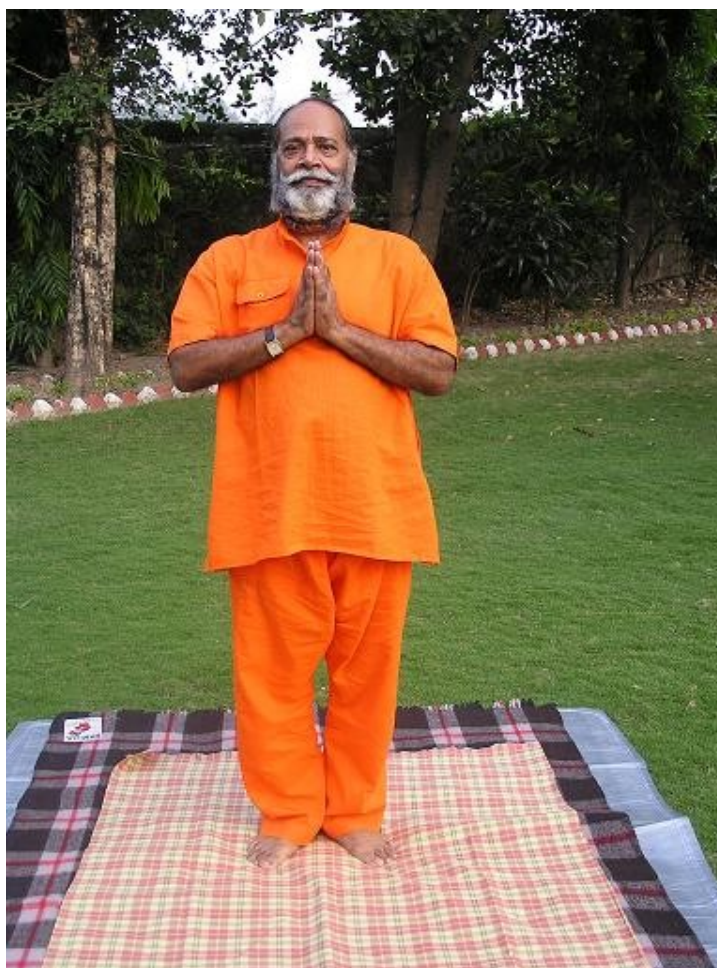


Yoga Made Easy

A PRIMARY SHORT BOOK

ON

YOGA AND PRANAYAMA



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Introduction

Dear Brothers and Sisters of the world,

It is said in our Shastras that there are four main things that make one's life full of peace, happiness and comfort. It is said that: -

Firstly happiness is derived from good health
Secondly happiness is to have sufficient wealth
Thirdly happiness comes from faithful wife
And obedient children make heavenly life

It is well known that if one earns huge wealth at the cost of his health, he cannot remain happy, but a person with good health but meager wealth will be happier. Without good health one can neither enjoy the wealth and company of his faithful and obedient family nor can he give happiness to them. Realization of happiness of having good health comes only when it is absent. The key to happiness is therefore is to have good health. Hence I would suggest you to spend some of your valuable time for maintaining a good health. Good health means all the parts of the body are functioning well. Yoga and Pranayama are means by which you can achieve good health.

Yoga as the name suggests is unity of two existing substances. In this context it is essentially full concentration of the mind over the body parts exercised in yoga posture.

What is Yoga Posture? Comfortably positioning of the body in some specific posture and holding it. All the yoga postures must be practiced with joy and concentration to get the maximum benefit.

Hence it is strongly advised that if someone feels discomfort or pain in any posture, he or she must stop immediately doing that particular yoga posture. Although yoga postures for different parts of the body are different, all the system of the body is benefited by it and one feels at ease at the completion of yoga postures. Millions and millions of cells that make up our body need constant nourishment and repair. Yoga not only nourishes the tissues and cells but also tones up the whole body systems and helps proper blood circulation and removal of waste products. Regular practice of yoga keeps joints and spine supple, strong and flexible. As in present days people are busy and do not have

sufficient time to do lengthy and difficult exercise to keep themselves fit and healthy. This book is written on the basis of personal knowledge and experience of practicing Yoga of different postures. This book is an abstract of yoga lessons established by saint Pitanjali and ancient Sages. It can help one to keep fit by spending 15 minutes to 90 minutes daily as per availability of his time. Regular practices of these postures will help you keep fit in body, mind and spirit. After the exercises, one should massage ankles, calf muscle and knee to achieve the optimum result. Then lie down in corpse posture (Shavasana) for few minutes. Yoga is an easy form of exercise but it is much more beneficial in comparison to the traditional exercises. Yoga gives persons good health, stamina, higher working capacity, disease-free body with alertness and intelligence of mind. Simultaneously it prompts adoption of one's zeal and purity leading to peace and joy. Hence for all round development, Yoga practice is strongly advised in comparison to traditional exercises. After doing yoga postures mentioned in this book, one would not feel tired as is felt after traditional exercises.

One should also know, what is Pranayama? The exercise of inhalation, exhalation and holding of the inhaled or exhaled breath in the lungs for some time are pranayama. A proper balance of inhalation, exhalation and retention is the key point of pranayama. Pranayama mean dimension of life. In Pranayama, one can find the hidden power of the breath, which will not only give physical and spiritual benefit, but also may enhance your life span, depending upon the rate of your breathing. It is believed that during the life one can have maximum 800 Million breaths. Fast breathing shortens the life span in comparison to a person whose breathing is slower. For example if your breathing rate is 15 per minutes you may live up to 100 years. If one can control the breathing to once in one minutes one may live up to 1500 years (This was the secret of longevity of our ancient Rishi-Muni, Sages and Saints), as mentioned in the many religious books of the world including Bible, Geeta, and Ramayana etc. Present average breathing rate of a healthy person is 16 per minute.

Yoga is not the invention of recent ages. Our ancient Sages, Monks had established its benefits by doing various experiments on themselves for thousands of years and it is now known world over as a part of Indian Culture. This is not copyright or invention of one. Every one who has studied various ancient books is defining to practice it in their own ways.

There are several extremely learned Yoga teachers in the world. They have vast and advance knowledge of Yoga and Pranayama. But it not easy to adopt their teachings & techniques, if one does not know the primary lessons and practice

and it may be difficult for him to adopt their teachings and copy their postures. If you are physically capable and wish to follow their teaching classes, one must have practice of these primary postures at least for six months. Otherwise it will be like studying in postgraduate classes, engineering or medical without studying in any primary school. I am sure most of the people who will practice these easy asanas for six months will be physically and mentally fit and will not need higher techniques unless they need posture for curing specific chronic disease or are desirous of keeping themselves extraordinarily fit like Olympic champions.

As per ancient books there are 84 Lakh yoga postures. Here we have selected few most easy, beneficial Yoga and Pranayama that can be easily performed by all. Out of which one may further choose a few, which he can easily perform regularly. One should perform these as per his own capacity. There are many thick books on Yoga in the market written by learned Yoga scholars. But most people do not have much time and patience to read and follow their contents. This book is published to help the masses for giving knowledge of easy Yoga and Pranayama exercises in shortest period. Common people are neither interested nor capable of doing Neti kriyas and difficult postures like Head stand posture (sirsasana), Shoulder stand posture (Sarvangasana), Plough posture (Halasana), Bow posture (Dhanurasana), Peacock posture (Mayurasana), Eight curve posture (Astavakrasana), Eagle posture (Gurudasana), Scorpion posture (vrschikasana), Cock posture (Kukkutasana), Foetus posture (Garbhasana), Fish posture (Matsyasana), Swan posture (Hansasana), Camel posture (Ustrasana), Bow posture (Dhanurasana), Wheel posture (Chakrasana), Meditative crane pose (Bakadhyanasana), One leg pose (Aikapadasana), Tortoise pose (Kurmasana), Cow's face pose (Gomukkasana), Locked lotus pose (Buddha-padmasana) etc. etc. Hence we have not considered inclusion of difficult yoga postures in this book. If you can do slightly difficult postures, then you must do Sun Salutation Postures. You may get maximum benefit in Sun salutation, which you may get in doing all difficult yoga postures. This book is dedicated to all who wants to learn easy Yoga and Pranayama. If this benefits you, please spread this easy science to all free of cost and help our movement of bringing a healthy and peaceful world. I am very thankful to Mr. C. K. Basu, IAS retd., Mr. Bhola Prasad Singh (former minister of Bihar), Mr. Shree N. Sharma, Dr. S. L. Maskara, Dr. K. D. Prasad (advocate supreme court of India), Mr. K. M. Bansal, (Executive Director, IOCL retd. Rajesh Maskara and Mr. S. M. Cairae, IPS (D. G. Police retd) whose inspiration and assistance helped in bringing this book before you.

PREPERATION

For doing yoga asana regularly, you may have your own yoga kit, which may consist of one plastic sheet, one thick blanket, one cotton bed sheet and one towel. If one sweats while doing yoga, he should wipe it with towel to refresh the body and prevent germs from entering in the body through skin.

Yoga and pranayama can be done in both morning and in evenings. If one doesn't have time to do the practice both times, then it can be done any time convenient. But practicing yoga in the same place and same time is ideal. In the evening body becomes more flexible in comparison to the morning hours. It is important that practice should be done on empty stomach in the morning or after 4/5 hours of lunch in the evening. If any one is habitual of taking tea / coffee in the morning and or in the evening, they may do the practices after one hour of taking that.

Yoga could be done either after bath or bath could be taken after exercise. But there should be a gap of 30 minutes between both. The body should be relaxed in every posture. After each posture, one should feel fresh and relaxed. One should not overexert beyond his capacity for holding the posture for long duration. One should not tire himself. For fast progress, daily practice is essential. Women should not practice after third month of pregnancy, during menstrual period and up to six months after childbirth. One must practice in clean, well-ventilated space or in open space, where one gets sufficient oxygen to maintain good health. The place should be free from bad odor, smoke, dampness, dust and excessive wind. If one is practicing in a room fan or air conditioners should not be used. At the time of practice, one may wear clothes as per the season / weather. But the dress should be loose and comfortable. Body should be kept free from ornaments and other articles. One should keep a smiling face during yoga practice.

Before starting the practice put a plastic sheet on the ground, then blanket on it and the blanket be covered by washed cotton bed sheet for hygiene and comfort. Then one should lie down on the floor facing upward; keeping the body straight in corpse posture (shavasan). Any part of the body must not move and one should concentrate on the breathing only for 3 minutes or 30/40 breathings or till the body is fully relaxed and ready for the practice. While breathing eyes may be closed aiming with image of God or one's favorite personality whom one loves to be remembered. Ask excuses from every one

and forgive every one, even your staunch enemies, which will free your mind from anxiety and tension during the practice.

First thing you should start with simple Inhalation-Exhalation Pranayama. Inhale through nostrils slowly and steadily without making any sound. Then exhale slowly, continuously and silently. Have inhalation and exhalation for the same duration (may be 10 seconds each). Do this at least 25 times. By doing this you will be able to concentrate on inhalation and exhalation during the time of exercises also.

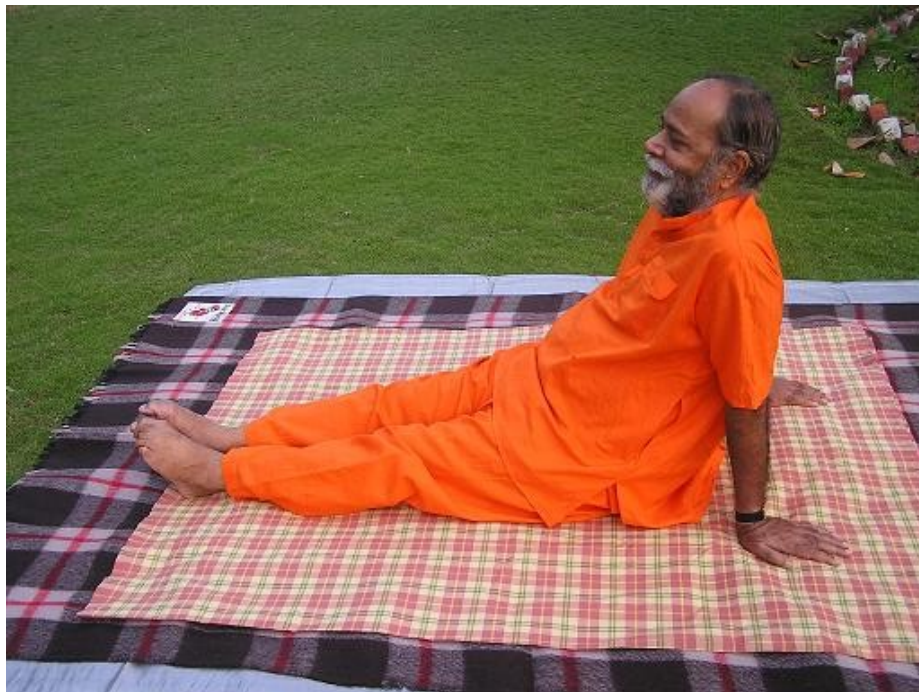


(Fig 1- corpse, posture, “shavasana”)

By practicing yoga, one can remove the basic cause that gives one discomfort and instability of joints and spine. In order to root out these causes you must perform the joint freeing exercises and the spine freeing exercises. By regularly doing these exercises, one will find one day that his chronic aches and pains have gone. The joint freeing series are light exercises and are part of Pawanmuktasana series (air releasing postures). These postures should be done in progression. In this series, start with freeing the joints of bottom part of the body (Toes) and finish after freeing the top joint part of the body (Neck). You should regularly do these joint freeing postures at least three rounds for maintaining healthy joints and providing strength, agility and soundness to the nervous system. These postures will release unwanted waste air of the body also.

TOE BENDING

One should get up from the corpse posture by bending one's body in right side and sit on the blanket. Both leg are to be stretched in front. Palms placed on the floor behind the back, keeping the waist, both hands and both legs straight, focusing eyes on the toes. By deeply inhaling, slowly and firmly bend the toe of your right leg inwards and relax the toe while exhaling. Similarly, slowly bend the toe outward by deeply inhaling and relax the toe by exhaling. This may be done three times each. Then inhale and bend the toe of the left leg inwards and relax the toe while exhaling. Similarly bend the toe outward by deeply inhaling and relax the toe by exhaling. This should also be done three times each. Hereafter deeply inhaling and bend the toes of your both legs inwards and relax the toes while exhaling. Similarly bend the toes outward after deeply inhaling and relax the toes by exhaling. Do it up to three times each. Initially you may do this practice separately by both legs, but after full practice you may do it by both legs together. Please ensure feet should not be raised above the ground. One's face should be smiling during the entire practice.



(Fig 2 – Toe bending)

ANKLE BENDING

Sitting as in the previous posture, deeply inhaling slowly bend the ankle of your right leg inward and relax the ankle while exhaling. Similarly bend the ankle outward after deeply inhaling and relax the ankle by exhaling. Do it up to three times each. Then repeat this practice by left leg also. Do it also up to three times each. Now deeply inhaling slowly bend the ankles of your both legs inwards and relax the ankles while exhaling. Similarly bend the ankles outward after deeply inhaling and relax the ankles by exhaling. Do it up to three times each. Initially you may do this practice separately by each leg, but after full practice you may do it by both legs together. Please ensure that feet should not be raised above the ground. Keep your face smiling during entire practice.



(Fig 3 – Ankle bending)

ANKLE ROTATION

Sit as in the previous posture and keep both legs about one foot apart. Then fix the heels of the feet on the floor by bending both toes inward and rotate the ankles in a circle in clockwise and anticlockwise three times each. Try to touch the floor by the ankles when it comes in the sides during the rotations. Inhale while doing the first half of rotation (bringing the ankles from forward to back) and exhale while doing the second half of rotation (bringing the ankles from back to forward) for completing one circle. Initially you may start with one leg at a time and then practice with both legs together. Keep your face smiling during entire practice.

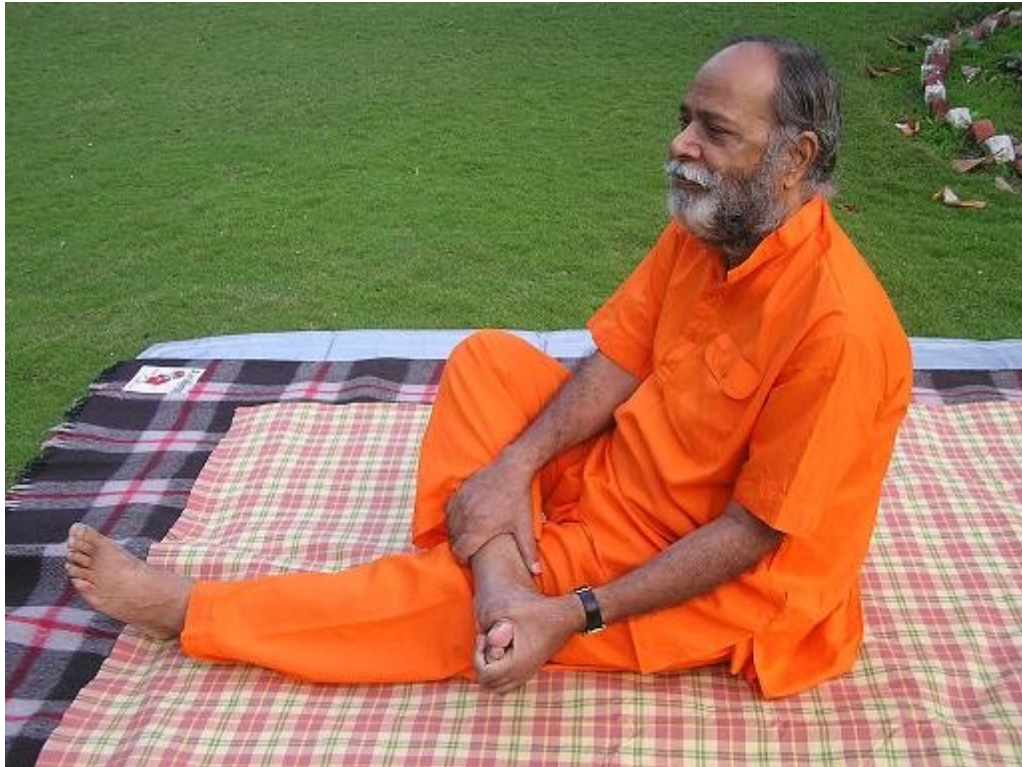


(Fig 4 – Ankle rotation)

ANKLE ROTATION ON ITS AXIS

Sit as in the previous posture and place the ankle of right leg over the left thigh. Hold the toes of the right leg by left hand and stem of your right leg by your right hand. Sitting straight, breathing normal, rotate the ankle of right leg in a circles, clockwise and anticlockwise three times each. Do the same practice for rotation of left ankle also, by bringing the left leg over the right thigh. Keep your face smiling during entire practice.

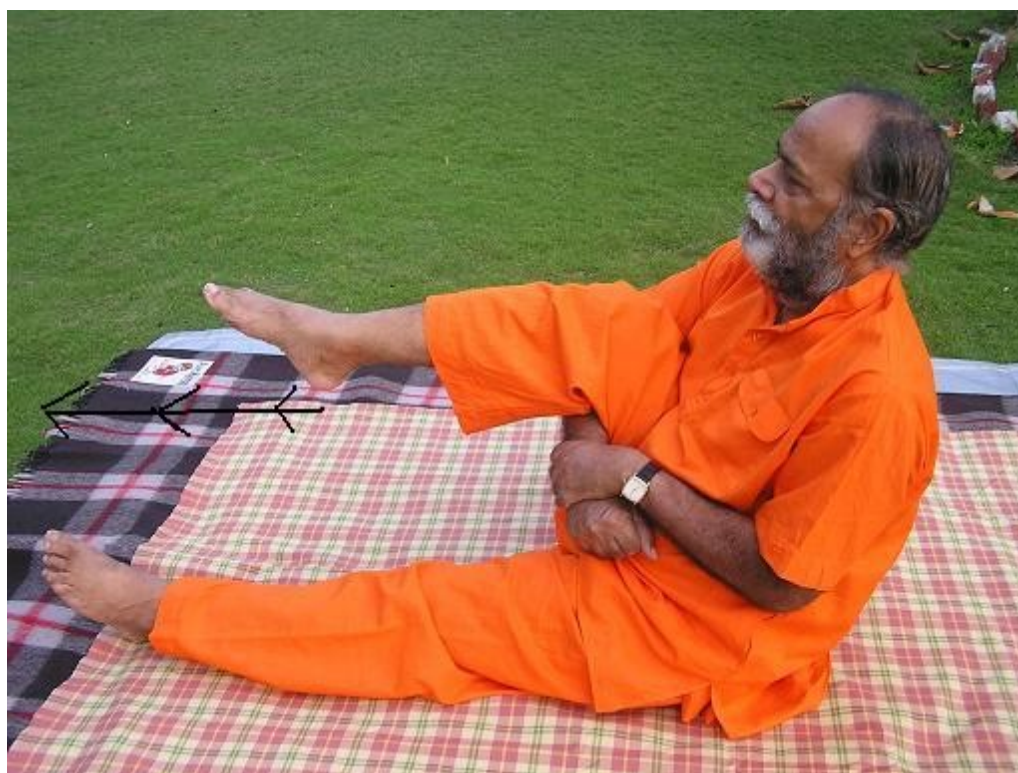
Benefits: These foot and calf exercises relieve tiredness and cramp, prevent formation of a blood clot in patients after operations and are also beneficial for sciatica pain and knee pain.



(Fig 5 – Ankle rotation on its axis)

STRETCHING THE LEG BY KNEE BENDING

Sitting as in the previous posture bend the right leg from the knee above the ground and put right hand below the knee of right leg, hold the wrist of right hand by your left hand and bring the knee closure to your chest. Sitting straight, by inhaling slowly stretch the right leg forward without touching the ground. After holding the breath for some time, bring back the leg by exhaling. Do this practice up to three times. Then do the same practice by left leg also.

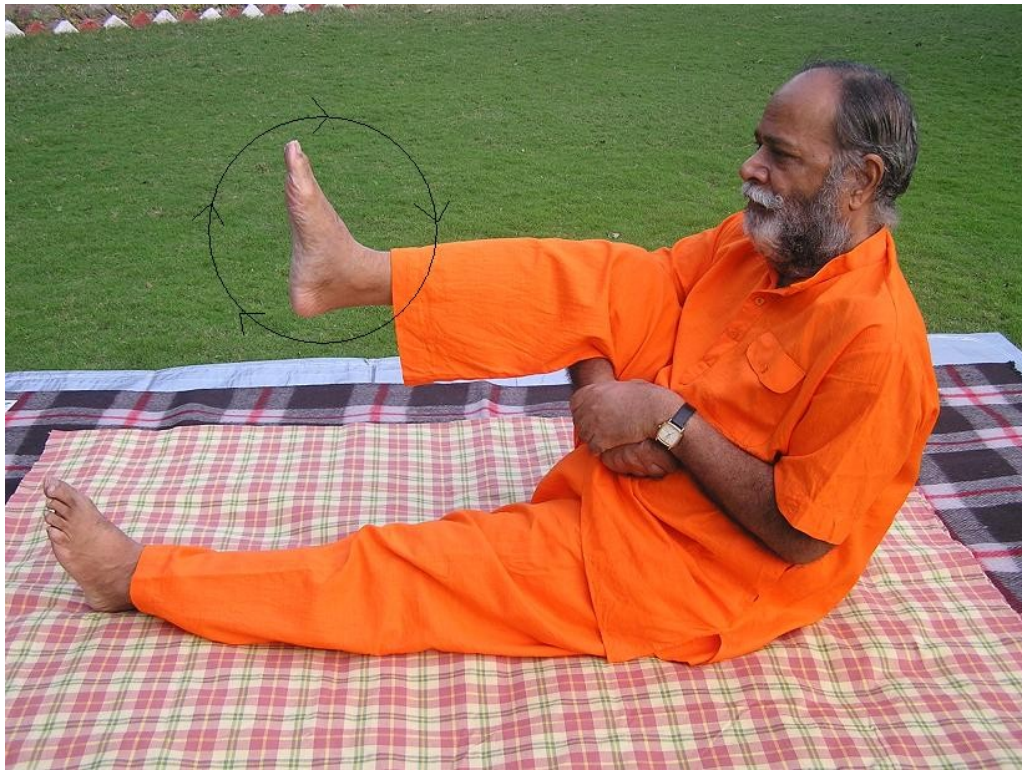


(Fig 6 – Stretching the leg by knee bending)

KNEE ROTATION ON ITS AXIS

Sitting as in the previous posture bend the right leg from the knee above the ground and put right hand below the knee of right leg, hold the wrist of right hand by your left hand and bring the knee closure to your chest. Sitting straight slowly rotate the leg in clockwise and anticlockwise up to three times each. Inhale while lifting the leg from down to upward in rotation and exhale when bringing the leg from upward to downward in rotation. Repeat it up to three times by left leg also. Keep your face smiling during entire practice.

Benefits: All the knee postures strengthen the muscle and the ligaments around the knee joint and rejuvenate the joint.



(Fig 7 – Knee rotation on its axis)

DYNAMIC SPINAL ROTATION

Sitting as in the previous posture spread the legs as far as possible, and without giving any pressure and pain in any part of the body. Put both the hand in parallel to the legs touching the toe of the legs by the hands. By exhaling slowly try to touch the big toe of the left leg by right hand and at the same time extends the left hand towards your back high in the air, so that both hands may remain in the straight line (two hands may not be in straight line but try to do as closer as you can without any pain) for few moments. Move your head also to see the left hand. Then inhaling slowly, bring back legs and hands straight. Now reverse the position. By exhaling slowly touch the right leg's big toe by left hand and extend the right hand backwards in the line of left hand. Move your head also to see the right hand. Then inhaling, slowly bring back legs and hands straight same as it was in beginning of this practice. This completes one cycle. Do it up to three times. Keep your face smiling during entire practice.

Benefits: This posture loosens up the vertebrae, relieve the backache, strengthen the stomach, and reduce deposited fat of the waist.



(Fig 8 – Spinal rotation)

KNEE BENDING (HALF BUTTERFLY)

Sitting as in the previous posture, bend the right leg from the knee and place the foot on the left thigh. Hold the ankle of right foot by left hand. Keeping the muscles of the bent right leg relaxed; hold the right knee with right hand. Sitting straight exhaling slowly move the knee up and try to bring the knee close to the chest with help of right hand, as close as you can without giving any extra stress and inhaling slowly lower the knee to the floor. Do this up to three times and repeat it up to three times by the left knee also. Keep your face smiling during entire practice.

Benefits: This helps in loosening up the knee and hip joints for prolonged sitting meditative and pranayama poses.

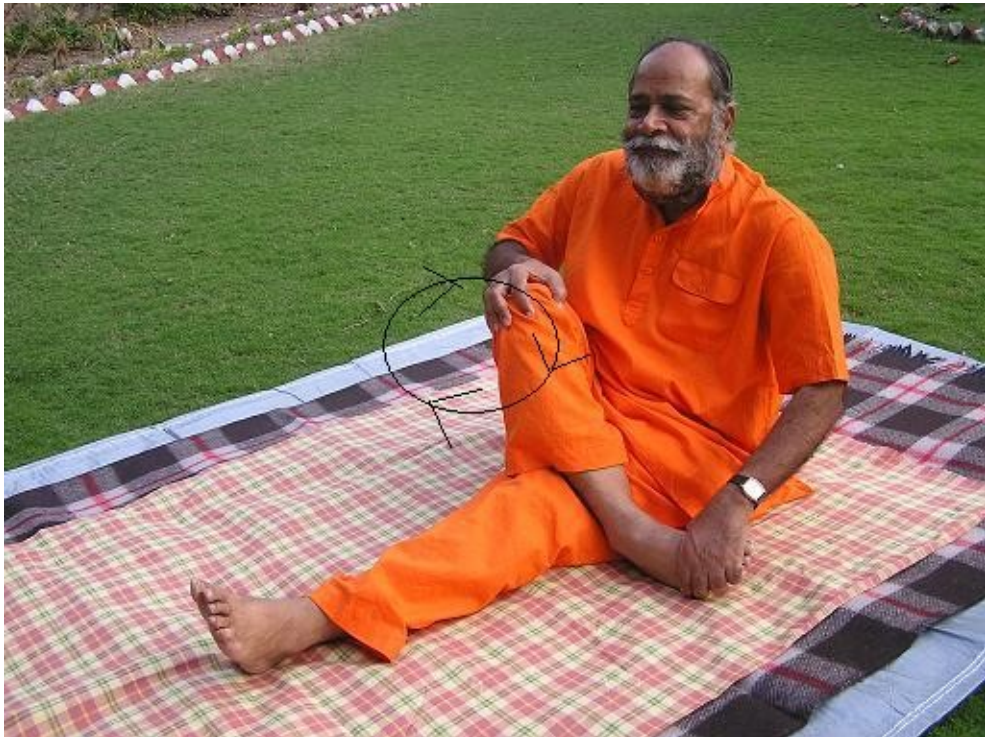


(Fig 9 – Knee bending)

THIGH ROTATION

Positioning oneself in the previous posture, bend the right leg from the knee and place the leg past over the left thigh. Holding the toe of right leg by left hand and right knee by right hand rotate right knee in a circle. Do this up to three times each in clockwise and anticlockwise. Repeat this exercise by rotating the left knee also. Breathing normal, sit straight during entire practice with smiling face through out.

Benefits: It makes thigh joints flexible and strong.



(Fig 10 – Thigh rotation)

FULL BUTTERFLY

Remain seated bring both heels close to the center of the body and hold the toes by both hands. Then exhaling, slowly bring both the knees upward and inhaling, slowly bring down both the knees to the floor. Be seated straight during this practice. Do it up to three times. It increases the flexibility of the knee and hip joints as also the muscles governing them lose their stiffness. Keep your face smiling during entire practice.

Benefits: Thigh muscles tension is relieved by these postures. And also remove tiredness from long hours of standing and walking.



(Fig 11- Full butterfly)

FIST CLENCHING

In yoga there are many useful sitting postures. But one should use the posture, in which one may sit comfortably for long period. We suggest comfort pose (sukhasana) for all seating postures. Sitting straight in the comfort posture, lift the right arm straight in front of the body at shoulder level. Inhaling close the fingers tightly to form a fist. Then exhale while relaxing the fingers and open the fist. Do this three times. Repeat this practice three times by left arm also. Now repeat this practice three times by both arms together. Keep your face smiling during entire practice.

Benefits: It makes fingers flexible and reduces stiffness of the fingers.



(Fig 12 - Fist clenching)

WRIST BENDING

Sitting in the comfort posture hold the arms straight in front of the body at shoulder level. Inhale and slowly bend the hands upward from the wrists so that the palms may face forward. Tense the hands as if some force is preventing the palms to bend. Then exhaling slowly bring the wrist straight and relax. You may do this up to three times. Then reverse this process. Now inhaling slowly, bend the hands downward from the wrists so that the palms may face you. Then exhaling slowly bring the hand straight and relax. You do this also three times. Now again bring both hands at shoulder level. Inhaling slowly bend one hand upward from the wrist and another hand downward from the wrist. By exhaling bring back both hands in straight position. Now repeat this process by reversing the bending of both hands. You may do it up to three times. Keep your face smiling during entire practice.



(Fig 13 – Wrist bending)

WRIST ROTATION

Sitting in the comfort posture hold the arms straight in front of the body at shoulder level. Clench the right fist tight and rotate the fist from the wrist three times clockwise and anticlockwise. Do the same process with the other hand also. Then do this three times by both hands together clockwise and anticlockwise. Sitting straight keep the breathing normal. Keep your face smiling during entire practice.

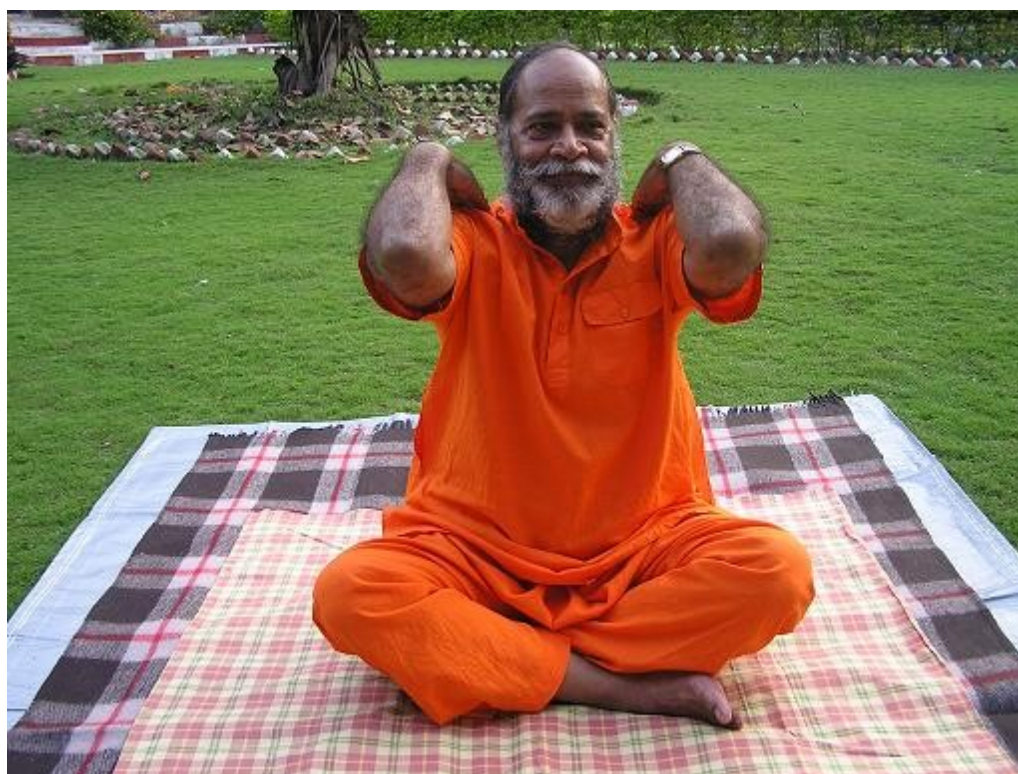
Benefits: Wrists and fists postures are beneficial for arthritis of the related joints. Also relieve tension of prolonged typing or writing.



(Fig 14 –Wrist rotation)

ELBOW BENDING (KEEPING ARMS IN FRONT)

Sitting in the comfort posture, raise the arms straight in front of the body at shoulder level, palms facing upwards. Then inhaling the breath slowly bend the hands from the elbow to touch the shoulders by the fingers. Then exhaling, slowly bring back the arms straight in front of the body. You may do it up to three times. Now turn the hands, palms facing the floor, repeat the same process. By inhaling the breath slowly bend the hands from the elbow and touch the shoulders by your fingers. Then exhaling, straighten the arms. You may do it up to three times. Keep your face smiling during entire practice.



(Fig 15 – Elbow bending from in front)

ELBOW BENDING (KEEPING ARMS SIDEWAYS)

Sitting in the comfort posture, hold the arms stretched sideways at shoulder level facing the palms upward. Then inhaling the breath slowly bends the hands from the elbow to touch the shoulders by the fingers. Then exhaling, straighten the arms. Now same process will be repeated by keeping the palms facing downward, inhaling the breath slowly bends the hands from the elbow to touch the shoulders by the fingers. Then exhaling, straighten the arms. Do this up to three times. Sitting straight keep your face smiling during entire practice.



(Fig 16 – Elbow bending from sideways)

SHOULDER ROTATION

Sitting in the comfort posture, raise the arms stretched sideways at shoulder level facing the palms upward. Bend the elbows and allow the fingers to touch the shoulders. Now rotate the shoulders by elbows in such a way that, when elbows go up the hands should touch both ears and when both elbows come in front they should touch each other. Inhale till first half rotation and exhaling to complete the full rotation. In the same manner reverse rotations should also be done. You can do this up to three times in each direction. Keep your face smiling during entire practice.

Benefits: These elbow and shoulder postures are very useful in cervical spondylitis and frozen shoulders. Maintain the shape of shoulders and chest. Relieve the strain of driving also.



(Fig 17 – Shoulder rotation)

NECK FORWARD BENDING

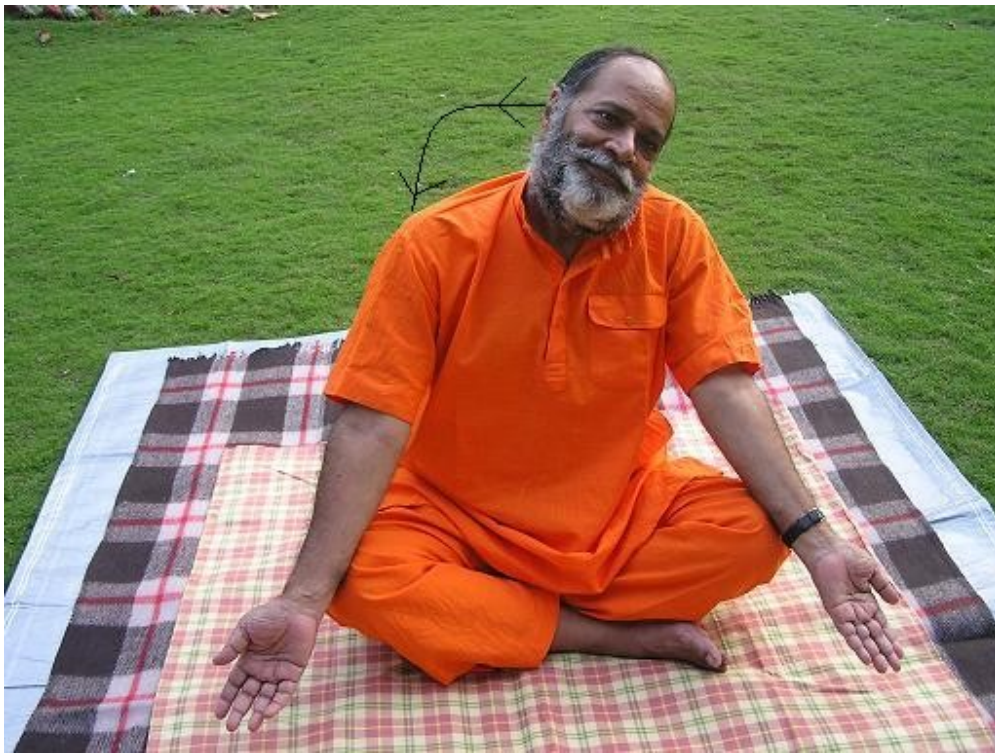
Sitting in the comfort posture, place the palms of both hands on the respective knee and keep the fingers relaxed. Now slowly exhale and bend the head forward from the neck till the chin touches the chest. Then inhaling, slowly bend the head backwards as much as you can without any strain to the neck. May repeat this up to three times. Keep your face smiling during entire practice.



(Fig 18 – Neck forward bending)

NECK SIDE BENDING

Sitting in the same posture, inhaling slowly bend head to the right side till the ear touches the right shoulder or comes closer to the shoulder without any pain to the neck. Then exhaling bring back the head to the normal position. Now inhaling slowly bend head to the left side till the ear touches the left shoulder or comes closer to the shoulder without any pain to the neck. Then exhaling, bring back the head to the normal position. Do this three times. Keep your face smiling during entire practice.

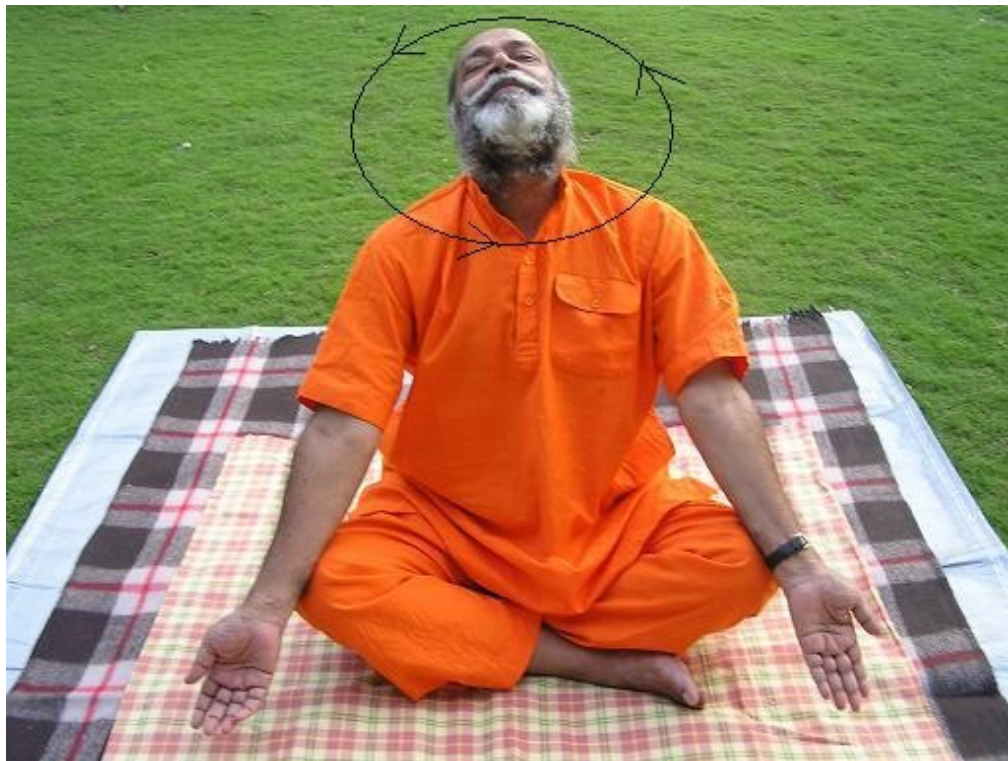


(Fig 19 – Neck side bending)

NECK ROTATION

Sitting in the same posture, keep the chin rested on the chest. Now rotate the head slowly in circle. Inhale while rotating the head till upward half circle when head is at backward and exhaling bring the head forward in rotation until the chin rests on the chest. Repeat this three times clockwise and anticlockwise. Sitting straight keep your face smiling during entire practice.

Benefits: These postures release accumulated tension, heaviness and stiffness in the head, neck and shoulder region.

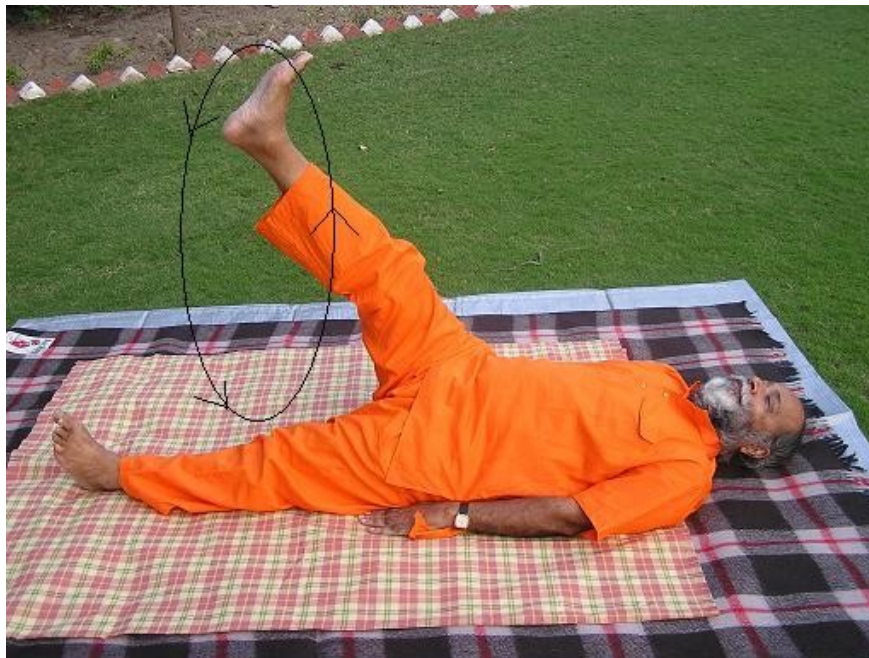


(Fig 20 – Neck rotation)

LEG ROTATION

One should relax for few moments after each asana. After completing these joint freeing exercises of sitting positions, relax your body in corpse postures (shavasana) by lying down straight on the floor, keeping both legs and both hand at comfortable distance apart. Concentrate on breathing only for 3 minutes or 30/40 breath at about 10/12 breathe per minute or till the body is fully relaxed and ready for another yoga posture. Thereafter one should straighten both legs and hands. Palms must be down on the floor. Slowly the right leg should be lifted high and slowly rotate at from hip joint while keeping the leg straight. It should be done up to three times clockwise and three times anticlockwise. While raising the leg in rotation inhale and exhale while bringing down the leg in rotation. This performance be repeat for left leg also. After resting for few moments both legs should be lifted high together and slowly rotated from hip joints by keeping the legs straight up to three times clockwise and three times anticlockwise. Face should be kept smiling during entire practice. Persons having waist pain, spinal problem, backache, kidney problem should avoid rotation of both legs together.

Benefits: Good for hip joints. Reduces fat accumulated at the hips, thighs and waist. Helps in toning of abdominal and spinal muscles.

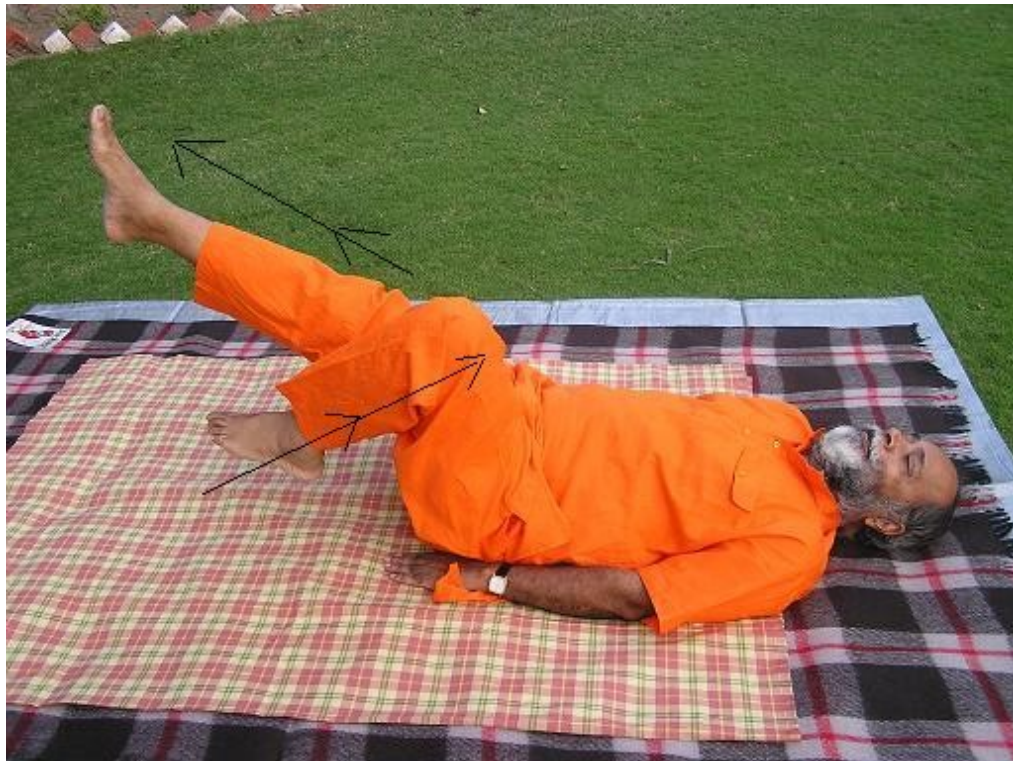


(Fig 21 – Leg rotation)

CYCLING

After relaxing the body in the same posture for few moments, the right leg should be lifted and bent from the knee close to the abdomen and moved it cycling three times in one direction and three times in the reverse direction. It should be repeated with left leg also. After resting for few moments the both legs should be lifted and bend together from the knee close to the abdomen and both the legs be moved as was done previously three times in one direction and three times in the reverse direction, inhaling while straightening the legs and exhaling while bending the legs to the abdomen. Face should be kept smiling during entire practice. Persons having back pain should avoid cycling by both legs together.

Benefits: Good for hip and knee joints. Strengthens abdominal and lower back muscles. Activates intestines, cures constipation and acidity.

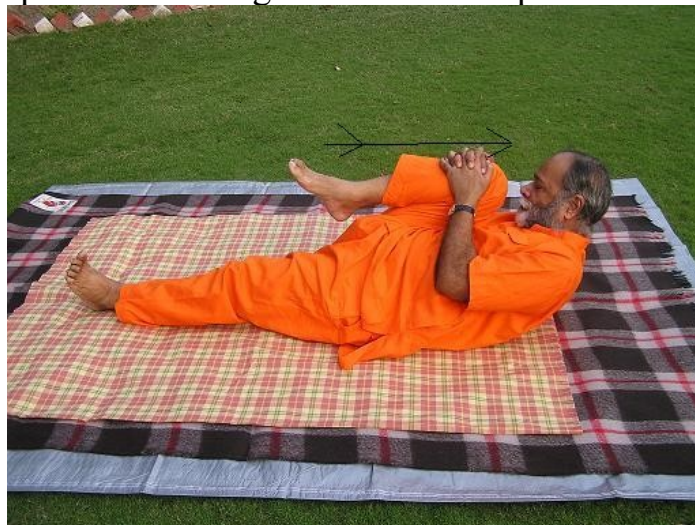


(Fig 22 - Cycling)

LEG LOCK POSTURE

Although it is one of the many postures of air releasing postures, most of the people call this particular posture as pawanmukta asana or air releasing posture. It is most important posture in yoga. After relaxing the body in the same posture for few moments, the right leg should bend and clasping the fingers of both hands they should be positioned on the right knee, while exhaling pull with the help of hands till it touches the nose or comes closer to the nose. One should raise one's head also in efforts to touch the knee by nose. While inhaling deeply the head should be down to the floor and leg straightened the leg till it rests on the floor and let the body relax. It should be done three times with each leg. After resting for few moments this practice should be repeated with both legs. Persons having back pain should avoid exercise with both legs together. Face should be smiling during entire practice. “ It is very beneficial for stomach problem and to maintain the flexibility of the spinal cord and release of gas from the stomach and the intestine. To achieve perfection on this while the very variants are useful and are in practice but one must learn “ udyan bandh” (UB). UB is practiced while sitting in any comfortable pose by exhaling and pulling back the abdomen towards the spine and remaining in the exhaled position as easily as possible for as much time as possible without any strain. If anyone learns this UB he will be able to perform perfect air releasing posture and derive the optimum benefit of this posture”.

Benefits: This strengthens the lower back muscles and loosens the spinal vertebrae. As it massages the abdomen and the digestive organs, it is very helpful in removing wind and constipation.

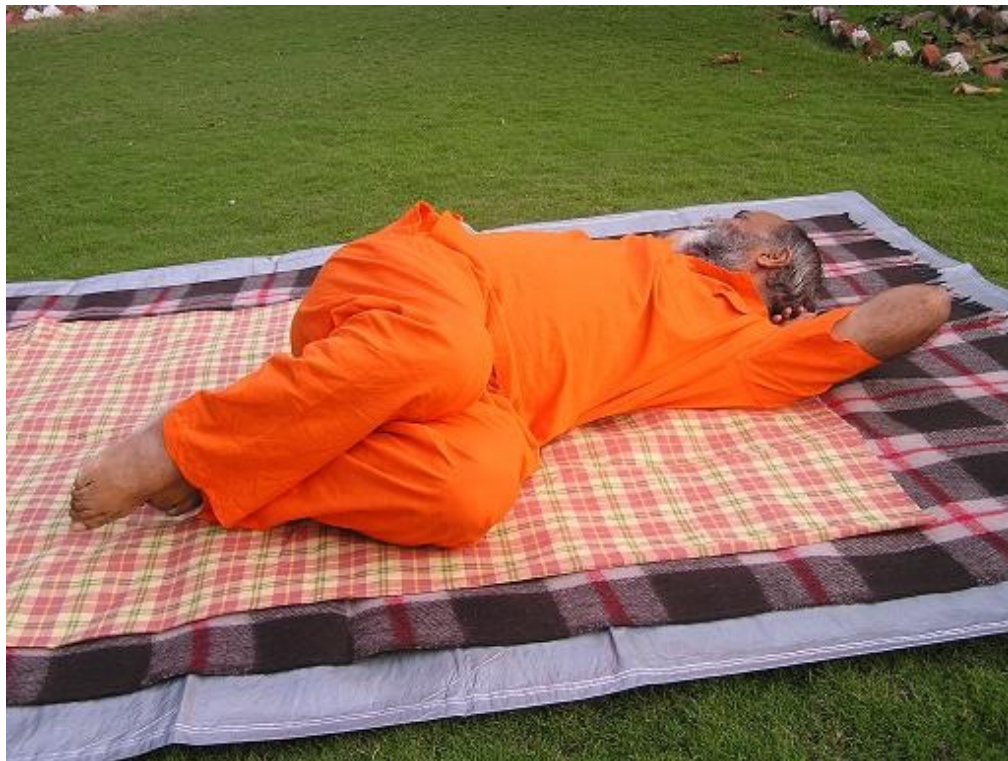


(Fig 23 – Leg lock pose)

SLEEPING ABDOMINAL STRETCH POSE

For this posture both legs should be bent from the knees to bring them closer to the abdomen. The palms of both hands to be brought together and cupping the head with the palms and the elbows should touch the floor. Exhaling slowly the right knees to be brought to touch the floor, simultaneously twisting upper portion of the body in the opposite direction by turning the head within the clasped hands. The breath should be hold in this position up to three seconds and inhale when one returns to the original position. This should be repeated rolling the knees in the opposite side to complete one round, and it may be for three complete rounds. The face should be kept smiling during entire practice.

Benefits: Improves digestion and eliminate constipation. Also relieves the strain and stiffness caused by prolonged sitting.



(Fig 24 – Sleeping abdominal stretch pose)

ROCKING AND ROLLING (STAGE 1)

After relaxing the body in the same position for few moments, both legs should be bent from the knees. And clasping the fingers of both hands together both folded legs should be tightly held. There after roll from right to left and left to right 10 times or as many times as one can comfortably do, touching the side of the legs on the floor. While rolling the head should be lifted from the floor and breathing normal. This may be performed on a thick blanket.



(Fig 25 - Rocking and rolling, stage 1)

ROCK AND ROLLING (STAGE 2)

Tightly holding the both folded legs same way as in the previous, exercise and breathing normally the whole body should be rocked backwards and forwards on the spine up to three times. Persons having spinal problem, kidney problem, backache or waist pain must avoid this posture. The face should always be kept smiling during entire practice.

Benefits: Massages the back, buttocks and hips.



(Fig 26 - Rock and rolling, stage 2)

BOAT POSE

After relaxing the body for few moments, both hands should be put straight on both sides of the head on the floor touching the ears, palms facing upward. Inhaling deeply the legs, hands, head and upper portion of the body should be lifted as much as one can raise easily. The breath should be held as much as one can comfortably do in this position. Then exhaling one should return to the lying position. One may repeat this up to three times. The whole body should be relaxed after each round, keeping the face smiling during entire practice. Persons having spinal problem, kidney problem, backache or waist pain should use one leg only at a time.

Benefits: This posture stimulates the muscular, digestive, circulatory, nervous and hormonal systems, tones all the organs and removes lethargy. It is especially useful for eliminating nervous tension and bringing about deep relaxation. It strengthens the intestine, removes constipation, gas formation, and obesity, heart disease, stomach pain and improve digestive system. This posture is also beneficial for persons suffering from weak nerves and tension.



(Fig 27 – Boat pose)

VAJRASHNA (THUNDERBOLT POSE)

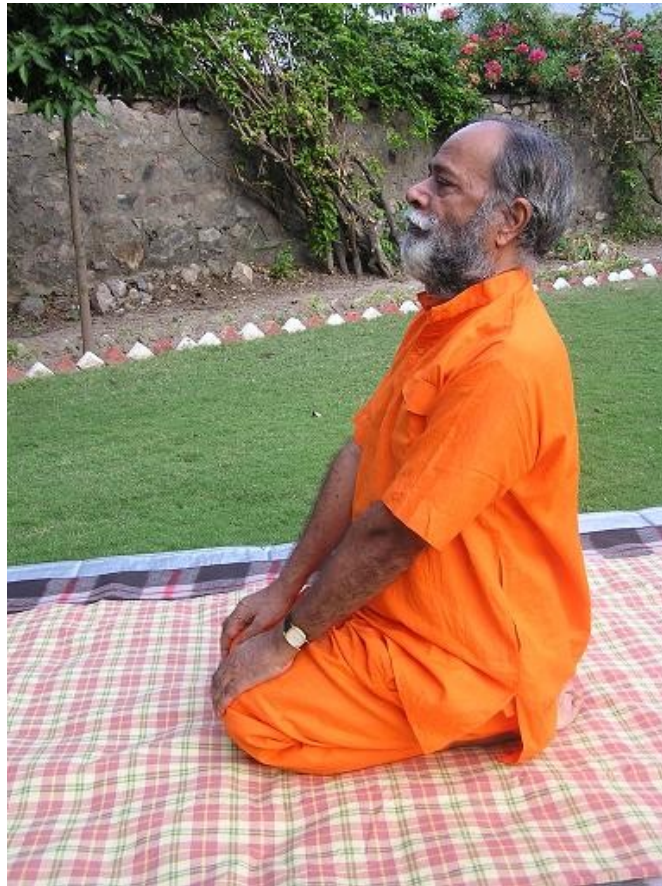
This is the only asana, which can be done and must be done after taking food. For this one should sit on the knee and willow feet pointed backwards and both toes touching each other. Knees must be together and the heels should be apart and buttocks should be kept over the heels. The palms should be on the knees where keeping the spine and the neck straight with relaxed body. The breathing should be normal. Both eyes should concentrate at the tip of the nose remaining in this position for five to fifteen minutes. It will digest the meal and prevent the stomach to come out. If any one gets problem in sitting in this posture there is an easy alternate process for improving digestion. Keeping the left nostril closed by finger or some cotton, one should inhale and exhale by right nostril only and walk at least for fifteen minutes. Even if your physical status do not allow you to walk, lie down on the bed with left nostril closed and rotate the body in both side with an interval of two minutes. Inhale and exhale from right nostril only at least for Twenty minutes. It will digest the meal and prevent the stomach to come out.

While practicing varjya aashan apart as per the instructions given above one should practice “aashwini mudra”. Aashwini mudra is the one in which one pulls the anus inside and then relax it and then again draws it in and relax. This process of pulling inside and relaxing should be done for atleast 15 times.

The swar vigyan, an essential part of yoga lays down that a person breathes through one nostril at a time i.e. either left or right. For a certain time one breathes through one nostril at a time and it goes on alternating after a period automatically. When the breathing is changed through nostril i.e. left to right or right to left the person breathes from both the nostrils. For digestion, while eating or performing any physical labour the breathing through right nostril i.e. surya nari is beneficial while doing intellectual work or work not requiring physical labour the breathing through left nostril i.e. Chandra nari is beneficial. By laying down on the left side one can change the Chandra nari into surya nari and in the same way laying on the right one can change surya nari into Chandra nari. So after food laying on the left side for few minutes will automatically starts breathing through right nostril and one may not need to shut his left nostril by finger. Swar vigyan and mudra vigyan are necessary to achieve the optimum results of the aashan and higher stage of the astang yog.

Benefits: Vajrasana alters the flow of blood and nervous impulses in the pelvic region and strengthens the pelvic muscles. It is a preventative measure against hernia and also helps to relieve piles. It increases the efficiency of the entire digestive system, relieving stomach ailment such as hyperacidity and peptic ulcer. It reduces the blood flow to the genitals and massages the nerve fibers, which feed them, making it useful in the treatment of dilated testicles and hydrocele in men. Assists women in labour and helps alleviate menstrual disorders. It is the best meditation posture for people suffering from sciatica and sacral infections. It stimulates the vajra nadi, activates prana in sushumna and redirects sexual energy to the brain for spiritual purposes.

Problems of the stomach, sciatica, gas, leg pain, blood pressure, spine pain, sexual disorders and urinary disorders are remedied through this posture.



(Fig 28 – Vajrashna “thunderbolt pose”)

EYE PALMING, ROTATION AND FIXATION (TRATAKA)

In yoga, trataka is of great importance. There are two types of trataka, external and internal. External trataka i.e. gazing at outer object for a long period is not meant for grihasths (common homely people). One should practice the rotation of the eyes and looking at a distance (like sky) and then looking at the nearest (which may be looking at the tip of the nose or eyebrows) one after the other without wasting time for 15 -20 times. Internal trataka means looking inside the body at any point by closing the eyes, i.e. by looking inside at any (chakras) spiritual center of the body with closed eyes. Now rub both the palms together until they become hot and put them over the closed eyes till the heat of the hands absorbed by the eyes. Repeat this process 3 times.

Benefits: It restores balance in the muscles surrounding the eyes and improves coordinated activities of both eyeballs.



(Fig 29 – Eyes rotation)

SUN SALUTATION POSE (SURYA PRANAM)

Sun salutation pose is a group of twelve postures, which symbolize the twelve signs of the Sun. These are following twelve related MANTRA stepwise.

One should chant each mantra for each posture audibly or mentally. If one does not know the mantra, one should not bother. Sun God should be remembered the beginning of each of twelve postures, as all the twelve mantra is in praise of Sun God. Facing the Sun chant OM five times or Gayetri Mantra three times with folded hands and prepare your body, mind and soul for sun salutation postures.

The Mantras presented for each step/posture are as follow:-

Step – 1 Om haan mitraya namah (*Salutations to the friends of all*)

Step – 2 Om hing ravaye namah (*Salutations to the shining one*)

Step – 3 Om hung suryaya namah (*Salutations to the Sun's grace*)

Step – 4 Om hain bhanave namah (*Salutations to the illuminates*)

Step – 5 Om hoang khagaya namah (*Salutations to the sky movers*)

Step – 6 Om haa pusne namah (*Salutations to the strength provider*)

Step – 7 Om haan hirangarbhaya namah

(*Salutations to the golden, Cosmic self*)

Step – 8 Om hing marichye namah

(*Salutations to the lord of the dawn*)

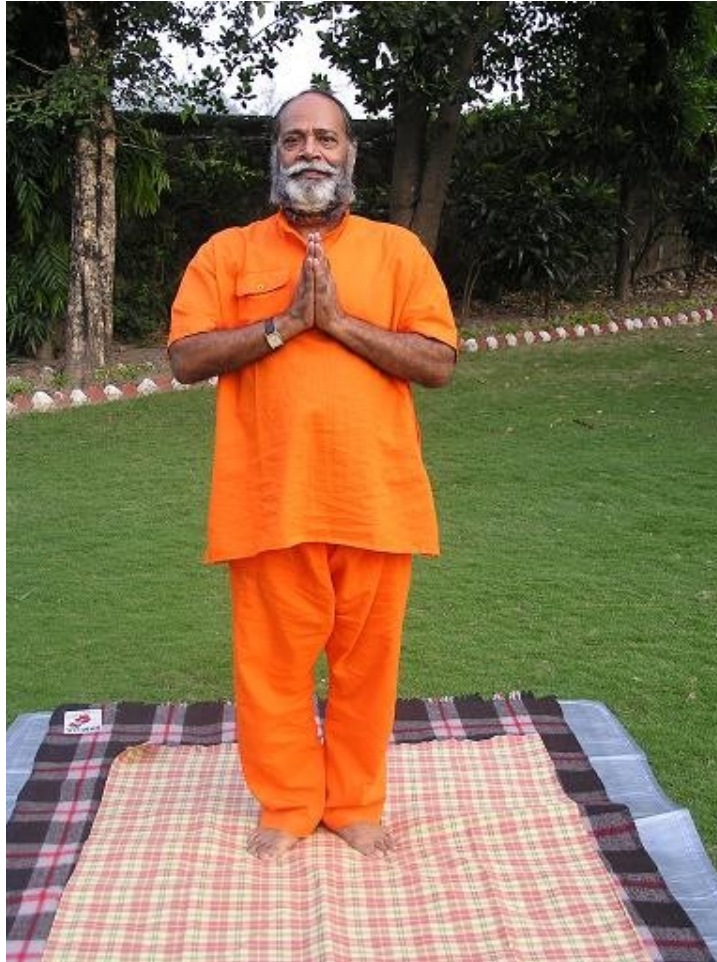
Step – 9 Om hung aditayaye namah (*Salutations to the son of Aditi*)

Step – 10 Om hain savitre namah (*Salutations to the Lord of Creation*)

Step – 11 Om hoang arkaye namah (*Salutations to the deserving one*)

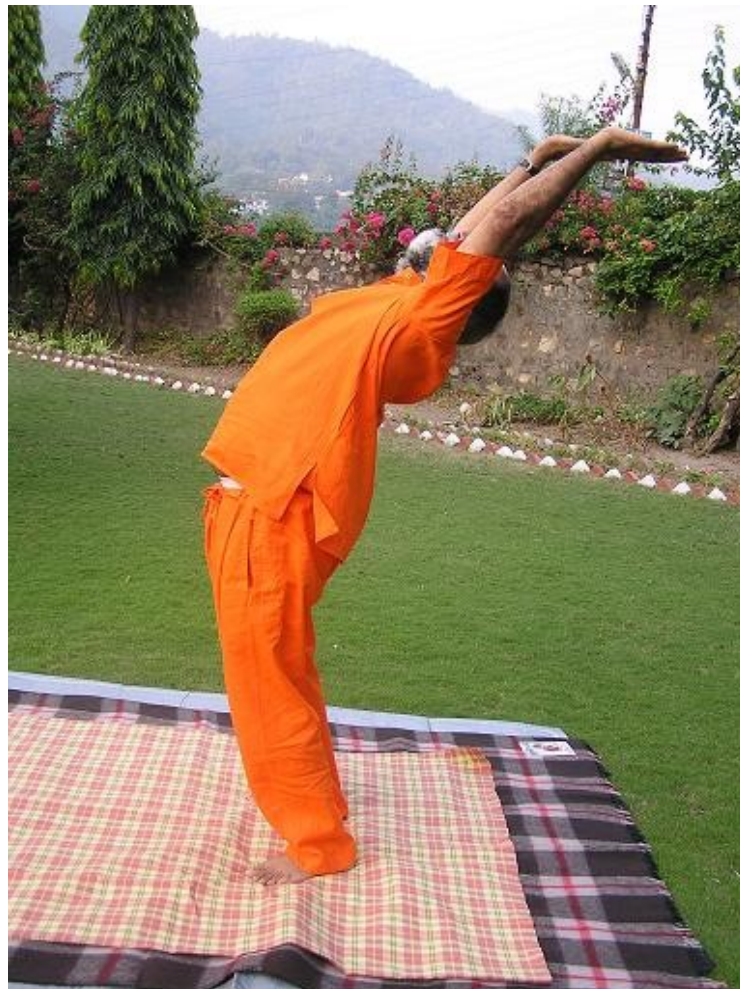
Step – 12 Om haa bhaskaraye namah (*Salutations to the enlightened*)

Step 1 - (Salutation Pose):- In standing position and Keeping the feet together or with little gap as convenient the palms be raised and positioned them near the chest. OM should be chanted five times and mind and body be readied for Sun salutation postures. Keeping the breathing normaly the body relaxed. Keep image of the God in your mind and heart. Then chant the mantra Om haan mitraya namah, audibly or mentally.



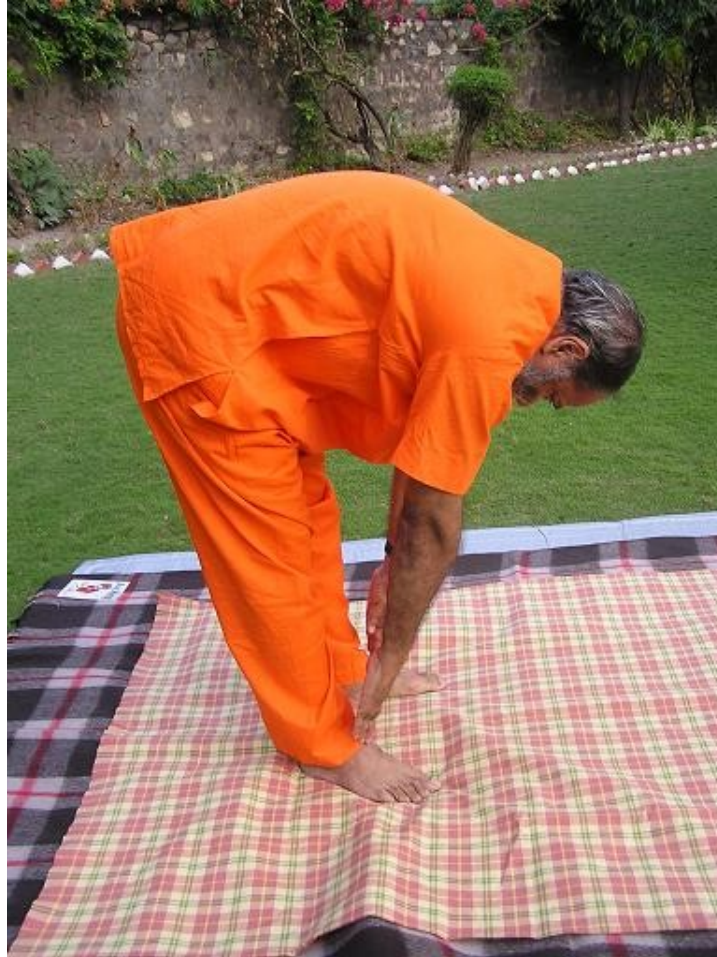
(Fig step – 1 & 12 of sun salutation)

Step 2 - (Raised Arm Pose):- Raising hands straight up with shoulder width apart, entire upper part of the body be bent backwards in the shape of an arc while inhaling. The legs should be remaining in this position for few moments and one should chant Om hing ravaye namah.



(Fig step – 2 & 11 of sun salutation)

Step 3 - (Foot-Hand Pose):- Exhaling, slowly one should bend forward and try to touch the toes with the fingers without causing any pain and without bending the knees. The Mantra be chanted in this posture Om hung suryaya namah.



(Fig step – 3 & 10 of sun salutation)

Step 4 - (Equestrian Pose):- Placing the palms on the floor on both sides of the left leg. The right leg should be stretched backward as much as one can easily do and bending the other leg from the knee and keep the hands straight. The back should be in form of an arc drawing the head backwards and pushing the chest out. When drawing the head back inhaled Om hain bhanave namah be chanted.



(Fig step – 4 & 9 of sun salutation)

Step 5 - (Mountain Pose):- Stretching the left leg backward and joining both legs, the buttocks be raised and the head be brought between the arms inwards. The hands and leg be kept straight so that the body looks like a mountain. While exhaling concentrate and Om hoang khagaya namah be chanted.



(Fig step – 5 & 8 of sun salutation)

Step 6 - Eight Limbs Salutation Pose (Sastanga Pranipada):- Without moving the hands and feet from the previous pose the body should be brought down to the floor so that the chin, chest and knees touch the floor. One should let the buttocks and abdomen remain a bit above the floor. Holding the breath, one should concentrate and chant Om haa pusne namah.



(Fig step – 6 of sun salutation)

Step 7 - (Cobra Pose):- Lowering the buttocks and the abdomen to the floor the arms should be straightened putting head backwards in an arc while inhaling one should concentrate and chant Om haan hirangarbhaya namah.



(Fig step – 7 of sun salutation)

- Step 8 Returning to the pose of step 5 and chanting
Om hing marichye namah**
- Step 9 Returning to pose of step 4 and chanting
Om hung aditayaye namah**
- Step 10 Returning to pose of step 3 and chanting
Om hain savitre namah**
- Step 11 Returning to pose of step 2 and chanting
Om hoang arkaye namah**
- Step 12 Returning to pose of step 1 and chanting
Om haa bhaskaraye namah**

All the twelve steps should be repeated with reversing the position of the legs in certain poses. This will complete one round of sun salutation. One may do it up to 10 rounds or as one can easily do without getting tired. Persons above the age of 50 years should not do more than five rounds. Surya Namaskara (Sun Salutation) is known to be very beneficial yoga that brings bliss. But there is one caution. It should not be practiced after the age of fifty if it has not being practiced earlier or persons are not involved with physical exercises previously. Osteoporosis of the bones starts from this age. Many people have fractured their bone by practicing it at the later stage and bringing bad name to yoga. Only recital of the 12 names of the Sun in the morning after awakening brings bliss and wards malefic effects.

Benefits: This yoga increases concentration, improves digestion, tones the spinal nerves, eliminate abdominal ailments, helps to remove constipation, improves blood circulation, reduces excess weight, improves muscles of legs, arms and shoulders, open the lungs, makes the spine supple, tones the liver, massages the kidneys and adrenal glands. This is an amazing practice for massage of the joints, muscles and all internal organs. It has a heating benefit. It balances all the systems of the body and is very beneficial for the persons, whose movements are restricted like office workers and shopkeepers. Daily performing of these postures will help them in maintaining perfect healthy physique, sharp intellect and strong memory. It is very useful for students also

FOREHEAD BREATHING (KAPALBHATI)

Literal meaning of kapalbhati is shining of the forehead (or face). Regular practice of kapalbhati will bring an attractive glow on ones face. Sitting in any comfortable meditative pose and keeping both palms on the knees, facing upward and fore fingers should touching the thumbs, deeply inhaling bellowing the abdomen as much as you can. There after rapidly exhale contracting the abdomen. Hold the exhaled air as long as comfortably you can by retaining the abdomen contracted. Keep the chest and shoulder still during the practice. This may be repeated as much as one can easily do so up to 100 times or up to say 15-20 minutes. But initially one may not do more than 20 - 25 times in one stretch. One may complete it in phases by relaxing for few moments. There are few yoga teachers, who advise inhaling the air in the stomach. But actually no air can be put in the abdomen, due to inhaling, diaphragm goes down, which helps in further blowing up the abdomen. In fact Kapalbhati is a process in which the person goes on exhaling, exhaling, exhaling without minding least for inhalation. Inhalation involuntarily goes on. Kapalbhati clears sinuses, strengthens adenoids clearing the frontal lobe of the brain (agyachakra) at the same time activating the medullata. It paves the way for the next step after pranayam. In yoga, kandha is an organ, which is located four fingers below the navel. It is presumed in yoga that 72,000 naries spreading out throughout the body originates thru it. By kandh sanchalan one energises its 72,000 naries and helps in the awakening of the kundalini which is located in the muladhar, located between the four finger space between the anus and scrotum. Actually in kapalbhati there is no significant movement in the stomach. It only stimulates in the forehead, sinuses, ear, eyes, palate i.e. all the gyanindriyas. While the kandh sanchalan is a developed form of agnisar and nauli kriya. What ever it has been prescribed here for practice is a combination of Kapalbhati and Kandh sanchalan. Kapalbhati should not be practiced by the persons suffering from heart disease, high blood pressure, hernia or gastric ulcer.

Benefits: These practices are useful for good health and longevity. It cures acidity, indigestion, constipation and gas related problems.



After inhaling



After exhaling

(Fig 30 – Forehead breathing)

NADI SUDDHI PRANAYAMA (ANULOM-VILOM) (PSYCHIC NERVES PURIFICATION)

Sitting in comfortable meditative posture, keeping the neck and back straight, and Placing the left hand on the left knee, fore finger touching the thumb, one should peacefully relax the entire body to prepare physically and mentally for the practice of the pranayama. Bringing the right palm before the face one should place the forefinger and middle finger on the center of eyebrows. During the entire practice the eyes should be kept still. Placing the thumb near the right nostril and the ring finger near the left nostril one should close and open the nostrils as required by the thumb or by the ring finger. While inhaling slowly and deeply first through the right nostril, with a feeling that one is filling prana (winds of the body) from toes to the crown of the head. There after closing the right nostril with right thumb, the breath should be held for while and it should be exhaled with left nostril. This process be repeated by inhaling through left nostril closing the left nostril with ring finger, the breath be held for while before exhaling through the right nostril. . This completes one cycle. While inhaling and exhaling and holding the breath chant OM mentally. Slowly the duration of inhaling and exhaling and holding should be increased. In few days practice, one may control the duration of inhaling, exhaling and holding of breath up to 30 seconds. It means one may be able to breath twice only in one minutes and can increase your remaining life up to 750%. You should insure that duration of inhalation and exhalation should be same. Initially duration of inhalation and exhalation may not be same. But after regular practice, one can do it. One will realise the benefits, after regularly doing this practice for a period of 3 to 6 months. Doing this will neither stress or tense the body nor will it tier one. This cycle should be repeated up to 100 times or minimum 15 minutes, if you can do it without being tense or tired. One should keep his face smiling during entire practice.

RELAXATION POSTURE SERIES (CORPOSE POSTURE OR SHAVASANA)

Lying straight on the floor face upward, the arms be kept on the sides of thighs at 6" distance, with the palms open and facing upward. The feet should be kept comfortably apart, eyes closed to keep whole body in complete relaxation. No part of the body should move. Ensure in your mind and feel that all the organs of the body starting from toes to the head are relaxed. (This is known as Shavasana means corpse posture). By regular practice, one will get the control of the art of relaxation and it will become natural and spontaneous. When the whole body is relaxed to the extent one forgets the body, the mind experiences alert rest. At that time one should think himself moved away from his body, as if the body is dead. One must know that his Atma or soul will never be destroyed like ones body, because ones soul is part of the God, which will always remain in the world. In ones present life the body of human being is provided to one on the basis of his Karma done in his previous life. Ones body is his most obedient servant. If an apple is on the table and ones body is in need of it, but ones stomach cannot automatically get it without firm instructions to different parts of their body. Even if ones minds to act leg move to the table on which the apple is kept, the hand will not pick it up without getting mental instruction to pick and only after further instruction of one's self the hand will bring the apple near to the mouth. But even then the teeth will not bite without further order from one's self. In this way an apple can find its way to your stomach only after action of different parts of the body on ones command. Similarly in Shavasana one can instruct all the different parts of the body not to move. One might have heard the story of Karna when it has been said that when Guru Parshuram was sleeping by keeping his head on the thigh of Karna, one deadly insect came and entered in thigh of Karna by making a hole. But Karna had instructed his thigh not to move and remain in as it was dead. Like wise one may instruct all parts of the body to remain unmoved during shavasana. Concentrating on the breathing and thinking religious topics so that ones mind does not dwell in worldly thoughts. It is easy to think that one can lie in the corpse posture for 30 minutes, but it not so easy when one finds after some time that some part of the body has moved. This is because that part gets permission from the uncontrolled mind.

Therefore one should continue to think about God, or keep the mind busy by repeating Gayetri Mantra or your any personal mantra with every breath (inhalation and exhalation). One must realize God is always with one although

one may not be with God all the time. He knows every thing, whether in the open or behind closed door, He even knows what ever you are thinking in mind. Therefore one should always think well and perform best to gain faith of God in you. Think in this way up to 30 minutes.

Benefits: It relaxes the body and increases awareness of the mind. It reduces high blood pressure. It helps in recovering from summer heat exhaustion and hypertension. This will help in controlling large number of diseases caused by tension. It is very helpful for calming down the mind leading to meditation.



(Fig 32- Corpse pose)

RELAXATION POSTURE SERIES (REVERSE POSTURE)

Lie on the stomach. And repeat the same relaxation process as done in the corpse posture.

Benefits: It also helps in relieving all stress and strain of the body and mind. This posture is helpful in stiff neck, slipped disc and stooping figure. Peoples having these problems may feel comfort in sleeping in this posture.

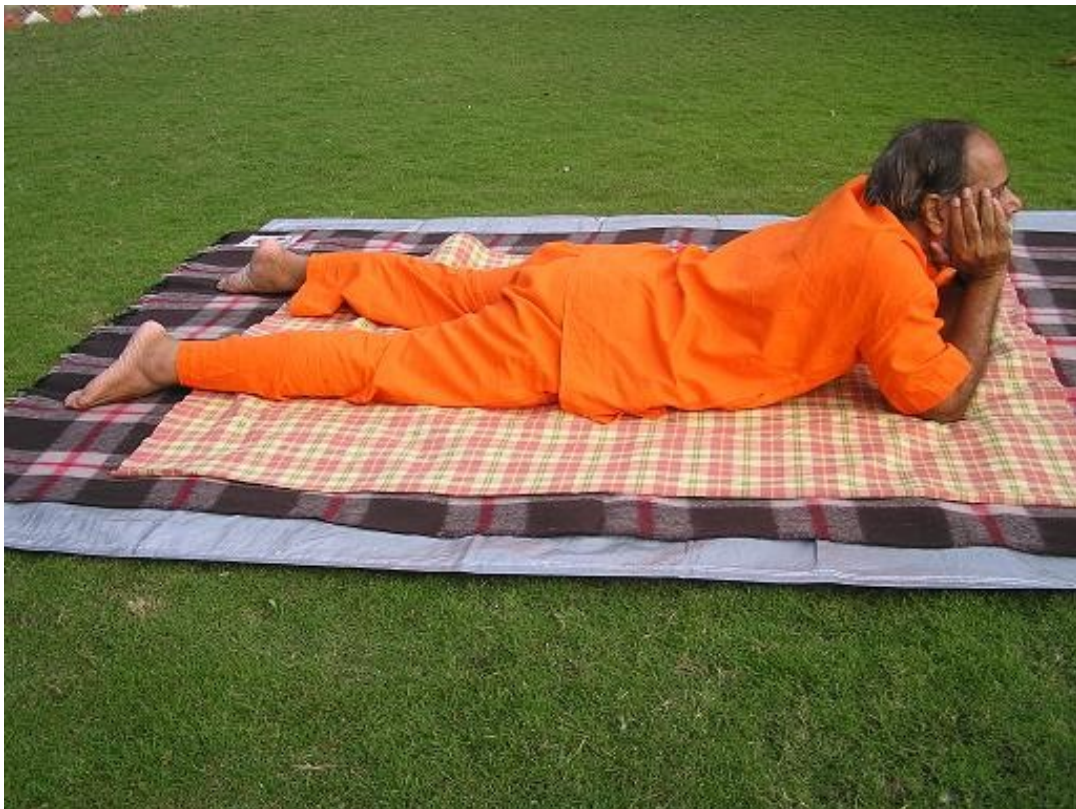


Fig 33 – Relaxation posture (Reverse posture)

RELAXATION POSTURE SERIES (CROCODILE POSTURE)

Lie on the stomach. Fold the arms and position the elbows on the floor and place the chin in the cup of the palms. In this position, the head and shoulders shall be raised. Rest will be same as corpse posture.

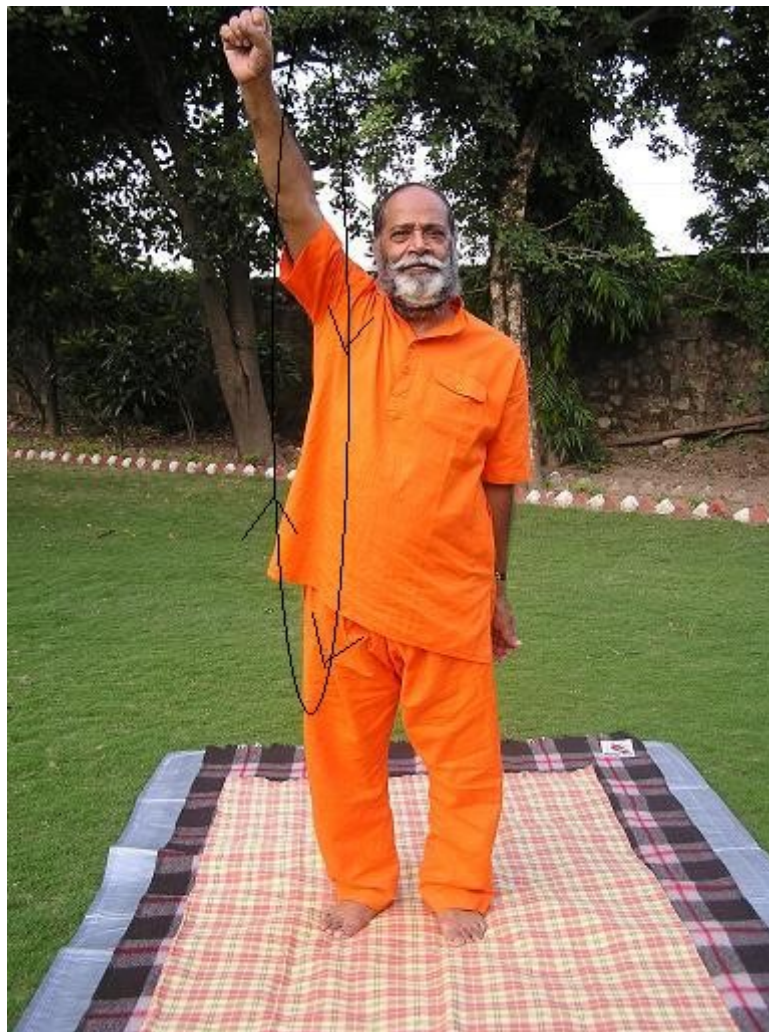
Benefits: It is beneficial for the people suffering from slip disc, sciatica, lower back pain, asthma, any spinal disorder and lung ailments.



(Fig 34 –Relaxation, crocodile posture)

HAND ROTATION

While in standing position with either the feet together or with a little gap, one may lift one's right hand and rotate it in a circle clockwise and anticlockwise ten times. This should be repeated with left arm also by rotating it in a circle clockwise and anticlockwise ten times. This will help in preventing Freeze Shoulder problem. The person who is already suffering from Freeze Shoulder problem should repeat this 5 to 10 times in a day to get out of this problem.



(Fig 35 – Hand rotation)

EXERCISE FOR KNEE PAIN

Putting both palms on a wall one should straighten the right leg putting the body weight on toes of the right leg. After remaining in this position for ten seconds, the position of the legs may be changed and put body weight on toes of one's left leg for ten seconds. This may be repeated ten times. Which will means one has to spend 200 seconds to complete this exercise. If one already has knee pain, do this exercise 5 to 10 times a day. You may do this any time anywhere. Within 15 days you will find improvement. Continue to get rid of Knee Pain forever.



(Fig 36 – For knee pain)

RELAXATION DURING WORK

Some time when one is working in his office, one feels mentally tired and exhausted, and unable to continue the work. At that time one should place his body on the chair in corpse posture, keep the eyes closed, arms falling at the sides of arms rests of the chair breathing normally and thinking about any religious symbol such as OM, Swastika, Holy Cross etc. After five to ten minutes when opens his eyes one would feel fresh and able to work.



(Fig 37 – Relaxation in office)

MEDITATION

One needs highest concentration in the meditation. Freeing the mind from all the attractions and distractions of the world, one should focus on any of one's most likable subject or object like one's master, God or Guru and meditate on perfection, purity, freedom, full knowledge. Later after few weeks of practice meditation on other objects like sun, moon, ocean and other pride of the nature etc. could be meditated. After some time one should divert his mind from worldly objects and try to concentrate on oneself. In the initial stage, after in any meditation posture, concentrate on breathing only with closed eyes. There after the mind could be brought back on and every major thing happened during the last day from time of waking up to time of going to bed, the actions taken by oneself be revised with promises not to repeat the mistakes and to do even better in future. One should concentrate on good actions and pledge to remove ones faults like anger, greed, jealousy, falsity, deception, infatuation etc. One should repeat the promise regularly during the regular yoga practice in the morning. One will be surprised to find that in few days that ones above mentioned habits have reduced drastically and your daily routine will be calm, peaceful and tension free. Then any one will be better prepared for meditation. One may continuously chant Gayatri Mantra during meditation in your heart. You may do meditation by sitting in padamasana (Lotus Posture). For padamasana one should place ones right foot on the left thigh in a manner that the heel touch out the pelvic region. The sole of the foot should face upwards. The left leg be placed on the right thigh in the same manner. The palms of both hands be placed on both knees by putting fingers in Dharanasakti Mudra (thumbs touching the fore fingers). If one cannot sit comfortably for long in lotus posture, one may sit in any comfortable posture. If you are not comfortable in sitting for long time in any sitting posture, then one may meditate even in corpse posture. During meditation back and neck should be kept straight and the eyes closed concentrating on the third eye (center of both eye brows). If one meditates daily for 30 minutes, he will be able to face the battle of life with peace and spiritual strength. Meditation is most powerful tonic for mind and nerves; hence it kills all pains, suffering and sorrow. It opens the door of intuitive knowledge and field of unending pleasure. Perfect meditation cannot be practiced in a short time and one have to strict hard for some time by being vigilant and lot of patience. Gradually all the doubts of ones mind, if any will be cleared, on its own, and a mysterious inner force will guide the person. Best time for meditation is before sunrise in the morning and after sunset in the evening. By controlling the breathing you may increase your life.



(Fig 38 Meditation)

CONCLUSION

We are presenting before you the shortest book on yoga and pranayama incorporated with selected few most easy and beneficial postures. This book has been produced for the common people. Common people cannot perform all yoga postures as learned yoga teachers and Swamis can perform. As mentioned earlier also that yoga postures are for comfort. One should stop immediately if one feels discomfort in any posture. Although we have selected only easy postures, which one can perform comfortably, but one may select few out of these also as per your convenience, for the daily practice. Initially you may not feel pleasure in doing yoga postures but gradually you will enjoy in performing these practices, if you will daily practice it with ease.

Following time wise general course are suggested.

For – 15 minutes: - All joint freeing exercises (Fig. 2 to Fig.20) 3 times each
OR

All joint freeing exercises (Fig. 2 to Fig. 20) 2 times each
Nerve Purification - 5 minutes

For – 20 minutes: - All Joint Freeing exercises (Fig. 2 to Fig 20) 3 times each
Nerve Purification - 5 minutes

OR

All Joint Freeing exercises (Fig. 2 to Fig. 20) 1 time each
Sun Salutation postures – 2 rounds
Nerve Purification - 5 minutes
Kapalbhati – 5 minutes

For – 30 minutes: - All joint freeing exercises (Fig. 2 to Fig. 20) 3 times each
Sun Salutation postures – 2 rounds
Nerve Purification - 5 minutes
Kapalbhati – 5 minutes

OR

All joint freeing exercises (Fig. 2 to Fig. 20) 3 times each
Yoga postures (Fig. 21 to Fig. 27) – 3 times each
Nerve Purification - 5 minutes
Kapalbhati – 5 minutes

For – 60 minutes: - All joint freeing exercises (Fig. 2 to Fig. 20) 3 times each
Sun Salutation postures – 3 rounds
Yoga postures (Fig. 21 to Fig. 27) – 3 times each
Nerve Purification - 10 minutes
Kapalbhati – 10 minutes

For – 90 minutes: - All joint freeing exercises (Fig. 2 to Fig. 20) 3 times each
Sun Salutation postures – 5 rounds
Yoga postures (Fig. 21 to Fig. 27) – 3 times each
The Ankle Posture (Vajrasana) – 15 minutes
Nerve Purification - 15 minutes
Kapalbhati – 15 minutes
Corpse Posture – 15 minutes

Or one may select only those postures, which are convenient for him and he may repeat them regularly.

Hari Om

Following easy yoga postures are suggested for the mentioned problems:

- Abdomen** - Joint freeing exercises, Vajrasana, Kapalbhati
- Acidity** - Cycling, Vajrasana, Nerve purification, Meditation
- Anemia** - Sun salutation, Nerve purification, Corpse pose
- Anger** - Corpse pose, Nerve purification, Kapalbhati, Meditation
- Anxiety** - Joint freeing exercises, Sun salutation, Kapalbhati, Nerve purification, Corpse Pose
- Appetite** - Sun salutation
- Arthritis** - Joint freeing exercises, Kapalbhati, Nerve purification, Meditation
- Asthma** - Crocodile Pose, Kapalbhati, Anulom-Vilom (both ways), Corpse pose, Sun salutation
- All round improvement** - Sun Salutation, Nerve purification (Anulom-Vilom)
- Backache** - Joint freeing exercises, Spinal rotation, Vajrasana (Thunderbolt pose)
- Blood Pressure** - Joint freeing exercises, Corpse pose, Thunderbolt pose (Vajrasana), Nerve purification, Meditation
- Blood clot preventing** - All ankle postures
- Cancer** - Joint freeing exercises, Sun salutation, Nerve purification
- Concentration** - Nerve purification, Meditation
- Constipation** - Cycling, Leg bending, Boat pose, Forehead breathing (Kapalbhati), Leg lock pose, Sleeping abdominal stretch pose, Sun salutation, Vajrasana, Nerve purification
- Chronic aches and Pains** - All joint freeing exercises
- Cervical Spondylitis** - All elbow and shoulder postures, Crocodile pose
- Deposited fat** - Spinal rotation, Leg rotation, Cycling, Side rolling, Rolling, Rock and rolling, Boat pose, Forehead breathing (Kapalbhati), Nerve purification (Anulom-Vilom), Sun salutation
- Depression** - Sun salutation, Kapalbhati

Diabetes - Meditation, Joint freeing exercises, Crocodile posture, Kapalbhathi, Nerve purification, and Vajrasana, Sun salutation.

Diarrhea - Joint freeing exercises, Vajrasana, Sun salutation, Nerve purification

Digestion system - Boat pose, Thunderbolt pose (Vajrasana), Sun salutation, Nerve purification (Anulom-Vilom), Forehead breathing

Dysentery - Leg Bending

Eyes - Eye rotation, Nerve purification (Anulom-Vilom)

Frozen shoulder - Shoulder rotation, Hand rotation

Gas formation - Leg bending, Boat pose, Thunderbolt pose (Vajrasana), Forehead breathing (Kapalbhathi)

Headache - Corpse pose, Joint freeing exercises, Eye exercise, Nerve purification

Hip joints problems - Knee bending half butterfly, Thigh rotation, Full butterfly, Cycling

Heaviness & Stiffness in upper region - All neck postures

Intestine - Leg bending, Cycling, Boat pose

Kidneys - Vajrasana, Sun salutation

Knee pain - All Joint free exercise of Ankle and knee, Cycling, Exercise of knee pain

Laziness - Leg bending, Boat pose

Lungs - Vajrasana, Sun salutation

Memory and Intelligence - Sun salutation, Nerve purification (Anulom-Vilom)

Longevity - Forehead breathing (Kapalbhathi), Nerve purification (Anulom-Vilom)

Neck - All joint freeing exercises of neck

Nervous system - Joint freeing exercises, Boat pose, Nerve purification (Anulom-Vilom), Sun salutation

Obesity - Joint freeing exercises, Vajrasana, Sun salutation, Kapalbhathi

Preparing for prolonged sitting - Knee bending half butterfly

Prostate gland - Joint freeing exercises, Vajrasana

Sciatica and Slip disc - All ankle postures, Thunderbolt pose (Vajrasana), Crocodile Pose, Spinal rotation pose (persons suffering from Sciatica and Slip disc problem must not do forward bending postures)

Spinal muscle - Knee bending half butterfly, Thunderbolt pose (Vajrasana), Leg rotation, Leg lock pose, Crocodile pose

Stiffness of finger - Fist clenching

Stomach pain - Leg bending, Boat pose, Thunderbolt pose (Vajrasana)

Stomach strengthening - Dynamic spinal rotation, Leg rotation, Leg lock pose, Thunderbolt pose, Sun salutation

Thyroid - Joint freeing exercises, Sun salutation

Tiredness and cramp - All ankle postures, Full butterfly, Sleeping abdominal stretch Poses

Tension - All neck postures, Corpse pose, Boat pose, Nerve purification (Anulom-Vilom)

Ulcers - Joint freeing exercises, Vajrasana, Nerve purification, Corpse pose

Urinary disorder - Thunderbolt pose (Vajrasana)

Worms - Boat pose
