



# 25 minutes Yoga for you

...also  
contains  
10 minutes exercise  
for Lower back & Neck  
pain and suggestions  
for  
Respiratory Allergic  
problems

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**Dr. B Bapuji** is a graduate of Modern Medicine, MBBS, to have chosen Naturopathy as his career goal in India for the first time, motivated by his parents Dr. B Venkat Rao and Dr. B Vijayalakshmi, renowned Naturopaths of India. He has given a scientific approach to the system of Naturopathy and Yoga, specifying their scope and limitations. He pursues an integrated approach in his practice in the best interest of people for restoration and maintenance of Health.

He has been a **Visiting / Guest Faculty** to many leading Management Institutions, Govt., Public and Private enterprises and has lectured on the subject of "Executive Health & Stress Management". The sessions have been rated "Excellent" in the content as well as in the mode of presentation. ***He was invited as a Keynote Speaker at the 8<sup>th</sup> Global Conference on Ageing in Copenhagen by International Federation on Ageing on 2<sup>nd</sup> June 2006. His session emotionally moved the audience comprising over 1000 delegates from 62 countries.***

Presently, Dr. Bapuji is the **Managing Director** of Nature Cure Health Care Center, Hyderabad.

He demonstrated himself as an **efficient Flier** and was the only Cadet out of nine to have done Solo flying on a single engine Propeller aircraft in 1970 while in National Cadet Corps (NCC).

He was **initiated** into **public speaking** and **training** in 1984 by late **Sri K V K Raju**, founder of Nagarjuna group of Industries, who was and continues to be his Friend, Philosopher and Guide.

**Dr. Rani Bapuji** was born in a family of Naturopaths. Her parents established the system of Naturopathy in the state of Tamilnadu in India between 1964-1999. She successfully completed 4-year Diploma course ND in Naturopathy (recognized by The Board of Indian Medicine) in the year 1977 from Gandhi Nature Cure College. She worked for 4 years as Medical Officer at Nature Cure Hospital and was also teaching at Gandhi Nature Cure College before she set up the first out-patient clinic of Naturopathy in the country along with her husband in the system of Naturopathy in the year 1982. This small clinic has blossomed to the level of international importance today with the efforts of Dr B Bapuji, advising over 15,500 new cases from across the Globe during the past 8 years.



She contributed in the evolution of this book. Dr. Rani has taken a break since 2005 from active professional work and is taking care of home and family being an honorary consultant to the clinic.



**Dr. B Aditya Bapuji**, born on 21<sup>st</sup> July 1985, did his MBBS with internship in Gandhi Hospital, Hyderabad. He finished Post Graduate Diploma in Family Medicine (PGFM), accredited by Royal College of General Physicians, UK, in 2010. He has been practicing full time along with his father Dr. B Bapuji for the past 2 years to continue the legacy of holistic approach with integrated medical practice in healing patients with care and concern.

He has also given inputs in this revised book of "25 minutes Yoga for you".



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*"To live is not sufficient. We need also the joy of living; and the joy of life requires Health. Above all, We need the Health which embraces our body, mind and soul."*

-Alexis Carrel

Dr. B.Bapuji B.Sc., M.B.,B.S., N.D.  
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*Dedicated  
to  
my Parents  
Dr. B. Venkat Rao and  
Dr. Mrs. B. Vijayalakshmi,  
renowned Naturopaths  
who motivated me and my younger brother to take up  
Naturopathy after M.B.B.S. (a regular medical degree)  
and  
also to Mr. K.V.K. Raju, the founder of  
Nagarjuna Group of Industries  
who had been our  
Friend, Philosopher  
and Guide*

Dr. B.Bapuji

## Preface

World Health Organization aspires to achieve “Health for all” during this century. Not enough emphasis has been laid on prevention of chronic diseases and on the need to initiate appropriate steps to improve general health of the people.

Though life expectancy has gone up in developed and developing countries, there is no denial of the fact that people are still suffering from multiple chronic ailments right from a very young age of 25-30 years. This is mainly attributed to the improper life style including that of children of today.

It is not the longevity that is important; it is the quality of the life that counts. People living longer with multiple health problems will be a burden on the economy of even the most prosperous country. Keeping this scenario in view, it is our earnest effort to bring out this book “25 Minutes Yoga for You”, which we are sure will contribute to create a healthy society, with a healthy family as its nucleus.

This idea of having a short exercise regimen from Yoga was conceived in 1984 when Late Mr. K.V.K. Raju, the founder of Nagarjuna Group of Industries, suggested us to design a suitable exercise regimen for company executives who were frequent travellers. In 1986, a simple yogic exercise regimen, which was ideal & short in duration was devised for the benefit of Executives of the Corporate world who usually tour for most part of the month. Later Mr. Raju and Authors also felt that this regimen was the most suited exercise regimen for Children and should be initiated at the high school level (VIII grade) so that the habit of regular exercise is inculcated at a very early age. The habit of taking exercise regularly during the formative years of children will lead to a better and productive life in later years.

We would like to express here our profound gratitude to all our friends and well wishers who extended their support, contribution and guidance in bringing out this book.

-Authors



# **“25 MINUTES YOGA FOR YOU”**

## **Introduction**

Yoga is a general name for the systems of spiritual and physical aspects practised from the ancient times in India. The word Yoga has been applied not only to the central aim of attaining the heightened consciousness, but also to the development of every human faculty – physical, emotional and ethical.

Modern medicine has made marvellous advancement in diagnostic techniques, medical management and surgical treatment of some of the most difficult health problems of the past. But the cost of medicare has gone up astronomically and is unaffordable to a majority of people around the world. It is appreciable that the medical advances have been successful in eradicating smallpox and trying to eliminate Polio and control some of the deadly communicable diseases.

The life expectancy of human beings has improved by many more years compared to what it was four decades ago. In some of the most developed countries like USA, UK, Germany, Sweden and Japan, the life expectancy has gone up to 80 years. USA used to spend only 8 to 10 billion dollars annually for its Medicare in the 60s and today it is spending \$3 billion per day i.e., more than 1000 billion dollars annually. About 25% of this total budget is being spent on the care of the elderly people who are in their 80s for their last 1 year care of life. Total Medicare expenditure by 2015 is likely to touch 4 Trillion Dollars in USA. Such high budgetary allocations have become mandatory because adequate importance has not been assigned to prevention and cure of chronic diseases either by the health departments of developed countries or by WHO. It is indeed surprising to know that in USA, problems relating to lower back and neck are draining away \$50 billion annually which is three times the budget of NASA.

Quality of Health, right from the age of 30 years, has definitely deteriorated during the past two decades. It can be seen from the statistical data that there is a steep increase in the incidence of problems like Overweight, Hypercholesterolaemia, Diabetes Mellitus, Hypertension and Coronary Artery Disease among young people. Similarly more and more people particularly the urban dwellers are suffering from Respiratory Allergies, Autoimmune diseases, Cervical and Lumbar Spondylosis.

The importance of a regulated daily routine, proper dietary habits, the need for regular exercise have been sidelined. Of late, excessive and indiscriminate medication even for minor health problems is also on the rise. Habits and addictions like excess consumption of tea and coffee, smoking, usage of narcotics and alcohol are also adding to the health problems of people.

## Benefits expected of regular Exercise

1. Improvement in Cardiac and Respiratory reserves.
2. Promotion of new vessel formation that improves collateral circulation in the heart and also improves HDL (good Cholesterol)
3. Burns excess calories and lowers blood sugar levels.
4. Improves overall flexibility of the body including that of joints and Spine.
5. Improvement in digestion of food and rectifying problems of constipation.
6. Keeps one active throughout the day.
7. Solves the problem of Insomnia.

Need for regular exercise in the daily routine is being realised by almost every one but it is indeed confusing as to what type of regular exercise one should take up, particularly in the stormy, nerve racking schedules of modern life. Physical activity on account of one's own domestic and professional reasons cannot be considered as sufficient exercise except in jobs where physical labour is involved. **How much one overeats and how less one exerts,** can be seen by the following tables.

<i>Each of the activity given on the right, burns only 200 Calories</i>	12 metres of Jogging 1/2 hr of Swimming 1 hr of Walking 3 hrs of Singing 4 hrs of Dish washing 14 hrs of TV watching	2 slices of plain Bread 2 medium size Apples 53 Peanuts 24 ozs of Beer $2\frac{1}{4}$ bottles of Soft drink 3 cups of Tea with Sugar	<i>Each of the Food items given on the left, gives as many as 200 calories</i>
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## Conventional Exercises and Games

Luxury is defined as the amount of lethargy one can afford. Any exercise which is not done for 5 to 6 days in a week has no positive effect on the Health. Walking, jogging, games, aerobics, attending health clubs, gyms and Yoga institutions etc. are not possible on a regular basis for today's Executives, Professionals and Businessmen given the time constraints, frequent travels and special preparations that they require. Moreover, such exercises are not ideal for total fitness. One may walk 5-6 kms everyday and keep the blood sugar levels under control and keep the heart and lungs healthy. But the spine does not get any exercise while walking or jogging. This person may require knee replacement due to worn out cartilages in 10 - 15 years.

## **Criteria for an Ideal Exercise Regimen**

- a) Should be of short duration. (about 25 minutes a day)
- b) Should be feasible wherever one is - at home or at the place of stay while on travel officially, especially for Executives and Businessmen.
- c) Should not require any preparation like reaching a particular place or wearing track suits, shoes with long laces, scrotal support or lumbo sacral belt.
- d) Should be easy to adopt.
- e) Should give enough exertion, movements to all joints, keep the spine flexible and should benefit all vital organs including heart & lungs.

Considering these requirements of an Ideal exercise regimen, ‘25 minutes Yoga’ Programme, prescribed in this book will serve as an answer. One should be able to achieve Target Heart Rate (THR-220 minus one’s age) at the peak of exercise everyday to keep Cardiac and Respiratory reserves intact. Longer the physical strain it takes to achieve the THR, stronger and healthier is the Heart.

A person who has never done any physical exercise in his life time and is Obese may attain THR while on a treadmill test in 2-3 minutes only. It means he/she has a very poor exercise tolerance i.e., Cardiac and Respiratory reserves are very low. It doesn’t imply that this individual has coronary artery disease. But, if this sedentary life style is continued it will definitely result in heart related problems within a few years.

## **Disadvantages of heavy exercises**

Body building, figure shaping workouts, aerobics, and other heavy exercises, mostly taken up by young people these days, increase one’s appetite enormously. They start eating more and more and build up a good shapely & muscular bodies. They discontinue exercises after a year or two due to various reasons, but continue to eat the same quantity of food they got used to. Consequently, they tend to put on weight, develop high Cholesterol and subsequent complications by the time they reach the age of 30.

Hence, Yogic exercises, simple and practical for everyone, keeping in view the health of an individual is the requirement of the day. The additional advantage with Yogic exercises compared to others is that they have beneficial effect on all internal organs through autonomic nervous system. Achieving optimal flexibility is the sterling quality required in Yogic exercises.

## **Just “25 MINUTES YOGA FOR YOU” Everyday**

There are hundreds of Yogic postures (Yogasanas) described in Hathayoga, some are very difficult and some are frightening from a layman’s point of view. Hence, a simple 25 minute Yoga regimen has been designed which can be adopted by every one between the ages of 10 and 60 years. This

regimen can be attempted at home without a “Guru” with the help of this book. It may be borne in mind that though the postures in this regimen look very simple by way of technique, it takes at least 8 to 12 weeks of constant effort to attain a reasonable perfection.

## An important advice, before taking up “25 Minutes Yoga For You”

Most people after crossing the age of 30, definitely develop some health problems and are too stiff due to sedentary life style. It is advised that they attempt first, the Spinal exercises for 10 minutes in the morning (any time before breakfast) and then again 10 minutes (before dinner) in the evening as far as possible, (twice a day) for few weeks. A reasonable spinal flexibility is achieved after 8-12 weeks of regular effort, and then only they can attempt “25 minutes Yoga for you” regimen given in this book as a total exercise.

An attempt has been made to give only a physical exercise regimen from medical point of view for everyone, taking into consideration one’s weaknesses and over indulgences. The Philosophical and Spiritual aspects have already been dealt with, in detail by many a great exponent of Yoga.

**Note :** “25 Minutes Yoga For You” should be done in 25 minutes only. There is no substitute to this regimen and those who are doing any other form of exercise or playing games can continue but should be able to complement their exercise need with this regimen.

## Details of the Regimen

- I. One has to begin with “**12 posture cyclic exercise**” (page 20 & 21) which is based on Suryanamaskara, to be repeated in a regular rhythm. One has to spend only 4 minutes to complete 6 to 15 cycles depending on the age, followed by 1 minute rest. This is a very brisk exercise and one can achieve target heart rate and also can sweat and feel breathless. This solves the usual complaint that yoga does not give sufficient physical exertion to burn calories.
- II. **Two Abdominal exercises** (page 22 & 23) – One should take these exercises for 4 minutes with ½ minute relaxation in between and later. These exercises help in reducing the waist line (abdominal fat) and have beneficial effects on digestive, renal, genitourinary systems and other abdominal viscera.
- III. **Six Yogasanas** ( page 24 -29) have been selected in such a way that these give exercise to the whole body including all the vital internal organs. Each posture has to be done only once and holding of the posture brings about the positive physiological effects. Here, importance is given to achieve spinal flexibility because the nervous control of voluntary and involuntary functions is ultimately through cranial and spinal nerves.

To spend 8 minutes to do these six Yogasanas, is not a bad bargain in view of their benefits.

#### **IV. Six Breathing exercises (page 30) include -**

- a) Three slow and deep breathing exercises help to improve the vital capacity and preserve and improve one's respiratory reserve in various obstructive and restrictive lung disorders. These exercises benefit all the organs of the body by more air intake or oxygen indirectly.
  - b) The subsequent three brisk breathing exercises help in desensitising respiratory tract in all Allergic respiratory diseases like - Snoring, Allergic Rhinitis, Sinusitis, Pharyngitis, Bronchitis and Asthma. It takes only 6 minutes for these exercises.
- V. Last but not the least, **Shavasana** (page 30) for 2 minutes to give complete relaxation to every inch of the physical body and the mind, is the concluding part of the regimen.

#### **Following are to be noted before taking up the regimen**

It has been seen that even people between the ages of 15-20 are not able to squat on the floor with crossed legs. This is because of lack of physical activity either in the form of games, exercise or cultural programmes in these young people in their schools as academic performance outweighs all other aspects. Hence today majority of people may not be able to take up 25 minutes yoga directly. They are advised to do spinal and neck exercises given in this book pages 12-19 for 10 minutes twice a day for a month or two & then only take up 25 minutes yoga.

#### **Any restriction in day to day Life ?**

This 25 minute yoga regimen has been compiled from Hatayoga carefully for modern day executives & others keeping in view their stress and strain, temptations for food and other habits. Hence, much thought need not be given to the restrictions imposed in advanced Yogic practices as advised by some Yoga experts.

Yoga experts do not know all the medical problems and medical professionals are not interested in Yoga. Hence a suitable Yogic exercises regimen for all has been devised in this book.

#### **Is there any specific Breathing pattern while doing Yogic postures?**

While doing Yogic exercises one need not worry about breathing in, breathing out or to hold the breath as advocated by a number of Yoga experts. If one is not conscious of breathing it is automatically adjusted according to physiological needs. Otherwise one will be wondering all the time whether to breathe in, breathe out or hold and will never be able to enjoy Yoga.

#### **Rest after each Exercise/Posture mandatory**

Each yogic posture in part III has to be followed by rest for  $\frac{1}{2}$  a minute or as specified elsewhere, by doing Shavasana as given in Part V, so that heart rate, blood pressure, respiratory rate, muscle tone and tone of the nerves settle down to basal levels before the next exercise/posture.

## **No particular sequence required**

Sequence of various postures in this regimen has been decided for convenience and also from most strenuous to milder exercise. Since  $\frac{1}{2}$  minute rest is prescribed between the exercises, no particular sequence is required to be followed. Hence, Vipareethasana (Reverse Posture) after an asana as advocated by some is not necessary here.

## **Body Pains**

Body pains are common during the first 3 to 4 days when any exercise regimen is taken up for the first time. Hence, continue 25 minutes yoga everyday inspite of these non-specific pains as they will disappear within a week. Hot water baths or massage and steam bath if possible twice during the first week will relieve the pains.

Some of the postures might look difficult, but there is nothing to get discouraged about. One will be able to do reasonably well within 8 to 12 weeks of regular effort.

## **What time of the day is the best ?**

Early morning hours are best suited for doing yoga particularly after bowel evacuation. But one need not wait for bowel movement if it is delayed. For those, particularly homemakers, if it is not convenient early in the morning, they can do these exercises either between 9 and 10 a.m. or between 4 and 6 p.m. No solid food should have been taken 3 hours prior to these exercises.

## **What Dress ?**

Swimming trunk for men and Salwar-Kurta or leotard for women are the best and most convenient dresses for doing yogic exercises.

## **Age Limit**

Girls and Boys should not start yogic exercises until they attain the age 10 to 12 years respectively to avoid precocious puberty and skeletal deformities.

## **Yoga to be avoided**

These Yogic exercises have to be avoided during fever or when one is suffering from any acute ailment. Similarly, women have to avoid during initial few days (3-4 days) of menstrual bleeding.

## **For Women**

Women during menses should avoid these exercises for the first 3 days. They can resume yoga from the fourth day even if there is bleeding unless it is profuse.

Women who have missed their periods and have confirmed pregnancy should avoid these exercises after 12 weeks from the last menstrual period. Women can commence these exercises 6 weeks after normal delivery and 6 months after delivery through Caesarean section to avoid post delivery Overweight problem.

Women, during pregnancy after 12 weeks of gestation can take up Spinal exercises 1, 2 and Neck exercises given on page 17 and 19 followed by breathing exercises given on page 22.

### **There is no single Posture to cure a particular Disease**

There is no particular asana (Posture) to cure a particular disease as claimed by most of the Yoga experts and believed by majority of people. In a particular posture certain organs get the benefit due to altered circulation and nervous and hormonal stimulation.

### **Non-Vegetarian food & Yoga**

One need not become a vegetarian to do these exercises. However, it should be borne in mind that one has to cut down non-vegetarian foods including eggs (to twice a week only) after the age of 20 in view of saturated fats, to prevent high Cholesterol, High blood pressure and Coronary artery disease.

### **Specific Contraindications in certain diseases and after certain age**

*Ageing is the fee we pay to God for the life he has given us.* One has to accept ageing gracefully. People after the age of 60 should never do postures like Sarvangasana, Shirshasana i.e., the postures in which the head, neck and heart are below rest of the body. This is because there are no antigravity valves (as provided in the legs) in the veins of head and neck portion of the body. They may cause retinal or cerebral haemorrhage as the blood vessels become atherosclerosed (hard & brittle) due to ageing.

One is advised to note that in certain diseases, some of the exercises / postures given in “25 Minutes Yoga for you” have to be avoided as specified below:-

<b>Conditions</b>	<b>Contraindication</b>
i. Abdominal Hernias (Inguinal, Femoral, Hiatal, Incisional and Para-umbilical Hernias)	Abdominal Exercises of part II and Dhanurasana of part III to be avoided. (Any exercise which increases abdominal pressure)
ii. In High Blood Pressure, Ischaemic disease (Angina, old myocardial infarction) Congenital abnormalities of heart, Congestive Heart failure, Severe Cervical Spondylosis, Glaucoma and Retinal detachment or Retinopathy.	Sarvangasana given in part III to be avoided and clearance to be taken from the Physician for part I and II.
iii. Chronic lower backache due to Ankylosing Spondilitis, lumbar Spondylosis, gross Slip disc of the spine, suspected Tuberculosis of spine, old fractures of spine or deformities & secondaries in spines.	Avoid posture number 3 & 10 in part I, Paschimothanasana in part III, i.e., all forward bending postures. Alternatively, they can take up spinal exercises given in this book (page 17-19) after obtaining clearance from the Physician.

\* Please take clearance from your treating Physician prior to attempting exercises given in this book.

# **10 Minutes Exercises for Lower Back and Neck**

Incidence of lower back and neck problems has gone up during the last 2 decades; it is unfortunate to see young people between 15 and 20 years of age, seeking medical advice for these problems. Lack of exercise and absolutely no physical activity in school and college life, faulty postures of sitting and sleeping are the main reasons for this trend. Spring cots, thick foam/cotton/coir mattresses and improper use of Pillow are also responsible for the increase in the said incidence. Consequently, the spinal flexibility and strength of back muscles to hold the spine in position is gradually lost.

Hence, a 10 minutes Spinal exercise schedule has been worked out to solve these spinal root pains. Stop all other exercises whatsoever including walking while taking up these exercises for 2 months. These exercises are also useful as a prelude for a month or two to achieve minimum flexibility before starting 25 minutes Yoga for you.

## **Mattress, Pillow and Sleeping Posture (as given in the next page)**

One should always use 2" or less thick cotton or coir mattress on hard surface for sleeping. The pillow whether soft or firm should be 3" to 5" effectively thick depending on One's shoulder span and sleep always on the side, not on the back. This is to fill the shoulder span and keep the neck horizontal to the surface of the bed. Sleeping on the abdomen is not advisable at all because neck has to be turned to keep face on one side giving a very odd position to cervical spine.

## **Contraindications**

People with Tuberculosis of Spine, Fractures of Vertebral column, Osteolytic lesions of the Spine, gross Osteoporosis and secondaries of malignant disease in spine should not attempt these exercises.

People with Prolapsed intervertebral disc (Slip disc) can take up these exercises after 1-2 weeks (from the onset of pain) of total bed rest under guidance.

## **When to do and how many times**

Anytime early in the morning between 5.30 a.m. and 7.30 a.m. and in the evening between 6 p.m. and 10 p.m. twice a day for a month initially and then once in the morning for subsequent months would be most ideal. One should not have taken solid food at least 3 hours prior to these exercises.

## **Rest after each posture**

Half a minute rest after each exercise is mandatory while doing these exercises.

## When to do 25 Minutes Yoga

“25 Minutes Yoga for You” given in this book can be started after 2 months of absolute pain free period of lower back and neck, avoiding Paschimothanasana of part III and not fully doing posture 3 & 10 in part I.

### Are you supposed to use a Pillow Under the Head?

If you do not know how to use a pillow correctly, which is a daily affair, you are heading for serious symptoms of cervical spondylosis, which can be confused with cardiac pain.

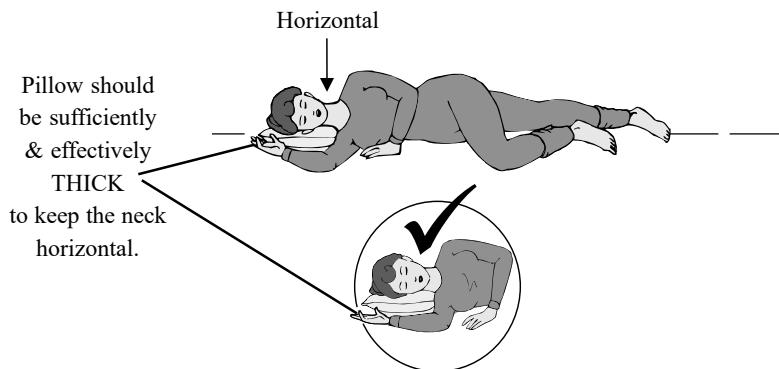


Sleeping on the back with a thick pillow to watch TV or read a book is very harmful to the neck.



Sleeping without a pillow or thin pillow is correct but **im-practical**. Only a dead body can lie on the back throughout the night without turning to the side.

### The only practical and the correct way of sleeping and using a pillow is



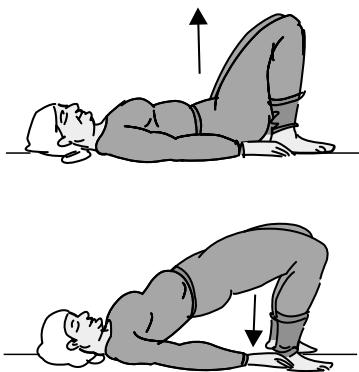
Throughout during sleep, one changes position from right to left and left to right at least half-a-dozen times.

# 10 minutes Spinal exercises for Elders (60+)

(For symptomatic relief of spinal root pains, neck & lower back in particular)

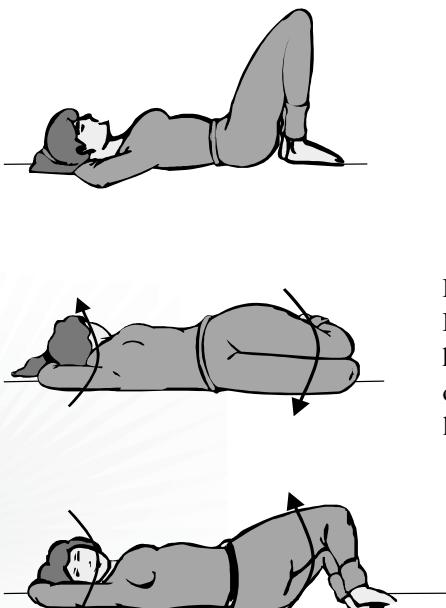
*Those elderly patients who cannot lie down on and get up from the floor, can do these exercises on the cot itself with mattress only one inch thick on hard surface.*

## Exercise 1



Arms close to the body, feet and knees 1 foot apart. Try to lift hips and waist as high as possible 6 times. Need not hold the final position.

## Exercise 2



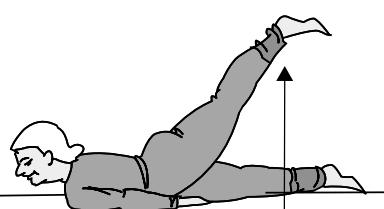
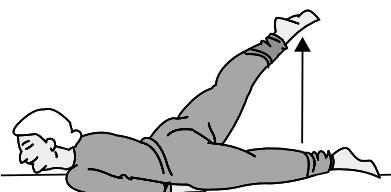
Palms under the head & elbows down on the surface.  
Fold the legs at the knees with feet together. Now, allow "the knees to fall to the right on to the surface with left "knee over the right knee, simultaneously turn the face to the left to look towards left elbow and vice versa. 6 times alternating.

## Exercise 3



Feet together, Palms on the surface by the side of chest, fingers not crossing the shoulder point & chin on the surface. Lift up head, neck & chest up to the level of naval & look at the ceiling with elbows close to the body and feet together. Only once try to hold for  $\frac{1}{2}$  a minute.

## Exercise 4

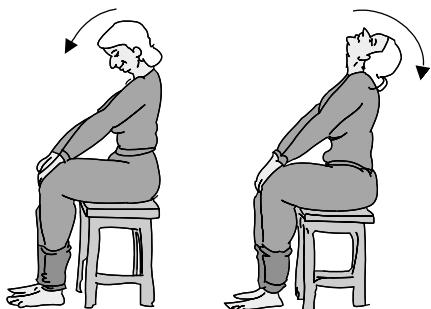


Lie down prone, chin on the surface, arms straight under the abdomen, palms under the thighs & feet together. Lift up one leg at a time as high as possible keeping the knee straight, alternating with the other, 3 times each leg.

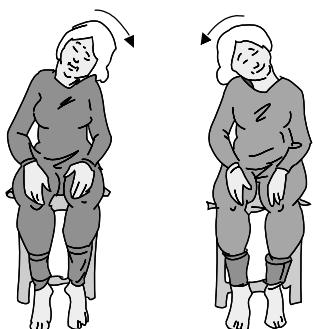
# 10 Minutes Spinal Exercises for Elders cont'd...

Each exercise 6 times, each side alternating with the other, no rest in between.

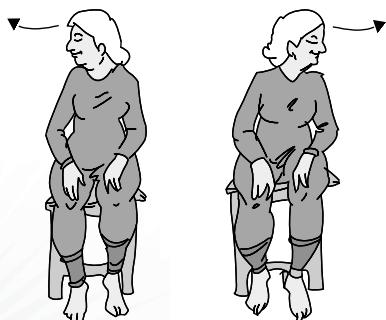
## Sitting on a stool.



Bend head forwards & backwards  
(less forward & more backwards).  
Keep the spine straight.



Tilt the head to the side towards  
the shoulder as much as possible  
keeping the face to the front.  
Then to the other side.



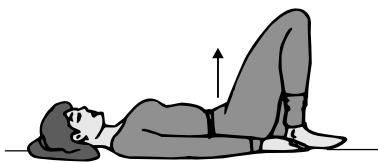
Turn the head from one shoulder  
to the other and try to look behind.

### NOTE:

After each spinal exercise,  $\frac{1}{2}$  a minute rest is mandatory either lying down supine or prone. No rest is needed between the neck exercises. Spinal & Neck exercises have to be done in the morning before breakfast & again before dinner, twice a day.

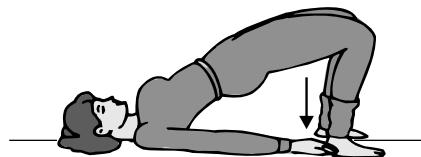
# SPINAL EXERCISES (for young & middle aged)

## Exercise 1



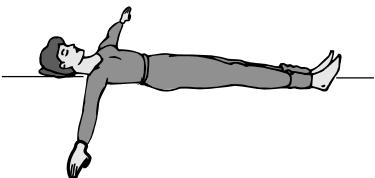
Lie down flat on the back with arms stretched close to the body, palms facing down. Feet one foot apart.

Lift up hips & waist as much as possible. Bring the hips & waist down.



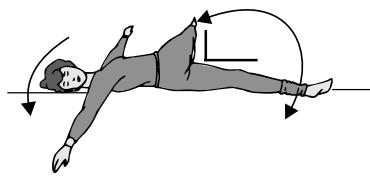
Repeat 6 times

## Exercise 2



Lie down flat on the back, arms perpendicular to the body, palms facing down & feet together.

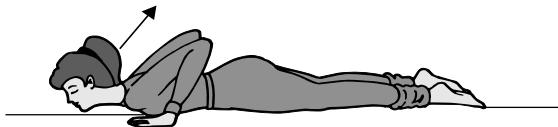
Lift up the right leg up to 45 degrees and take it to the opposite side to touch the great toe to the ground (creating an angle of 90 degrees). Knees to be kept straight. Simultaneously turn your head to the right to look towards right hand. Get back to the original position .



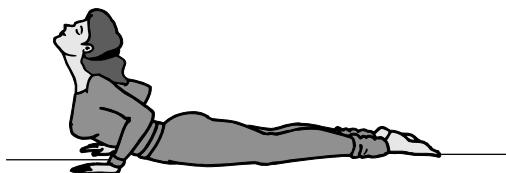
Now bring the left leg to the right simultaneously turning the head to the opposite side in the same way as you have done above.

**6 times** alternating the legs

## Exercise 3



Lie down on the stomach, chin on the floor, palms by the side and close to the chest & feet together. Keep the Elbows close to the body.



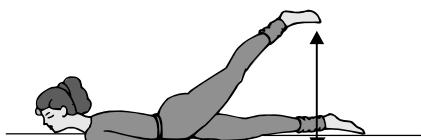
Lift up the Head & Chest to look towards the ceiling,  
with elbows close to the body & feet together.

Hold the position for  $\frac{1}{2}$  a minute and then relax, **Only once.**

## Exercise 4



Lie down on the stomach, chin on the floor, feet together. Put your Palms under the thighs with elbows straight and under the tummy.



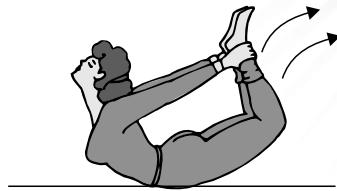
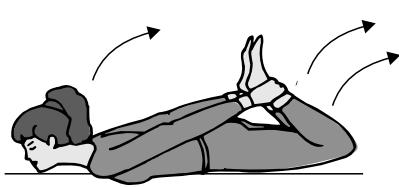
Lift right leg as high as possible with both the knees straight and bring it down.  
**3 times** with each leg alternating with the other.



Lift up both the legs together with knees straight.

Hold the position for  $\frac{1}{2}$  a minute. **Only once.**

## Exercise 5



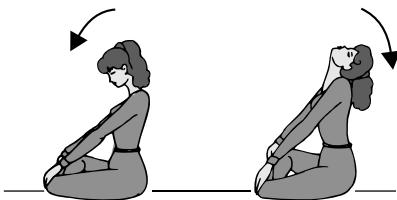
Lie down on the stomach, fold the legs, hold them with the respective hands at the lower end of the leg with thumb along with the other fingers. Spread the knees and feet 1 foot apart.

Lift up the head and chest to look towards the ceiling pushing simultaneously both the legs backwards.

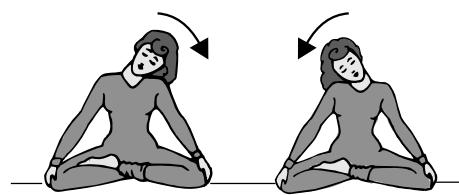
Hold on the posture for  $\frac{1}{2}$  a minute. Only once

## NECK EXERCISES

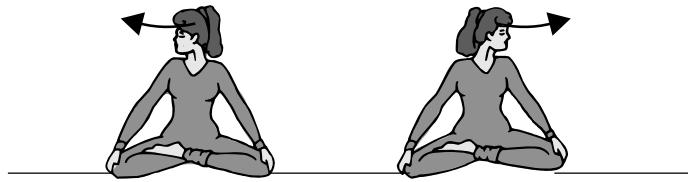
Those who cannot sit on the floor/squat, can take these exercises sitting on a chair not resting the back and no rest required between these three exercises.



Bend your head Less forward & more backward, **6 times** each alternating with the other.



Tilt your head to the side keeping the face in front, **6 times** each side alternating with the other.



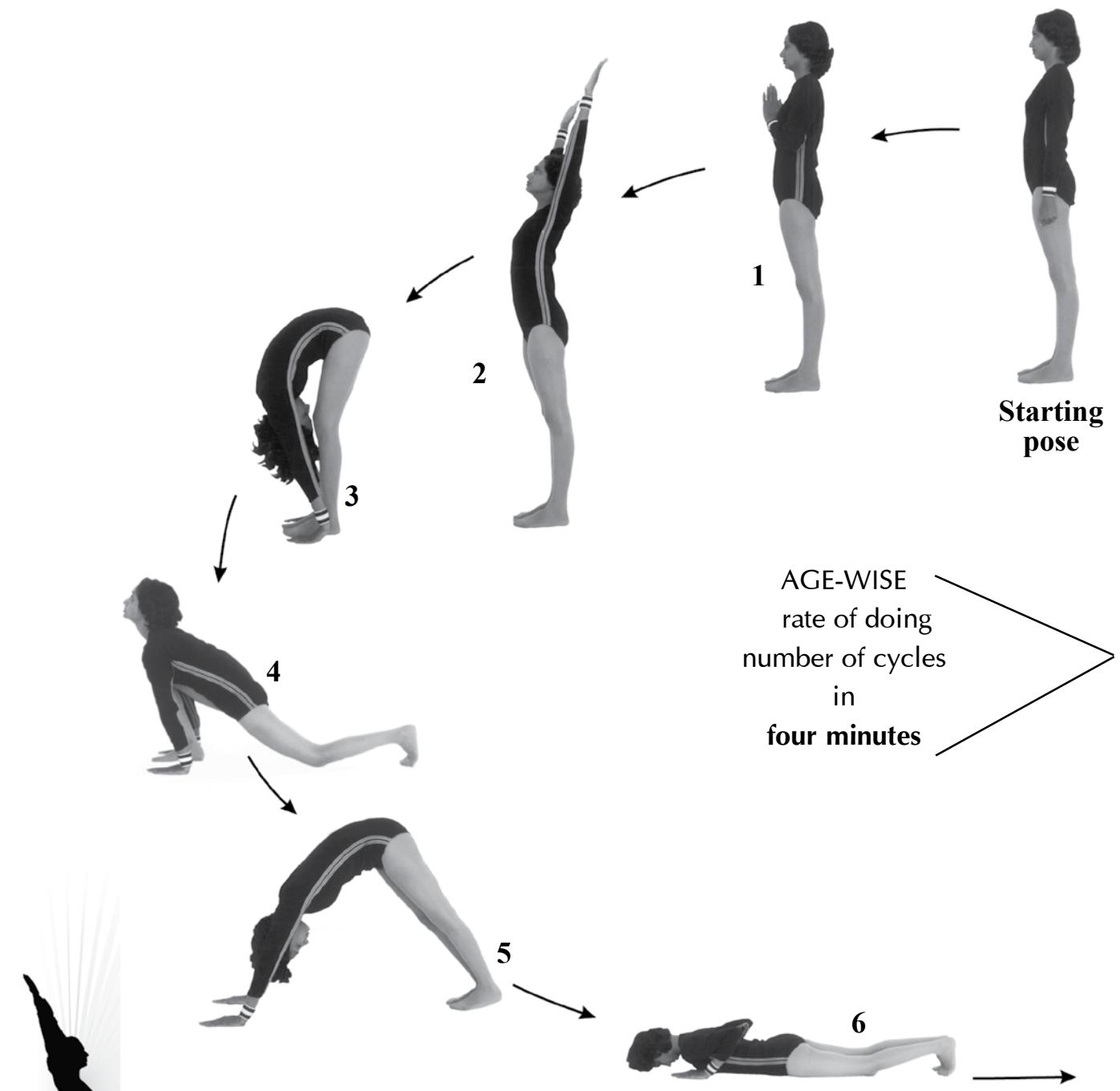
Turn your head to the side to look behind & come back to the original position.

Then turn to the other side, **6 times** alternating with the other.

Total rotation of head clockwise and anti-clockwise is not advisable as it can precipitate Vertigo (reeling sensation). Similarly Isometric exercises advised in modern medicine only strengthen the neck muscles but do not help to achieve flexibility of neck and results have not been encouraging.

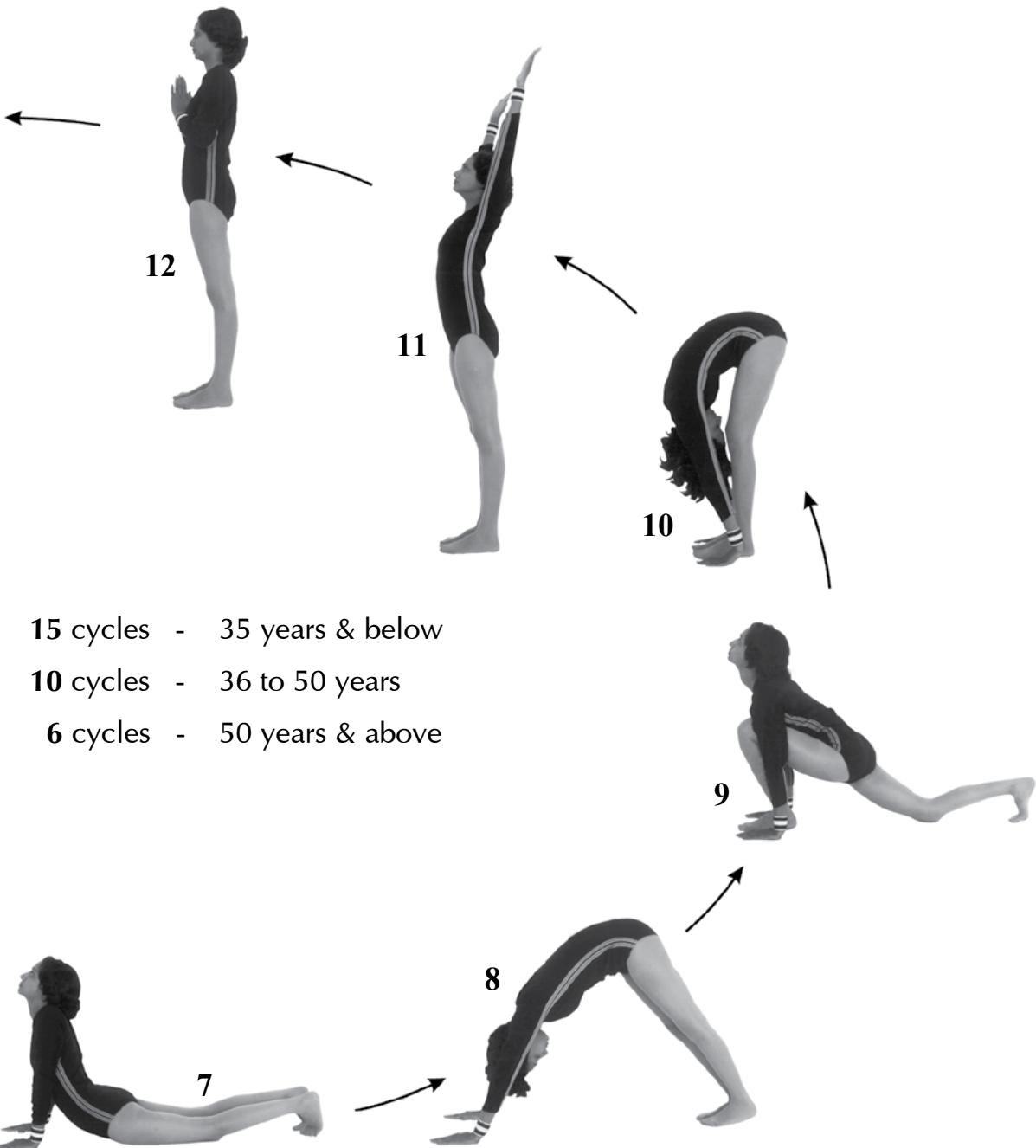
## PART I - 12-Posture Cyclic Exercise

25 MINUTES



Commence from the Starting Pose and in a continuous rhythm, complete the cycle from Posture no. 1 to 12 in about 40 seconds initially; a speed of 15 seconds per cycle can be achieved within 2 months with regular practice.

# YOGA FOR YOU



**15 cycles** - 35 years & below

**10 cycles** - 36 to 50 years

**6 cycles** - 50 years & above

## PART II

### Abdominal Exercises

**Abdominal Exercise 1**

Target - 20 times at a stretch in 1½ minutes followed by ½ a minute rest.

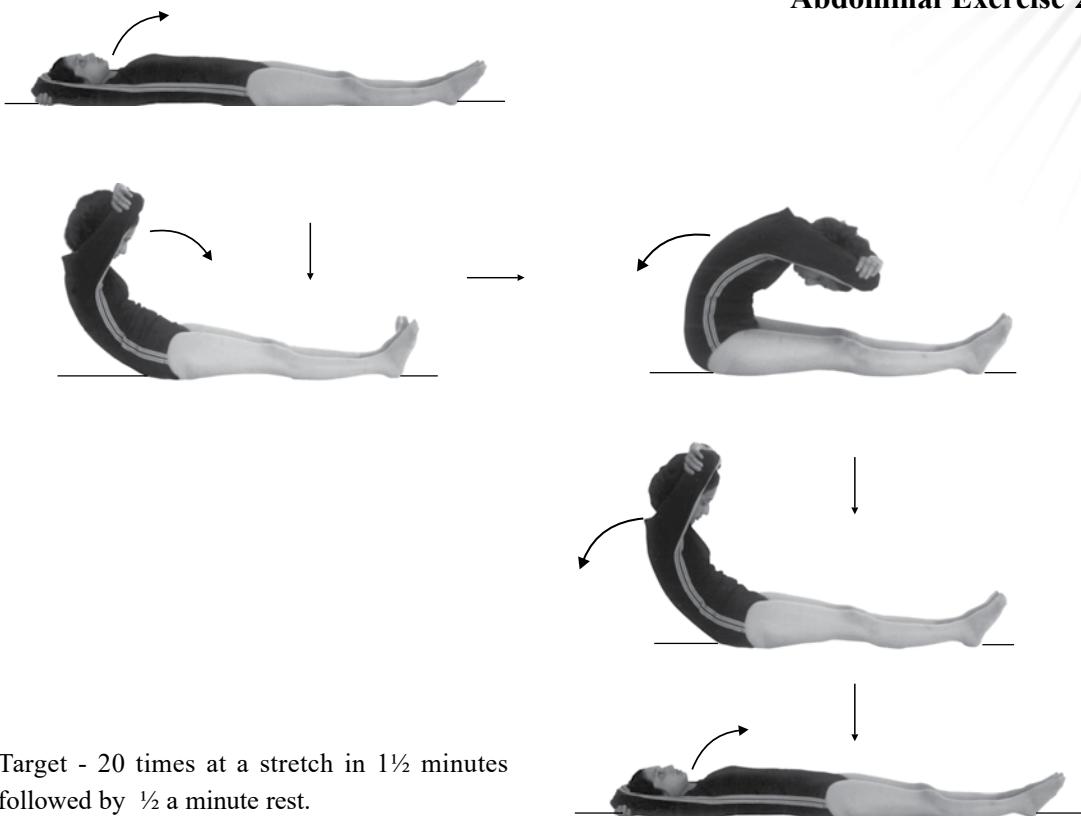
Lie down on the back and fold your arms above the head. Keep the legs together and lift both legs up to 90 degrees without bending the knees. Then, without waiting, bring down the legs gradually so that heels do not rest on the ground. Do as many times as you can at a stretch without resting the heels on the ground throughout. Relax for ½ a minute.

In about a month's time one should be able to do 20 times or more without any difficulty in about one and half minutes time. Those who cannot do without resting the heels on the ground initially may achieve it later by practice in 2 months time.

Those who cannot lift both the legs, can practise with one leg at a time alternating with the other initially for 15 days. Then they can try both the legs together.

**Note :** For next 3-4 days you will have abdominal muscular pain while coughing, sneezing or even laughing. It is common and nothing to worry about it. Those who have abdominal scars of previous surgeries will also feel pain in the scars which is muscular and one need not worry.

## Abdominal Exercise 2



Target - 20 times at a stretch in 1½ minutes  
followed by ½ a minute rest.

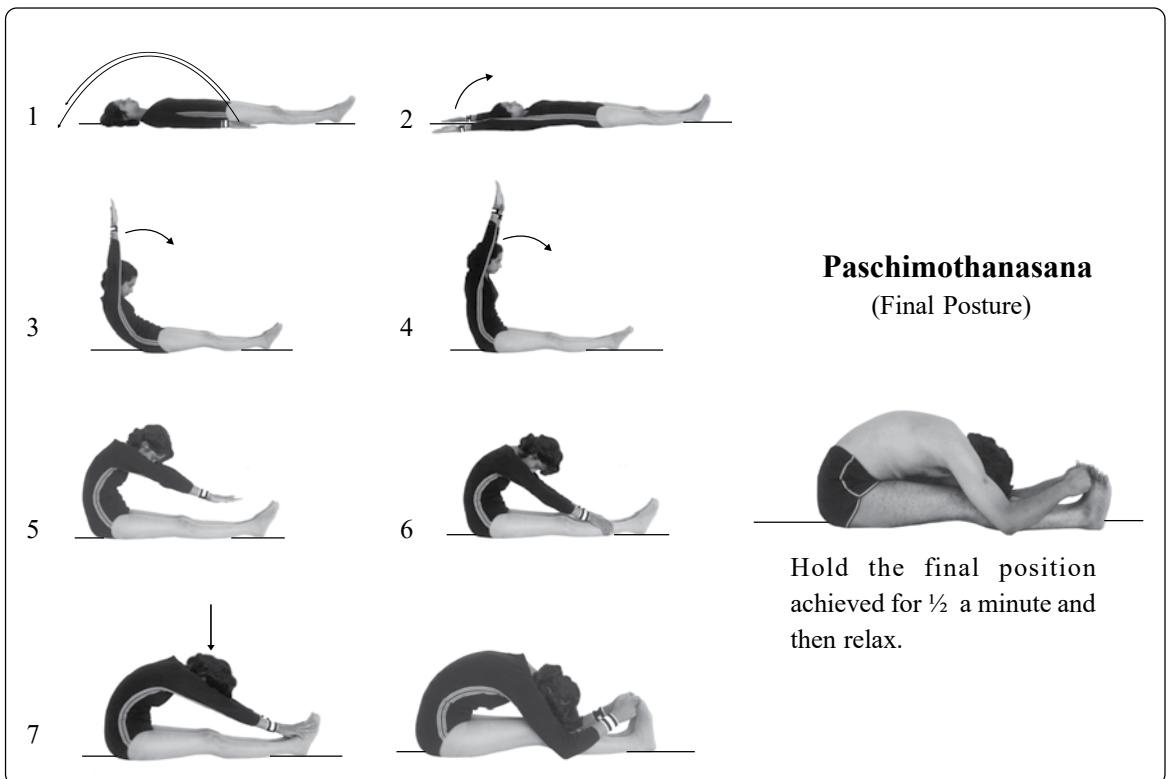
Lie down on the back with arms folded above the head, sit up gradually and bend on to your knees and then relax back. You can practise to reach the target number of 20 times at a stretch in one and half minutes in about 4 weeks.

Those who are not able to sit up with the arms folded above the head, can stretch their arms above their heads and try to sit up throwing their arms up and use the momentum to have the initial lift and later improve to the above mentioned method.

If you are not able to sit up even with this method ask your spouse or somebody to hold your feet down to the floor or tuck your feet to some fixed object and try. Relax for ½ minute. And then you can help your spouse the same way; it is good for maintaining domestic harmony too !

## PART III Yogasanas

### 1. Paschimothanasana

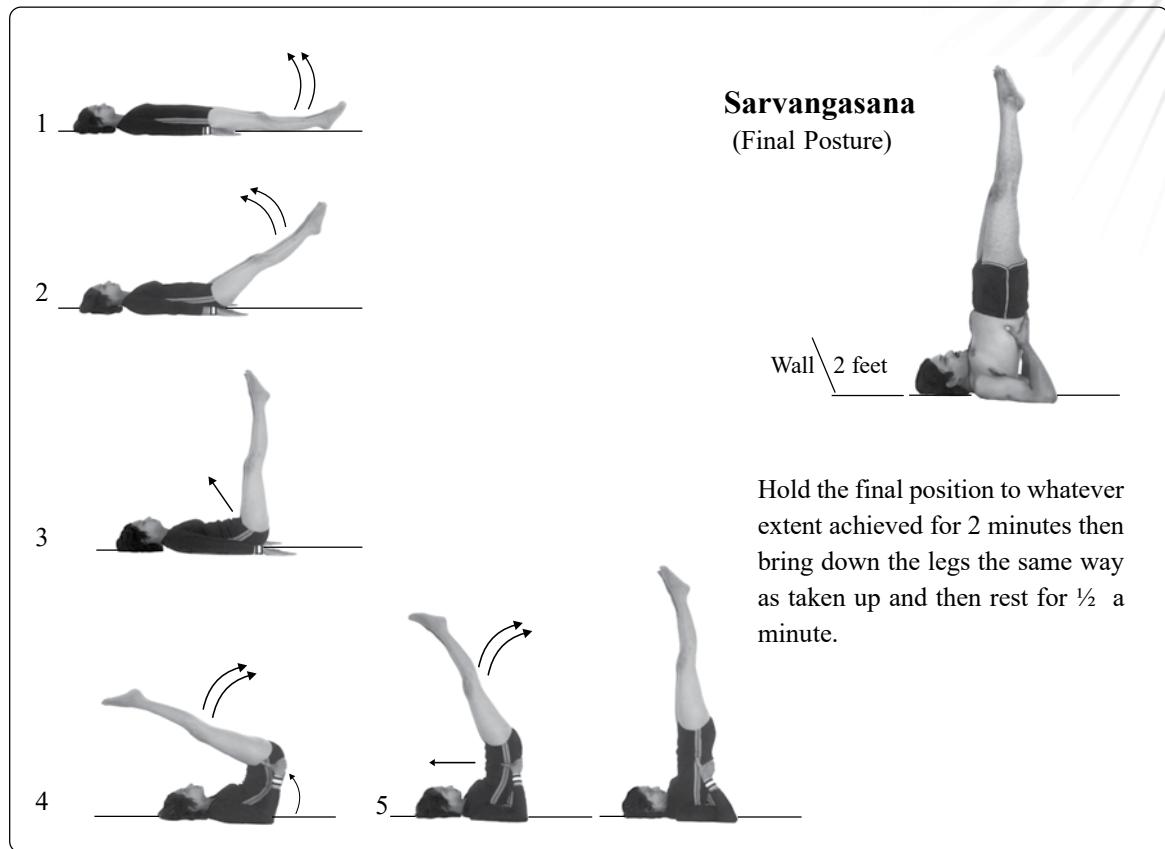


Lie down on the back with feet together, knees straight and arms by the side of the body with palms on the ground. Extend arms, slowly above and then stretch them above the head gradually keeping them straight and parallel (1 & 2). Then sit up, without a jerk, keeping arms close to the head (3). While sitting up, the legs should not rise and knees should be straight.

Attempt gradually to bend forward to hold the great toes with the respective index finger and thumb and try to put the face between the knees while elbows should rest on the ground on either side of the knees (4, 5, 6 & 7) . ***This is the most difficult posture in Hathayoga.***

**Hold the posture for ½ minute** and relax in the same way as you have come up. If you are not able to achieve the final posture, remain in the position you could do for ½ a minute and make a little extra attempt each day. It may take 3-4 months of constant effort to achieve perfection. **Relax for ½ a minute.**

## 2. Sarvangasana



Lie down on the back, straight, keeping legs and feet together with arms straight by the side of the body, palms resting on the ground (1). Lift up gently and continuously both the legs beyond  $90^{\circ}$  and as soon as the waist comes up off the ground, support the waist with both the hands and rest your elbows on the ground (2, 3 & 4).

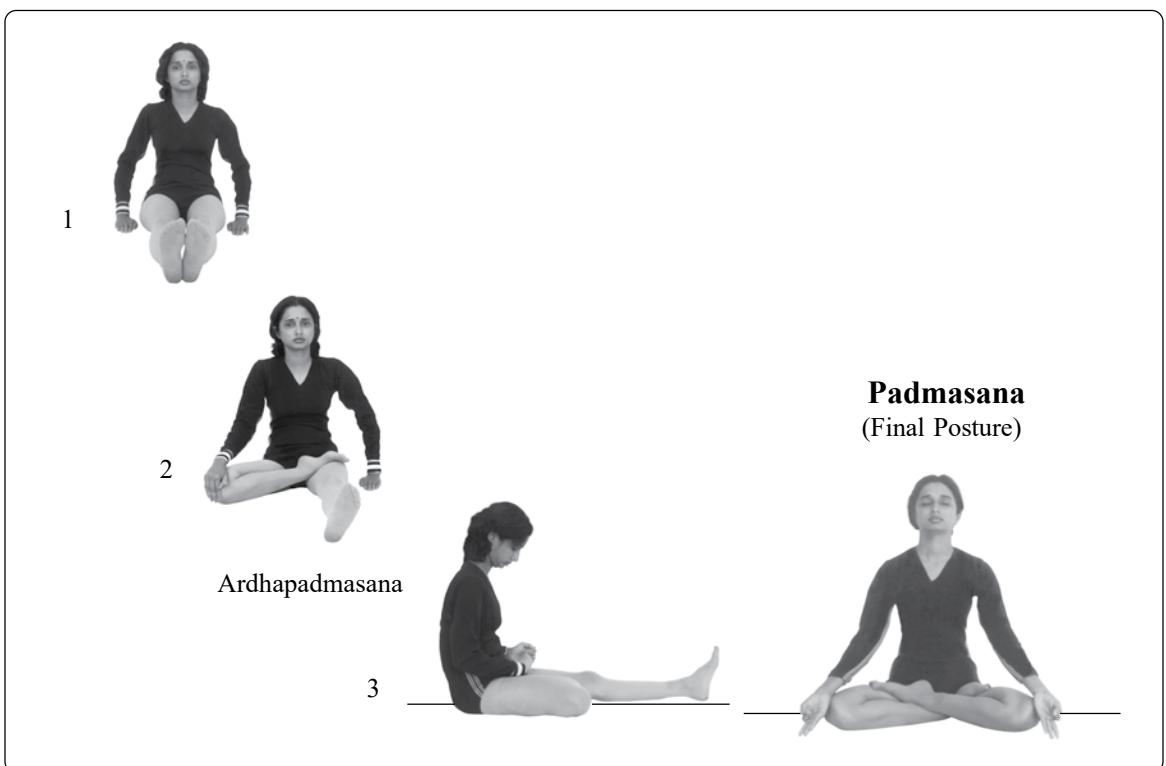
Slowly improve the posture by pushing the trunk towards the head and legs away from the head simultaneously until chest touches the chin and from shoulder to feet the whole body is straight (5).

This posture **should be held for 2 minutes** and then bring down the legs with full control in the same manner as the legs have been brought up without bending the knees, without raising the head. **Relax for  $\frac{1}{2}$  a minute.**

### Note:

*Do it 2 feet from the wall i.e. head must be 2 ft. away from the wall to avoid over-shooting and sprain in the neck.*

### 3. Padmasana



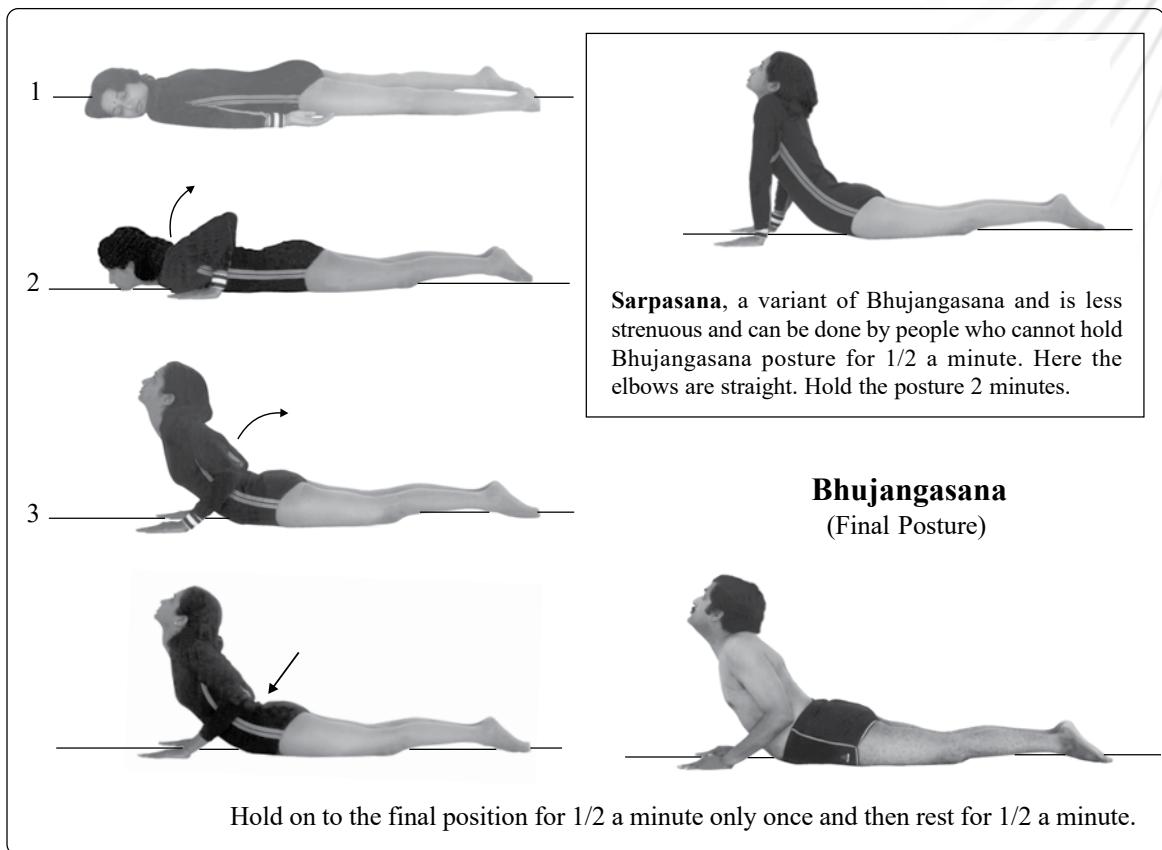
Sit and stretch your legs in the front (1). Bring the right foot closer, by bending the knee and put the dorsum (not ankle) of the foot on the left thigh. Keep the right knee down (2 & 3). Now, lean back a little and bring the left leg closer by bending at the knee and then hold the lower end of left leg with the left hand and the outer border of the foot with the right hand, gently pull up the left heel and then the whole foot on the right thigh leaning forwards.

Keep the spine straight and put your hands on the respective knees with palms facing forwards and index finger bent on the ball of the thumb and rest of the fingers together and straight. Now concentrate the mind on inhalation and exhalation for **half a minute** with the eyes closed.

Then lie down on the abdomen and relax (as shown in page 30) for **½ a minute**.

It has been seen that majority of even young people are not able to squat on the floor and find it very difficult to do Padmasana. They can try Ardhapadmasana (2 & 3) as shown above on this page for a few weeks and then try Padmasana.

## 4. Bhujangasana



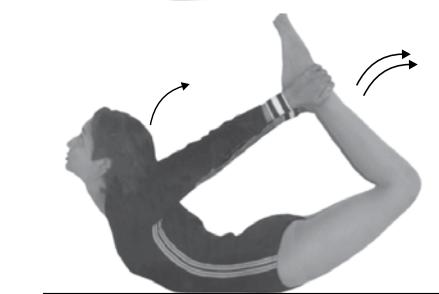
In prone position (i.e. on the abdomen) bring heels and toes together, keep knees straight and chin on the ground (1&2). Draw both elbows up and put both the palms on the ground close to the chest with the fingers pointing towards head. Finger tips should not cross the shoulder points.

Gently lift up, the head and the chest, only to the level of the naval and the face bent upwards to look up (3). Elbows should be close to the body and form right angles. See that heels and feet are together throughout. **Hold** the posture for **half a minute**. One should be able to see the ceiling above the head in the final position.

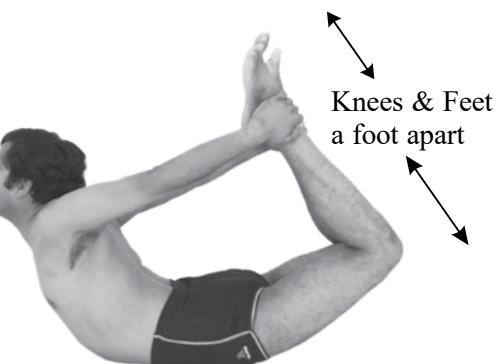
**Relax for half a minute** in prone position only with feet slightly apart and heels put outwards, head resting on one side and arms close by the side of the body (page 30).

Those who are not able to hold the final posture or have discomfort in the back while doing so can attempt Sarpasana for a period of 2 weeks as given in the small box above.

## 5. Dhanurasana



**Dhanurasana**  
(Final Posture)



Hold on to the final position for 1/2 a minute only once and then rest in prone position for 1/2 a minute as given on page 22.

From the prone position bend the legs at the knees and then hold respective ankles with the hands close to the lower ends of the legs (1).

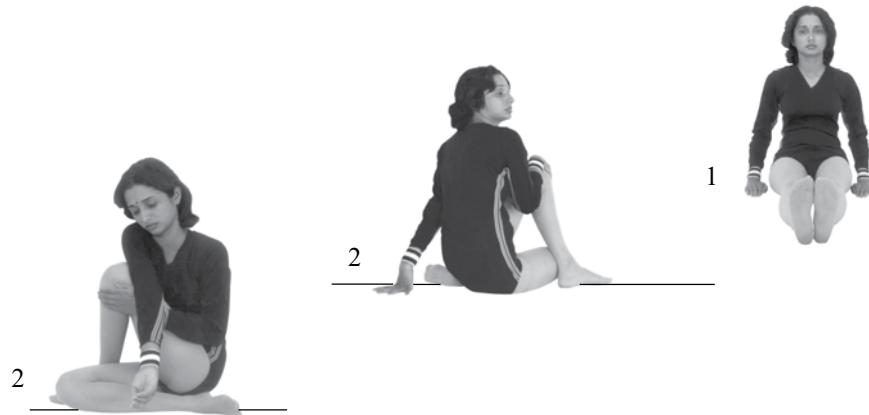
Keep knees and feet a foot apart (2).

Lift up the head and chest, simultaneously lifting up the legs off the floor by pushing the feet backwards with elbows kept straight (3).

A perfect semi circle should be achieved with weight being borne by the abdomen, knees and feet to be kept a foot apart from each other.

**Hold** the posture for  $\frac{1}{2}$  a minute and then **relax**  $\frac{1}{2}$  a minute in prone position.

## 6. Ardha-Matsyendrasana



**Ardha-Matsyendrasana**  
(Final Posture)

Hold on for 1/2 minute to the extent one is able to do and then try the other way round by changing the position of the hands and the legs., followed by 1/2 minute rest.

Sit on the ground with the legs stretched in the front (1). Fold the right leg at the knee and bring the right heel under the left leg between the buttocks (2). Now draw the left knee up by putting the left foot on the right side of the right knee and hold the left foot with the right hand from left side of the left leg (3).

Encircle the left arm around the waist from behind to touch the inner aspect of left thigh and turn the head to look back above the left shoulder (4).

Hold the posture for half a minute and then do vice versa. i.e., the other way round changing the position of legs.

Then **relax for ½ a minute.**

## PART IV

### Breathing Exercise

Three deep breathing exercises - 4 minutes

1                  2                  3

Breathe in slowly as long as you can, 7-8 seconds, & then breathe out slowly (6 times each exercise)

Three brisk breathing exercises - 2 minutes

6                  5                  4

Breathe in & breath out briskly, forcefully & noisily in a rhythmic manner (1/2 minute each exercise)

We have avoided the word “Pranayama” because a lot of confusion is going on due to tall claims made by some Yoga exponents. There is no difference in breathing through right or left nostril as far as physiological effects are concerned. It is a fact that **Deep breathing** exercises definitely improve Vital capacity\* of an individual and **Brisk breathing** exercises desensitise the respiratory tract and drain the mucus from the passages and sinuses.

\* **Vital Capacity** - Capacity to take maximum air in a breath - Men: 4 to 4.5 litres, Women: 3.5 to 4 litres. One may note that normally a person when breathing unconsciously, takes in only half a litre of air in each breath.

## PART V

### Shavasana - 2 minutes



Lie down on the back with arms and legs stretched, left loose. Allow the head to one side with eyes closed. Remain like this for **2 minutes**. Do not bother to control the mind, leave it on its own or you may try to focus your mind on inhalation and exhalation.

Posture for rest in prone position while lying on the abdomen



# **Jalanethi**

It is one of the Yogic kriyas (cleansing methods) described in Hatayoga and is very useful in curing and reducing the intensity of respiratory allergic problems like – Snoring, Rhinitis, Sinusitis, Pharyngitis, Bronchitis. **Jalanethi alone is not effective.** It has to be preceded with breathing exercises daily and specific diet restrictions to be followed for a certain number of weeks.

Animal source of protein, foods containing colours, synthetic food additives, preservatives & citrus fruits to be avoided for a few weeks.

**The detailed list is as follows:**

## **1. ANIMAL SOURCE OF PROTEIN:**

Milk, Curd (Yogurt) Buttermilk, Butter, Cheese, Milk chocolates, Milk beverages, Milk sweets and Milk desserts (it is the white portion of the milk that is the culprit), Eggs, Non-vegetarian foods like meat, Chicken, Beef, Pork, Shrimps, Sea foods etc.(Ghee/Butter oil can be taken, Black Tea/Coffee with sugar allowed)

## **2. FOODS CONTAINING: COLOURS, PRESERVATIVES, SYNTHETIC FOOD ADDITIVES, Refined FOODS & ALCOHOLIC BEVERAGES:**

Soft drinks, Sauce, Jam, Ketchup, Bottled & tinned foods, Biscuits, Pastries, Cakes, Bread, Noodles & Ready-to-eat packed foods available in the market, and ALCOHOL.

## **3. CERTAIN FRUITS / UNCOOKED SOUR VEGETABLES**

Grapes, Lemon, Oranges, Sweet lime, Guava, Custard apple, Pineapple, Gooseberry & other Berries, raw tamarind, Raw Mango & any other sour vegetable or fruit in raw form.

### **ONE MAY WONDER WHAT IS LEFT FOR EATING!!**

#### **Well, Can't you manage for 6-8 weeks with the following?**

One Can Have - Rice, Chapathis, Parathas, all Cereals, Pulses, all varieties of Vegetables including Potato and tubers, normal quantities of Salt, Chillies and other spices in preparations, fried foods, Idli, Upma, Dosa, Vada, Puri, Uttappam, Chole etc and Non-citrus fruits like Banana, Apple, Papaya, Sapota, Pear, Jackfruit, ripe Mango, Musk Melon, Pomegranate, Dry fruits - Dates, Figs, Cashew nuts, Almonds etc.

#### **NOT AT ALL DIFFICULT TO FOLLOW, ISN'T IT?**

**NOTE:** Once you have settled down and feel distanced from the problem, start one food item once in a week from the Forbidden list and watch which one causes the problem. You can shortlist and avoid these foods specified for six more months. People should have Calcium and Vitamin D3 substitution by taking Alpha vit D3 tab. once a day after food so long as they are off milk, milk products & non veg items of food.

**Same diet restriction have to be followed for 6 months to 2 years in all Skin Allergies & in Auto-immune diseases. Results seen during the last 3 decades have been excellent as against the use of Steriods & anti Cancer drugs for prolonged periods with serious side effects.**

## **Principle & the procedure of Jalanethi**

The principle of Jalanethi is through Osmosis. Since hypertonic salt water is used, it draws congestion from the lining of nasal cavity and the sinuses. It is a better method than using nasal sprays and drops which can cause high blood pressure and permanent damage to the nasal lining (atrophic rhinitis) with loss of smell sensation permanently for the rest of the life.

Nasal surgeries like Septoplasty, Antral washes, Antrostomy, Tonsillectomy, are indicated only in 5 to 10% cases and majority of these cases fail because basically these are due to allergic tendencies of an individual for which Diet restriction becomes a must even after surgery for a certain period.

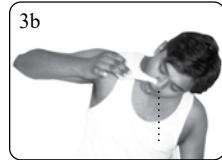
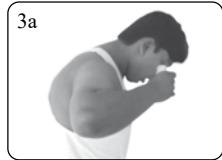
**Note:** Breathing exercises and Jalanethi have to be avoided during acute conditions like severe headache, acute throat infections, lung infections and during fever.

## **Procedure**

Take 150 ml of luke warm ordinary tap water in the Jalanethi vessel and add half a tea spoon of common salt to it. Wait for 2 minutes to let the salt dissolve in water. Water should be more salty than sweat or salty like Sea water. Stand close to the wash basin and hold the vessel in right hand.



1. Keep your mouth partially open and breath in and breath out through mouth throughout the procedure **without stopping**.
2. Place the knob/nozzle of the Jalanethi vessel in the right nostril.



**3a & 3b.** Bend your head forwards and to the left continuing to breathe through mouth. Hold the Jalanethi vessel slightly above the nose level. The water will flow due to gravity through right nasal cavity and come out from the left nostril in a flow. Carry on till the vessel is half empty.

Repeat the same procedure with the left over salt water vice versa through the left nostril by tilting the head to the opposite side. Don't blow the nose immediately, the water has to ensure decongestion. After 2 or 3 minutes do Kapalabhati (i.e., breathe out forcefully a few times to clear the nasal passages). Never blow the nose by pinching the nostrils as this will spread the infection/contents of the throat to the ears.

## Programmes on **Health** and **Stress** Management

Nature Cure Health Care Centre through Dr. B Bapuji conducts half-a-day (4 hours) audio visual lecture session in all Executive development programmes at leading management training institutions in India and also for government, public sector and private sector organizations. These lectures can be fixed as pre-lunch, post-lunch or pre-dinner session depending on the availability of Dr. B Bapuji (Faculty). Following is the list of some of the institutions where the sessions have been conducted and both the content and mode of presentation have received excellent rating.

- Administrative Staff College of India (ASCI)
- National Police Academy (NPA)
- State Bank Staff Training College
- College of Insurance and Financial Planning (CIFA)
- National Industrial Security Academy (NISA)
- Indian Oil Corporation Limited (IOCL)
- National Aluminium company Limited (NALCO)
- Power Grid Corporation
- National Thermal Power Corporation (NTPC)
- Rajasthan Vidyut Prasar Nigam
- Keynote speech in **VIII** Global Conference of International Federation on Ageing, Copenhagen
- The Institute of Chartered Accountants of India (ICAI) Dubai Chapter
- Engineering Staff College of India (ESCI)
- Jawaharlal Nehru Institute of Banking & Finance (JNIBF)
- Life Insurance Corporation of India (LIC)
- Indian Overseas Bank (IOB), Corporation Bank, Indian Bank, Canara Bank and Punjab National Bank
- Tata group of Industries
- Bharat Heavy Electricals Limited (BHEL)
- Andhra Pradesh State Road Transport Corporation (APSRTC)
- Centre for Organization Development (COD)
- Hindustan Computers Limited (HCL)
- Accenture
- Novartis
- and many other institutions.....

**Revised II edition of the book on “*Health & Stress Management*” by Dr. B Bapuji & Dr. Aditya Bapuji has been brought out 2 months ago, meeting the International Standards and is available for sale only at the following address:**

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Contact NCHCC for appropriate guidance, advice and best results.

न त्वहं कामये राज्यम्  
न स्वर्गं न पुनर्भवम् ॥

Neither I desire Kingdom  
nor Heaven or rebirth

---

कामये दुःखतप्तानाम्  
प्राणिनाम् आर्ति नाशनम् ॥

I only desire that all Living beings  
be free from suffering.

...from Srimad Bhagvatham

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