhasana [Viparita shalabhasana]

This is the opposite Shalabh posture inspired by the state of Superman flying high in the sky. This posture got its short name only from this episode.

Opposite=Reversed / reflexed, Salabhasana=Posture.

This asana especially strengthens the muscles of the lower back.



Performing Reverse method of Shalabhasana

- Lie on your stomach, keep your ankles upright on the ground, let the chin rest on the ground.
- Bring your feet close to each other and keep the claws together.
- Now, stretch your hands outward as far as you can.
- Take a deep breath and raise your chest, hands, feet and thighs above the ground. You look like a flying superhero - super man! Put a smile on your face - Super heroes are always happy, especially when flying. Instead of trying to lift your hands and feet higher, try

making easy effort to pull them in the opposite direction.

- Feel the stretch seen on both opposite parts of the body. Make sure that your elbows and heels are not bent.
- Keep breathing vigilantly, keep your attention towards the stretch happening in the body.
- When you exhale, slowly bring your chest, hands and feet down.

Benefits of opposite Shalabhasana

- This asana makes the muscles of chest, shoulders, hands, feet, abdomen and lower back strong.
- Improves the stomach and lower back.
- Massages the spine and makes the back strong.
- Creates chest strain.
- Improves blood flow.
- It also works on the mental level - when you get up, then you remain in the present state. Even if you want, you cannot think of any problem.
- It can be a good exercise for the stomach.

In the process of Padmasadhana, after Bhujangasana, the opposite Shalabh asana is the fifth posture.

Contradiction of opposite Shalabh Postures

- If abdominal surgery is done soon, do not do this asana.
- Pregnant women, do not do this asana.

4.31 Shalabasana

While doing Shalabhasana yoga, the shape of the body is like a Locust insect, it is called Locust Pose. Strengthens waist and back and improves digestion. The procedure and benefits of performing Shalabhasana are given below.



Methods of doing Salbhasana

- Breathing in, raise your right leg. Keep feet straight. Take care not to hit the hip.
- Hold and breathe in the above position.
- Exhale and keep your right leg down.
- Repeat the process with your left leg. Take deep and long breaths 3 times.
- Make a fist of both hands and keep it under your thigh.
- Breathing in and keeping both knees straight, raise both legs as high as you can with some speed.
- Pause and maintain the position in the above position.
- Exhale, bring both your legs down, remove both hands from the bottom and relax.
- Repeat the whole process again with the hands down on the second step.

Benefits of doing Shalabhasan

- This asana increases the strength and flexibility of the back.
- Increases the strength of hands and shoulders.
- Relaxes and strengthens the nerves of the neck and shoulders.
- Improves digestion and strengthens the abdominal organs.

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4.32 Naukasana [Boat Posture]

Nauka = Boat, Asan = Posture or Pose

In this posture, it is worn and shaped like a yacht, hence it is called naukasana.



Methods of doing Boat Posture

- Lie on your back and join both feet together. Attach both hands to the body.
- Take a long deep breath and while exhaling, pull the hands towards the feet and raise your legs and chest.
- Your eyes, hands fingers and toes should be in a straight line.
- Feel the pulling in the umbilical cord due to contraction of the abdominal muscles.
- Take long deep breaths and keep the posture.
- Exhale, slowly come to the ground and relax.

This asana is also part of Padmasadhana. It is done after Dhanurasana during Padmasadhana.

Benefits of Naukasana

- Strengthens the muscles of the waist and abdomen.
- Strengthens hands and feet and gives correct shape.
- Beneficial for hernia patients.

When not to do?

- If you have low blood pressure, high headache, migraine or ever have any back related problems, do not do this asana.
- Asthma and heart patients do not do this asana.
- Women should not do this asana during the first two days of pregnancy and menstruation.

4.33 Setubandhasan [Bridge Posture]

In this asana, the body becomes in the same shape as a bridge, hence it is called bridge posture.

Methods of doing Setubandasana

- Lie on your back in the beginning.



- Fold your knees. Keeping the knees and feet in a straight line, spread both legs 10-12 inches away from each other.
- Keep hands with the body. The palms remain on the ground.

- While inhaling, gently lift the lower, middle and upper most parts of your back from the ground. Gently move your shoulders inwards. Without moving the chin, attach your chest with your chin and support your shoulders, hands and feet with your weight. Keep the lower body stable during this time. Both thighs will stay together during this time.
- If you wish, during this time, you can lift your upper body by pressing your hands on the ground. You can also support your waist with your hands.
- Keep the posture for 1-2 minutes and exhale from the posture while exhaling.

Benefits of Sethubandhasan

- Strengthens the muscles of the back.
- Relaxes the muscles of the back.
- Produces good stretch in back, chest and neck.
- Relieves the mind and relaxes by reducing stress.
- Opens lungs and removes problems related to thyroid.
- Helps in healing digestion.
- Helps during menstruation and menopause.
- High blood pressure, beneficial for asthma, osteoporosis and sinuses.

Contradiction of Sethubandhasan

If you have some problems related to the waist and neck, do not do this asana.

4.34 Matsyasana

If this is done in easy water, the body starts swimming like a fish, so it is called Matsyasana.

Method of doing Matsyasana

- Lie down on the waist and join your hands and feet with the body.
- Keep the hands under the hips, keep the palms on the ground. Join your elbows together.
- Breathing in, raise the chest and head.

- With your chest raised, take the head backwards and apply the top of the head to the ground.



- While touching the head comfortably on the ground, press your elbows on the ground and put all the weight on the elbows, not on the head. Raise your chest high. Press the thigh and legs to the ground.
- As long as possible, stay in this posture and take long deep breaths and relax with every outgoing breath.
- Raise the head up, back down while lowering the chest. Put both hands back to the right and left of the body and relax.

Benefits of Matsyasana

- Stretches the neck and chest.
- Relieves tension to the muscles of the neck and shoulders.
- Prevents breathing problems and helps in deep deep breathing.
- Adheres to parathyroid, pineal, and pituitary glands.

Contradiction of Matsyasana

Do not do this asana if you have low or high blood pressure. People with migraine and insomnia should also not do Matsyasana. People who have some injury to the waist or neck should also not do this.

4.35 Pawanmuktasan [Gas Release Pose]

Pawan Mukta means the release of gas or wind. By doing this asana, it helps in removing the stomach air, that is the reason why this asana is named Pawanmuktasan (Gas Release Pose). The procedure of Pawanmuktasana and its benefits are given below.



Method of doing Gas Release Pose

- Lie on your back and feet together and join hands with the body.
- Take deep long breaths and while exhaling, bring your right knee to your chest. Holding the thigh with your hands, press it on the stomach.
- Take a long deep breath again and lift your head and chest from the ground while leaving. Attach your chin to your right knee.
- Stay in the posture and take long deep breaths.
- Pay attention while exhaling - Hold your knee tightly with your hands. Build pressure on the chest. Inhalation, let loose.
- Exhale, return to the ground and relax.
- Do this whole process with left leg and then with both feet.

- If you want, you can swing a little - you can swing back and forth 5 times and right and left 3 times and then relax.

Benefits of Pawanmuktasan

- Strengthens muscles of the back and abdomen.
- Strengthens the muscles of hands and feet.
- Massages the stomach and other senses.
- Air is released from the stomach and helps in digestion.
- Increases blood circulation and relieves tension in the back and hip joint.

Contradiction of Pawan Mooktasan

- Do not do this asana if you have any problems in high blood pressure, heart disease, hernia, hypersensitivity, menstruation, neck or back.
- Do not do this asana even after the third month of pregnancy.

4.36 Sarvangasana [Shoulder Stand Pose]

Because this asana exercises all the organs of the body, it is called Sarvangasana (Sarva-Anga-asan) in hindi. In English, this asana is also called Shoulder Stand Pose. The procedure and benefits of performing sarvangasana are given below.

Method of doing Shoulder Stand Pose

If you have any such problems with high or low blood pressure, glaucoma, thyroid, neck or shoulder injury, be sure to consult the doctor or trainer before doing this asana.

- Lie on your back. Together, raise your legs, hip and then waist. May all the weight fall on your shoulders. Support your back with your hands.
- Take your elbows close. Keep the hands with the back, support the shoulders. While pressing the elbows on the ground and keeping your hands at the waist, keep your waist and legs straight. The entire body weight should be on the upper part of your shoulders and hands, not on your head and neck.



- Keep your feet straight and strong. Keep the heel of your foot as high as you want to touch the ceiling. Bring your feet in the nose. Pay attention to your neck, do not press it to the ground. Keep your neck strong and shrink its muscles. Cover your chest with chin. If you feel tension in the neck, then move out of the posture.
- Take long deep breaths and remain in the posture for 30-60 seconds.
- To get out of the posture, take the knees slowly near the forehead. Keep your hands on the ground. Without lifting the head, bring the waist down slowly and take the feet on the ground. Rest for at least 60 seconds.

Benefits of Sarvangasana

- Activates and nourishes Thyroid and Paravillary glands.
- Strengthens hands and shoulders and makes back more flexible.

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- Nourishes the brain by transporting more blood.
- Activates the muscles of the heart and carries pure blood to the heart.
- Relieves constipation and makes digestive activity active.

Contradiction of Sarvangasana

If you have any of the following problems– Pregnancy, menstruation, hypertension, heart disease, glaucoma, slip disc, spondylosis, neck pain or severe thyroid problems, be sure to consult your doctor before performing Sarvangasana

4.37 Halasana [Plow Posture]

This asana is called halasana because in its final pose the body looks similar to the Indian plow. If this yoga practice is done properly then it can prove to be a very beneficial yoga practice in terms of health. This asana is very beneficial for diabetes, thyroid etc. while reducing obesity. Since its shape looks like a solution, it is also called Plow Pose Yoga. Halasana is not as easy to do. Those who are unable to do this asana, they should do ardhahalasana.

Methods of doing Halasana

Here the easy and simple method of Halasan is explained. By understanding this, you can not only do this posture properly, but can take advantage of it more and more.

- Lie on your back and rest your hands near the thighs.
- Now slowly raise your legs first at 30 degree, 60 degree and then 90 degree without turning.
- While exhaling, move the legs behind the head while lifting the back and touch the fingers of the feet from the ground.
- Now yoga pose has taken the form of halasana.
- Breathe slowly and exhale slowly.
- Wear this asana as far as possible.
- Then slowly come back to original state.
- This is a cycle.
- In this way you can do 3 to 5 cycles.



Benefits of Halasan

- Halasana is a very important yoga practice in the world of rugs. Some of its benefits are being mentioned here.
- To reduce belly fat: With regular practice of this asana you can reduce your abdominal fat. And you can also control your weight.
- To prevent hair loss: With the practice of this asana, blood flow starts to increase in the area of the head and at the same time the hair starts getting the right amount of minerals. Which is good for hair health.
- For the beauty of the face: Your daily practice can improve your face.
- For thyroid: It is a highly practiced practice for thyroid and mercury thyroid gland. It controls metabolism and keeps you from a lot of problems by keeping control of body weight.

- Constipation: It is beneficial in indigestion and constipation.
- Diabetes: It is very beneficial for diabetes.
- Piles: People who are suffering from piles should practice this asana.
- Throat disease: It protects you from throat disorders.
- In headache: Those who have headache, they should practice this yoga.

Halasan's contradiction

- This posture should not be done for those who have cervical spondylitis.
- If there is stiffness in the spine, avoid it.
- This posture should not be done in high blood pressure.
- Do not do this asana in case of back pain.
- Do not perform this asana in case of dizziness.
- Avoid doing this yoga in pregnancy and menopause.
- People with heart disease should not do it.
- The most benefit of halasana is when bhujangasana is performed immediately after halasana.

How to do Ardhalasana?

- Lie on your back and rest your hands near the thighs.
- Now raise your feet slowly without turning, first at 30 degrees, then at 60 degrees and then at 90 degrees.
- Maintain this condition for some time.
- Then, while exhaling, bring the feet slowly to the ground.
- This is a cycle.
- In this way you can do 3 to 5 cycles.
- Eradication is very beneficial in reducing your waist, indigestion, constipation, abdominal fat etc.

4.38 Natarajasana [Nataraja Posture]

The dancer form of Lord Shankar has been called 'Nataraja'. This yoga pose is very beneficial for the spine. The process of Natarajasana and its benefits are explained below.

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Methods doing Natrajasana

- Lie on your back and spread both hands. Place the palm towards the floor and keep the shoulders straight. Bringing the feet close to the heel. Keep your knees in the sky and take a deep breath. Soles touching the ground completely.
- While exhaling, tilt the knob to the right and look to your left.
- Keep breathing and try to bring your knees and shoulders to the ground with every breath.
- Make sure that the shoulders touch the floor. In this state, often the shoulders rise above the floor, take care of it.
- Feel the stretch in the thighs, waist, arms, neck, abdomen and back. Relax in the posture while exhaling each breath.
- Breathe in and lift the knob, look up and while exhaling bend the knees to the left and look to the right. Stayed in this state and kept breathing.
- Slowly straighten the head and knee. Spread the legs directly on the floor.
- Repeat this asana from the other side as well.



Benefits of Natarajasana

- Deep peace of mind and body is felt.
- The spine and chatter are stretched in tarsal.

Contradiction of Natarajasana

Do not perform this asana in case of spinal cord injuries.

4.39 Vishnu Asana [Vishnusana]

Lord Vishnu, the follower of creation, whom we like: looks to the left side, this asana is his symbol.

Methods of doing Vishnu Asana

- Lie on your back and turn
- Lift the head with the help of the palm. Elbow remained fixed on the ground.



- Place the palm on the ground near the chest, straighten the legs if possible.
- Raise your binges leg up and down gently. Do this three times.
- Rotate the foot in a circular (circular rotation) with the ax joint.
- Rotate in another direction after doing it 5 to 6 times.
- Slowly bring the foot down and relax.
- Turn left and turn left. Now repeat the same sequence on the left.
- Eventually lie back and relax.

Benefits of Vishnu Posture

- It drags into the hip joint.

Contradiction of Vishnu posture

If you have had any abdominal or pelvic operation (surgery), do not do this asana.

4.40 Shavasana [Dead body Posture]

This asana got its name because it has the same shape as a dead body. Shavasana is for relaxation and most of the whole yogaasana is done in sequence. The sequence of a complete yoga starts with activity and ends in relaxation. This is the condition when your body gets complete rest.

Method of doing Shavasana

1. Lie on your back without cushioning or taking support of any object. If necessary, you can put a small pillow under your neck. Close your eyes.
2. Spread your legs comfortably and give full relaxation to your knees and toes. The fingers of both the feet should be opposite each other.
3. Keep your hands with the body but do not touch your body. The palms extended skyward.
4. Move your attention slowly on every part of the body and give rest to your whole body.
5. Move your attention to the right paw, and then to the right knee. In this way, take your attention to the entire

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right leg and then move your attention to the left leg, slowly resting every part of the body and moving your attention to the head.

6. Take slow and deep breaths and relax with every breath. Every breath coming in gives you energy and every breath going out relaxes you. Do not pay attention to the excitement, haste, or anything arising in your mind. Just be with your body and mind. Dedicate your whole body to the earth and relax. Pay attention that you do not sleep while doing this posture.
7. After 10-20 minutes, when you reach a state of complete relaxation, then turn your right side, keeping your eyes closed. Stayed in that position for 1 minute. Get up and sit with the support of your right hand.
8. While keeping your eyes closed, take some long deep breaths and slowly bring your attention back to your environment and body. When you experience perfection, you can open your eyes slowly.



Benefits of Shavasana

- By doing Shavasana, one gets into a state of deep meditation which relieves the body from stress and heals the cells completely. By doing Shavasana after yoga practice, you can go into a state of deep meditation.
- With the practice of posture, your body is again filled with energy. This is the best posture to finish the course of complete yoga practice, mainly when you have done yoga asana at a fast pace.
- The posture is very good for patients with lower blood pressure, insomnia, and anxiety.
- Asanas are the best posture for stabilizing the body and cures Vata dosha in the body.

Contradiction of Shavasana

There are no contradictions to perform the shavasana. If a doctor has forbidden you to lie on the ground, do not do this asana.



Pranayama- Types & Benefits

5.1 What is Pranayama?

Pranayama is the fourth of the eight organs of yoga. 'Prana' means according to yoga, the air that keeps our body alive and the dimension means to control.

Prana - Some people consider the air under body as the person whose main place is in the heart. The movement of this air, which understands it well and makes it happy, also knows the secret of living long. Because air itself has the ability to convert the substance inside the body into nectar or poison.

Dimension- It has two meanings; First control or stop and second expansion and direction. When an organism is born, it takes deep breaths and when it dies, it exits completely. The life from which the soul comes, goes into that dimension. When we inhale, the air or air going in is divided into five parts or it becomes fixed and situated five places inside the body. But she stays motionless by being stable and stable.

In ancient times, the sages understood this mystery of the wind, then they used to place Kumbhak and sat in the Himalayan cave for years. Hours between breathing and exhaling are possible only with the practice of pranayama. This is the secret of pranayama, even in the event of contaminated air in the body, age is degraded and diseases are born. Food in the stomach gets contaminated, water also gets contaminated, so why not air. If you are constantly ingesting contaminated air, then understand that you are getting close to disease and death before time.

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From childhood, a person suffers from many moods due to the inadvertent and chaotic breathing and quitting habit. When the breath is fickle and chaotic, then due to the chaos of the mind, the loss of age also happens quickly. Then as the person grows up, he becomes prone to diseases of work, anger, item, greed, addiction, anxiety, anxiety, negativity and emotionality. The above diseases break the person's breath completely and contaminate the air in the body, due to which the body begins to decay quickly.

Hathayogis thought that if the practice of breathing in and out slowly and stopping with caution is also made, the deeper the action, the more stability will come in the mind. If the respiration is the longer, the slower and more subtle, the decay of life will be in the sequence of the longer and slower.



Ida, Pingala and Sushumna are the three nadis. By continuous practice of Pranayam, when these nadis become pure and become active, then there is no disease in the person's body and age becomes strong. By not having any kind of fidget in the mind, the steady mind becomes powerful and the perception is proved, that is, the thinking of such a person results. If its practice continues continuously then the person becomes perfect.

While doing pranayama or breathing, we do three actions - 1) Complement, 2) Kumbhak and 3) Laxative. This is called the Hathayogi practice, the Vritti Vritti and the Vritti Vritti. That is to inhale, hold and release. The inner stop is called the inner Kumbhak and the outside stop is called the Bahma Kumbhak.

(1) Complement: That is, the action of inhaling at a controlled speed is called complement. When breathing is done slowly or rapidly in both ways, then it is necessary to have rhythm and proportion.

(2) Kumbhak: Kumbhak is the process of stopping the inhaled breath according to capacity. The process of stopping the breath inside, leaving the inner Kumbhak and breathing out and not stopping breathing again, is called the Kumbha outer. It is also necessary to have rhythm and proportion.

(3) Laxative: The action of exhaling the inhaled breath is called laxative. When breathing exits slowly or steadily, it is necessary to have rhythm and proportion.

5.2 How many major types of Pranayama?

There are more than 30 types of pulse resection pranayama, but the following 20 types are the main ones.

1. Nullification, 2. Bhristika, 3. Anulom-antonyms, 4. Kappalbhati, 5. Ujjai, 6. Bhramari, 7. Kevali, 8. Kumbhak, 9. Long, 10. Cold, 11. Cold, 12. Head, 13. Suryabhedana, 14. Chandrabhedana, 15. Pranava, 16. Agnisara, 17. Oudgith, 18. Nasagra, 19. Plavani, 20. Shitayu (shitau) etc.

5.2.1. Pulse Treatment / Vascular Purification Pranayama

It is also called purification of the nervous system. Without cleansing and purifying the pulse, there is no success in Pranayama Sadhana. Just as it is necessary to prepare for that task before performing any task, similarly Pranayama Sadhana requires pulse cleaning (cleaning the pulse). Practicing Pranayama in practice: By taking sauce, the flow of life should be up to Brahmin. This is possible only when the

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nadis are clean and pure. Pran (air) flows at a rapid pace in the body only after the pulse is pure and clean. Pulse resection is one of the main types of pranayama, by doing it properly, the blood in the body is cleaned and the breathing system becomes strong.

Method of pulse purification (level-1):

In this activity, the seeker should spread the carpets and blankets in a clean place according to his convenience-

- Sit in Padmasana / Sukhasana without stress and concentrate on normal breathing for some time.
- Then raise the right hand, place the ring finger and middle finger in the center of the eye (Pranayama mudra) and close the right nostril with the thumb.
- Breathe in twenty times with the left nostril. Breathing is somewhat deeper than normal and leads to the stomach.
- Open the right nostril again and close the left nostril with the ring finger.
- Breathe in twenty times with the right nostril. Breathing is slightly deeper than normal and leads to the stomach.
- Bring the hands to the knees and observe the normal effect of breathing.

Benefits of pulse purification:

- Pulse purification pranayama purifies blood and respiratory system.
- Deep breathing fills the blood with oxygen (pranavayu).
- This pranayama provides strength to the breathing system and keeps the nervous system balanced.
- It helps in relieving anxieties and headaches.
- By doing this pranayama, lungs and other organs of respiratory system are strengthened.
- Headache, migraine, restlessness and stress problems are eliminated by doing pulse resection pranayama.
- Concentration increases with regular nadisodhan pranayama.

**Precautions in pulse resection:**

Weak and anemic patients should take some care in breathing and exhaling during this pranayama. Some people often start breathing and exhaling due to lack of time. Due to this, dust, smoke, bacteria and viruses spread in the atmosphere can reach the respiratory tract and cause many types of infections. During the pranayama, the speed of breath should be so smooth that even the breath of oneself should not be heard.

Pulse refinement level-4 (repeat):

5-times starting from left nostril and 5-times starting from right nostril.

Practice :

Meditate on a normal tensionless breath for 5 minutes, then raise the hand in the pranayama posture. Keep counting the breath in your mind. In the action of pranayama; Breathing supplement, exhaling laxative, and stopping in or out of breath are called Kumbhak.

- Close the right nostril with the thumb and count to 4, supplementing with the left nostril.
- Close both nostrils and hold breath until counting to 16.

- Open the right nostril and lax until it is numbered 8.
- Close both nostrils and hold breath until counting to 16.
- Open the right nostril and supplement until the number of 4 is counted.
- Close both nostrils and hold breath until counting to 16.
- Open the left nostril and lax until it is numbered 8.
- Close both nostrils and hold breath until counting to 16.



This sequence is called a cycle. Practice 5-chakras and then, concentrate your mind on normal tensionless breathing. After some time, start with the right nostril and repeat this exercise while doing the supplement and also do 5-cycle in it.

Comment on the practice of this pranayama:

If you cannot practice the 5 cycles till counting the number given above, then start doing Kumbhak only after doing the supplement and practice in the ratio of 4 (Complement): 4 (Kumbhak): 8 (Laxative). When it becomes convenient, then increase it to 4: 8: 8 and later to 4: 16: 8. In this way, after practicing for some time, stop breathing after laxative also be included in the practice. After becoming well acquainted, you

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should come to the prescribed 4: 16: 8: 16 ratio, starting at a ratio of 4: 16: 8: 8 for a short time period. The length of the cycle can also be increased further. But the ratio should remain the same like 5: 20: 10: 20, 8: 32: 16: 32.

Caution:

Hold breathing as long as conveniently possible. But don't hold breathing, if suffering from asthma or heart disease.

5.2.2 Bhastrika Pranayama

Bhastrika Pranayama derives from the word Bhastra which means 'Dhunkani'. Actually, this pranayama acts like a bhastra or blower. Like a pair of bellows, it warms the heat, heats the physical and the subtle body. As far as the definition of Bhastrika Pranayama is concerned, it is such a pranayama in which it is continuously inhaled and exhaled forcefully. This pranayama is explained in detail in the Yoga Grantha Hathapradipika (2 / 59-65). In the second Yoga book Gherand Samhita, it is explained as follows.

भस्त्रैव लौहकाराणां यथा क्रमेण सम्भ्रमेत्।

तथा वायुं च नासाभ्यामुभाभ्यां चालयेच्छनेः॥ - घं. सं. 5/75

This verse means that just as the blacksmith blows and blows continuously, in the same way, slowly take the air from both the nostrils and spread the stomach, then throw it out rapidly with a roar.

Method of Bhastrika Pranayama

Now it comes to how to do Bhastrika Pranayama. Here it is explained in a simple way, with the help of which you can do it easily.

- First you sit in Padmasana. If you are not able to sit in Padmasana, then sit in a relaxed state, but keep in mind that your body, neck and head are straight.
- Initially breathe slowly.
- And release this breath with force.
- Now breathe forcefully and exhale forcefully.
- This action should be inflated and deflated like a blacksmith blower.

- In this way, inhale and exhale forcefully 10 times with speed.
- During this exercise your sound should be like a snake's herring.
- After breathing 10 times, inhale as deeply as possible after exhaling. Stop breathing (Kumbhak).
- Then release it slowly.
- After leaving this deep breath, one cycle of Bhastrika Pranayama was completed.
- This way you do 10 cycles.



Benefits of Bhastrika Pranayama

- To reduce belly fat: Bhastrika pranayama is one such pranayama which is effective for reducing belly fat. But its practice is constantly necessary.
- For weight loss: This is one such pranayama that can reduce your weight. But it is effective to reduce belly fat and weight when it is done for 10 to 15 minutes daily.
- For Asthma: Bhastrika Pranayama is a great yoga practice for asthma patients.
- It is said that regular practice of this pranayama will not only reduce asthma, but it will be eradicated forever.

- Throat swelling: The practice of this yoga provides great relief in inflammation of the throat.
- Discharged from mucus: It increases gastric, eliminates mucus, cures diseases of nose and chest.
- To increase appetite: its practice increases appetite.
- Gives heat to the body: According to Hathapradipika 2/65, it removes diseases caused by excess of air, bile and mucus and provides warmth to the body.
- Perfect for pulse flow: This pranayama purifies the pulse flow. Bhastrika Kumbhak is the most beneficial among all Kumbhakas.
- Helps in Kundalini Jagran: It enables Prana to break the three glands Brahmagranthi, Vishnugranthi and Rudraagranthi. These glands are in the Susumna. They awaken the Kundalini fast. (Hathapradipika 2 / 66-67)
- Breathing problems: It is the best pranayama to overcome problems related to breathing.

Precautions of Bhastrika Pranayama

- The person with high blood pressure should not do Bhastrika Pranayama.
- These pranayama should not be done in patients with heart disease, vertigo, brain tumor, cataract, intestinal or stomach ulcers or dysentery.
- In summer, sitli or sitakari pranayama should be done after this, so that the body does not become too hot.

Before attempting Bhastrika-Pranayama, each of the four levels of pulse-resection pranayama should be practiced for at least three months.

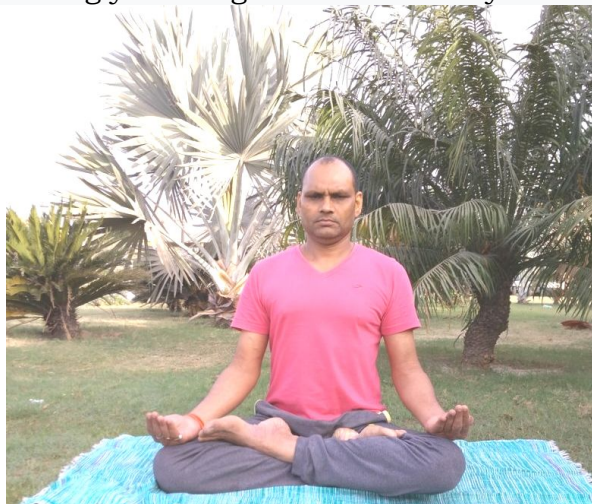
5.2.3 Kapalbhati Pranayama

Every action of yoga is effective, but when it comes to Kapalbhati Pranayama, it is called Sanjeevani of life. Kapalbhati Pranayama is considered to be most effective. Kapalbhati Pranayama is included in Hatha Yoga. It is considered to be the most effective pranayama in yoga rugs. This is an interesting process done rapidly. The front portion of the brain is called the skull and the meaning of the breath

is light. We tell you about the right way to do Kapalbhati Pranayama and the benefits that result from it.

Kapal=Cranial or head; Bhati= shining; Pranayama= breathing process

It is a full of energy (done by breathing) pranayama, which helps in reducing your weight and balances your whole body.



Importance of Kapalbhati Pranayama

When you do Kapalbhati Pranayama, 80% of the toxic substances go out of your body with outgoing breath. With the continuous practice of Kapalbhati Pranayama, all the organs of the body are freed from the toxic element. Any healthy person can be identified by his shining forehead. Kapalbhati (head or head) is the proper interpretation of pranayama - "shining head". It is possible to get bright or glow on the forehead only when you practice this pranayama daily. This means that your forehead not only shines from outside, but this pranayama also makes your intelligence clean and sharp.

Method of performing Kapalbhati Pranayama

- Sit comfortably, keeping your spine straight. Place your hands on the sky, comfortably on your knees.
- Take a deep breath in.

- Exhale, pull your stomach inward. Draw your stomach in such a way that it touches the spine. Do as much as you can. You can feel the contraction of the abdominal muscles by placing a hand on your stomach. Draw the navel inward.
- As soon as you release the muscles of the stomach, the breath automatically reaches your lungs.
- 20 breaths to complete a sequence (round) of Kapalabhati Pranayama.
- After a round is over, relax and close your eyes. Feel the excitement manifested by pranayama in your body.
- Complete two more rounds (rounds) of Kapalabhati Pranayama.

Things to be noted in Kapalabhati Pranayam

- While doing Kapalabhati Pranayama, exhale out loud. Breathe out with strength.
- Do not worry too much to breathe. As soon as you release your abdominal muscles, you start breathing on your own.
- Keep your attention on the outgoing breath.
- Learn the process of this pranayama from any of the living yoga instructors and then practice it at home on an empty stomach.

Benefits of Kapalabhati Pranayama

- It increases the metabolic process and helps in reducing weight.
- Purifies pulse.
- Activates abdominal muscles which is extremely beneficial for patients with diabetes.
- Fixes blood circulation and increases radiance on face.
- Improves digestion and transmits nutrients to the body.
- Your abdominal fat automatically decreases as a result.
- Energizes the brain and tantric system.
- Calms the mind.

What not to do while doing Kapalabhati Pranayama?

- Do not do this pranayama if you are a patient of hernia, epilepsy, slip discs, back pain, or stents. Do not do this pranayama even if you have had stomach surgery some time ago.
- Women should not do this pranayama during pregnancy or immediately after it. This pranayama should not be done even during menstruation.
- Hypertension patients should do this pranayama only under the leadership of a yoga training.

5.2.4 Anulom-Vilom (Antonyms) Pranayama

Every day we need a bath for purification of the body, just as Pranayama is needed for purification of the mind. With pranayama we become healthier and healthier and become longevity. By regularizing it, our memory increases and we remain disease free. This removes the fogginess of the mind and concentrates the mind. So we will learn about the method and benefits of performing Anulom - Antonym Pranayam in the next sequence.



Method of performing Anulom-Antonyms Pranayama

- Lay a carpet in an open air.
- Now sit on the floor with your waist straight and hitting the flat plate.

- Now close the right nostril with the thumb of right hand and pull the breath inward slowly from the left nostril and then slowly open the closed nostrils i.e. the right nostril and release the breath outward slowly.
- Similarly, now close the left nasal hole with the thumb of the left hand and slowly draw the breath inward from the right nostril and then slowly open the closed nose i.e. the left nostril and release the breath out of it.
- Do this activity for the first 3 minutes and then gradually increase the practice for 10 minutes.
- It should not be practiced for more than 10 minutes.
- Do this pranayam in the morning by sitting in the open air.

Benefits of Anulom-Vilom pranayama

- It cures disorders of wind, phlegm, bile etc. in the body.
- Lungs become powerful due to anorexia-inversion.
- By its regular practice, the body becomes healthy, radiant and powerful.
- By doing this pranayam daily, the level of cholesterol in the body is reduced.
- Anulom-Antonym gives a lot of relief in complaints of cold, cold and asthma.
- Anulom-antonyms give strength to the heart.
- During this pranayama when we take deep breath, the pure air removes the contaminated elements of our blood. Pure blood goes to all parts of the body and provides nutrition to them.
- Anulom-Antonym Pranayam can be done by people of all age groups and its duration can also be fixed according to convenience.
- The versatility of the mind is removed, the mind is concentrated and memory increases.

Precautions in Anulom-Antonyms Pranayama

- Weak and anemia patients should take some care in breathing and exhaling during this pranayama.

- Some people start filling and removing sausages quickly due to lack of time. Due to this, the first dust, smoke, bacteria and viruses etc. in the atmosphere can cause many types of infections by reaching the sauce pipe.
- During Pranayama, the speed of breath should be so smooth, even while doing it, the sound of breath should not be heard by oneself.

5.2.5 Ujjayi Pranayama

The word Ujjayi means victorious or winner. Vayu can be conquered by the practice of this pranayama, that is, with Ujjayi Pranayam we can conquer our breaths and hence it is expressed as Victorious breath in English. When this pranayama is done, hot air enters the body and contaminated air is released. While performing Ujjai Pranayama, it sounds like the sea, hence it is also known as Ocean Breath. This pranayama is practiced to remove the Shardi. It can be practiced in three ways - standing, lying down and sitting.

i). Method of standing

- First of all be careful that you stand in a state. Make sure that the heel is found and both the paws are spread.
- Now make your tongue like a groove and take out a little bit from between the lips.
- Now remove the internal air from the protruding tongue.
- Now slowly and deeply take breath from both your nostrils.
- Now keep the breath inside for as long as possible.
- Then leave your body slightly loose, exhale the breath slowly.
- Repeat this action for 7-8 times. Keep in mind that practice it once in 24 hours.

ii). Method of sitting

- First of all, spread the mat on a flat and clean ground and sit on it in a state of Padmasana, Sukhasana.

- Now draw the breath inward from both your nasal cavities so that the air gets filled in the lungs.
- Then stop the air inside as much as possible.
- Then close the right pore of the nose, exhale through the left pore.
- When pulling in and out of the air, you will make a sound by compressing the throat, like a light house or near the sea.
- Practice this for at least 10 minutes.



iii). The method of lying down

- First of all, lay the floor on a flat ground and lie down on it. Keep both your legs together.
- Now leave your entire body loose.
- Now take long and deep breaths slowly.
- Now keep breathing in for as long as possible.
- Then leave your body slightly loose, exhale the breath slowly.
- Repeat this action at least 7-8 times.

Time and duration of Ujjayi Pranayama

If you practice it everyday then you will get good results. Practicing this pranayama on an empty stomach in the morning and in the evening is more fruitful. Breathing time should be around 5-7 seconds and exhalation time should be 15-20 seconds.

Benefits of Ujjayi Pranayama

- **Beneficial in various diseases-** Regular practice of this pranayama eliminates phlegm, indigestion, gas problems. All these diseases are caused by the stomach itself. If we do this pranayama regularly then your stomach remains clean and you are saved from these diseases.
- **Beneficial in heart diseases-** With the practice of this pranayama we can destroy most of the diseases of the heart because many of our diseases are also caused by heart such as heart attack, blockage etc. If our heart is right then we can get rid of these diseases.
- **Beneficial in respiratory and sinus diseases-** This pranayama is beneficial in respiratory diseases and sinuses. Sinus is a nasal disease. In Ayurveda it is known as prathyaya. The symptoms of this disease are the closure of the nose in the winter season, headache, very sharp pain in half the head, watery nose. In this, the patient has mild fever, pain on the eyelids above or on both sides.
- **To awaken Kundalini Shakti** - It helps in awakening the Kundalini Shakti. By awakening the Kundalini, an entirely new level of energy comes to life, and your body and everything else starts functioning in a completely different way.
- **Beneficial in hypothyroidism** - This pranayama is very beneficial for people suffering from Hypothyroidism. Hypothyroidism or latent hyperactivity is a pathological condition in humans and animals that is caused by insufficient production of the thyroid hormone from the thyroid gland. Cretinism is a form of hypothyroidism that is found in young children.

- **Beneficial in snoring** - Provides benefit in snoring problem. When a relatively loud sound comes out from the nose of a sleeping person, it is called snoring. This is called 'Obstructive Sleep Apnea'; That is, in sleep there is obstruction in your breath.
- **Beneficial in asthma and TB** - Doing this benefits people suffering from asthma and TB. Asthma is a common chronic inflammatory disease of the respiratory tract that is characterized by variable and recurrent symptoms, reversible respiratory obstruction and bronchospasm.
- **To exclude contaminated systems** - Ujjayi Pranayama brings out the contaminants of the body and hence it is beneficial in those suffering from acne.
- **Reduces abdominal fat** - This pranayama helps us reduce belly fat. Abdominal fat or fat from other parts of the body is a particularly harmful type of fat that accumulates around your organs.
- **Beneficial in back pain** - This practice is very helpful for people suffering from back pain. Back pain (also known as "dorsalgia") is a pain in the back that is usually felt in muscles, nerves, bones, joints or other structures of the spine.
- **Calm the heart and mind** - Its regular practice relieves mental tension and calms the mind. Medical science considers the cause of depression as lack of neuro transmitters like cirrotonin, nar-adrenaline and dopamine. So to get rid of all this, do Bhramari Pranayama.
- **Lung becomes strong** - The best advantage of this is that it makes our lungs strong. The lungs are an important part of our body. A person breathes about 20 thousand times every day and with every breath the more oxygen reaches inside the body, the more healthy the body remains. It is important that the lungs remain healthy. With this pranayama, your lungs become stronger and their ability to take life breathe is increased.

- **Blood circulation is done properly** - By doing this Pranayam, blood circulation is done properly. If our blood communication is normal then there are no heart diseases nor other diseases, but there are many factors that affect the blood circulation.
- **Keeps the digestive system fine** - This pranayama keeps the digestion process good and it also keeps the respiratory system healthy. Digestion is the process in which food is mechanically and chemically broken down into smaller components so that they can be absorbed, for example, into the bloodstream. Digestion is a type of catabolism: in which large molecules of food are converted into smaller molecules.
- **Beneficial in thyroid gland** - This pranayama also removes thyroid gland disease and keeps it healthy. The thyroid is one of the endocrine glands found in the body. The thyroid gland is made in two parts above the respiratory tract in the neck and on both sides of the larynx. Its shape is like a butterfly. The thyroid gland produces a hormone called thyroxine, which controls the body's energy loss, protein production, and sensitivity to other hormones.
- **Vascular related disorders go away** - it removes pulse related disorders and helps in the flow of energy. And also keeps the parathyroid present in the neck healthy.
- **Removes heat from the brain** - Ujjayi Pranayama removes heat from the brain and reaches cold. The brain, spinal cord and nerves make up the nervous system. It is a complex system. In this, information is collected about the changes in the environment like heat, cold, and the normal inside the whole body like hunger, thirst and abnormal sensing pain, vomiting etc.

Precautions while performing Ujjayi Pranayama

This pranayama should always be done on an empty stomach. The duration of this pranayam should not be increased simultaneously. In this pranayama, the breath should be touched by the throat pipe. This pranayama should not be done in case of headache and dizziness. Do not make a loud

sound, otherwise a sore throat will occur. Practice this pranayama at a place where clean air flows.

5.2.6 Bhramari Pranayama

The meaning of Bhramar is bee. While doing this pranayama, a person hums just like a bee, so it is called bhramari pranayama. Bhramari comes from the Sanskrit word 'Bhramar' which means the Indian black bee. This Pranayama is also known as Bee-Breathing Technique in English. In this pranayama, eyes and ears have to be closed using fingers. Here, you will learn about the method and benefits of performing Bhramari Pranayama.



Method of performing Bhramari Pranayama

- First of all, spread the mat in a clean and flat place and sit on it in the state of Padmasana or Sukhasana.
- Now raise both your hands up and take them parallel to the shoulders.
- Now bring both your hands with elbows near your ears.
- Then close both your ears with the rings of your hands.
- Now, the index finger of both hands is to be placed on the forehead and the middle finger, ring finger and Kanishka finger are placed above the eyes.

Now close your mouth completely and breathe in at normal speed through your nose. Then exhale through the nose making a honey-bee-like sound.

- "ॐ" should be chanted while exhaling.
- Initially do this pranayama for 5-7 minutes and increase the time with practice.

Time and duration of performing Bhramari Pranayama

If you practice it everyday then you will get good results. It is more fruitful to practice this pranayama on an empty stomach in the morning and in the evening. The time to breathe in should be around 5-7 seconds and the time to leave outside should be 15-20 seconds. Do Bhramari Pranayama only after finishing your asana practice.

Benefits of Bhramari Pranayama

- **To get rid of stress** - Bhramari pranayama is very beneficial for reducing stress and relieving mental stress. Medical science considers the cause of depression as lack of neuro transmitters like cirrotonin, nar-adrenaline and dopamine. So to get rid of all this, do Bhramari Pranayama. And along with that, doing it increases the feeling of self confidence in the person.
- **To increase positive thinking** - With regular practice of this pranayama we can increase our memory and positive thinking. When our thinking becomes positive, its results also start coming positive and at the same time its practice brings peace to mind and brain.
- **For patients with scinusitis** - patients with sciatica get relief from it. Nasal congestion in winter, headache, very sharp pain in half head, watery nose to get rid of all these diseases, Bhramari Pranayama is the best pranayama. With its regular practice we can get rid of all these diseases in the winter season.
- **Beneficial in high blood pressure** - Bhramari pranayama is very useful for high blood pressure patients. Hypertension or hypertension, sometimes referred to as arterial hypertension, is a chronic

medical condition in which blood pressure in the arteries increases.

- **To awaken Kundalini Shakti** - With its regular practice we can awaken our Kundalini Shakti. According to Kundalini Yoga, the power of God that drives the universe is called Chaitanya. Concerning a person, consciousness is called Chaitanya and it is that part of the divine power that is required for human actions.
- **For melodious voice** - By practicing Bhramari Pranayama for a long time, a person's voice becomes melodious. Your voice is the identity of your personality. Harmonic voice attracts everyone.
- **For the person suffering from thyroid problem** - a person suffering from thyroid problem gets benefit. Hypothyroidism is a medical condition in which thyroid hormone is produced in small amounts in the thyroid gland. Crores of people in India suffer from hypothyroidism.
- **To get rid of blood defects** - Regular practice of this pranayama can get rid of all types of blood defects. The amount of hemoglobin present in the blood is reduced when the blood is impure. This can cause fatal problems and this is called blood defect.
- **For migraine patients** - This pranayama is beneficial for migraine patients. Have become a victim of needless headache. A severe form of headache that occurs frequently or continuously is called migraine. We can get rid of this disease by practicing this pranayama.

Precautions in Bhramari Pranayama

This pranayama should not be done in case of ear pain. Increase the time and cycle of pranayama gradually. While doing bhramari pranayama, if you feel dizzy, nervous, cough, headache or any other problem, you should stop taking pranayama and take advice of your doctor or yoga expert. If you are doing Bhramari Pranayam in the evening, then at least keep a gap of two to three hours between the time of doing Pranayam and taking the evening meal. While doing

Bhramari Pranayama, both the ears have to be covered with the help of the leaf of the ear, do not put your fingers inside the ear.

5.2.7 Kumbhak Pranayama

While doing any type of pranayama, do three actions, laxative, supplement and kumbhak. The process of holding / stopping the breath is called Kumbhak. The holding after inhaling process is called internal Kumbhak and holding after exhalation process is called external Kumbhak. While doing some pranayama, this action also continues, but only by practicing Kumbhak can the life be increased. While performing Kumbhak, breathing is stopped by pulling in or leaving out.

- **Internal Kumbhak-** This involves inhaling the breath / air inside through the nasal cavities and hold the breath as long as possible, and then slowly exhale.
- **Outer Kumbhak-** Under this, the air is blown out / exhale then hold the breath as long as possible and then slowly inhale.

Quantity or duration of Kumbhak Pranayama

Kumbhak can be practiced in the morning, afternoon, evening and night

- Kumbhak Kriya can also be practiced 8 times a day at a difference of 3 hours each.
- Keep in mind that the frequencies of Kumbhak should be 1-2-1 in the beginning. For example, if it takes one second to breathe, hold it in for two seconds and exhale for one second. Then gradually 1-2-2, 1-3-2, 1-4-2 and then as the practice progresses the period of Kumbhak can be extended even further. The time it takes to pronounce an ॐ is considered a quantity. Usually a second or moment is called a quantity.



2-Types Kumbhak: i). Internal Kumbhak and ii). Outer Kumbhak.

Features of Kumbhak Pranayama

To keep Kumbhak in good time practices of Jalandhar, Uddiyan and Mool Bandhas are used. This increases the benefits of Kumbhak. Unconsciousness and Kevali Pranayama are included in Kumbhak Pranayama.

Benefits of kumbhak pranayama

The practice of Kumbhak leads to an increase in age. It also develop willpower and patience. Hunger and thirst can be controlled. This clears the blood, lungs become pure and strong. The body remains radiant and young. Eye light increases and increases hearing ability. Negative thinking becomes positive and fear and anxiety are overcome.

Precautions in Kumbhak Pranayama

Asthma and hypertension patients should not apply Kumbhak. Before applying Kumbhak, please consult a yoga expert.

5.2.8 Kevali Pranayama

Kevali Pranayama is called the King of Kumbhakas. By practicing all other pranayams, the Kevali pranayama starts happening automatically. Even then the seeker can seek it if he wishes to practice it. This Kevali Pranayama is also called Yogacharya Plavani Pranayama. However, there is another way to do plavani pranayama. Kevali Kumbhak Pranayama does not have to be cultivated, but it is also important to meditate. Swimmers try to do it unknowingly, yet if they do it properly then the swim speed and stamina can increase further.

Method of doing Kevali Pranayama

To perform this pranayama, sit in Siddhasana in a clean and suitable environment. Now, by filling the air inside both the nostrils, slowly fill the stomach and lungs completely. After this, stop /hold breathing according to your capacity. Then slowly exhale through both the nasal cavities, that is, take out the air.

You can do this action any number of times according to your ability. This pranayama is practiced by sitting in Sukhasana or Siddhasana. In this practice, your breath is held at will, hence this pranayama is called Kevali or Plavini Pranayama.

The second method - inhale in a normal state without purgative and supplementation, stop breathing in the same state as it is. Then whether the breath is going in or out. Kevali pranayama is to hold the breaths for some time.

Specialty of Kevali Pranayama

After regular practice of this pranayama, what is obtained as resultant, is Kumbhak only. The specialty of this Kumbhak is that this Kumbhak takes place on its own and lasts for a long time. When it is supplemented (purak), when laxative (rechak), it is not known.

By practicing this, his breathing becomes so long and dull that the yogis sit in the tomb for hours. Only after it is proved

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that one does not know when the person takes breath-relief and it also stops hunger and thirst.



Benefits of Kevali Pranayama

- This pranayama improves digestion by eliminating constipation.
- Pranashakti is purified and lifespan. It is also capable of keeping the mind stable and calm.
- It develops memory power.
- This person can control hunger and the swimmer can move hands and feet in water for hours.
- With this pranayama proven, a person gets determination and self-control.
- He becomes a restraint in all senses. The wishes of such a person begin to be fulfilled. Siddhis can also be attained through this.

Precautions in Kevali Pranayama

- Practice this only in relation to a yoga teacher.

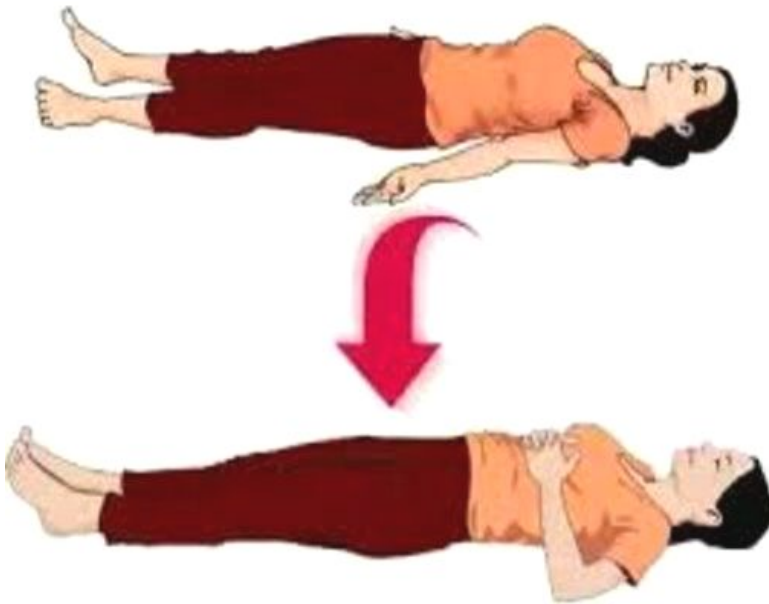
5.2.9 Longlife Pranayama

Long means longlife. This pranayama is to increase the lifespan of a person, that is, to increase longevity. With this

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pranayama, the chest, lungs and muscles become strong and healthy. The body becomes agile by remaining stress free. There are four steps to do this pranayama done in three stages - first to control the breath, second to control breathing and prolong it, third to practice inner and outer Kumbhak.

During this, pay attention to the stomach, chest and muscles. It is the same as when we inhale very deeply.



Method of doing Longlife Pranayam

- First of all, lie back on the ground in a relaxed posture. Then place the palms lightly on the stomach.
- The middle finger of both hands touch each other at the navel.
- Then slowly exhale, leaving the stomach also loose.
- Now inflate the abdomen while exhaling.
- Repeat this action repeatedly for 5 minutes.

- While performing the action, breathing should be felt first in the chest, then in the ribs and then in the stomach.
- Perform this pranayama activity very comfortably.
- While doing this pranayama, care should be taken on the movement of the stomach i.e. contraction, chest and muscles. When you inhale, both of your combs come up and while exhaling go downwards, feel the rhythm of respiration in the shoulders.

Benefits of Longlife Pranayama

- This yoga is also beneficial for mental peace and consciousness.
- It increases the level of oxygen in the body and removes contaminated stones.
- This pranayama is to increase the lifespan of a human being, that is, to increase longevity.
- With this pranayama, chest, lungs and muscles are strong and healthy.
- Body becomes stress-free and agile.

Precautions in Longlife Pranayam

- During Pranayama Kriya keep the body in normal and comfortable posture.
- People who have any respiratory disease or problem or have some complaint in lungs, they should consult a doctor and yoga teacher before doing this yoga. Special emphasis should not be put on breathing and breathing in and out should be relaxed.
- In this yoga, first the chest and then the ribs, after this, the stomach participates in respiration. Hence it is also called three phase respiration.

5.2.10 Sheetkari (Cooling) Pranayama

The sound of 'Si' or 'Sit' comes out while breathing in the cooling pranayama. Cold means coolness and the word 'kari' means that which originates. Coldness is also produced by the

practice of this pranayama, hence it is called 'coldness'. This practice is also called sob breathing or sitkari. The practice of this pranayama should be done more vigorously in the summer and not more than in the winter season. It is stated in the Pradipika Granth by following verses.

सीत्कां कुर्यात्तथा वक्त्रेघ्राणेनैव विजृम्भिकाम्।

एवमभ्यासयोगेन कामदेवो द्वितीयकः॥ – ह.प. 2/25

If the above verses are studied thoroughly, it means that you inhale through the mouth, produce a sound of sob and exhale through the nose without opening your mouth. By its practice, any person can become another cupid.



Method of doing Sheetkari Pranayama

It is very easy to do this pranayama. You can practice it very easily.

- First of all you sit in Padmasana or any comfortable posture.
- Close the eyes.

- Now place your hands on the knees in Gyanamudra or Anjalimudra.
- Tighten the tongue tightly in the palate.
- Keep both the jaws clenched with teeth and keep the lips open.
- Pull air through the mouth with the sob sound.
- According to yourself, keep the breath inside.
- After that, slowly exhale through both nostrils, this is a cycle.
- In this way, you do 10 to 15 times in the initial run and then do it slowly for 15 to 30 minutes daily.

Benefits of Cooling Pranayama

Although there are many benefits of cold pranayama, some of its important benefits are shown below.

- **To reduce stress:** With regular practice of this pranayama you can reduce stress to a great extent.
- **To overcome anxiety:** This pranayama plays a very important role in reducing anxiety.
- **There is a panacea for depression:** If you are suffering from depression, then you should practice this pranayama. It acts as a panacea in reducing depression.
- **Anger:** This pranayama is beneficial for diseases of throat and anger. It also reduces your anger.
- **Hunger and thirst:** It is helpful in controlling hunger and thirst.
- **Lowers blood pressure:** This pranayama causes a feeling of coolness. It brings coolness in the body and lowers blood pressure.
- **Bile Dosha:** Bile Dosha (heat) imbalance is beneficial in diseases.
- **Secretion of hormones:** Regulates the secretion of hormones in the genitals.
- **Lust:** Reduces the mental and emotional effects of lust.
- **Calming:** Since this pranayama provides coolness to your body due to which it plays an important role in calming you.

- **For Health:** It is very beneficial for health. With its regular practice you can avoid a lot of troubles.

Precautions of Cooling Pranayama

- Do not do this pranayama in winter.
- People suffering from cough or tonsils should not do this pranayama.
- Older constipation patients should also not do this pranayama.
- Avoid this pranayama in winter.
- Those who have low blood pressure should not do this pranayama.

5.2.11 Sheetal Pranayama

Sheetali means cool. It also means calm, angry and emotionless. As is clear from the name itself, this pranayama cools the whole body. Like Pranayak Pranayama, this pranayama is also specially designed to reduce body temperature. Practicing this pranayama not only cools the physical body but also calms the brain. The practice of this pranayama should be done more vigorously in the summer and negligible in the winter season.

Sheetali Pranayama is explained in Hathapradipika and Gherand Samhita as follows:

हठप्रदीपिका व्याख्या

जिह्वया वायुमाकृष्य पूर्ववत्कुम्भसाधनम्।

शनकैर्घ्राणरन्धाभ्यां रेचयेत्पवनं सुधीः॥ – ह. प्र. 2/57

घेरंड संहिता व्याख्या

जिह्वा वायुमाकृष्य उदरे पूरयेच्छनैः।

क्षणं च कुम्भकं कृत्वा नासाभ्यां रेचयेत् पुनः॥ – घें. सें. 5/73

Method of performing Sheetal Pranayama

- First of all, sit in Padmasana or any comfortable posture.
- Close the eyes.
- Now place your hands on the knees in Gyanamudra or Anjalimudra.
- Make the shape of the tube by turning the tongue from both the sides.
- By inhaling with a tube-shaped tongue, fill the lungs to its full potential and close the mouth.
- Hold in the Jalandharbandha.
- With Jalandharbandh, hold your breath until you can stop breathing.
- Release the Jalandharbandha and slowly exhale through the nasal passages.
- This is one cycle.
- In this way, you do 10 to 15 times in the initial run and then slowly do it for 15 to 30 minutes daily.



Benefits of Shitali Pranayama

Although Shitali Pranayama has many benefits like Sheetkari Pranayama, but some important benefits are being given here.

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- **To reduce stress:** With regular practice of this pranayama you can reduce stress to a great extent.
- **To overcome anxiety:** This pranayama plays a very important role in reducing anxiety.
- **There is a panacea for depression:** If you are suffering from depression, then you should practice this pranayama. It acts as a panacea in reducing depression.
- **Anger:** This pranayama is beneficial for diseases of throat and anger. It also reduces your anger.
- **Hunger and thirst:** It is helpful in controlling hunger and thirst.
- **Lowers blood pressure:** This pranayama causes a feeling of coolness. It brings coolness in the body and lowers blood pressure.
- **Bile Dosha:** Bile Dosha (heat) imbalance is beneficial in diseases.
- **Lust:** Reduces the mental and emotional effects of lust.
- **Calming:** Since this pranayama provides coolness to your body due to which it plays an important role in calming you.
- **For Health:** It is very beneficial for health. With its regular practice you can avoid a lot of troubles.
- **Blood purity:** This pranayama purifies the blood.
- **Relief of indigestion:** It relieves indigestion and benefits in disorders related to mucus and bile.
- **For eyes and skin:** It is also beneficial for eyes and skin.
- **Effect of Poison:** Those who do this Pranayama regularly will not have the effect of poison.
- **Ability to change the skin:** This pranayama is like breathing of a serpent. The practitioner is believed to have the ability to change his skin by practicing this pranayama. This pranayama also increases patience capacity in the absence of air, water and food.

Precautions in Sheetli Pranayama

- Do not do this pranayama in winter.

- People suffering from cough or tonsils should not do this pranayama.
- Older constipation patients should also not do this pranayama.
- Avoid this pranayama at colder place.
- Those who have low blood pressure should not do this pranayama.

5.2.12 Murksha (Unconscious) Pranayama

Murchha in Sanskrit language means the state of suspension of all mental activities. Both Hathapradipika and Gherandasamhita have included Murchha Pranayama among the eight types of Pranayama. It is difficult for any ordinary person to do this pranayama. Therefore it has been said that this pranayama should be done only after attaining mastery in the above pranayams. This pranayama helps in achieving lofty goals.

Siddhayogi does this pranayama. Murchha Pranayama protects you from stress, anxiety and depression and is also effective for patients affected by mental problems and impotence.



Methods of performing Unconscious Pranayama

- First of all sit in Padmasana or Siddhasana.
- Close your eyes.
- Now tilt your head back and breathe slowly through both nasal cavities.
- Do Kumbhak and remain stable while performing Shambhavi mudra.
- Straighten your head while exhaling slowly.
- This is one cycle.
- In this way you do 3 to 5 cycles and then slowly increase the cycle.

Benefits of unconscious pranayama

Information is being given about some important benefits of Murchha Pranayama.

- **Meditation Pranayama:** It is very good for meditation.
- **Bringing closer to the soul:** Its regular practice helps you to reach the spiritual level.
- **Mental Stability:** This pranayama leads you to a different state while providing physical and mental stability.
- **In reducing stress:** It plays a very important role in reducing stress.
- **To reduce anxiety:** It is a useful pranayama to remove anxiety and anger.
- **Prana energy:** It increases the prana energy.
- **Metal disease:** It is very beneficial in treating metal disease.

Precautions of Unconscious Pranayama

- **High blood pressure:** People with high blood pressure should not practice this pranayam.
- **Forehead - Pressure:** Do not do the person suffering from forehead- pressure.
- This practice brings you into a state of unconsciousness, so it should be practiced under the guidance of an expert.

- People suffering from heart or lung diseases should not do this pranayama.

5.2.13 Suryabhedana / Suryabhedhi Pranayama

Surya means sun and piercing means penetrating or crossing. According to Hathapradipika, Surya Bhedan Pranayama is described as follows.

दक्षनाङ्ग्या समाकृष्य बहिःस्यं पवनं शनैः।

आकेशादानखायाच्च निरोधावधिकुम्भयेत्।

ततः शनैः सख्यनाङ्ग्या रेचयेत्पवनं शनैः॥ – ह. प्र. 2/48-49

Breathing process of Sun Penetrating Pranayama is the process of inhaling from right nostril and exhalation of left nostril. Prana energy goes through **Pingala** or **Suryanadi** in all the processes of breathing. Breathing is released through the **Ida** or **Chandranadi**. Here the flow of breath is controlled and the lungs absorb more energy.

Method of performing Suryabhedan Pranayama

- First you sit in Padmasana.
- Keep your eyes closed.
- Close the left nostril with the ring finger and the little finger.
- Now breathe slowly from the right nostril without making any sound.
- Breathe more and more into your lungs.
- Now close the right nostril with the right thumb and hold the chin firmly towards the chest (jalandharbandha) while holding the breath.
- This process is Kumbhak and gradually increase the duration of Kumbhak.
- Then close the right nostril with the thumb and exhale slowly without making any sound from the left nostril.
- The ratio of breathing, exhalation and Kumbhak should be 1: 2: 4.

- This is a cycle of Suryabhedana Pranayama.
- In this way you do 5 to 10 cycles.



Benefits of Sunbathing Pranayama

- **Avoids old age:** With the regular practice of this pranayama, you can avoid old age, reducing your aging process.
- **Preventing death:** It is written in the scriptures that by regular practice of this pranayama you can delay or prevent your death.
- **To destroy the stomach bugs:** Surya penetrating pranayama destroys the stomach bugs.
- **Vata or Arthritis:** Heals vata or arthritis by removing air-related disorders.
- **Headache:** If you are suffering from headache then this pranayama practice should be done.
- **Kundalini Shakti Jagran:** It awakens Kundalini Shakti and increases physical temperature.

- **Low blood pressure:** It activates the body's nervous system so it is beneficial for people suffering from low blood pressure.
- **Breathing problems:** Most of the problems related to breath can be found by practicing this asana.

Precautions in Suryabhedana Pranayama

- A person suffering from high blood pressure should not do this pranayama.
- This pranayama should not be done by those who get very angry.

5.2.14 Chandrabhedan / Chandrabhedi Pranayam

Pranayama provides human health both physically and mentally. Earlier you read about Suryabhedana Pranayama among the types of Pranayama. Now we will know about the method of Chandrabhedi Pranayama for its benefits and precautions for the seeker. Chandrabhedi Pranayama is exactly opposite to Suryabhedana Pranayama. All the actions performed in this pranayama are also done in complete contrast to the Suryabhedana pranayama. All the actions of the supplement are done by the left nasal gate and all the actions of the laxative are done through the right nasal gate.

The method of Chandrabhedan Pranayama

- First of all sit in Sukhasana.
- Keep your neck and waist straight.
- Now supplement (in your breath) with your left nasal gate.
- The action of the supplement should be gradual and careful.
- After supplementation, close both your nasal gates.
- Now do Kumbhak for some time.
- Jalandhar and Moolbandha must be installed with Kumbhak.
- Take natural breaks for a short time.
- Now do the action of laxative (exhalation) through the right nasal gate.

- Thus this one cycle is completed.
- Complete at least 8 - 10 cycles and try to extend the time of Kumbhak as much as possible.



Benefits of Chandrabhedan Pranayama

- **Mental stress is removed:** By regular practice, the mind is relieved from mental stress. Stress is a disorder caused by mood. Tension arises due to imbalance and incompatibility between mood and situation. Stress is a conflict, which causes deep cracks in the mind and emotions.
- **Beneficial in eye diseases:** By doing this pranayama, one gets rid of the problem of eyes. The eye is a complex gland made up of many small parts, each of which is essential for normal vision. The ability to see clearly depends on how well these parts work together.

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- **Beneficial in high blood pressure:** This pranayama is very beneficial for high blood pressure patients. Hypertension or hypertension, sometimes referred to as arterial hypertension, is a chronic medical condition in which blood pressure in the arteries increases. Due to this increase of pressure, the heart needs to work more than normal to maintain blood flow in the blood arteries.
- **Chandra Nadi is active:** This makes Chandra Nadi active. Coldness is transmitted to the entire vascular system of the body.
- **Benefits in skin diseases:** By doing this pranayama, skin diseases are cured. Skin is the largest system of the body. It is directly in contact with the external environment. Apart from this, diseases of many other systems or organs (like Babasir) are also expressed through the skin.
- **Beneficial in heart disease:** Doing moon piercing pranayama provides relief in heart disease. Heart is an important part of the body. In humans, it is situated in the middle of the chest, slightly to the left and beats about one million times a day and 60-90 times in a minute.
- **Removes stomach heat:** By doing this pranayama, the stomach heat is removed.
- **Beneficial in mouth ulcers:** Practice of this pranayama provides relief in mouth ulcers. Mouth ulcers often occur due to spicy and dry food or due to constipation problem. If you have constipation, treat your constipation first. Because if you correct the bark, then this problem will arise again due to constipation.
- **Relieves in biliary disease:** By doing this pranayama, there is great benefit in bile disease. Bile is a type of digestive juice but it is also poison (poison). Bile is alkaline (thin juice) and smooth and has a golden and dark pistil color. The taste of bile is bitter. The function of bile is important in digestion.
- **Brings agility to the body:** By doing this, the body gets relief from fatigue / tiredness and the body gets

activated. The general meaning of physical fatigue is derived from the decrease in strength of mind or body. In such a situation the man does not work or there is very little. A tired person remains idle.

Precautions in doing Chandrabhedan Pranayama

- People suffering from phlegm disorders should not do this pranayama.
- Even those suffering from asthma or breathing disease should not do this pranayama.
- Even patients with lower extremity arc should not adopt it.
- This pranayama provides coolness to the body, so it should not be done in winter.
- Pay attention that Suryabhedana and Chandrabhedan Pranayama should never be done in a day.
- In this pranayama the complementary actions are from the left nasal gate and the laxative action is from the right nasal gate which is exactly opposite to the sun piercing pranayama.

5.2.15 Pranav Pranayama

Sit silently in Sukhasana, Siddhasana, Padmasana or Vajrasana. Breathe naturally. Focus on the movement of the breath of the mind and see the breathless breath as a vision. Focus your attention on your breath, and remember ॐ. Initially the breath friction will be felt at the tip of the nose. Become an audience and see yourself. Take a deep breath and breathe so slowly that there is no sound. Try to take the breath so slowly that even if you put a piece of cotton in front of your nose, do not move it either. Slowly try to increase the practice and try to take the breath only once in a minute. Thus try to pay attention to the breathe.

Methods of doing Pranav Pranayama

- Close your eyes and sit calmly.
- Breathe naturally.
- Focus on the breath and think of God.

- God has made our eyebrows, eyes, nose, ears, lips, heart etc. in the shape of Om.
- Imagine and meditate on the presence of God in every particle.
- Duration: 2-3 minutes or more.



Benefits of Pranav Pranayama

- Will experience deep physical, mental and spiritual energy.
- Pranayama overcomes physical disorders, gives the boon of good health and the devotee moves on the path of spirituality.
- As an audience (soul) we focus our attention on the rhythmic flow of the breath, the soul automatically becomes subtle, and we inhale once in 10 to 20 seconds and breathe in 10 to 20 seconds. Let's leave.
- A yogi takes one breath in a minute through prolonged practice.
- Bhastrika, Kapalbhati, External, Anulom-Willom, Bhramari, Udgith is followed by Pranava Pranayama which is another form of Vipassyana or Praksha Dhyana.

- It is completely based on meditation. Everyone should do pranayama.
- Yogis meditate on Pranava for hours, according to the availability of time.
- In this process there is no breathing sound, and with this peaceful meditation the seeker goes into the depths of the mind. Where his senses are absorbed in the mind, the mind experiences the soul in life and the soul in spirit and the seeker with soul.

5.2.16 Agnisara Pranayama

Agnisara is also called Vahinsar. Vahin means fire and Sar means basic elements. Agnisara is a cleansing yoga that protects your body from diseases while keeping your digestive system clean and healthy. Basically, Agnisara is a yoga practice related to the navel which has maximum effect on the area of the navel. It helps in digestion by keeping your stomach fit and also plays a big role in the secretion of digestive juices.

Method of Agnisara Pranayama

- First of all, you stand up and keep a gap of half the split between your legs.
- Now bend your upper body at 60 degrees and place your hands on the knee.
- Breathe in and exhale.
- Now let out a deep breath and hold your breath.
- Keep your stomach back and forth while stopping the breath.
- You move the stomach back and forth in such a way that the abdominal muscles begin to ache.
- When you can't hold your breath, stop and rest.
- Repeat this action again.
- In this way, you do 10 to 15 times in the starting race.
- You can also do Agnisara by sitting. You sit in any meditation posture. If you have trouble sitting in meditation posture, then you sit according to yourself. You do not have to bend forward in this, you should be straight and follow the method mentioned above.

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Benefits of Agnisara Pranayama

- **Agnisara to reduce abdominal fat:** Agnisara is a very effective yoga practice for reducing abdominal fat. Especially after pregnancy, women bear a good weight. This activity is very accurate for women. Keep in mind that such women should practice this yoga only under the supervision of a specialist. By practicing it regularly, not only does it reduce abdominal fat, but you can also reduce your weight.
- **Improving digestion through Agnisara:** By practicing this Kriya Pranayama regularly, the right amount of enzymes secretes in the stomach which makes the digestive system strong. It also makes your abdominal muscles strong.
- **For Agnisara Diabetes:** By practicing this Kriya Pranayama, the pancreas begins to produce insulin properly which plays a big role in reducing the amount of sugar in the blood.

- **Agnisara Pranayama for constipation:** It helps in digestion of food and helps in relieving constipation.
- **For Agnisar acidity:** Since regular practice of this activity, the secretion of enzymes starts in the right amount. It helps a lot in relieving complaints like untouch and constipation.
- **Making the body active:** It makes our lifestyle active and the body parts, tissues, and cells start functioning well.
- **Making the liver active:** It activates the liver as well as the intestines, kidneys and pancreas and helps in digestion by digesting food.
- **Increase body energy:** It helps in increasing energy in the body and eliminates lethargy.
- **Exfoliating toxins:** This is a yoga activity that helps in removing harmful substances from the body and keeps you fresh at all times while keeping the body clean and tidy.
- **Agnisar for stomach diseases:** Agnisar is the panacea for all stomach diseases. With its regular practice, you can get rid of stomach pain, constipation, acidity, burning, etc. forever.

Agnisar Pranayama Precautions

- Agnisar should not be used if there is abdominal pain.
- This action should always be done on an empty stomach.
- If ulcer or any other disease occurs, it should be practiced under the supervision of a specialist.
- If you have back pain, avoid doing this.

5.2.17 Udgith Pranayama

Udgith Pranayama is also called "Omkari Chanting". This is a very simple pranayama and a kind of meditation practice. The person receives many physical and spiritual benefits by performing the Ujjit Pranayam in the morning every day. Originating Pranayama relieves anxiety, guilt, malice, sorrow,

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and fear. The practice of this pranayama increases meditation power. The person becomes fear free and confidence is increased. The blood circulatory process starts in the body properly, due to which a divine glowing glow on the person's face.

Shiva pledge for Udgith Pranayama

Oum has to pay attention to see "ॐ" in every particle of nature. Connect your consciousness to the world by practicing to be free from all kinds of physical troubles and diseases. Know yourself and recognize that "Supernatural Power" existing in yourself. By deciding to interview your soul and God, start the pranayama.



Method of Udgith Pranayama

- First of all, sit in a Padmasana or Sukhasana by laying a pedestal in a clean, clean place. If you have done other pranayam before starting the pangayat pranayama, then start this practice by normalizing your breath by erasing its fatigue.
- After the asana is collected for the practice of opening pranayama, breathing is done inside the body at normal speed. And then you have to exhale with chanting Omkari.

- Keep in mind that in this practice, you have to take long breaths in, breathe at normal speed and when exhaling, then exhale with the same normal speed with chanting Omkar (Oum).
- While doing the opening pranayama one has to focus on the fire cycle. And also keep in mind that while exiting the breath Omkar chants "O" for as long as it is, more than three times "M" is chanted as long as possible according to its power.

Udgith Pranayama Deadline

- In the Udgith pranayama, keep the time of breathing in the body for three to five seconds.
- When exhaling with Omkari chanting, try to stretch its time from fifteen to twenty seconds, according to your power.
- A normal person can perform the Udgith Pranayama practice up to seven times per day. It will take three-four minutes to perform the pranayama, seven times.
- In every type of pranayama, the speed of breathing and exhaling is of great importance. In the udgith pranayama, neither do you have to breathe very fast, nor you have to breathe very slowly. In this pranayama, feel positive energy around you and breathe in at normal speed.
- With increased practice, this pranayam can be done 10 to 20 times i.e. five to ten minutes. People suffering from acute diseases can also do the originating pranayama for more than 10 minutes.

Benefits of Udgith Pranayama

- **Increases memory power:** Its regular practice increases memory power. The memory power always depends on meditation and concentration of mind. The more attention we focus on the side, the more intense our thought power will be.
- **Calm the mind and brain:** Its regular practice calms the mind by removing mental tension. Medical science considers the cause of depression as lack of neuro

transmitters like cirrotonin, nar-adrenaline and dopamine. So to get rid of all this, do Bhramari Pranayama.

- **Get rid of sleep:** It helps to sleep well. It is necessary to have a good sleep as it removes fatigue and fills the body with energy, power and strength. If your sleep is not complete well then it can prove fatal for you. If you have sleep problems, you can get rid of the problem of sleeplessness by practicing this pranayam.
- **Reduce hypertension:** High blood pressure is beneficial. Hypertension or hypertension, sometimes referred to as arterial hypertension, is a chronic medical condition in which blood pressure in the arteries increases. Due to this increase of pressure, the heart needs to work more than normal to maintain blood flow in the blood arteries.
- **Keeps the nervous system fixed:** Removes all problems related to the nervous system. The nervous system, that is called the emperor of the body, there will be no exaggeration, because the brain is also included in this system. If this cyst suffers from some disease or disorder, then it becomes difficult to control it.
- **Beneficial in constipation and acidity:** Constipation and acidity can be relieved by regular practice of this pranayama. Constipation is a condition in the digestive system in which a person's (or animal) stool becomes very hard and has difficulty in bowel movement. Constipation is a condition of natural alteration of the stomach in which the amount of excreta is reduced.
- **To increase positive thinking:** With regular practice of this pranayama we can increase our memory and positive thinking. When our thinking becomes positive, its results also start coming positive and at the same time its practice brings peace to mind and brain.
- **Increases concentration:** The concentration of mind and brain increases. Although increasing concentration is a difficult task, it is not impossible. Steadiness is very important to increase concentration.

- **For pregnant women:** The practice of this pranayama greatly benefits the pregnant women, because of the normal delivery, the child is born.

Caution in opening pranayama

- The period of breathing in and out of the body should be long in the inaugural pranayama.
- The pranayama practice originated by any patient should always be done under the supervision of a Yoga expert. (After doctor's advice).
- There should be a gap of at least three to five hours between the time of pranayama and meal. And if possible, the practice of pranayama should be done in the morning and empty stomach.
- Pregnant women, patients with asthma and people suffering from heart disease should do the originating pranayama only after the advice of the doctor.
- Do not perform pranayama in a noisy place. Even when thinking about some other topic, the originating pranayama is not beneficial.
- By considering this pranayama as a routine work, it is of no use to finish it in a hurry. Doubting on the power of "Omkar" does not yield the result of pranayama.

5.2.18 Nasagra Meditation / Pranayama

When we both focus our eyes on the nose, many things are felt from it. The basic thing is that our third eye is on the line of the nose - a few inches above, but in the same line. And once we come to the line of the third eye, then the attraction of the third eye is its stretch, its magnetism and power that if we fall in its line, then we will be drawn to it even in spite of ourselves. We just have to get right in its line, so that the attraction of the third eye, gravity becomes active. Once we fall in its line, there is no need for any effort.

Suddenly we will find that Gestalt has changed, because two eyes create a duality of world and thought. And an eye between these two eyes creates a gap. This is a simple method

of changing the Gestalt. Initially, it cannot be stretched too much. Gradually it increases. Once it becomes active and starts to be used, then the dust that surrounds it is lost, and the instruments start running properly. Even if we are focused on the nasal, we will be pulled inside. But not initially. We have to be very rude, not a burden - without any drag. In the case of a surrender, we just have to be there.

"If a person does not follow the nose, then he looks away with eyes open so that the nose is not visible or he closes the eyelids so hard that the nose is not visible again."

Method of viewing Nasagra Pranayam

Another purpose is that our eyes cannot open. If we open our eyes, then the whole world becomes available. Where there is thousands of disturbances. A beautiful woman passes away and you start chasing - at least in the mind. Or someone is fighting; You have nothing to do, but you start thinking, "What's going to happen?" Or someone is crying and you are filled with curiosity. Thousands of things are going on continuously around you.

- If the eyes are widely open, then we become a male energy.
- If the eyes are completely closed then we fall into a kind of sleep. You start taking your self. We become feminine energies.
- To avoid both, look at the nasal passage - there is a simple method, but the result is almost magical.

And this is only with those who believe the Tao; But Buddhists also know this, Hindus also know this. Dhyani seekers have been reaching this fair, rough way for centuries that if the eyes are only half closed, then we are miraculously saved from both pits.

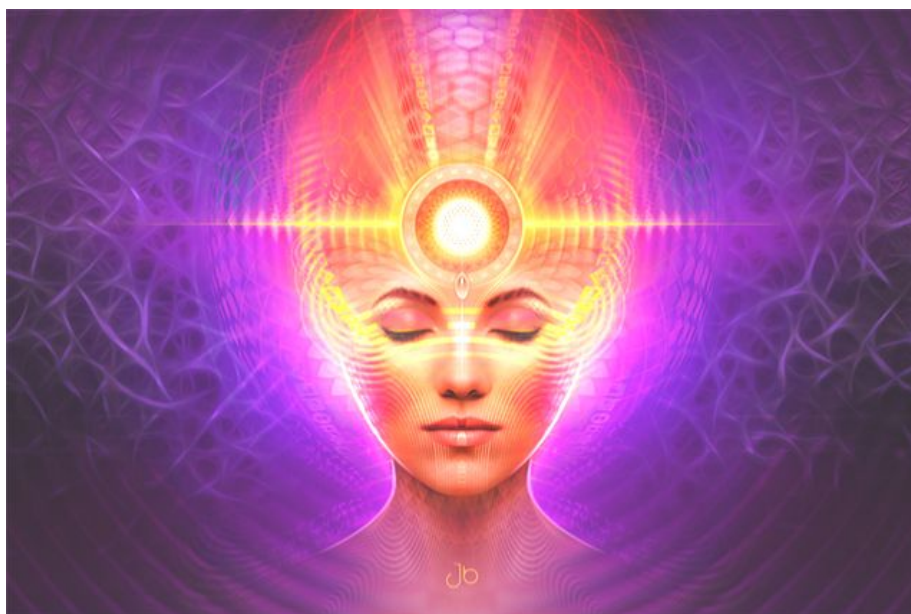
In the first method, the seeker is deviating from the brahm world. And the second method is deviating from the inner world. We live right on the inside and outside boundary and this is the formula: Being on the inside and outside boundary

means that in that moment we are neither male nor female, our vision is free from duality; Our vision has transcended our inner divisions. When we cross through our inner division, only then we come to the line of the magnetic field of the third eye.

"The main thing is to tilt the eyelids properly and then let the light flow inside itself."

It is very important to remember a few things-

We do not have to draw light inside, do not force light into. If the window is open, the light enters itself. If the door is open then there is a flood of light inside us, we do not need to bring it in, push it in and drag it inside. How can we drag the light inside or how can we push the light inside - all that is needed is to be open and sensitive to it...



"You have to look at the nose from both eyes." Remember, we have to look at the nasal cavity with both our eyes so that both eyes lose their duality on the nasal cavity. So that the light flowing out of our eyes should unite on the nose. He

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should come to a center. Where both our eyes meet, there is a place where the window opens. And then everything is auspicious. Then let this event happen, then just make a habit, celebrate the festival, be happy. Be cheerful. Then nothing has to be done.

"You have to look at the nose hole with both eyes, you have to sit upright." It is helpful to sit upright. When our spine is straight. The energy of our work center is also available to the third eye. It happens. There are simple methods, there is no complication in this, it is enough that when both the eyes meet on the nose, we make it available for the third eye. Then the effect will double. The effect will be powerful, because all our energy is in the work center. When the spine is standing upright, the energy of the work center also becomes available to the third eye. It is better to hurt the third eye from both dimensions, to try to enter the third eye from both directions.

Benefit from Nasagra Pranayam

When we reach the center of the third eye and get focused there and the light starts coming in like a flood, then we have reached the point from which the entire universe has emerged. We have reached the formless and invisible. If you want to call it God. This is the point, this is the sky from which everyone is born. This problem is the seed of the asset. It is omnipotent, eternal.

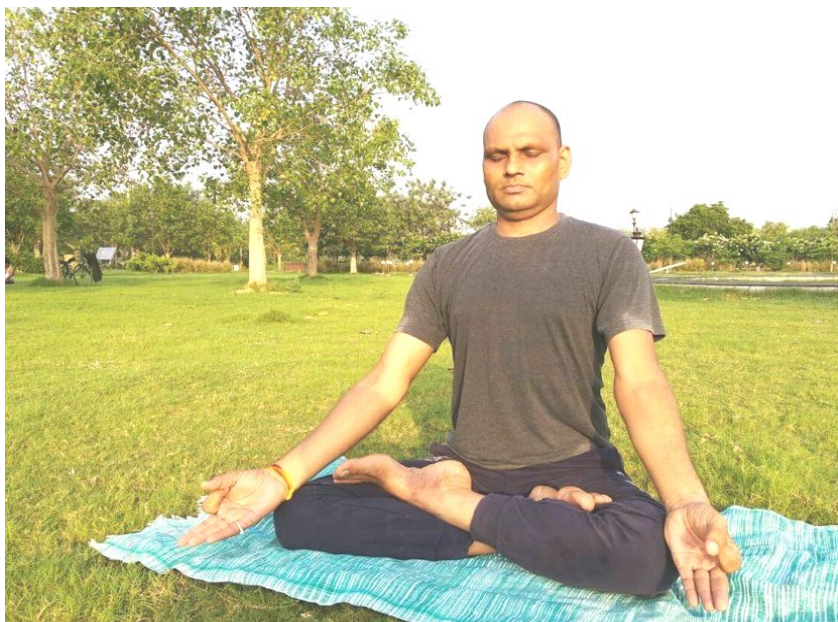
5.2.19 Plavani Pranayama

In Sanskrit language, Plavan means swimming. By the practice of this Pranayama, any person can swim in water like lotus leaves, hence the name Plavini. In Hatharatnavali, it is called Bhujangimudra. Any person can do Plavini Pranayama only after attaining mastery in the above pranayams. Generally, Siddhayogi does Plavini Pranayama. Plavini Pranayama requires experience and is not suitable for beginners. This pranayama is practiced by sitting in Sukhasana or Siddhasana. In this practice, your breath is held at will, hence this pranayama is called Kevali or Plavini Pranayama.

Authors - Dr. Bharat Raj Singh, S.K. Singh, Mukesh Singh

Method of performing Plavani Pranayama

- First you sit in Padmasana or Sukhasana.
- Breathe slowly through both nasal cavities.
- Now hold the breath to the best of your ability.
- Then exhale slowly through both nasal cavities.
- It happened once.
- In this way you do 10 to 15 times. And then gradually increase its duration.



Benefits of Plavini Pranayama

- **Meditation:** This is a very pranayama practice for meditation.
- **Digestion:** It increases digestion power and thus eliminates constipation problem.
- **In increasing the age:** By practicing this pranayama regularly, the life force gets purified and the age increases.
- **For Peace:** It is helpful in keeping the mind stable and calm.

- **In reducing stress:** It plays a very important role in reducing stress.
- **To reduce anxiety:** It is a useful pranayama to remove anxiety and anger.
- **For Memory:** With its regular practice you can develop your memory.
- **Helping to swim:** By practicing this pranayama, you can move hands and feet in the water for a long time.

Precautions of Plavini Pranayama

- Practice it only in the presence of expert.
- The practice of this pranayama should always be done in a calm nature.
- In doing this, your stomach should be empty.



6.

Meditation and Mausoleum

We have already read that Meditation is the best method to calm the distracted mind - this gives us a feeling of peace. Through its continuous practice, we are able to realize how the mind keeps us entangled in small trivial things and how meditation also keeps us from worrying too much about the future and getting restless.

You must have heard the words 'Adrenalin rush' (Adrenalin rush) many times. This is when we worry excessively about a potential threat. For example - when we ride an exciting swing, our adrenaline hormone levels rise, which speeds up our heart, builds muscles and causes excessive sweating from the body. It has also been proved at the scientific level that the amount of this stress hormone can be reduced significantly by regular meditation practice.

6.1 Types of meditation

You have learned the types of postures and pranayama, but very few people know about meditation and its type. Meditation has certainly been molded according to the mood of each person. In fact, meditation can be divided into two parts - basic meditation and traditional meditation.

6.1.1 Basic Meditation

Meditation can basically be divided into four parts - a) seeing, b) listening, c) inhaling and d) closing eyes silently and not paying attention to thinking. Sight seeing or witnessing

meditation, hearing meditation, pranayama meditation for breathing, and focusing with closed eyes can be called Bhukruti meditation. There can be thousands of sub-types of the above four types of meditation.

You can also do the above four types of meditation by lying, sitting, standing and walking. There are thousands of types of meditation in Yoga and Hinduism, which have been adapted according to the mood of each person. Lord Shankar had told 112 types of meditation to Maa Parvati which are stored in 'Vigyan Bhairava Tantra'.

- **Seeing:** There are millions of people who went the path of accomplishment and salvation. This is called staying in sight or witnessing. You do see, but you cannot see in the present. Your thoughts, stress and imagination keep you disconnected from the present. Seeing and understanding the present consciously (not thinking) is the witnessing or visual meditation.

- **Listening:** Listening is enough to become listeners. It is said that Sunnat was destined to hear. It is very difficult to hear - hear the sounds coming from near and far. Sounds arising from within, with eyes and ears closed. When this listening becomes deep, then gradually it starts to be heard - Naad means Omkar.

- **Meditate on breathing:** Take deep breaths in and out with closed eyes, take as deep a breath as possible, without being overpowered, be alert and alert to the moving breath. This is the simplest and primary method of meditation.

- **Bhrkuti Meditation:** Close the eyes and meditate on the Bhrkuti situated between the two Bhohau and experience inner peace by remaining completely silent from outside and inside. Bhukruti meditation is to consciously watch the darkness. A few days later, the light appears from this darkness. First black, then yellow and later white to blue.



6.1.2 Traditional Meditation

Now we talk about traditional types of meditation. This meditation is of three types - a) gross meditation, b) astrological meditation and c) subtle meditation.

- **Massive Meditation**- The meditation of physical things is called gross meditation - like sitting in Siddhasana, paying close attention to any deity, idol, nature or heart chakra within the body is gross meditation. Imagination has importance in this meditation.
- **Jyotirdhyana** - Kundalini is situated in the Sarpakara in the middle place of Muladhara and Lingamool. Jyotirupa is the meditation of Jyotirupa Brahma at this place.
- **Subtle Meditation**- The seeker meditates Kundalini while performing Sambhavi Mudra, this type of meditation is called subtle meditation.

6.2 Location of meditation

If you are really serious about meditation and you want to sit and meditate, then it is important for you to choose a good place. There is a need for a place in the beginning to meditate.

Authors - Dr. Bharat Raj Singh, S.K. Singh, Mukesh Singh



By the way, a temple is a place to meditate. Temples were built so that people would go there and meditate, but since temples now have worship, recitations and hymns. Therefore, we cannot meditate there. The ancient temples were designed according to meditation.

A place to meditate where there is no noise and pollution. The location should be clean and of normal temperature. You can also avoid noise by applying cotton to your ears. You can avoid mosquitoes by applying mosquito nets, but if there is pollution in the air, then decide how to avoid it. A person suffering from heat, like the shelter of a tree or a cold hut, gives relief, in the same way, it is considered to be hathayoga for the suffering and stricken recluse from worldly troubles and solitary shelter for the worldly.

Do you want to do spiritual practice: Then, as far as possible, stay away from the noise of the city in an environment full of natural wealth, where there are people with religious attitudes and there is a system full of food, water, fruits, roots etc. This is your proper practice. Select a secluded place to build a small hut there.

How to be a hut: Make sure that there is no stone, fire or water around the hut. Allocate a separate place for it. The door of the hut should be small, there should not be any holes or holes in the walls, there should not be any burrow in the ground, which increases the risk of rats or snakes etc. The ground of the hut should be flat, well dipped with dung, keep the hut extremely pure, that is, there should not be insects and pests.

Outside the hut: Make a small pavilion under which there is an altar in it to perform Havan, where you can burn dhunas if you want. This will be very useful in winter. There is a good well or latch nearby, whose sail is surrounded by walls. If you do not have a well, make sure that you do not have to work hard to get water and the water should be clean.

Finally, the kind of place where a seeker resides, he can achieve success in practice by securing as much solitude as possible, but the hathayogis feel that the holy environment would prove to be much more helpful in advancing cultivation and achieving quick success.

6.3 Wonderful Experiences of Meditation

It is wonderful to meditate. Like this, there are basically three bodies. Physical, subtle and causal, but apart from this body there are other bodies. There are mainly seven chakras in our body. A body is associated with each chakra. Our body composition is very amazing. The visible physical body is not just a combination of blood, bone and flesh, the bodies that keep it moving are different. This is experienced in Kundalini awakening. A person who has been meditating continuously for four to six months, often experiences more than one body. That is, it is a gross body and 2 other bodies emanating from that body. In such a situation many meditators get nervous and they wonder what it is not known. They think that I should not die.

Frightened by this experience, they stop meditating. When one misses meditation, then it is difficult to return to the same state again.

Understand this experience: The body we see is a gross body. The second subtle body is not visible to us, but we can feel it in sleep. This is called the manomaya body in the Veda. The third body is our causal body, called the scientific body.

Micro body capacity: The subtle body surrounds our gross body. The field of energy that surrounds our body is the subtle body. The subtle body is also like our gross body, that is, it can see everything, smell, eat, walk, speak etc. Apart from this, this body has many other abilities such that it can see beyond the wall. Anyone can know what is on their mind. He can go anywhere in a moment. He can foresee and know everything from the past, etc.

Reason body capacity: The third body is called causal body. Because the body has surrounded the subtle body. It is also called seed body. It contains the seeds of body and mind desires. It collects our thoughts, expressions and memories in seed form. After death, the gross body is destroyed within a few days and the subtle body diffuses within a few months and merges into the energy of reason, but after death, the body goes from one place to another, and the light of it again gives a beautiful and gross body, that is, a new birth. . Because the body never dies.

For this reason many siddha yogis are able to enter the body. When a person meditates continuously, after a few months this body starts coming into action. That is, the person's consciousness begins to be situated in reason. Meditation increases its power. If a person continues to meditate without fear and consciously, then surely he can go beyond death. To go beyond death means that the person has now stopped living in a gross and subtle body.

6.4 What is Samadhi?

The higher state of meditation is called samadhi. When the seeker is completely immersed in the meditation of the object and does not have knowledge of his existence, it is called samadhi. In the Yogasutra of Patanjali, Samadhi is described

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as the eighth (last) stage. Pragma arises after samadhi and this is the ultimate goal of yoga.

Samadhi Yoga - is a state of consciousness where personal awareness merges into the great whole. There are different levels of samadhi, or different stages of connection with the divine, but when the word samadhi is used alone, it usually refers to the state of enlightenment, which is the highest form of samadhi. Samadhi is not a permanent state, and like the notion and meditation mentioned earlier, samadhi does not come upon anyone by accidentally. This happens with dedication and effort, for this one has to be ready to train his mind and go deep into it.

Connection Status

We are all spiritual beings or spirits who have bodies. We all have a soul, which is connected to the source with the entire universe. This is a state where physical property loses its meaning; Where we can feel that we are really nothing, not even our body. Everything physical will dissolve, everything in our physical world will eventually disappear or we will lose them eventually, when we leave this physical world. But the soul is eternal and knows that we just need to reconnect with this inner knowledge.

How is samadhi associated with your daily life?

At first it may seem that this is a far-fetched thing to bring into our daily lives. But traveling towards samadhi does not mean that you will have to go to the distant ashram permanently. You can live your life, when you start recognizing this pure soul in yourself and around you and everyone. It has to be understood that if you are a divine light, the soul which is a part of the universe, then others will also be part of the same; That is, people you love or people you don't like. Whether it is nature or animals around you. When we advance our mind and past, justice and authority seek to compare. But when we can see that other people are also divine, we are moving closer to the state of connection.

"Samadhi does not come upon anyone by accident, it takes dedication and more effort" ----- Kaisa Kapanen

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Practicing every moment for this great journey can provide an opportunity to move towards samadhi. All you need is to feel the connection, try to reach deep and feel the joy and love that comes with it. According to great yogis, samadhi is something that every soul knows its origin.

At the end, the main gist of it is that we don't need to learn anything new for it, but rather we have to carve those layers of what we don't know and find our own way.



7.

Yogic practice and benefits

7.1 Establishment of Vedic Science Center, dated (21 April 2015)

The Vedic Science Center was established by Shri Satish Kumar Singh, the founder School of Management Sciences and Chairman of the group on Azakshya-Tritiya Vaishakh Shuklapaksha Day Tuesday Vikram Samvat 2072 dated 21 April 2015. Its main objective is to study the scientific researches underlying the mythological texts of India and to present them in the current modern by new avatar by taking it to the public mind. The Indian system is being taught to unravel the secrets of life, by studying the spiritual texts for keeping the body healthy through the scientific method of the mystery of yoga, with the new found researches, by students aimed at spreading the mantra of "**Vasudhaiva Kutumbakam**", in the world.

The blind race towards development, has distanced the youth of India from its culture far away while the knowledge of '*Sanskrit language*' has also been restricted to a few schools / institutions and universities. Today, there is a need to find out the role of **Vedic Texts** in industrial development. If these texts are beyond the perviews of present development yet part of it, is being bench marked, then technological development in 'Vedic Period' could have been more than what it is today.

सौजन्य से
(स्कूल ऑफ मैनेजमेन्ट साइन्सेज, लखनऊ)



वैदिक विज्ञान केन्द्र

(स्कूल ऑफ मैनेजमेन्ट साइन्सेज, लखनऊ के तत्वाधान में संचालित)

का

शुभारम्भ दिनांक: 21 अप्रैल, 2015

अक्षय तृतीया, वैशाख, शुक्लपक्ष 2072 (विक्रम सम्वत्)

19 किमी० स्टोन, कासिमपुर बिरुआ,
सुल्तानपुर रोड, गोसाईगंज, लखनऊ

Some facts found in recent times, make us rethink about the enthusiasm of the people of India that our ancestors who seems to be associated with religion were probably more scholarly and knowledgeable than we are now. There are things which have not been found and hence its research is necessary so that other countries could not tell us or teach us that the references in our ancient texts are correct.



Here, we would like to cite few examples -

First: Goswami Tulsidas has written in the 'Hanuman Chalisa', few lines are -

“जुग सहस्र जोजन पर भानु।
लील्यो ताहि मधुर फल जानु।।”

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**“Jug Sahasra Jojan par Bhanu !
Lilyo Tahi Madhur Fal Janu !! ”**

Today, when NASA has agreed with this research, we are accepting it as true.

Jug - Kaliyuga, Dwaaper, Treta and Satyuga. Its spans are 1200 years, 2400 years, 3600 years and 4800 years respectively; Total =12000 years.

Sahasra - 1000

Jojan - 8 miles

Mile - 1.6 km

Thus, distance from Earth to Sun: $12000 \times 1000 \times 8 \times 1.6 = 15,36,00,000$ km (15 crore 36 lakh km).

The lines of Hanuman Chalisa written by Goswami Tulsidas is now proving that in today's perceptive, he was a great scholar of Astronomy or it was in the knowledge of all the people of that period.

Second: According to 'Ramcharitmanas' written by Goswami Tulsidas ji, Ram Setu was constructed under the supervision of Nal and Neel, civil engineering specialist according to the current language, to transport Sri Ram Chandra's entire army to Sri Lanka from India. It has been reported by NASA that this bridge was built by laying stones on the wood piling.

Also the stones used had less density and had the ability to float in water. The application of this principle by Nal-Neel is also confirmed in the Ramayana. The bridge is currently approximately 7 feet below the surface of water, which became possible due to increasing sea level over a period of 6,000 years.

NASA has named 'Sri Rameswaram Bridge' as Marvelous Civil Engineering of Vedic period.

Third: Our Vedic period inscriptions (Vedas and Puranas etc.) mention the sound of 'Om' in the Sun, which explains the

Authors - Dr. Bharat Raj Singh, S.K. Singh, Mukesh Singh

Shankhanad of the word Omkar from time immemorial. Even today, there is a mention of awakening of Kundalini, it has been considered the path to enjoin soul with Brahma through meditation and through constant practice to connect with the Atmah.

Vision & Mission of Vedic Science Centre

Vision:

The Vedic wisdom of India, which was at the forefront of the world, has to be spread more and more to all scholars especially students studying in the technical field, as well as to open the pages of science and technology which have not been confirmed, by now their presence is large part of collective imagination.

Mission:

- Enhance in-depth study and knowledge of Vedic science.
- Study and spread the knowledge of Sanskrit language.
- Increase study and knowledge of Vedic-Mathematics.
- Simple benefits yoga's procedures.
- Meditation method and its benefits.
- Knowledge of the correct enunciation of 'Om' and the power derived from it.
- Knowledge of Kundalini and the method and benefits of awakening it.
- Remote communication with spirituality.
- Knowing about the activities of distant people through introversion.
- Communication of knowledge and science in the fetus in pregnancy.
- Knowledge of Aviation science and Science & Technology of all energies.
- Indepth knowledge about 'Yuga'.
- Knowledge of Indian calendar and astrology etc.
- Campaign to compile priceless texts related to spirituality.

- To advance welfare work in the public mind of the world with Vedic knowledge and science.
- To advance underlying knowledge from time to time.

7.2 Review meeting of Vedic Science Center

After nearly a year, on 05.03.2016, a review meeting of the Vedic Science Center was convened under the chairmanship of Shri GN Sinha Retd. DG (Police), in which Shri RS Mishra, Shri SBL Malhotra, Shri Jagdish Chandra Shaha, Shri AC Malhotra, Shri JB Singh and Shri Sharad Singh, Secretary and Executive Officer of SMS Institute, Director Prof. Bharat Raj Singh, Dr. Jagdish Singh, Dr. Dharmendra Singh etc., participated and the activities of the Vedic Science Center were discussed. Convenor Prof. Bharat Raj Singh apprised all the eminent thinkers about the treasure of wisdom in the ancient texts of India, it was found that many wonderful things are hidden in it and we should not get surprised to know that about 5000 years ago, the aircraft which was used by Shakuni Mama as mentioned in Mahabharata literature, is still available at Gandhar Hills in Afganistan. If this news is confirmed today, then it will not only make us proud but would be a testimony to our ancient literatures / texts written in Mahabharat, Ramayana, Vedas & Purans etc.

Prof. Singh also informed that the School of Management Sciences established 'Vedic Science Center' on 21 April 2015 last year, to discover the secrets hidden in the texts of India and to unfold it in respect of currently available technical knowledge. The basic mission of the center is to explore the knowledge available in the Vedas, Puranas, Mahabharata and Ramayana etc. and place it, before the scientific community of the state, country and abroad for future development in research field. The reports of valuable researches done under the Vedic Center in the last one year was read out and told that it has been disseminated to the students and teachers too. The report was reproduced as follows:

- 1) In order to advance human life in the structure of human body, blood is transmitted through the heart by the cells to every part of the body. In an occasional meeting with the enlightened class in and around Lucknow, it was ascertain that there is an iron content in the blood and the circulation of iron-bound blood through the arteries is being sustained. If any magnetic power is brought down from a scientific point of view, then electric energy will flow in the iron-bound blood running in the arteries. The body can experience an energy from which the power is transmitted with the help of consumption of external substances (food), this energy can be produced without any food or less food. This fact can be collaborated through the pronunciation of Vedic Mantras. Due to this, daily prayers have been started by the students and teachers and a different energy is being communicated to all the people and concentration on them has been increased in their studies as well.
- 2) At least one quarterly meeting of the Vedic Science Center has also been organized in which, while sharing the experiences of the enlightened class among themselves, it has also been decided to organize a one-hour yoga program on weekends, so that the students Mental and physical development can be accelerated among boys & girls. This program was started by some teacher on the last 'World-Yoga Day' (21 June 2015). According to their experience, it has been concluded that due to the vibrations of the breath that arise from the sclerosis, cranial and anterolateral, the strength of the arteries increases, and the blocked blood clots in the arteries also disappear.
- 3) In the old texts (Vedas-Puranas, Mahabharata and Ramayana etc.), there is also mention of aircraft or flying Khatole. For this also, this center is engaged in the search of the texts of India and the manuscript of the relics of the Aeronautical Scriptures, which was received by Maharishi Bharadhaj in India, was prepared in 1916 by Pandit Subarai Shastri. In which

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only six chapters were received. It was translated into English in the year 1973 by Ziyad Joshere. This center is also doing intensive study from time to time and information is provided about development in the field of mythology among students.

- 4) It has been informed by this center in the month of June 2015 that the aircraft used in Mahabharata, five thousand years ago, is located in a cave in the mountains of Afghanistan, which was brought to light by eight - American military commandos. An attempt was made to evacuate and due to unlimited energy in it, the eight commandos disappeared and till today they have not been detected. Not only this, the site inspection of the said aircraft was done by US President Barack Obama during his secret visit to Afghanistan and he also invited three Heads of State to see in January 2013, in which France, Germany, UK had visited. It is learned that the aircraft has since been taken up by the US NASA for research at the Douglas Center. This information was posted on the US website Ancient Alien Disclose.tv from the revelation of American soldiers, the video of which has since been removed, but the audio of their soldiers' conversations is still available. The detailed video of the said video has been aired in February 2016 by IBN07.

At the end of the meeting, passing a vote of thanks to the Chairman Shri GN Sinha, it has been requested that all the enlightened-class, educationist and scientists of the state and India who are associated with this center, can share the scientific facts underline in the mythological texts of India. Help to bring the country to the forefront by reviving the heritage of unlimited knowledge associated with this land of India and by doing new research in the field of science and technology.

7.3 International Yoga Day, dated 21 June 2016

Director General of School of Management Sciences, Lucknow, Dr. Bharat Raj Singh has been imparting yoga training on

Authors - Dr. Bharat Raj Singh, S.K. Singh, Mukesh Singh

International Yoga Day, by organizing a yoga camp in the college campus and spreading awareness about yoga among teachers, staff and students.

IV | दैनिक जागरण
संस्करण, 23 जून 2016

जागरण सिटी

अंतरराष्ट्रीय योग दिवस

योग का जलवा

हिन्दुस्तान
13



स्कूल ऑफ मैनेजमेंट साइंसेज द्वारा स्थापित दैनिक विज्ञान केंद्र में अंतरराष्ट्रीय योग दिवस पर शिक्षकों, कर्मचारियों व विद्यार्थियों को डॉ. भरत राज सिंह, आरएस मिश्रा और जीएन सिन्हा ने योग कराया।

जनकल्याण समिति के तत्वाधान में नवनिर्मित विरामखण्ड-5 योगकेंद्र में बारिश के बावजूद बड़ी संख्या में लोग शामिल हुए। योग की शक्ति के बारे में पर्यावरण वैज्ञानिक प्रो. भरत राज सिंह, कोआपरेटिव बैंक के सेवानिवृत्त जनरल मैनेजर आरएस मिश्रा व सेवानिवृत्त डीजीपी जीएन सिन्हा ने विस्तार से जानकारी दी। उधर, स्कूल ऑफ मैनेजमेंट साइंसेज में योग शिविर का आयोजन किया गया। जिसमें बड़ी संख्या में गणमान्य व्यक्तियों के साथ शिक्षकों, कर्मचारियों और कॉलेज के विद्यार्थियों ने हिस्सा लिया।

7.4 Inspection of NAAC Team-2017

In the year 2017, the School of Management Sciences, Lucknow was inspected by the NAAC (NAAC) and the annual results of the students from the team members appreciated the inclusion of daily prayer and yoga practice in the course schedule. The pre-eminent growth rate of 20-30% was also appreciated and also mentioned in NAAC's report.

7.5 International Yoga Camp in Sydney, Australia (dated 06 June-11 August 2018)

Today most of the people of the world have accepted that yoga fills the mind with peace, positive thinking and health of the body as well as abundant energy. It is also found from the data of the whole world that in countries where yoga is being adopted, there is reduction of about 40-60% in their medical bills of the people. Yoga is a legacy of our Bharatvarsha, which Rishis and Munis have provided 5000 years ago through their texts (Patanjali Yoga).

In a unique initiative by the Prime Minister of India, Narendra Modi, the idea of celebrating International Yoga Day was contemplated and in his speech delivered at UNGA on 27 September 2014, it was mentioned that "Yoga is an invaluable

gift of India's ancient tradition. This symbolizes the concentration of mind and bodies. Yoga teaches the human mind to think, work, practice restraint, create harmony between man and nature. " Subsequently, on 11 December 2014, India's permanent representative Ashok Mukherjee prepared a proposal for it. 177 countries agreed to this draft and on 21 June 2015, the first International Day of Yoga was launched.



In the same sequence, Director General of School of Management Sciences, Lucknow, Dr. Bharat Raj Singh, gave yoga training at the international level by organizing a yoga camp at Aborn Park, Sydney (Australia) for one month and on World Yoga Day on 21 June 2018 Initiated to spread

Authors - Dr. Bharat Raj Singh, S.K. Singh, Mukesh Singh

awareness about Yoga among the people and also greeted people on Yoga Day. In his message, he prompted the people, 'Do yoga, stay healthy' (करो योग रहो निरोग), that is, by doing yoga continuously, the body gets healthy and peace in the mind. Many serious diseases are also supposed to have disappeared with its practice.

7.6 Experiences / Opinions of Regular Yoga

a). Gorakh Prasad Nishad

I have crossed 76 years of age. I used to have difficulty in walking and pain in joints. I got this condition at the age of about 70 years because my blood pressure suddenly increased on a day and due to that my left side of the body was paralysed. Since, a yoga center was being run by Dr. Bharat Raj Singh and Shri Ram Shabad Mishra in Vasanti-Park near my house, in which yogic practice / training was being conducted regularly since 2012, I started attending yoga classes since 2015 and practising regular Pranayama, Bhramari and Udgith along with Bhastika, Kapala-Bhati and Anulom-Antonyms. I have now got rid of the pain of joints and a relief in prostate enlargement.

I therefore advise everyone to do regular yogic activities and make their life happy.

---- **Gorakh Prasad Nishad,**
former Minister, Animal Husbandry,
Viram Khand-5/850, Gomtinagar, Lucknow.

b). Mukesh Kumar Singh

I am about 47 years old. I used to regularly read the articles related to yoga published by Dr. Bharat Raj Singh in the "Science & Health" column of news papers and magazines and decided to start yoga practice. Since I attained my weight was 110 kg in the year 2016, I started attending regular Yoga practice conducted at the Janeshwar Park, Lucknow and after 10-12 months my weight came down to 85 kg and new glow was created in the body. Due to the reduction of 25 kg in my weight during the year 2016 to 2017, I participated in many National Races and won second position in the 10 km race.

In the continuation to this, I took higher yoga classes and received the Post Graduate Diploma Certificate in Yoga. Now conducting regular yoga classes as a Yoga Trainer and also making people aware about the yogic consciousness towards alignment of mind, heart and health to the public at large.



---- **Mukesh Kumar Singh,**

Yoga Instructor
Doordarshan Accounting Department,
Lucknow.

c). Dr. Bharat Raj Singh

I have crossed 74 years of my age. Since 2009, I started feeling complaint of urination (urin retensation). On the advice of doctors, tests were carried out in the labs of various hospitals and the situation of increase in uric-acid was informed. A test in SPGI, Lucknow showed that it could affect the kidneys. Then I took advise of a doctor situated at Aliganj who informed

me that my prostate was enlarged and need to be operated with a laser, otherwise the problem could further worsen.

In the test report, my urine-retention was found over 35 grams and temporarily the doctor advised me to start taking Urimax-30 capsule daily for immediate relief, but after a few days, the side effects of the medicine was noticed and I suffered with stomach upset, which forced me to stop the use of this drug. Since I was doing regular yoga, I started Kapalabhati for more than 20 to 30 minutes and regular external pranayama and mandook pranayam, my prostate complaint was found negligible after few months and now during past 10-11 years, I am living a normal life without any treatment.

On my own experiences, I suggest to the public that you must do yoga practice regularly to make life happier, and also will feel increasing concentration of your mind and become a participant for the the development of your nation with new zeal.

---- **Dr. Bharat Raj Singh,**
Environmentalist and
Director General(Technical),
School of Management Sciences,
Lucknow.



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11. Raj Yoga in home life
12. True Peace of Mind
13. Gyan Yoga Pathfinder
14. Method and accomplishment of yoga
15. Satvik Yogic Life



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