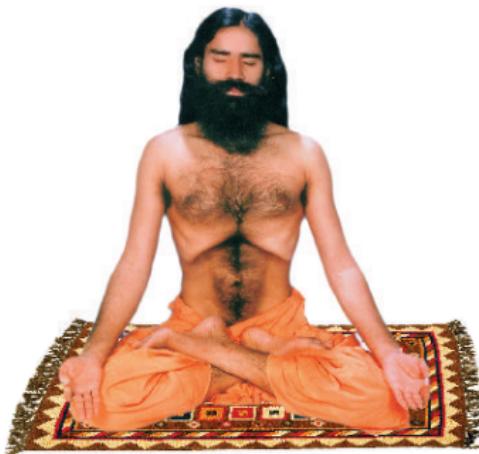




# YOGA-A DIVINE TREE OF LIFE

Do Yoga & motivate others to do



For better training of Yog teachers, Rev. Swami Ji Maharaj's directed 10 different types of special Yog training Camps brief description along with photographs.

# **Utility of Yoga in Life**

Yogrishi Rev. Swami Ramdev Ji Maharaj and Ayurveda Paragaon Rev. Acharya Balkrishna Ji Maharaj together with their unworthiness talent, years of meditation (sadhana), intense labour, mortification, tenacity, activity based yoga practice, irrefutable logical power, scientific believe and with pure feeling of world welfare & solidarity have done experiments & research in the field of yoga, the result of which is that now entire world had recognized its importance today.

Today results of different experiments on Yoga have come & those results are scientifically analyzed by top individuals (professionals) of medical science. Results of different experiments of Yoga are such that it is evident that through Yoga, one achieves complete health & fitness. Past two decades, Yoga was there but subjected to books, texts, even Pranayama was depicted only till books of Yoga. Few Saints, Great men & Yogi's even knew the techniques of Pranayama but it was subjected only to eliminate the mind's unsteadiness. Those Pranayama where made life useful taking millions of individual towards path of Samadhi (extreme of soul) by our Rev. Guru Swami Ji Maharaj. The delphic oracle behind Yoga, removing the curtains of mysterious tough Yoga system, meaningful utility of Yoga-Asana, Rev.Swami Ji Maharaj has completed the 1<sup>st</sup> stage of his resolution towards "Healthy India & Healthy World" and expanded the missionary Yoga across the globe. Today scientists across the country & world are seeing Yoga as science and imbibing it as part of medical system eliminating all their ignorance, doubts, confusion & insistence. Let's come. Let's do intense labour for propaganda of Yoga so that nobody dies famine because of the disease. This great resolution could only be completed with the blessings & benevolence of almighty, guru & through support of all sensitive humanism brothers & sisters of entire nation & world.

**(Dr. Jaideep Arya), Chief Central Head**

# **Rev. Swami Ji Maharaj's directed**

## **10 different types of camp**

### **Subject–List**

- 1.** For all types of diseases “Complete Disease Prevention Yoga Camp” (Cough, Cold, Allergy, Asthma, Oroimmunosis, Cancer, S.L.E. Eye disease, Abdominal diseases, Sexual disorder, Thyroid, Urine Problem, Triple disorders of bile & complete disease remedy Yoga camp.)
- 2.** (a) Obesity (b) Diabetes Camp
- 3.** High B.P. – Heart disease Camp
- 4.** Joint Pain Prevention Camp – Waist Pain – Knee Pain, Neck Pain & other pains.
- 5.** Camps for Women
- 6.** Children ordination (ceremonial) camp (children between age group of 5-15 years.)
- 7.** Camp for Youths + sports tournaments (In Schools) – Youths between age group 15-25 years.
- 8.** Ashtaanga Yoga Camp (Yama, Niyama to Meditation, till Samadhi)
- 9.** Stress management camp or Tension removal & Personality Development Yoga Camp.
- 10.** Meditation (Dhyana Yoga) Camp.

# **1.“All disease prevention camp”**

**For all diseases.**

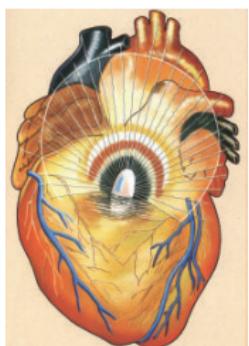
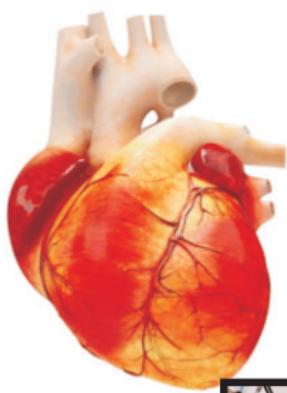
(Constipation, Indigestion, Stress, Depression, Cough, Cold, Allergy, Asthma, Oroimmunosis,, Cancer, S.L.E., Eye disease, Abdominal disease, Sexual disorder, Urine diseases, Bile disorder & all disease remedy Yoga Camp)



## **2. Obesity & Diabetes camp :-**

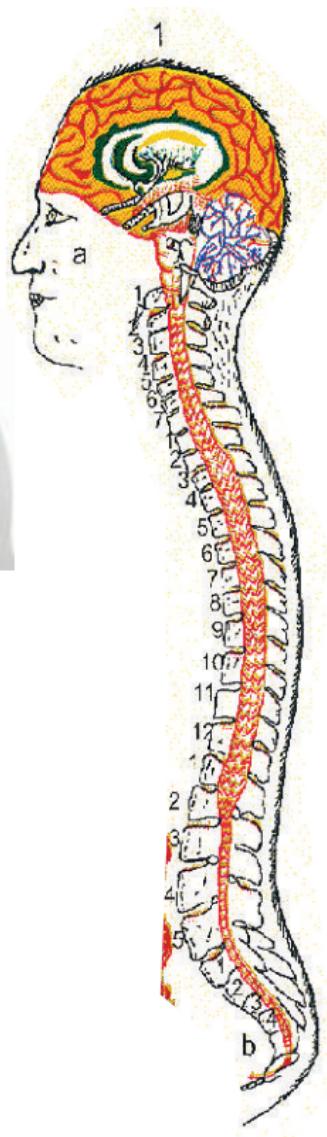
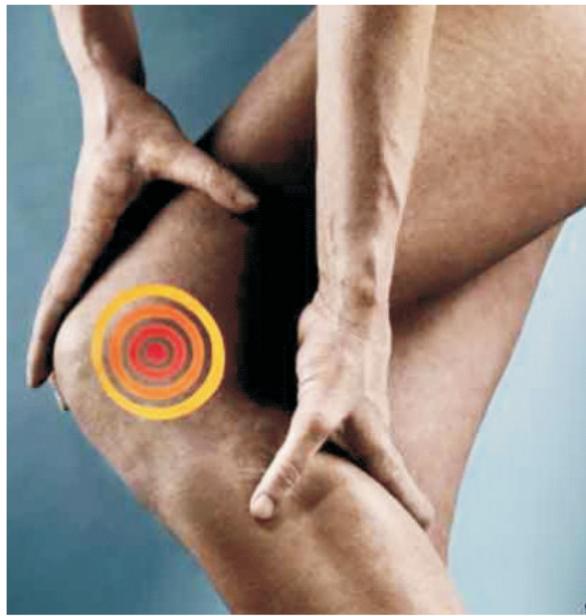


## **3. High BP & Heart disease camp :-**



#### **4. Joints pain prevention camp :-**

(Waist pain – Knee Pain, Neck Pain, Pain in Joints etc.)

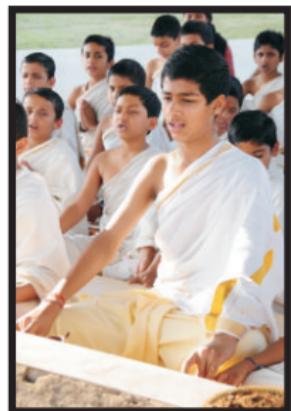


## **5. Camps for women :-**



## **6. Child Ordination camp :-**

**(Age group of between 5-15 years)**



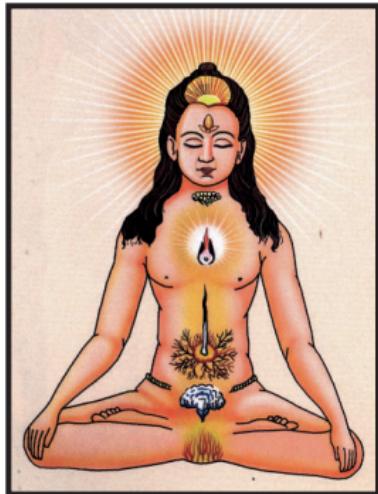
**Functional Sacrifice & importance of Yagya (Sacrificial)**

## **7. Youth camp + Sports tournaments (In schools) :-**

**(Youths between age group 15 – 25 years)**



## **8. Ashtaanga Yoga Camp (Yama, Niyama to Meditation, till Samadhi) :-**



## **9. Stress management camp or Tension removal & Personality Development Yoga Camp :-**



**Glad (Happy) individual**

**Strain individual**

## 10.Meditation (Dhyana Yoga Camp) :-



# Special Camp – (1)

All disease prevention yoga class & special camp curriculum

For being healthy throughout-

Yogrishi Rev. Swami Ji Maharaj's directed daily yoga curriculum for healthy individuals

## (1) First Stage (Simple Exercise)– Yogic - Jogging

Simple Exercise – 12 practice of Yogic Jogging – (1) 3 of running types, (2) 3 of sitting type, (3) 4 of Bending type, (4) 2 jumping PT

1



2



Running Type

3



Running Type

4



Half Sitting

5



Hanuman Sitting (Part-1)

6



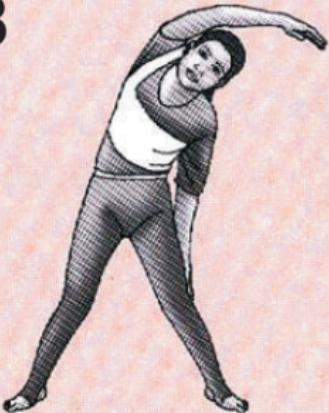
Hanuman Sitting (Part-2)

**7**



**Front-Back**

**8**



**Triangular Asana (Trikonasana)**

**9**



**Angular (Konaasan)**

**10 (a)**



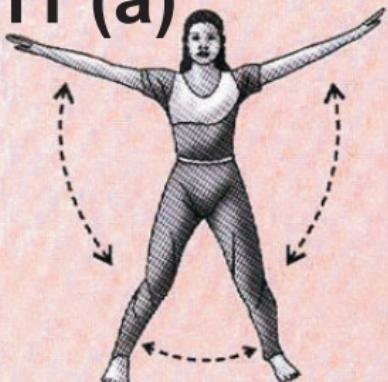
**Urdhwahastasana/Hastuthanasana**

**(b)**



**Paadhastasana**

**11 (a)**



**Veerbhdrasana**

**(b)****Veerbhdrasana****11 (a)****P.T.****(b)****P.T.**

**Benefits:** The benefit we get in walking 5 km/hour footpath is equivalent of doing 5 minutes Yogic-Jogging exercises. Pain in knees, buttocks, obesity, abdominal pain, cartel pains, lungs weakness, extra fat in abdomen/flank part, strong muscles, healthy stomach, chest enlargement, height increases etc. along with, it is very useful in good health of women as well.

**Care:** One suffering from abdominal & neck pain should not bend front while one suffering from “Harnia” should not bend backside.

## 2. Second Stage – Surya Namaskar

**Practice** – 5 to 11 times, Benefit – Intestine, Stomach, Diabetes, Heart, Lungs, Spinal Cord, Abdominal problems, Skin disease, Imbalance hormones in the body and thereby assisting towards speeding of blood flow, purity, strength & beauty of hands, legs, biceps, thighs & shoulders and also its daily practice gives one mental peace, power, vigour and charm (brightness)



1 & 12  
(Surya-Namaskar)



2 & 11  
(Udharvahastasan/Hastautthanasan)



3 & 10  
(Padhastasan)



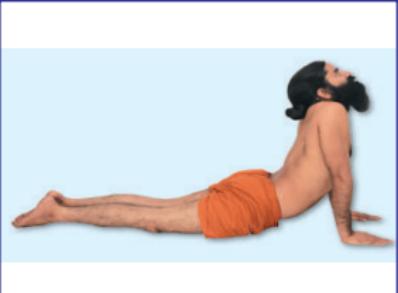
4 & 9 (Ashvasanchalan)



5 & 8 (Parvatasan)

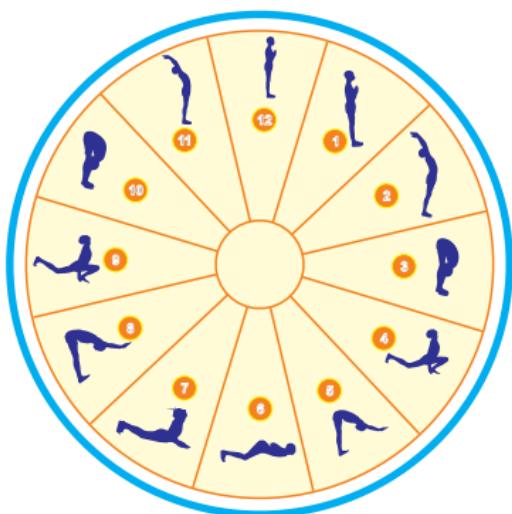


6 (Sashtangasan)



7 Bhujangasan (Part-2)

**Method :** Take full breathe – Sr. No. 2, 4, 7, 9, 11, 1 and exhaling out completely with Sr. No. 1, 3, 5, 8, 10, 12 and Sr. No. 6, 5 would remain as it is.



## Third Stage – Pranayama

### (3) Major Pranayama's method & benefit

**Start-** Sit in meditation mode, close your eyes, take full breathe from nose and repeat “Ohm” thrice long.

**Gayatri Mahamantra -** Aum Bhuh Bhuvah Svah| Tat Savitur Varenyam|  
Bhargo Devasya Dheemahi | Dhiyo Yo nah Prachodayat ||

**Maha Mritunjaya-** OM. Tryambakam yajamahe | Sugandhim pushti-  
vardhanam

Urvarukamiva bandhanan | Mrityor mukshiya mamritat ||

**Sankalp Mantra-** Om Saha Nau-Avatu | Saha Nau Bhunaktu | Saha  
Viiryam Karavaavahai |

Tejasvi Nau-Adhiitam - Astu Maa Vidvissaavahai | Om Shaantih Shaantih  
Shaantih ||

**Prathana Mantra-** Om Asato Maa Sad-Gamaya | Tamaso Maa Jyotir-  
Gamaya | Mrtyor-Maa Amrtam Gamaya | Om Shaantih Shaantih Shaantih ||

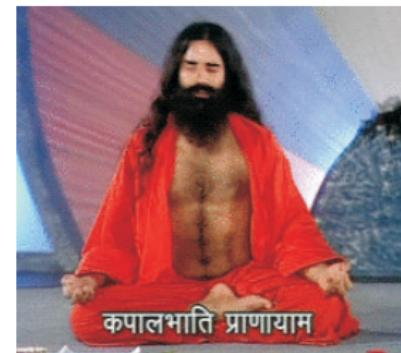
**1. Bhastrika Pranayama** - Slow, long and subtle breathing (soundless breathing) and thereby taking full air inside the lungs and simultaneously exhaling out. Total duration – 5 minutes, Benefits – Cough, Cold, Breathing problems, Asthma, Suffocation, Sinus, Thyroid, Tonsil, Coryza, Heart problem, Lungs related disease, Blood purification and Allergy. Both mind and pran (breathe) gets concentrated which helps in Kundalani Jagran.



**1. Kapalbhati** – One second one breathe with push to exhale only outside with medium force. In one minute, 60 times breathe could be exhaled out but people suffering from high BP, Heart problem, Harnia, UBs disease, Waist pain should do “Kapalbhati” slowly. In one minute, 30 times is fine.

Daily regular time – 15 to 30 minute, for children 2-5 minute Kapalbhati pranayama related some special. This is not a practice of pulling the stomach inside. The way of exhaling out breathe with force automatically allow stomach to move inside & outside.

**Benefits**– Diabetes, Heart problem, Lungs, Gas, Constipation, Piles of kidney, Liver, Obesity, Hepatitis, Depression, Prostate, Tumor, Stones, Skin disease, Cough-Cold, Asthma, Breathing problem, Sinus, Jaundice, Intestinal problem, AIDS, Leucoderma Psoriasis,-



Infertility, Ovary, Breast or knots in any part of body, M.S. & S.L.I along with cancer etc. diseases are cured completely. Mind feel relaxed & concentrated, peace & happiness with vigour, spark & beauty of the body increases.

**Care** – Women should not do it during pregnancy and menstrual flow (periods) and those undergone operation of stomach/chest should not do it for 6 months initial.

### 3. Bahiya Pranayama–

Stopping the breathe outside based on one's capacity and then squeezing the stomach inside with Tribandh.

**Practice**– 3 to 5 times special–Tribandh

(a) Jalandhar Bandh– Attach chin to the throats.

(b) Mool Bandh– Pull anal part & urinary organ which is below the naval upwards.

(c) Lastly **Uddiyana Bandh**– While keeping chest/breast little upward, pull the stomach towards waist/back.

**Benefit**– Wet dreams & nightfall, Premature ejaculation, Sperm related sexual disorders, All types of gastric, Constipation etc., Stomach disease, Piles, Fisher, Fistula, sexual problem, Strangurious, Prostate, Hydrosil, Harnia, Prolapse of uterus (fallopian tube), Diabetes, Colpoptosis, Prolapsus ANI etc.

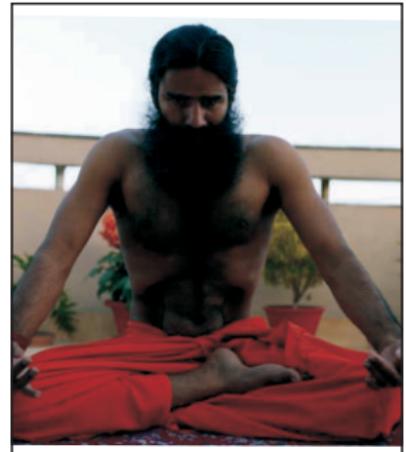


Removes mind's unsteadiness/restlessness and keep our intelligence subtle and sparkling.

**Care** – Patients suffering from Heart Problem, High BP and Cervical do not practice this Pranayama. Women during pregnancy and menstrual flow (periods) should not do it for 5 days minimum. Those undergone operation of stomach/chest (breast) should not practice this for atleast 6 months.

**Activity :** 1. Agnisaar Kriya,  
2. Nauli Kriya - While squeezing the stomach bring it to the center, revolve it towards right & left.

**Agnisar Kriya** – Similar to “Bahiya Pranayama”, put Tribandh while stopping the breathe outside as per one's capacity, contact your stomach & thin relax it afterwards.



**Practice** – 3 to 5 times.

**Benefits & Care** – Similar to that of “Bahiya Pranayama”.

**4. Ujjayi Pranayama** – While contacting your neck, take full breathe inside and with Jalandhar Bandh, stop the breathe as per capacity – Finally, while closing the right nostrils, release out the breathe from left nostrils. **Practice** – 3 to 5 times.

**Benefits** – Most beneficial in thyroid, tonsil problem along with useful in Asthma, Heart problem, Cough & Cold, Snoring, Sleepapnia , Pullulate (lungs problem), throat disorder, Sleeplessness, Blood Pressure, Mental Stress, Rheumatic, Ascites, Tuberculosis (TB), Fever, Jaundice, Indigestion, Lispings (Stammering) speech, Harmonic Thaw, useful in all throat disorders.

**5. Anulom-Vilom:** While closing the right nostrils, breathe in from left nostrils and again next time close the left nostrils and exhale out from right nostrils and vice-versa. Repeat this process. Every time breathe in full slowly-slowly for long and in the same way, exhale out completely slowly-slowly for better results.



**Time -** One serial of 30-60 seconds.

**Total time –** 15 to 30 minutes.

**Benefits :** Through this Pranayama, 72 crores 72 lakhs, 10 thousand & 210 nerves gets purified and helps against gout, rheumatic, arthritis, severity, paralysis, neurasthenia etc. all musculo-skeletal disorders, heart diseases, high BP, sexual disorders, sperm loses, urine problems etc., cough, cold, asthma, tonsil, cholesterol, triglycerides, H.D.L, L.D.L, Depression, epilepsy, tension, character loss etc. related all mental disorders, eye problem, cancer, white-patches, psoriasis, muscular dystrophy, S.L.E., infertility, H.I.V., AIDS, kidney, ear, eye related all diseases etc. This further helps in concentration, increased recall ability, positive thinking, boldness, happiness, enthusiasm, joy with “Kundli Jagran”

## Active Meditation Pranayama

**6. Bhramari Pranayama** – Pronouncing (echoing) “Ohm” with eyes & ears closed and breathing in full through nostrils. Mouth also remains closed. **Practice** – 5 to 7 times. **Benefits** – High BP, Heart disorder, mental tension, aggravation, depression, migraine, mental disease (Parkinson disease), cancer etc. is controlled and further helps in removing mind's unsteadiness with increase in concentration & meditation.



**7. Udgeeth Pranayama** – Repeating “Ohm” for longer duration through mouth with full breathe in and loud voice. **Practice** – 5 to 7 times

**8. Pranav Meditation** – Close your eyes, concentrate on breathe or any controlling organ like mind/heart and then meditate on “Ohm”, soundless chanting. **Time** – 2 to 5 minutes according to time available.



### Special Points of Meditation

**Special:** 1. With a devoutly feel of “Brahma” (almighty) in doing all Pranayama, keep your backbone and head straight in sphere of all asana/position. 2. Patients suffering from cancer diseases as per the directions can do “Kapalbhati” & Anulom-Vilom” pranayama for 30-60 minutes. After this, active meditation pranayama can be practiced 11 to 21 times in morning and evening. 3. “Brahmachari” and “Healthy Individuals” from becoming “Human Beings” to “Great Human Beings” should definitely practice.

“Kapalbhati” – 30 minutes, Anulom-Vilom : 30 minutes, Bahiya Pranayama- 21 times, with other Pranayama also practice for 20 minutes – like Yogic Jogging, Surya Namaskar, Shirshasana and other exercises.

**1.** Do not breathe in/exhale out from mouth in all Pranayama, aasan, meet etc. (only in case of introductory prayer, mantra and Udgeeth, exhale out from mouth). **2.** Before/Middle/After Pranayama, do any subtle exercise/aasan/dips etc. continuously with change. **3.** Do not take food etc. for 30 minute after practice of pranayama-asana. **4.** Do Pranayama only in empty stomach. **5.** Pranayama could be done in evening as well. **6.** After lunch, it is better to do Pranayama in evening at a gap of 4-5 hours from lunch. **7.** Those suffering from Waist & Neck pain should not bend front while those suffering from Harnia should not bend back.

#### (4) 4<sup>th</sup> Step – Asana

##### 4 (a) Asana & their benefit while sitting

###### 1. Mandukasana (Part 1 & 2) -

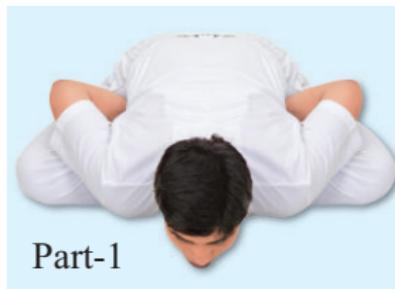
While sitting in the posture of Vajrasana, exhale out completely, keeping the thumb inside the clenched fist (Part-1) and right hand above left hand (Part-2), sit in the posture as per the capacity. For diabetes, keep fist above naval before diaphragm and in case of gastric, constipation etc., keep fist around both sides of naval. **Time-** Evening exercise for 3-5 times. **Benefits** – In diseases such as Diabetes, Heart Problems, Constipation, Gastric etc. abdominal disorders.



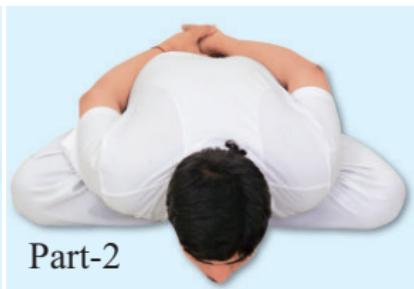
## 2. Yogmudraasana (Part 1 & 2)-

Part-1 : Sit in the posture of “Padmaasana” (keeping right hand above left hand and left hand above right hand) after releasing out breathe outside completely, as per the capacity bend forward, touch chin with land and keep eyesight front. Similarly do this for Part-2 as well. **Practice -3-5 times.**

**Benefits** – Useful in Gastric, Indigestion, Constipation and Diabetes.



Part-1



Part-2

## 3. Shashkasana-

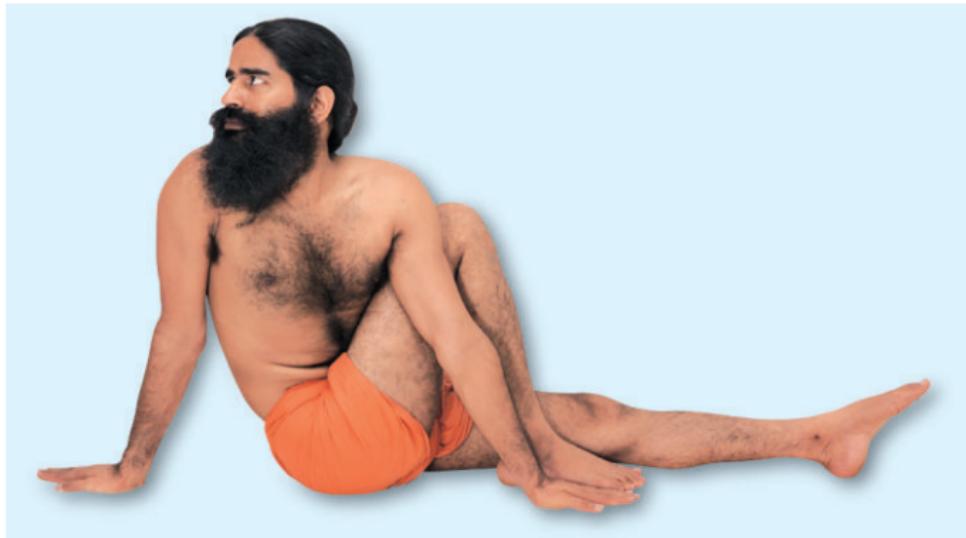
Similar to “Yogmudraasana”, while exhaling out stop yourself along touching head with land. **Practice – 3-5 times.**

**Benefits** – Useful in heart problem, pancreas (diabetes), intestine, liver, mental disorders, tension, anger, irritation, temper, stomach, waist, kidney, fallopian tubes in women etc.



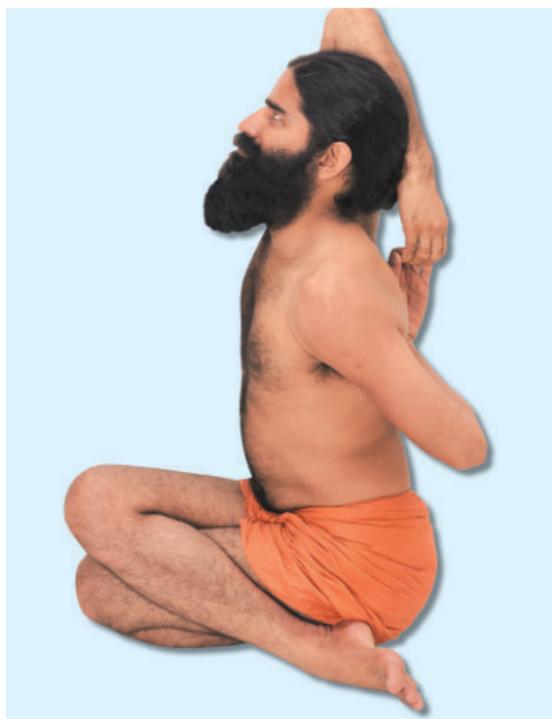
## **4. Vakraasana-**

**Practice** – 3 to 5 times, **Benefits** – Useful in diabetes, extra fat of waist, liver, piles etc. related diseases.



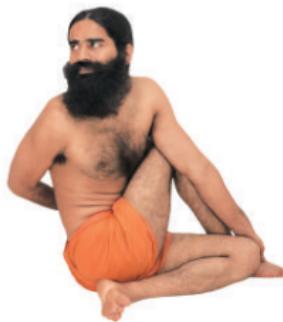
## **5. Gomukhasana-**

**Practice** – 3 to 5 times, **Benefits** – Useful in hydrosil, hernia, premature ejaculation, diabetes, liver, kidney, knots, arthritis, chest power & diseases related to women etc.



## 6. Ardhy Matsyendrasana-

**Benefits** – Diabetes, waist pain, all nerves & veins expanded across spinal cord, blood flow, and abdominal disorders gets removed giving power to intestines.



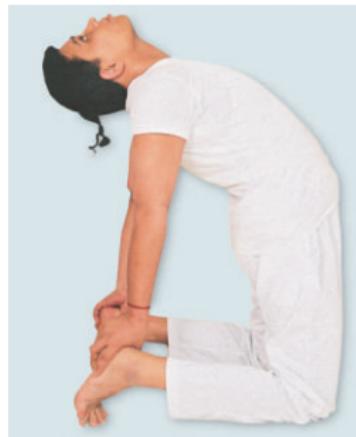
**Note :** *Spondylosis, Slipped disk, Waist, Neck etc. all backbone and nerves related diseases resistance asana, initially breathe completely slowly-slowly and sit in the posture as per the capacity and returned back to the same posture while exhaling out. Just remember to sit in the asana till time one do not feel pain.*

**Practice** – 10-15 times.

## 7. Ushtraasana-

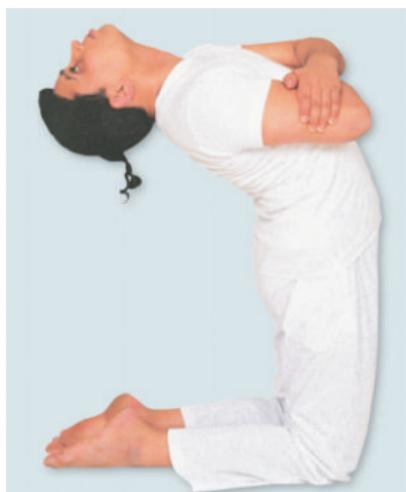
**Method** – While breathing in slowly-slowly, sit in the asana posture, try to withstand for long in same posture and finally while breathing out, come back to the initial posture. **Practice** – 5 times

**Benefits** – Asthma, Cervical Spondylosis, and Sciatica etc. Backbone related diseases and Thyroid.



## 8. Ardh Chandraasana-

This asana is helpful in cervical, waist pain and thyroid disorder. **Note:** Those suffering from vertigo should not do it.

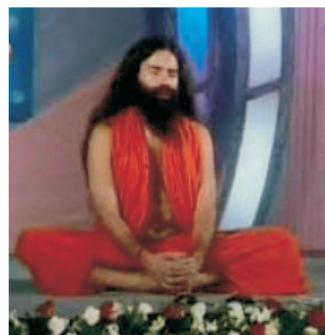


### (4) 4<sup>th</sup> Step – Asana (b)

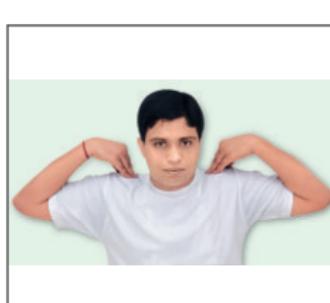
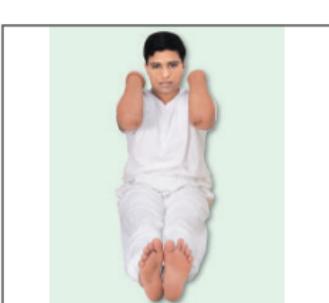
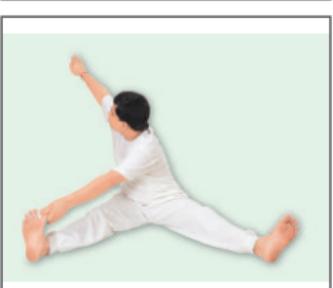
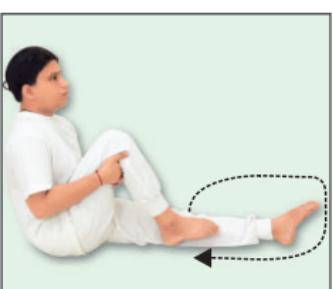
### Subtle exercise in sitting posture (Hand, Legs, Neck and Eyes)

**Benefits :** (a) Useful in Foot gingers, ankle, complete legs, toe cap, sciatica pain, knees, buttocks, stomach, waist pain etc. (b) Fingers of hand, complete hands, heart, cervical spondylosis, shoulders, elbow, heart disorders, (c) Back, neck pain etc. Every practice should be repeated 5 to 10 times. **Time – 5 minutes.**

**Special:** Subtle exercises are very useful and can be done any time.

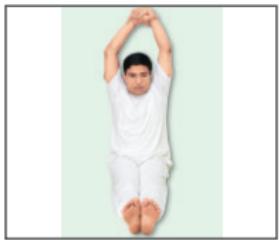


*Butterfly Asana*



# Subtle exercise for remedy of cervical disease

## For Shoulder-



## For Neck-



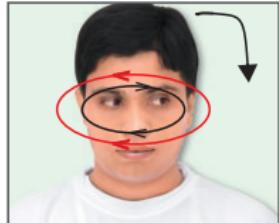
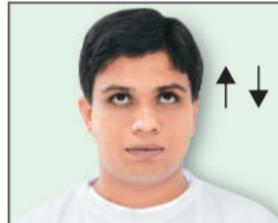
## For Neck Joints-



## For Back Neck muscles-



## For Eyes-



## Sidhhaasana-

**Time :** 30-60 minutes, **Benefits** – Useful in hemorrhoids, sexual disorder, mind's unsteadiness and sexual disorders. It is the best asana for “Kundali Jagran” and “Brahmacharya”.



## Padmaasana-

**Benefits** – Useful in providing assistance in meditation and reaching till “Samadhi”. Useful in concentration of mind, musculo-skeletal disorders and excessive digestive fire of the stomach.



## Vajraasana-

**Benefits** – Helps in meditation and concentration of mind, sitting in this posture for 5 to 15 minutes after food helps in removal of indigestion problem, gastric, constipation etc. It's an important asana that can be done even after intake of food.



## Brahmacharyaasana-

**Benefit** – Useful in premature ejaculation, wet dreams (night fall), Gonorrhea, diabetes etc. It's the best asana for concentration & protection of “Brahmacharya”.



## Singhaasana-

**Practice** – 5 to 7 times. **Benefit** – Useful in Tonsil, Thyroid, (Neck) Throat related disorders (language fault), Unclear pronunciation, Lisp speech, normal ear problem etc. **Note:** After “Singhaasana”, gently massage 5 times the neck (throat) with hands.



## (4) 4<sup>th</sup> Step – (C)

**Asana and their benefit through lying on stomach (Layton stomach)**

### Makraasana (1) :-

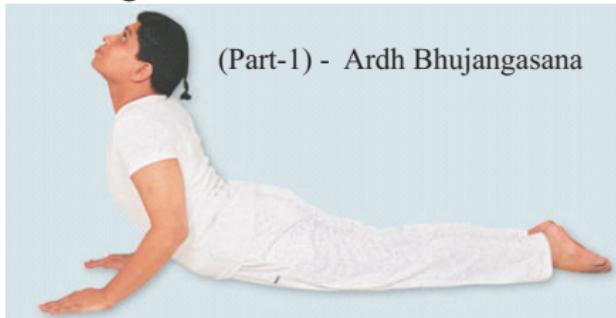
**Benefits** – It is much beneficial in high BP, mental tension, abdominal disorders, intestinal and in slow digestive system etc.,. **Note :** Lie down in position of “Shavasana” leaving all your thoughts of this physical world, concentrate & feel only that supreme power “Brahma”, devote yourself completely and feel that endless joy.



### Bhujangasana (Part 1-2-3-4) :-

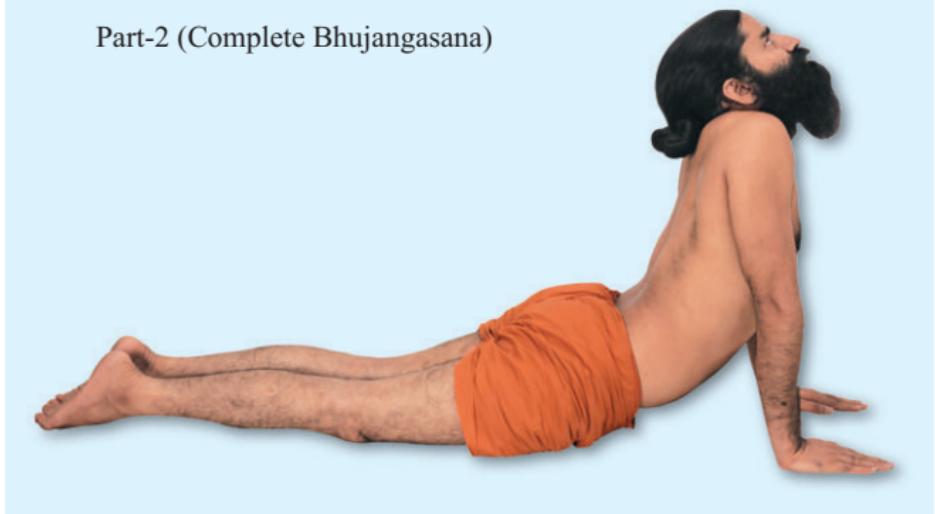
**Method :** After breathing in slowly-slowly, come in the Asana position, then as per the capacity & practice, stop for long and again by releasing out breathe come in the previous position keeping the head on land (Surface).

**Practice** – 5 times. **Benefits** – Cervical Spondylitis and Slip disk etc. including all backbone disorders

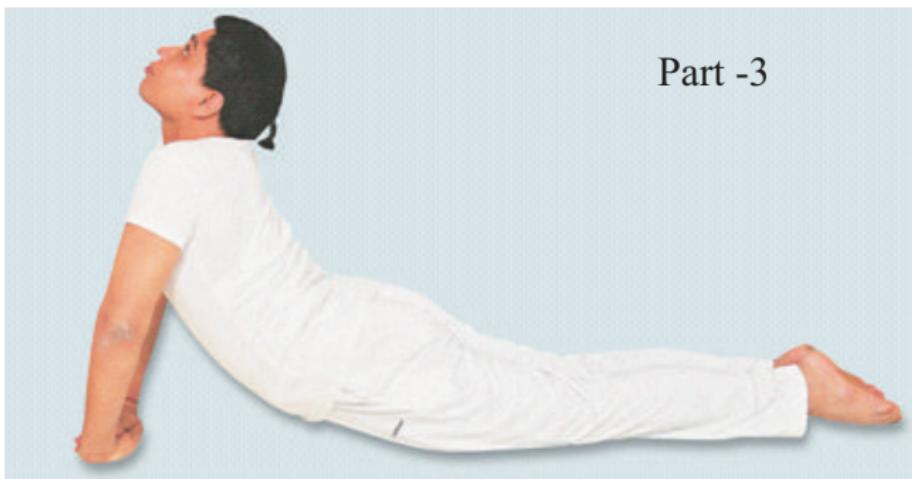


(Part-1) - Ardh Bhujangasana

Part-2 (Complete Bhujangasana)



Part -3



Part-4 (Tiryak (Oblique) Bhujangasana)



## **Makraasana- (Part 1 & 2) :-**

**Practice** – 3 to 5 times. **Benefits** – Slipped disk, Cervical Spondylitis, Sciatica, Asthma, and Lungs related disorders, Pain of knees etc. In Part-1, only one single leg will move up & down while in Part-2, both legs will move up & down.

Part-1



Part-2



## **Shalbhasana (Part-1-2-3-4)**

Part-1



Part-2



Part-3



Part-4



**Practice -** 3 to 5 times. **Benefits –** Useful in Waist pain, Sciatica, Cervical Spondylitis, Slipped disk etc. all backbone disorders.

## Dhanuraasana-

**Practice** – 5 times. **Benefits** – Useful in abdominal disorders, sun-point (Naval) shrink, monthly periods related problem in women, in making the kidney strong, also helps in removal of fear from urinary disorder & urine unwanted flow.



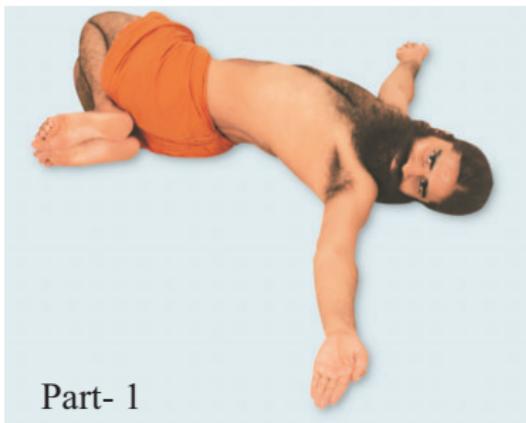
### (4) 4<sup>th</sup> Step – Asana (d)

**Asana & this benefit while lying back  
Markatasana - (Part- 1-2-3)**

**Method:** After breathing in full slowly-slowly, stop both the knees on the surface as per the capacity long, keep your neck opposite to the knees and while exhaling out come back to the same position.

**Every Practice- 5 to 7 times.**

**Benefits** – Waist pain, Cervical Spondylitis, Slipped disk, Sciatica, Stomach pain, Vomiting, Constipation, Gastric, pain of buttocks & joints and backbone related all disorders.



Part- 1



Part- 2



Part- 3

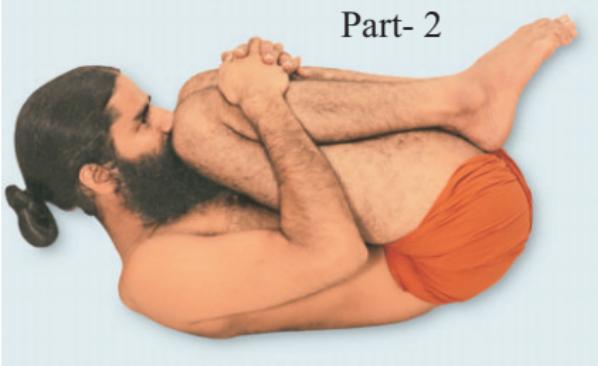
## Pawan Muktasana (Part 1 & 2)

**Practice –** 3 to 5 times. **Benefits –** Useful in Gastric problem, women related disorders, pregnancy related problem, heart problem, pyrosis, arthritis, extra fat of stomach.



**Special – Slipped disc, sciatica, waist pain etc. related diseases.** Keep the head fixed to surface, through the knees only touch your chest/breast, do not try to touch the nostrils.

Part- 2



### **Padangushtanasa-Sparshasana-**

**Part -1** In one time, touch thumb of left leg to the nose and in next time, touch thumb of right leg to the nose.

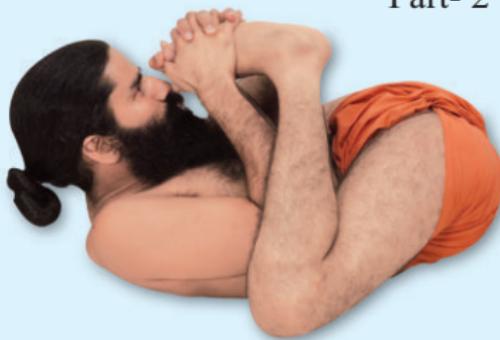
**Part -2;** Here touch both leg's thumb together with the nose.

**Benefits:** Useful in shrinking of naval, gastric, stomach pain, constipation, weakness & laziness, diabetes and intestinal disorders.

Part- 1



Part- 2



## **Uttanapadasana - (Part-1 & 2)**

**Practice-** 3 to 5 times. **Benefits-** Useful in Constipation, gastric, obesity, naval shrinking, stomach pain, breathing disorder, heart problem, waist pain etc. In Part-1, lift one leg at time keeping body fixed on surface while in Part-II, lift both the legs.

**Special :** Those suffering from tremendous waist pain should lift both legs together, simultaneously lift one-one leg & then keep back on surface. **Practice-** 5-5/10-10 times



## **Kandhraasana-**

**Benefits-** Useful in Sunpoint (Naval) shrink, Stomach pain, Waist pain, Pregnancy disorder and Menstrual disorders, White discharge (Leucorrhoea) and blood discharge in women and control over premature ejaculation in men's (metrorrhagia)



## **Setubandh – Aasan**

**Benefits –** Useful in slipped disc, waist & naval pain, thyroid and abdominal disorders.



## Kati-Uttanasana-

**Benefits** – Useful in slipped disc, sciatica and waist pain.



## Paadvritasana-

**Practice** – 5 to 10 times, revolve in circular motion clockwise & anti-clockwise (Practice first with one leg and then with both the legs). **Benefits** – Removal of extra weight of the body; also helps in removal of fat from thighs, buttocks, stomach & waist.

**Care** – Those suffering from waist pain should not revolve with both legs together in circular motion.

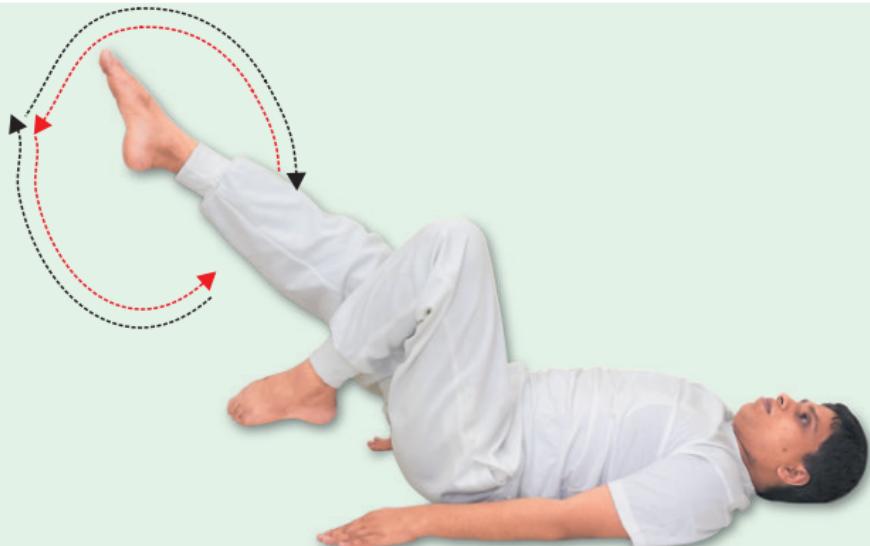


## Dwichkrikasana-

**Practice** – Do cycling for 5-10 times front and back in circular motion (do with single and both legs together at time).

**Benefits- Useful in** obesity, extra weight of the body, extra fat of stomach, constipation, slow digestive system, pyrosis etc.

**Care:** Those suffering from waist pain should not practice with both legs together.



## Sarwangasana-

**Time-5 minutes in 2-3 times repetition.**

**Benefit-Useful in** Thyroid, Obesity, Weakness, Increased height, Stress release, Abdominal, Useful for Spermary, Ovarian organ, Asthma, Abdominal parts, Intestines etc.



## **Halasana - (A)**

**Practice-** 3 times. **Benefits** – Useful in backbone, thyroid, obesity, short-heightedness, indigestion, slow digestive system, gastric, constipation, spleen, heart disease, liver, diabetes, painful women problems etc. **Care** - Those suffering from high BP, waist pain, increased spleen and liver problem should not do this.



## **Ardh-Halasana - (B)**

**Benefits-** Much beneficial in loosing of weight and all benefits similar to that of Uttanapadasana.



## **Nauka-asana -**

**Benefits-** Useful in Heart, Lungs, Intestinal, Stomach, Pancreas and Liver problems. Its usefulness is similar to that of Uttanapadasana.



## Shirshasana-

**Benefits-** This asana is the “king” of all asana. It is useful in problems related to eyes, ears, nose, brain, digestive system, intestine, stomach, liver, increased spleen, hepatitis, hysteria, hydrosil, hernia, constipation, thyroid, obesity, wet dreams, gonorrhea, impotency, infertility etc.

**Care:** Those suffering from problems of heart, high BP, waist pain, more reddiness of eyes, myopic, ear pain, and cough-cold should not do it.



## Shavasana” (Yog-Nidra)-

**Benefits -** Much useful in high BP, heart disease, depression, sleeplessness, weakness of nerves (tension), negative thinking etc. Body, mind, brain and soul get complete relaxation with inflow of power, enthusiasm and joy.



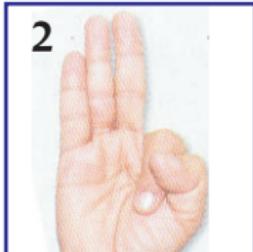
**Note –**(1) Eyes closed neck straight, keeping entire body loose and tension free; breathe in and out with constantly chanting “Ohm” till one reaches to sound asleep by chanting “Ohm” worthlessly from 100 to 1. This also helps in removal of evil (bad) dreams.

(2) This exercise has to be done for 2 minutes after getting tired in between Yogasana exercise and after the end of all Aasana- Pranayama, this has to be done for 5-10 minutes.

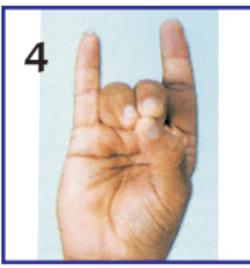
## (5) 5<sup>th</sup> Step- Point - Context



Knowledge Point (Dhyana Mudra) Air Point (Vayu Mudra)



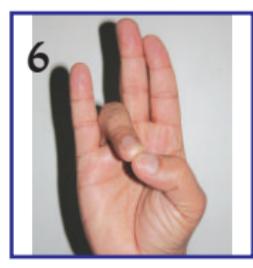
Ling Mudra



Apaan Mudra



Apanavayu Mudra



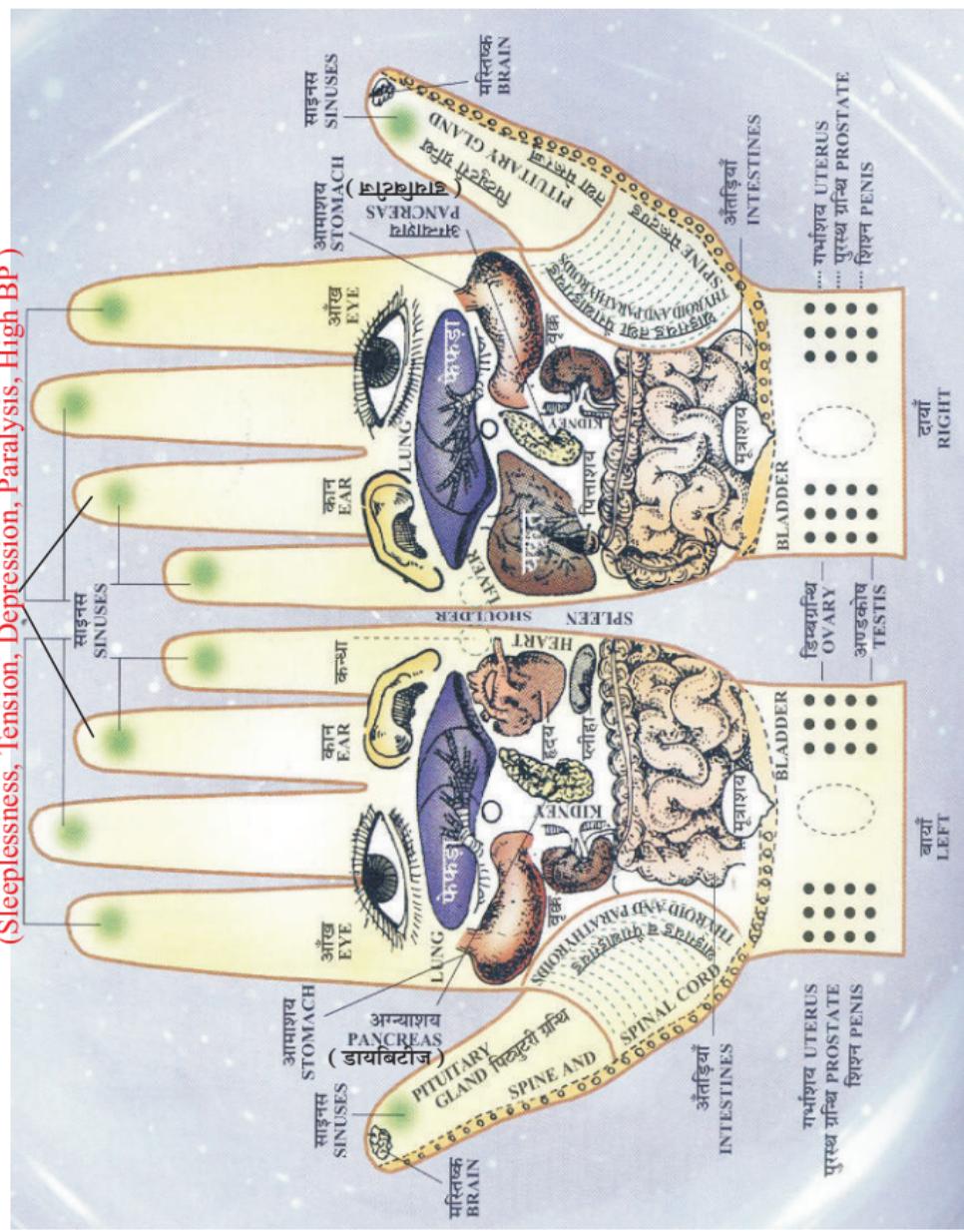
Prithwi Mudra

1. Knowledge point or Meditation point – Benefits- Useful in concentration, removal of negative thinking, brain related disease, headache, sleeplessness, anger, tension, irritation, psychoses (madness), depression, laziness, panic, fear etc.
2. Air point: Benefits- Useful in air (breathe) related disorders, gastric, gout, arthritis, paralysis, shivering, sciatica, pain of knees, neck, backbone, jaundice, blood infection etc.
3. Ling Mudra (point) – Useful in cough-cold, asthma, sinus, paralysis and low BP. Care – Do not practice this for long. After its practice, do not consume water, fruits, fruit juices, ghee (a form of clarified butter) and milk in large quantity.
4. **Apana Mudra (point)** – Useful in constipation, hemorrhoid, air borne disorders, diabetes, urinary problem, kidney disorder, teeth degeneration, stomach, heart disease and flow of sweat. **Care-** Urine comes down in maximum amount.
5. **Apanavaya Mudra** – Useful in heart, musculo-skeletal disorders, control on heart attack, gastric problem, headache, asthma and high BP.
6. **Prithvi Mudra** – Useful in obesity, body weakness, lack of vitamins, Indigestion, laziness. **Time** -30 to 60 minutes (any time) while sitting, keep points (Mudra) above the knees.

# (6) 6<sup>th</sup> Step

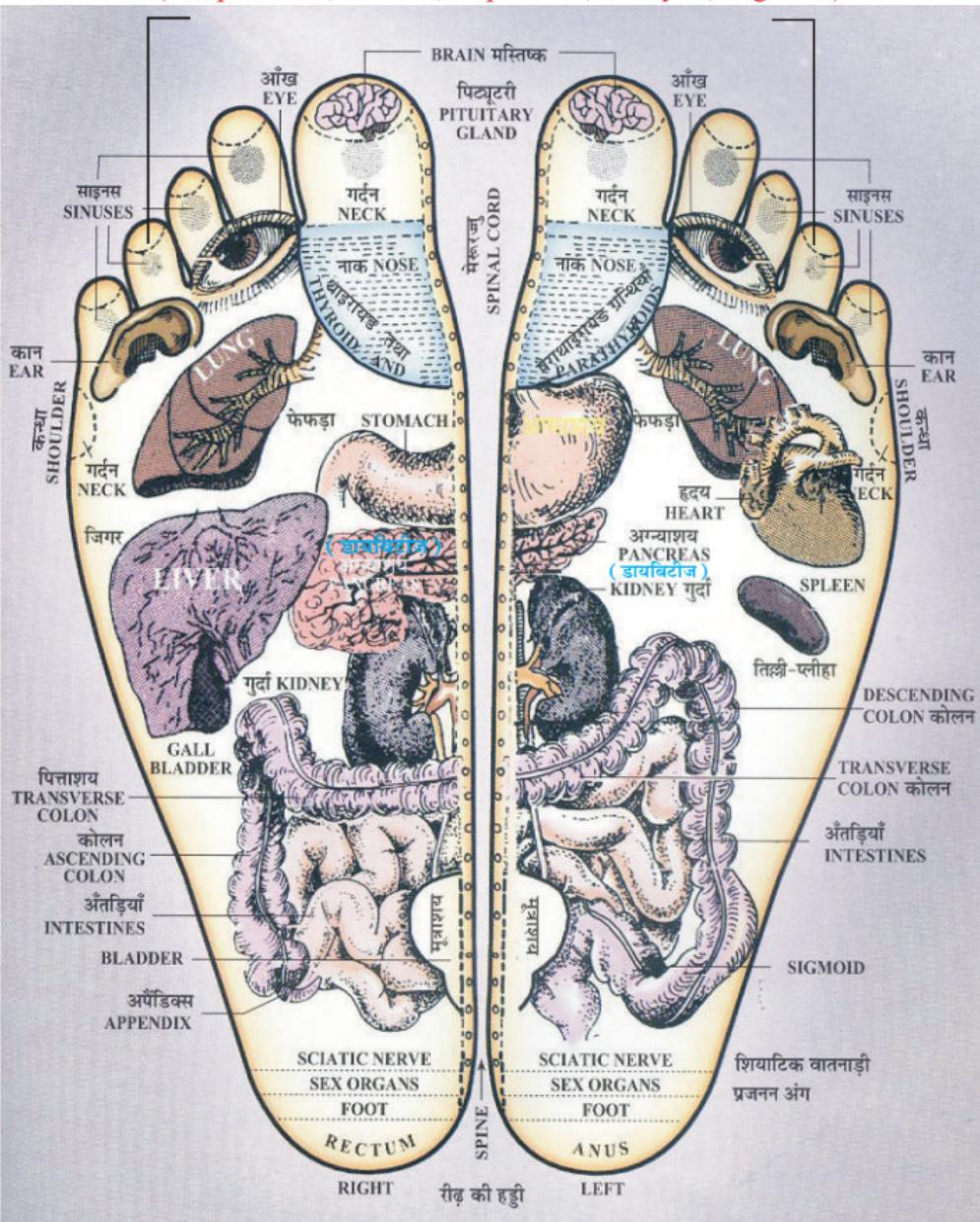
## Acupressure (Science of pulse & nerves)

**Hand's situated chief acupressure image centre points  
(Sleeplessness, Tension, Depression, Paralysis, High BP )**



# Leg's situated chief acupressure image centre and points

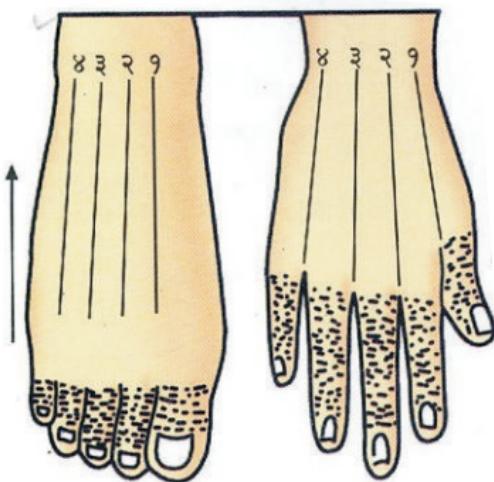
(Sleeplessness, Tension, Depression, Paralysis, High BP )



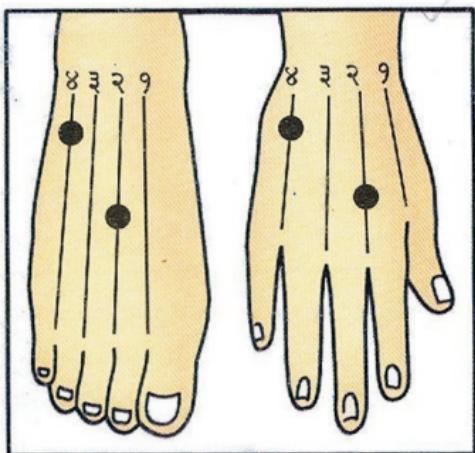
### **Life Power Point in Hand**



**Pain removal image point situated on upper surface of hands & legs**



### **Symbolic Pain Point**



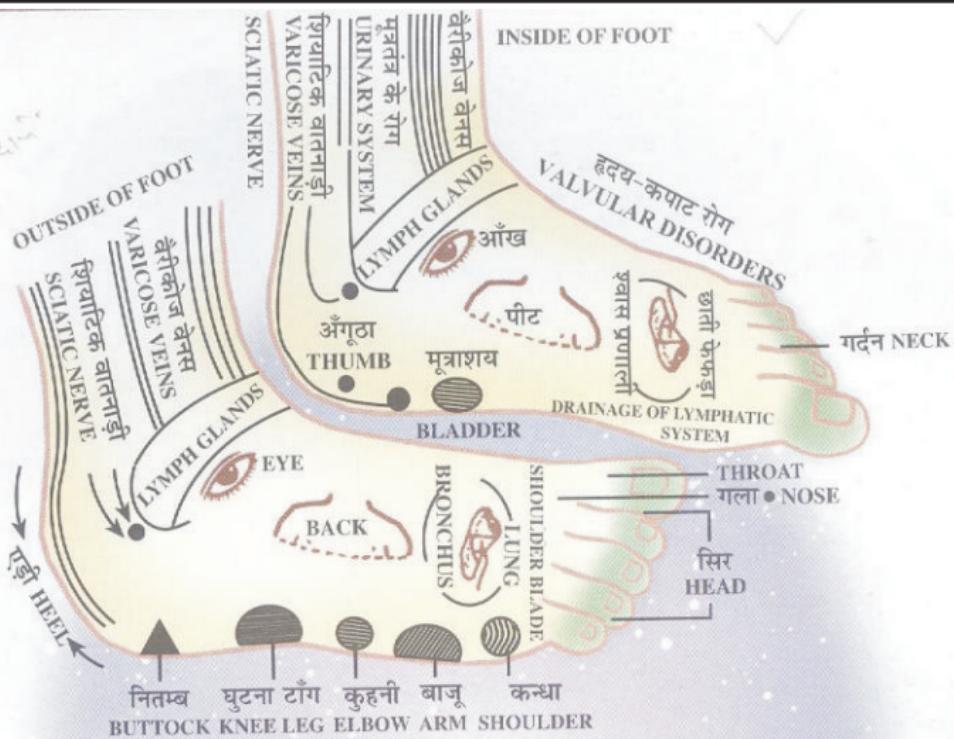
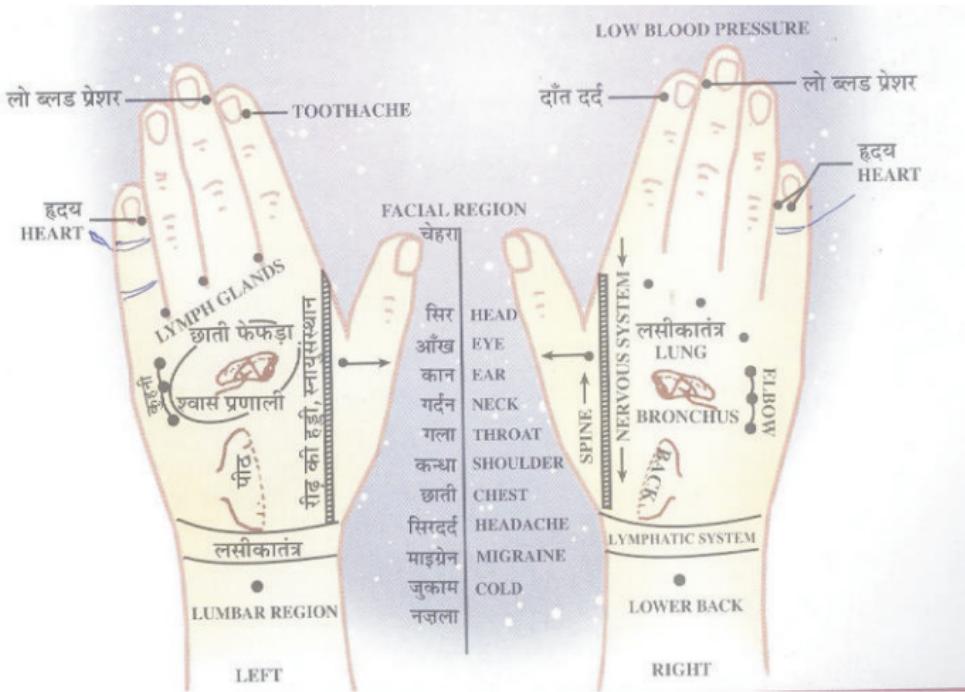
**Life power point situated in hands.**

**Pain removal image point at upper surface of hands & legs.**

**Symbolic pain point.**

The four channels situated behind our hands & legs, the pain points should be continuously pressed with pressure that ultimately gives benefit to individuals suffering from cervical spondylitis, pain in waist, neck, frozen shoulder and arthritis pain etc.

**Different image - Center/points situated at the upper surface of legs.  
(Similar point/centre in both the legs)**



# Scope of nursing medicine

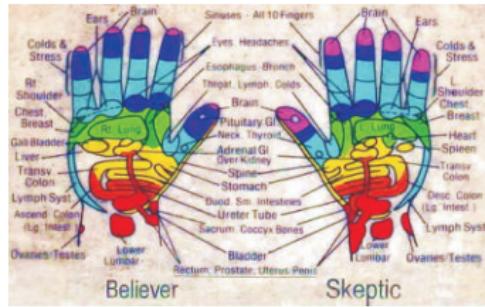
- **Yoga**



- **Ayurveda**



- **Acupressure  
(Nerve Science)**



- **Food Habits**



# **Of the total 10 special categories camp, the part (a) of the 1<sup>st</sup> Camp With regular Yoga-Pranayama practice**

**Abdominal disorders borne out from Navel (solar plexus/by Navel evade)**

## **Few Special Aasana**

Daily yoga practice and pranayama along with below mentioned “asana” for 1 to 5 minutes provides definite benefits to the body.

- 1. Pawan Muktasana**
- 2. Uttanpadasana**
- 3. Nauka-asana**
- 4. Kandhrasana**
- 5. Padangusthnashasprana Aasana**

### **1. Pawan Muktasana-**



### **2. Uttanpadasana-**



Of the total 10 special categories camp, the part (a) of the 1<sup>st</sup> Camp

## With regular Yoga-Pranayama practice

Abdominal disorders borne out from Navel (solar plexus/by Navel evade)

### Few Special Aasana

#### 3. Nauka-asana-



#### 4. Kandhrasana-



#### 3. Padangusthnashasprana Aasana-

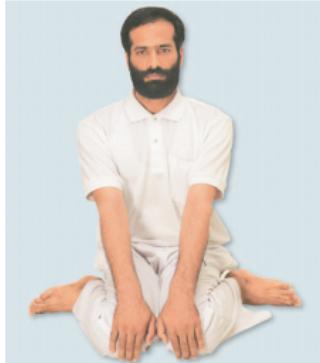


**Of the total 10 special categories camp, the part (a) of the 1<sup>st</sup> Camp  
With regular Yoga-Pranayama practice  
For Sexual Disorders  
Few Special Aasana**

Daily yoga practice and pranayama along with below mentioned “asana” for 1 to 5 minutes provides definite benefits to the body.

- 1. Brahmacharyaasana    2. Sarwangasana    3. Halasana**
- 4. Sirshaasana                5. Bahiya Pranayama.**

**1. Brahmacharyaasana**



**2. Sarwangasana**



**3. Halasana**



**4. Sirshaasana**



**5. Bahiya Pranayama.**



**Of the total 10 special categories camp, the part (a) of the 1<sup>st</sup> Camp  
With regular Yoga-Pranayama practice  
For Thyroid, Stutter and Snoring etc. diseases  
Few Special Asana**

- 1. Sarwangaasna – 5 minute, 2-3 times repetition.**
- 2. Ujjayi – 5 to 10 times.**
- 3. Lion's Roaring (Singh Garzana)**
- 4. Laughing Asana (Hasyasana)**

Daily yoga practice and pranayama along with below mentioned “asana” for 1 to 5 minutes provides definite benefits to the body.

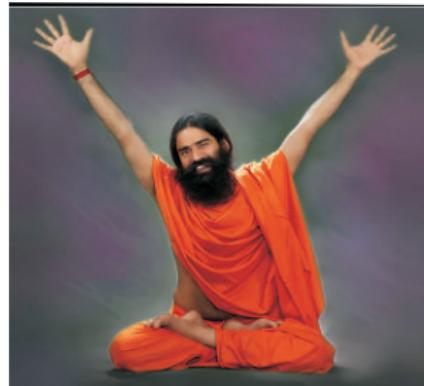
**Sarvangaasan**



**Singh garjana**



**Hasyaasan**

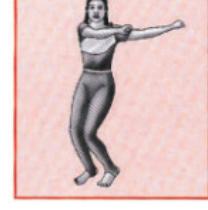
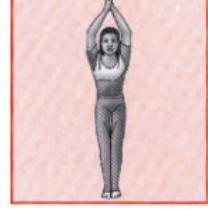
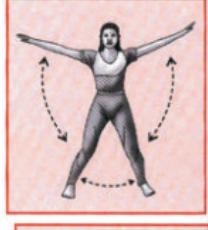
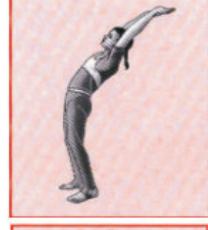
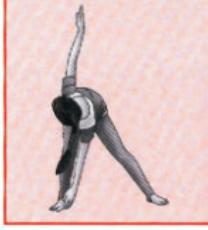
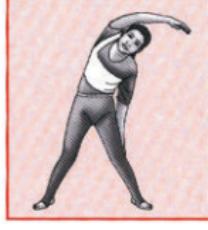
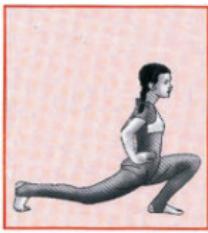
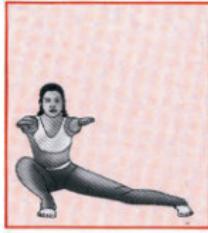
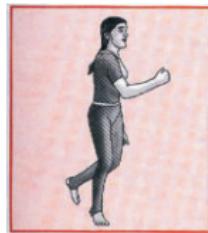


**Of the total 10 special categories camp, the part (a) of the 2<sup>nd</sup> Camp**

**With regular Yoga-Pranayama practice  
For Obesity  
Few Special Asana**

Daily yoga practice and pranayama along with below mentioned “asana” for 1 to 5 minutes provides definite benefits to the body.

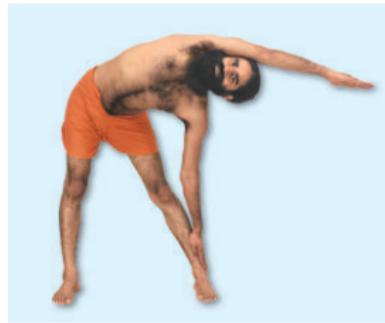
**1.Yogic-Jogging -**



**Of the total 10 special categories camp, the part (a) of the 2<sup>nd</sup> Camp  
With regular Yoga-Pranayama practice  
For Obesity  
Few Special Asana**

1. **Konasana (Angular exercise) – 8<sup>th</sup> practice of Yogic-Jogging**
2. **Trikonasana (Triangular exercise) – 9<sup>th</sup> practice of Yogic-Jogging**
3. **Paadhastasana – 10<sup>th</sup> Practice – 9<sup>th</sup> practice of Yogic-Jogging, Special- 2 to 5 minutes.**
4. **Jumping – 11<sup>th</sup> Practice**
5. **Chakki Asana (Just like Treadmill grinding)**

1. **Konasana (Angular exercise) – 8<sup>th</sup> practice of Yogic-Jogging**



2. **Trikonasana (Triangular exercise) – 9<sup>th</sup> practice of Yogic-Jogging**

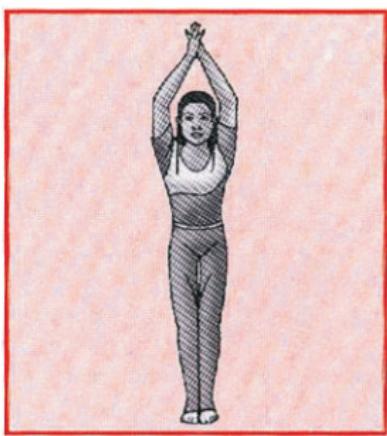
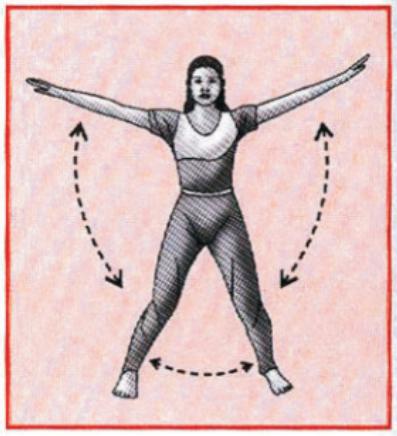


Of the total 10 special categories camp, the part (a) of the 2<sup>nd</sup> Camp  
**With regular Yoga-Pranayama practice**  
**For Obesity**  
**Few Special Asana**

**3. Paad hastasana** – 10<sup>th</sup> Practice – 9<sup>th</sup> practice of Yogic-Jogging, **Special**- 2 to 5 minutes.



**4. Jumping** – 11<sup>th</sup> Practice of yogic-jogging

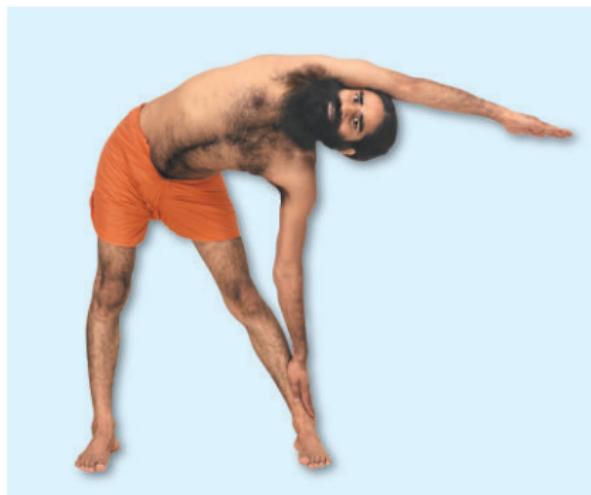


**Of the total 10 special categories camp, the part (a) of the 2<sup>nd</sup> Camp  
With regular Yoga-Pranayama practice  
For Obesity  
Few Special Asana**

**5. Chakki Asana** (Just like Treadmill grinding)-



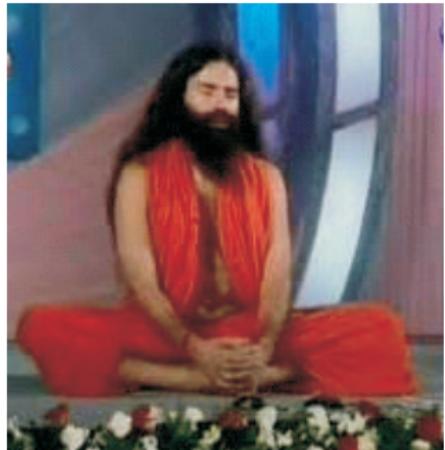
**6. Konasana** (Angular exercise)-



**Of the total 10 special categories camp, the part (a) of the 2<sup>nd</sup> Camp  
With regular Yoga-Pranayama practice  
For Obesity  
Few Special Asana**

**7. Paad hastasana Vishram -**

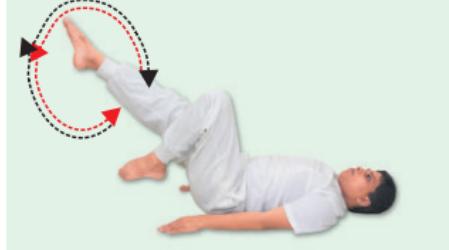
(Butterfly exercise) -



**8. Ekapaduttanasana and Uttanapadasana -**



**9. Paadvrittasana & Ekpaadchakrikasana (Cycling)-**

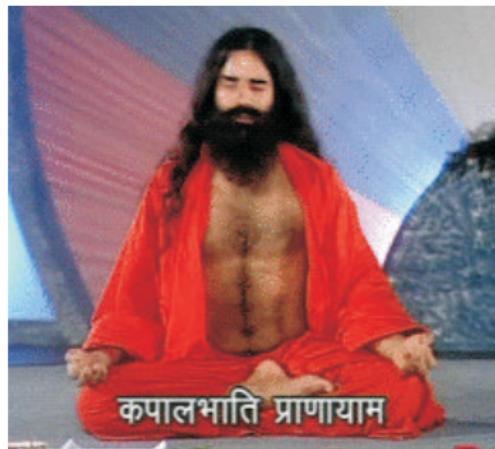


**Of the total 10 special categories camp, the part (a) of the 2<sup>nd</sup> Camp  
With regular Yoga-Pranayama practice  
For Obesity  
Few Special Asana**

**10. Paadh Astasana-**



**11. Kapalbhati Pranayama -**  
(30 minutes morning & evening)-



Shankh-Prakshalan (Shell-Washing) – (Special)- Under the supervision of a trained yoga seekers during “Shatkarma Kriya” based shell-washing provides special benefits to patients of obesity.

# For Patients of Obesity

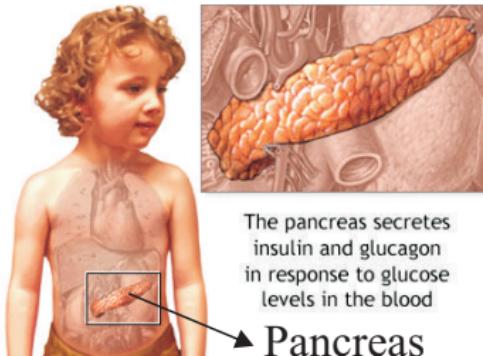
## Food intake routine

- Stop grains (cereals/corn)
- Stop white flour (grains), sweets and wheat
- Eat Fenugreek, Broccoli, Spinach, Sprouted food & roughage – chapatti's made of gram flour.
- In obesity, eat only low calorie fruits.
- Like – watermelon, apple, papaya, pomegranate, guava.
- Salty 9 grains made oatmeal – Soup of green gram
- Drink water added with lemon & honey empty stomach in the morning.
- Diabetic patients should intake only water with lemon, honey is prohibited for them.
- Bottle guard juice, cows urine (Gomutra) essence – (4 spoon – 2 times)
- Fruits intake only – Papaya, Apple, Pomegranate, Watermelon Juice.

**Of the total 10 special categories camp, the part (b) of the 2<sup>nd</sup> Camp  
With regular Yoga-Pranayama practice  
For Diabetes  
Few Special Asana**

Daily yoga practice and pranayama along with below mentioned “asana” for 1 to 5 minutes provides definite benefits to the body.

Diabetic patients should do all asana as mentioned below minimum for 5-5 minutes, that means stay at one asana from  $\frac{1}{2}$  to 1 minute. Repeat it 5 to 10 times.



- **Mandook Asana – 2 part**
- **Shashkasana**
- **Yogamudrasana – Type- For children**
- **Gomukhasana**
- **Ardh Matsendrasana**
- **Kapal Bhati – 15 minute**
- **Anulom-Vilom – 30 minute**
- **Breathing meditation (*Pran Sadhana*) with long breathes**

**Of the total 10 special categories camp, the part (b) of the 2<sup>nd</sup> Camp  
With regular Yoga-Pranayama practice  
For Diabetes  
Few Special Asana**

- 1. Mandook Asana – Part 2**
- 2. Shashkasana**
- 3. Yogamudrasana – Type- 1 For children**
- 4. Vakrasana**
- 5. Gomukhasana**
- 6. Ardh matsyendrasana**

**1. Mandook Asana – Part 2**



**2. Shashkasana-**

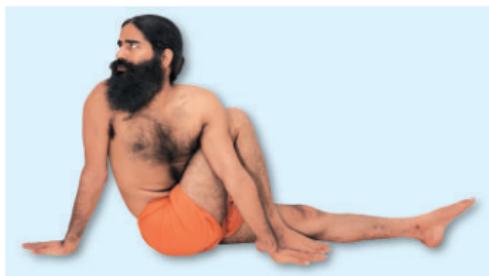


**Of the total 10 special categories camp, the part (b) of the 2<sup>nd</sup> Camp  
With regular Yoga-Pranayama practice  
For Diabetes  
Few Special Asana**

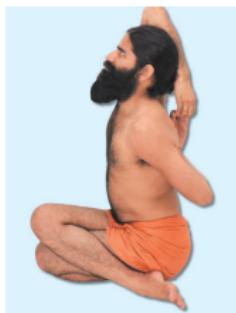
**3. Yogamudrasana – (Type- 1 & 2)-**



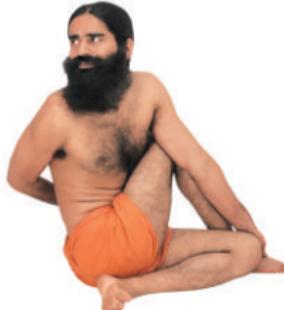
**4. Vakrasana-**



**5. Gomukhasana-**

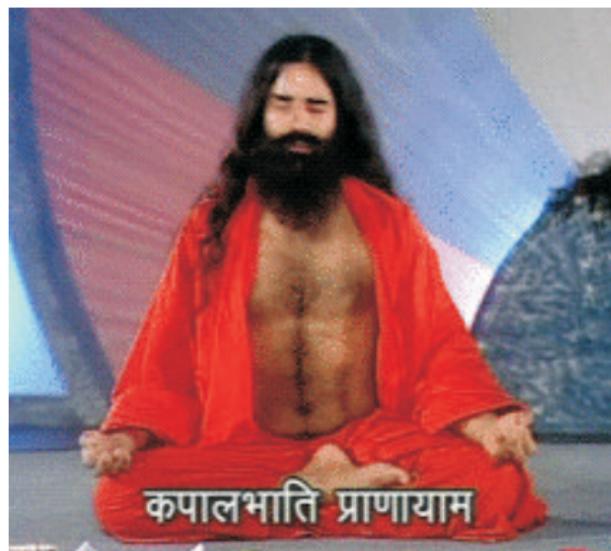


**6. Ardh matsyendrasana-**



**Of the total 10 special categories camp, the part (b) of the 2<sup>nd</sup> Camp  
With regular Yoga-Pranayama practice  
For Diabetes  
Few Special Asana**

- **Kapal Bhati - 30 minute two session morning & evening.**



- **Anulom-Vilom-30 minute two session morning & evening.**

**Breathe Meditation (*Param Sadhana*) – with long deep breathes**



**Of the total 10 special categories camp, the 3rd Camp  
With regular Yoga-Pranayama practice  
For High BP & Heart Disease  
Few Special Asana**

**All regular asana should be done with special care**

**Pranayama – Kapalbhati** – Patients suffering from heart disease and high BP should do it 45 times in one minute, those undergone heart-operation or suffering from special disease should do only 30 times in one minte. One second, one stop breathe i.e. 60 times in one minute or less based on capacity.

**Time-** 15 minute. Anulom-Vilom – 30 minute, pulse/nerve purifying pranayama – 30 minutes, Bhramari – 15 minute

**Udgeeth** – 11 times repetition/pranav/meditation (on Ohm) – 15 minute

**Cares** – Severely diseased patients should not do Yogic-Jogging, dips & Bahiya pranayama and also do other “Asana” based on capacity slowly-slowly.

**Special asana-** 1. Savasana (dead sleep), 2. Yog Nidra (yoga sleep), 3. Makraasana, 4. Shidhhaasana, 5. Vajraasana

**1. Saavasana (dead sleep)-**



**2. Makraasana-**



**3. Shidhhaasana-**



**4. Vajraasana-**



**Food habits-** Eat/take empty stomach in morning (any one), (i) Bottle guard 500 gm + mint leaves + 7 Basil (Tulsi) leaves mixed juice should be taken everyday one cup in morning, if more unhealthy drink this juice even during evening (Useful in heart disease, cholesterol, acidic disease, abdominal disease & obesity. **Note:** Do not eat bitter (acerbic) bottle guard. (ii) Take mixture of 1 spoon juice of leave of herb of grace (Ruta graveolens) +  $\frac{1}{2}$  spoon honey. (iii) In Cow's milk 50 gm + water 50 gm, dip one flower of garlic & boil the mixture, when the mixture rests half, eat the garlic flower & drink the boiled milk, much beneficial in waist pain or (iv) Boil mixture of peel of Arjuna 15 gm + Cow's milk 250 gm + Water 250 gm, when  $\frac{1}{4}$  th of the mixture is left, drink it during morning & evening. (It is useful in heart disease) or eat while chewing 1 to 3 garlic flower. (v) Take in equal quantity 1 spoon onion juice + 1 spoon honey. (vi) Mix 8-10 crushed garlic flowers in one handful hot prepared rice and eat the mixture. (Useful in musculo-skeletal disorder, body pain, burn, arthritis etc.

(5) (3) Acupressure – 2 to 5 minute morning-evening empty stomach or 1-2 hours after breakfast. (4) Mudra- Doing Pranayama in apanvaya mudra is much beneficial.

(6) Medicine (Aushadhi) – Visit Patanjali Chikitsalaya regularly and see the vaidya (doctor), medicines prescribed as per his/her supervision. Divya Muktavati and Divya Hridayamritvati is much useful in this type of disease.

(7) Dietary Illustrates – See in the book “Aushadh Darshan”

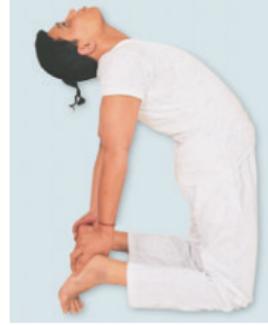
**Of the total 10 special categories camp, the 4th Camp  
With regular Yoga-Pranayama practice  
For cervical, waist pain, backbone and back pain  
Few Special Asana**

Daily yoga practice and pranayama along with below mentioned “asana” for 1 to 5 minutes provides definite benefits to the body.

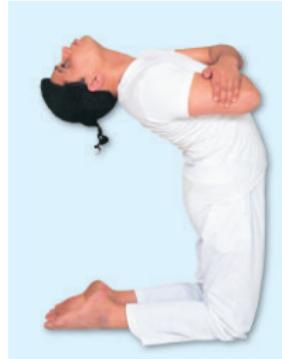
**1. Ushtrasana, 2. Ardh-Chandrasana, (3) Makraasana,  
(4) Bhujangasana, (5) Shalbasana – Part 4**

Note: Initially breathe completely slowly-slowly and sit in the posture as per the capacity and returned back to the same posture while exhaling out. Just remember to sit in the asana till time one do not feel pain. **Practice** – 10-15 times.

**1. shtrasana-**

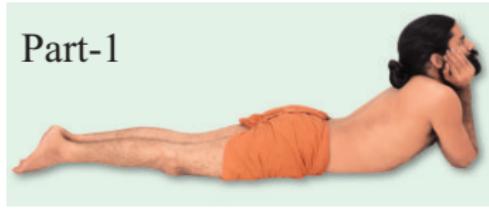


**2. Ardh-Chandrasana-**



**Of the total 10 special categories camp, the 4th Camp  
With regular Yoga-Pranayama practice  
For cervical, waist pain, backbone and back pain  
Few Special Asana**

**3. Makraasana (Part – 1 & Part – 2)**



**4. Bhujangasana-**



**Of the total 10 special categories camp, the 4th Camp  
With regular Yoga-Pranayama practice  
For cervical, waist pain, backbone and back pain  
Few Special Asana**

---

**5. Shalbhasana-**



**6. Dhanurasana-**



**Of the total 10 special categories camp, the 4th Camp  
With regular Yoga-Pranayama practice  
For cervical, waist pain, backbone and back pain  
Few Special Asana**

**7. Pawanmuktasana-**

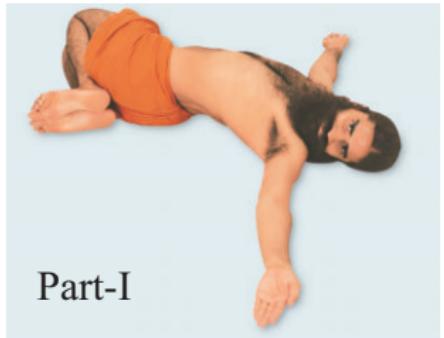


**8. Uttanapadasana-**



**Of the total 10 special categories camp, the 4th Camp  
With regular Yoga-Pranayama practice  
For cervical, waist pain, backbone and back pain  
Few Special Asana**

**9. Markatasana-**

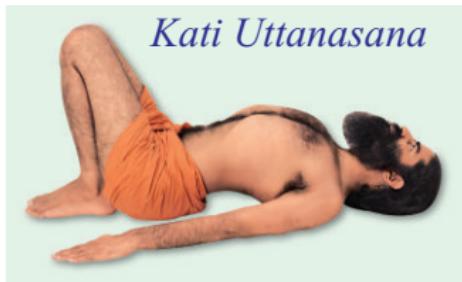


Part-I



Part-II

**10. Kati Uttanasana and (Setubandhasana)-**



*Kati Uttanasana*



*Setubandhasana*

**11. Kandhrasana-**



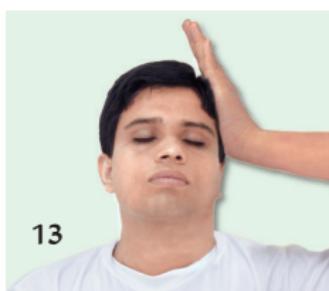
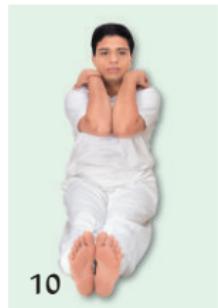
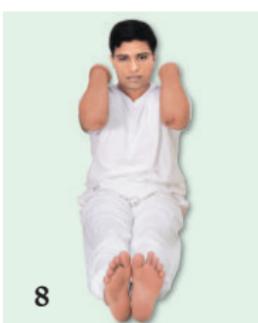
**Of the total 10 special categories camp, the 4th Camp  
With regular Yoga-Pranayama practice  
For cervical, waist pain, backbone and back pain  
Few Special Asana**

**12. For cervical disease of neck, 5 types of subtle exercises-**

- Through use of hands
- Through use of wrist
- Through revolving shoulders
- Breathe in while holding your biceps, pull & keep it towards opposite direction above the head.



**Of the total 10 special categories camp, the 4th Camp  
With regular Yoga-Pranayama practice  
For cervical, waist pain, backbone and back pain  
Few Special Asana**



# **5<sup>th</sup> camp among the 10 special types of camp Important special asana for women and yog camp along with regular Yoga-Practice**

Normal practice of serial page no. 5 have to be done regularly along with us front of disease immunity among women, this Pranayama & Asana should be especially done.

All must do all 8 Pranayama. Apart from, based on disease type special, below mentioned Pranayama have to be practiced timely as directed:



## **During Menstrual flow (Monthly periods)-**

- Do not do Kapalbhati, Bahiya Pranayama & Agnisaar Kriya.
- Doing “Kapalbhati” slowly-slowly is beneficial during .....

## **Pregnancy (during this time period)-**

- Kapalbhati, Bahiya Pranayama & Agnisaar Kriya are completely prohibited.

## **Infertility-**

- **Kapalbhati** – 30 to 60 minute in morning.
- **Anulom Vilom** – 30 minute in evening-This asana is beneficial.

## **Menopause-**

- **Anulom Vilom** – 25 to 30 minute
- **Bhramari** – 11 repetition
- **Udgeeth** – 11 repetition
- **Silent Meditation** – 25 to 30 minute giving more stress.

**In women disease-** Useful Aasana are Gomukhasana, Shashkasana, Bhujangasana, Padmasana, Siddhasana, Kandhrasana, Dirgha Naukasana, Dhanurasana, Pawanmuktasana, Udarakarshasana or Shankhasana (Pregnant ladies should not do these)

**Infertility & sexual disorders-** Useful are Brahmacharyasana, Kandhrasana, Sarwargasana, Halasana & Shirshasana.

**Note:** Methods and care during Pranayama and Aasana etc. should be seen in books “Yog Sadhna” and “Yog Chikitsa Rahasya”.

## **Pranayama-**

**Bahiya Pranayama** – In Urinal disorder & displaced uterus

## **Asana –**

Utanapadasana

Kandhrasana

Naukasana

Kati Uttanasana

Shalbhasana

Markatasana

### **1. Uttanpad Aasana**



### **2. Kandraasana**



### **3. Naukaasana**



### **4. Kati Uttanapadasana**



### **5. Salbhaasana**



### **6. Markataasana**



**6<sup>th</sup> camp among 10 types of special camps –**

**Child Character Building**

**With regular Yoga-Pranayama practice**

**For height increment among children and making  
the body healthy & flexible**

**Few Special Asana**

Daily yoga practice and pranayama along with below mentioned “asana” for 1 to 5 minutes provides definite benefits to the body.

**1. Sarwargasana      2. Halasana      3. Chakrasana**

**4. Paad Hastasana      5.           Shirshaasana**

**1. Sarwargasana-**



**2. Halasana-**



**6<sup>th</sup> camp among 10 types of special camps –**

**Child Character Building**

**With regular Yoga-Pranayama practice**

**For height increment among children and making  
the body healthy & flexible**

**Few Special Asana**

---

**3. Chakrasana-**



**4. Paad Hastasana-**



**5. Shirshaasana-**



7<sup>th</sup> camp among 10 types of special camps – Child Character Building

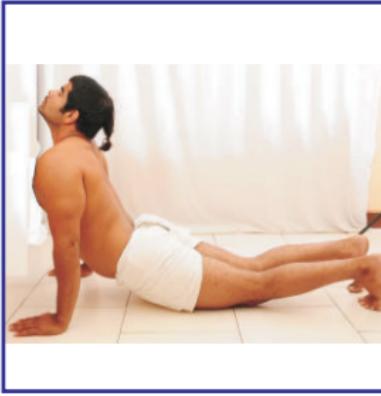
**For conservation of body power and energy  
Indian exercise for body symmetry/elegance  
12 types of Dand-Baithak (Dips Exercises)**



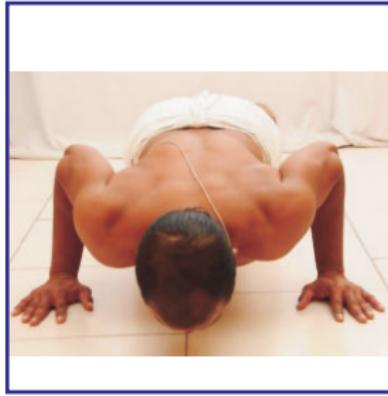
**1. Simple Dand- (a)**



**1. Simple Dand- (b)**



**1. Simple Dand- (c)**



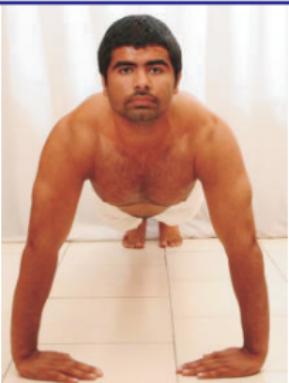
**2. Rammurti Dand - (a)**



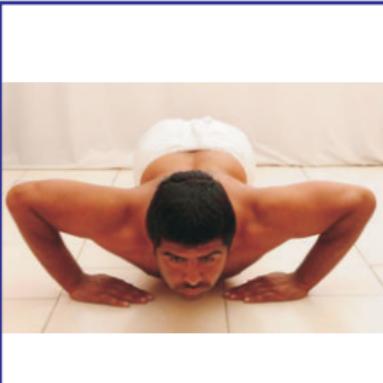
**2. Rammurti Dand - (b)**



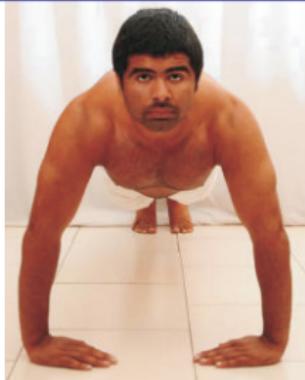
**2. Rammurti Dand - (b)**



3. Vaksh Vikasak Dand - (a)



3. Vaksh Vikasak Dand - (b)



3. Vaksh Vikasak Dand - (c)



4. Hanuman Dand - (a)



4. Hanuman Dand - (b)



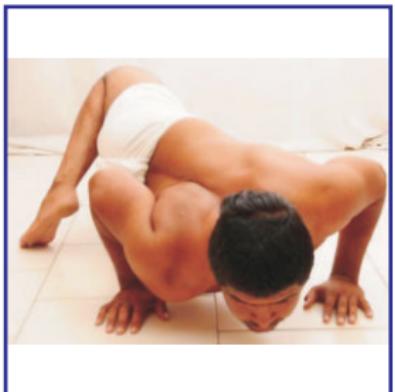
4. Hanuman Dand - (c)



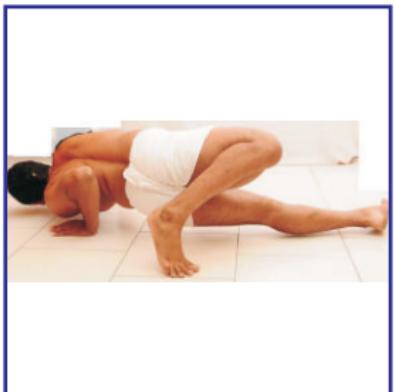
**5. Vrischik Dand- Part-I – (a)**



**5. Vrischik Dand- Part-I – (b)**



**6. Vrischik Dand – Part-II (a)**



**6. Vrischik Dand – Part-II (b)**



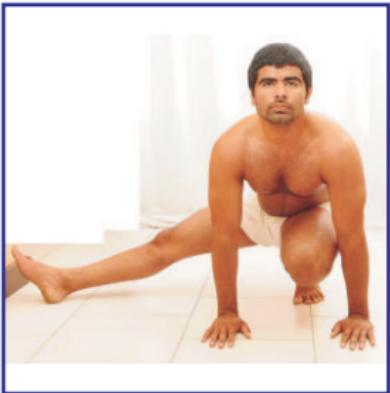
**7. Parshav Dand – (a)**



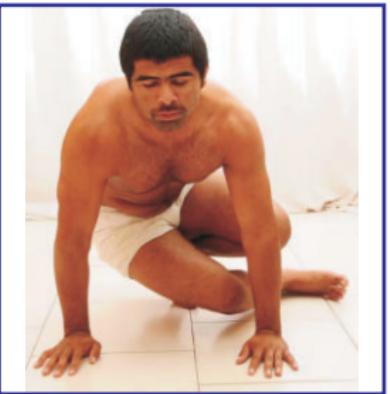
**7. Parshav Dand – (b)**



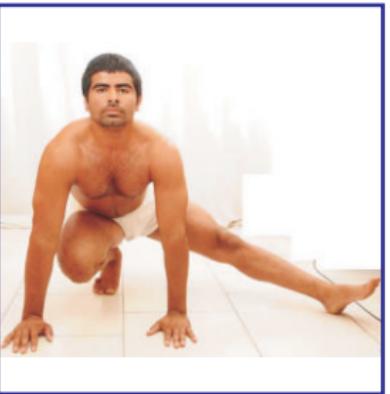
**7. Parshav Dand – (c)**



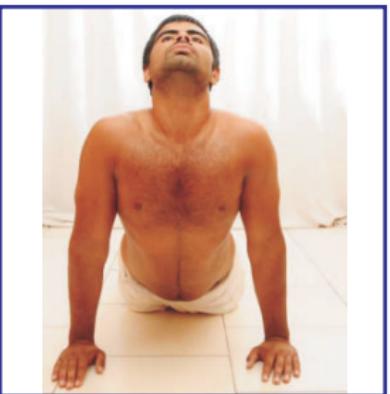
**8. Chakra Dand – (a)**



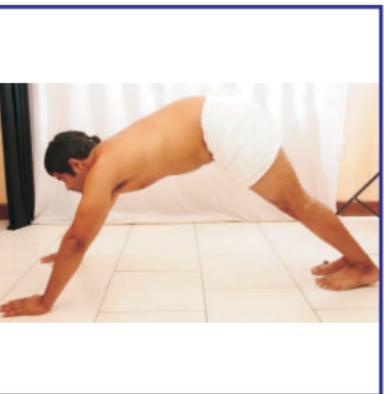
**8. Chakra Dand – (b)**



**8. Chakra Dand – (c)**



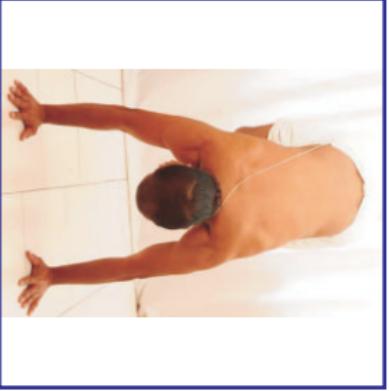
**9. Palat Dand – (a)**



**9. Palat Dand – (b)**



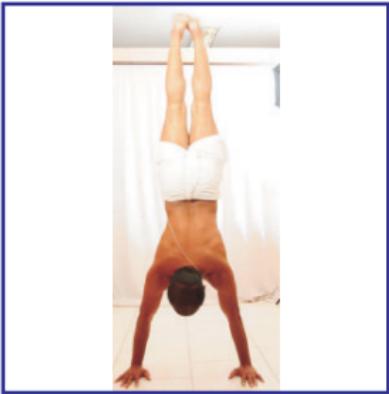
**9. Palat Dand – (c)**



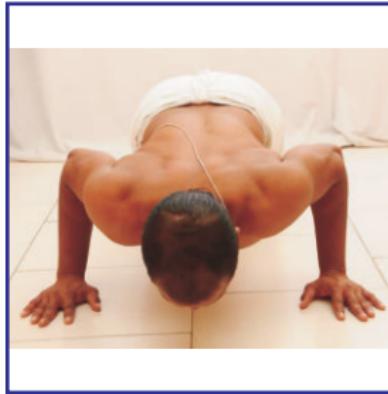
**10. Sher Dand – (a)**



**10. Sher Dand – (b)**



**10. Sher Dand – (c)**



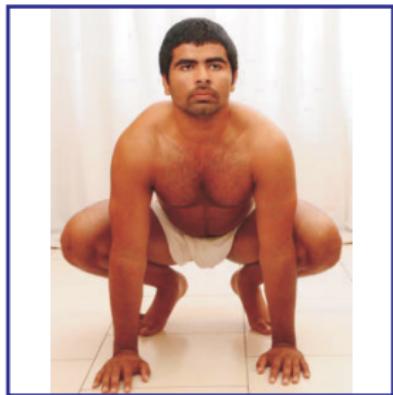
**11. Sarp (Snake) Dand – (a)**



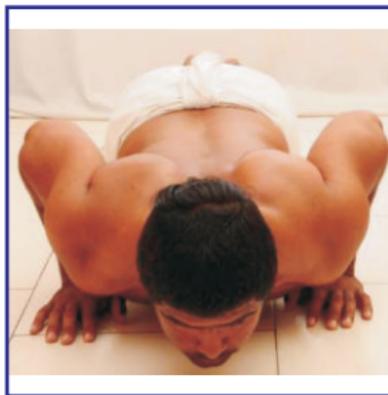
**11. Sarp (Snake) Dand – (b)**



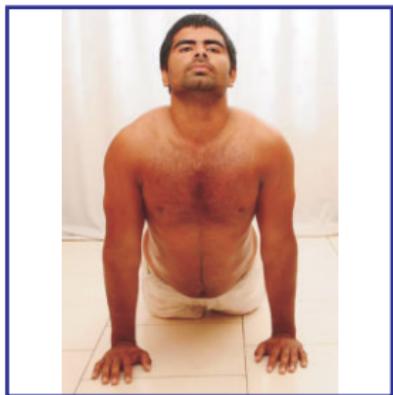
11. Sarp (Snake) Dand – (c)



12. Mishr (Mix) Dand – (a)



12. Mishr (Mix) Dand – (b)



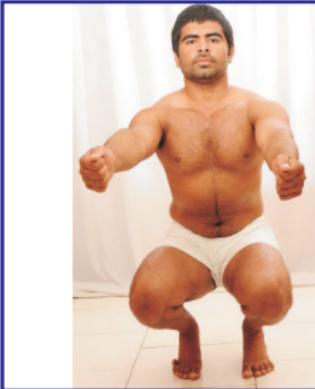
12. Mishr (Mix) Dand – (c)

## Types of Dand

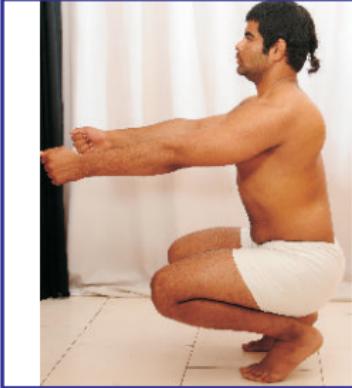


1. Ardh Baithak – (a)

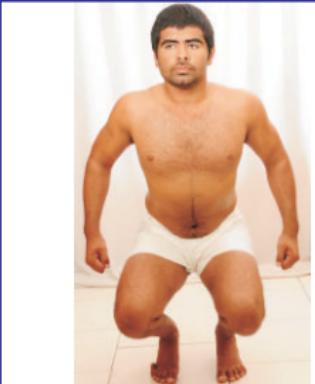
1. Ardh Baithak – (b)



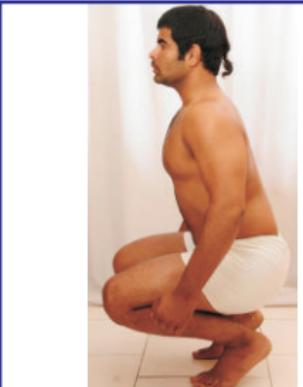
**2. Complete/Simple Sitting (a) 2. Complete/Simple Sitting (a)**



**3. Rammurti Baithak (Sitting) (a) 3. Rammurti Baithak (Sitting) (b)**



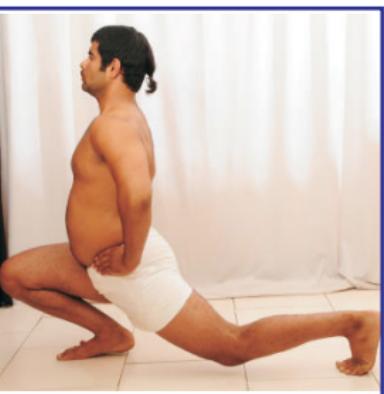
**4. Pahalwani Baithak- Part I- (a) 4.Pahalwani Baithak - Part I- (b)**



**5. Pahalwani Baithak- Part II- (a) 5. Pahalwani Baithak- Part II- (b)**



**6. Hanuman Baithak-Part-I (a) 6.Hanuman Baithak -Part-I (b)**

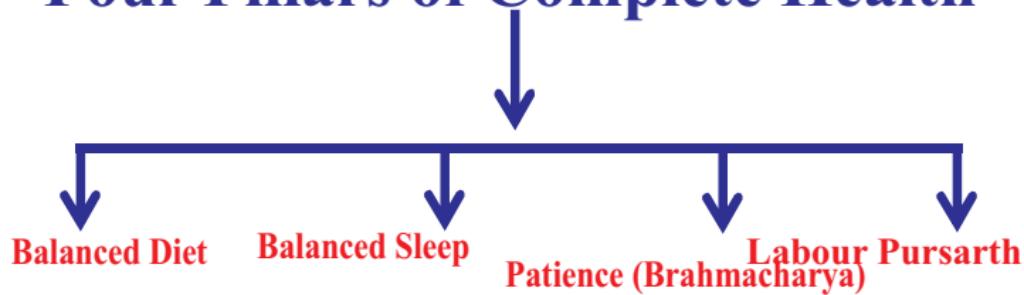


**7. Hanuman Baithak-Part-II (a) 7. Hanuman Baithak-Part-II (b)**

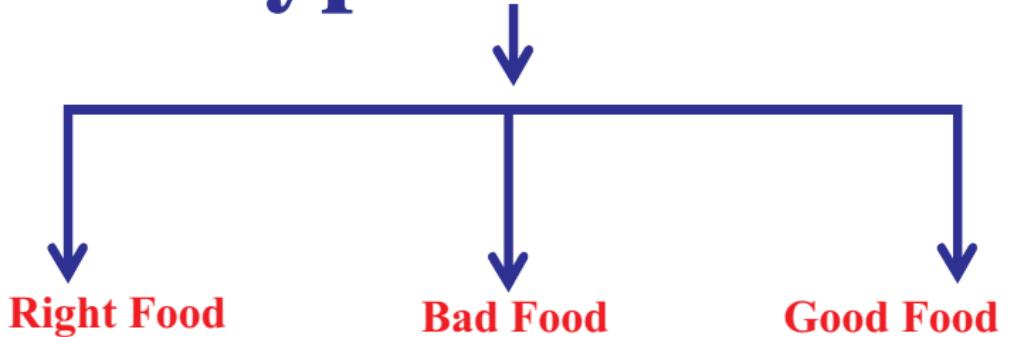


8.Hanuman Baithak- Part-III (a) 8.Hanuman Baithak- Part-III (b)

## Four Pillars of Complete Health



## Types of Food



# **Rev. Swami Ji Maharaj's directed 8<sup>th</sup> camp among 10 different special camps**

## **Ashtaang Yog Camp**

**(From Yama, Niyama to Dhyans, till Samadhi)**

**i.e. from self control, discipline to meditation till the mind successfully gets fixed upon to ultimate (almighty)**

---

Rev. Swami Ji Maharaj's decided Yoga-Asana-Pranayama basic practice is specified in complete disease removal (remedy) camp.

Accordingly practice them daily and especially do Ashtang-Yoga-Asana-Pranayama.

**Practice of special asana pranayama should be done as below:-**

- Practice to maintain/keep silent for 1 to 2 hours during morning & evening.
- 1. Yama** (Self Control) – Truth, Extreme best, Non-violence, Brahmacharya & Renunciation.
- 2. Niyama** (Self Discipline) – Purity, Satisfaction, Mortification, Self - Study and Complete surrender to God.
- 3. Asana 4. Pranayama 5. Pratyahaar 6. Dharna 7. Dhyana 8. Samadhi**

Here, for healthy individuals as specified Anulom-Vilom – 30 minute practice, Nerves (Pulse) purification **pranayama** – 30 minute practice & let others do as well.

**Kapalbhati** – 100 to 150 times in 1 minute.

- Study and learn (biheart) Patanjali's "Yoga Darshan Sutras".
- Maharishi Patanjali's accomplished Yoga interpretations along with religious songs.
- Giving information on food-habits along with the discussion on right food, un-right food & good food. Give simple information on the importance of food – sleep - patience-labour - exercise in life
- Wake up at 3:30 am., Conduct Jagran Mantra, Yoga Practice 4:30 to 8 am. Of which Yog-asana 1 hour, Pranayama for 1:30 hour and Meditation for 1 hour.

**9<sup>th</sup> Camp among 10 different special types of camps:  
Stress Management Camp or Tension release out  
camp and for Personality Development Special  
Yoga Camp and Daily Yoga Practice.**

Accordingly practice them daily & for stress release and Personality development, specially follow the below mentioned pranayama :

- Anulom Vilom – 15 minute
- Nerve purity pranayama – 30 minute
- Bhramari – 11 repetition
- Udgeeth – 11 repetition
- Pranav (Ohm) meditation Pranayama – 15 minute
- Lion's roar (Singh Garjana) – 5 times
- Clapping (With speed & zeal) – 5 minute
- Laughing Exercise – 5 minute
- Rev. Swami Ji Maharaj edited books like “Pranayama Rahasya” and “Gita Dristhan” has to be studied, read one-one page daily and share it with patients.

**Note:** During Yogic-Jogging, does not conduct practice of jumping and other exercises with speed, doing “Surya Namaskar” slowly is much beneficial.

**10<sup>th</sup> camp among 10 special types of camp  
For Meditation, special yoga camp  
and regular yoga practice scroll**

- |   |                                 |
|---|---------------------------------|
| 1. Shirhsasna/Sarwangasana                  | – 5 minute                      |
| 2. Tadaasana and Tiryak Tadaasna            | – 3 to 5 times                  |
| 3. Surya Namaskar                           | – 11 to 15 practise (10 minute) |
| 4. Bhastrika                                | – 5 to 10 minute                |
| 5. Kapalbhati (in speed)                    | – 15 minute                     |
| 6. Silent meditation (Concentrating on Ohm) | – 30 minute                     |

**1.Yama (Self Control)** – Truth, Extreme best, Non-violence, Brahmacharya & Renunciation.

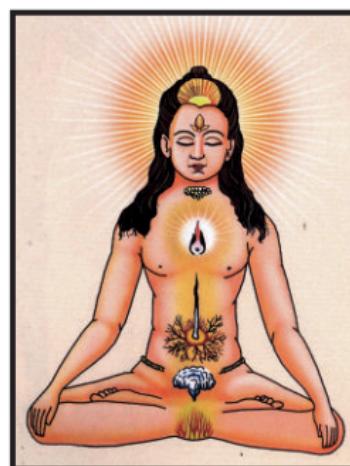
**2.Niyama (Self Discipline)** – Purity, Satisfaction, Mortification, Self - Study and Complete surrender to God.

**3.Asana 4.Pranayama 5.Pratyahaar 6.Dharna 8.Dhyana 9.Samadhi**

Here, for healthy individuals as specified Anulom-Vilom – 30 minute practice, Nerves (Pulse) purification **pranayama** – 30 minute practice & let others do as well.

**Kapalbhati** – 100 to 150 times in 1 minute.

During this time, concentrate on any of the body points as Aagya Chakra/Shastrath Chakra/Manipur Chakra and get absorbed completely into Pranav/Ohm.”



# Practice Scroll of Daily Yoga Class

At the initial, long pronounce “Ohm” thrice. **Gayatri-Mahamantra-** Aum Bhuh Bhuvah Svah| Tat Savitur Varenyam | Bhargo Devasya Dheemahi | Dhiyo Yo nah Prachodayat ||  
**Maha Mritunjaya –** OM. Tryambakam yajamahe | Sugandhim pushti-vardhanam Urvarukamiva bandhanam | Mrityor mukshiya mamritat || **Sankalpa Mantra** – Om Saha Nau-Avatu | Saha Nau Bhunaktu | Saha Viiryam Karavaavahai | Tejasvi Nau-Adhiitam - Astu Maa Vidvissaavahai | Om Shaantih Shaantih Shaantih ||

**Prathana Mantra** – Om Asato Maa Sad-Gamaya | Tamaso Maa Jyotir-Gamaya | Mrtyor-Maa Amrtam Gamaya | Om Shaantih Shaantih Shaantih ||

**Simple Exercise** – 12 practice of Yogic-Jogging (Time 2 to 5 minute) **Surya Namaskar** (3 to 5 practise, time 2 to 5 minute).

**Major-Asana Asana while sitting** – Mandukasana, Shashkasana, Gomukhasana and Vakrasana. **Asana while lying on the stomach** – Makrasana, Bhujangasana and Shalbhasana. Aasana. **Asana while lying on the back** – Markatasana, Pawanmuktasana, Arthhalasan, Paadvrittasana, Dwi-Chakrikasana and Shavasana.

**Subtle Exercise** – Subtle exercises of hands, legs, elbow, wrists, shoulders and even “butterfly” Could be done in the mid of Pranayama. 5-5 practice.

## Major Pranayama and Supporting Activity:

1. Bhastrika Pranayama – Time : 3 to 5 minute
2. Kapalbhati Pranayama : Time : 15 minute
3. Bahiya Pranayama : 3-5 practise, Agnisaar Kriya – 3-5 practise
4. Ujjayi Pranayam : 3-5 practise
5. Anulom-Vilom Pranayam : Time : 15 minute
6. Bhramari Pranayam : 3-7 practise
7. Udgeeth Pranayam : 3 practise
8. Pranav Pranayama (Meditation) : Time : 1 minute

**Religious Song** – Time approx. 2 minute. **Self-Study and Self-Analysis** – Reading of “Jeevan Darshan” (Time 2 to 5 minutes)

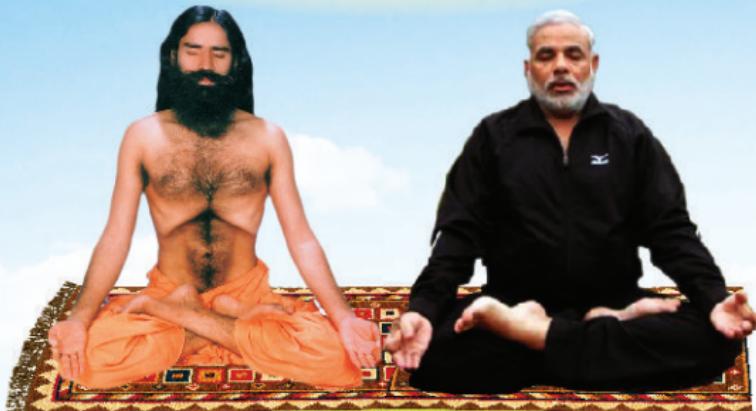
**Acupressure** – As according to availability of time.

**Closure** – With Lion's roar (Singhasana) and Laughing exercise, 3-3 practice (Time: 2 minute) **Shantipaath**-Om Dyau Shanti Rantariksha Gwam, ShantiPrithvi Shanti Rapah, Shanti Roshadhyayah Shanti Vanas Patayah  
Shanti Vishwed Devah Shanti Brahma, Sarvag Wam ShantiShanti Reva Shanti Sa Ma Shanti Redhi | Om Shanti: Shanti: Shanti: !

**Taking Yoga - The heritage of Indian culture  
and Maharishi Patanjali and other  
saints tenacity at world platform  
Towards its establishment**

**UNO declared 21<sup>st</sup> June as**

**“World Yoga Day”**



**Through the initiation of our successful PM. Hon'ble Shri Narendra Modi Ji  
Patanjali Yogpeeth family regards hearty congratulations**



**Patanjali Yogpeeth**

Mahrishi Dayanand Gram, Delhi-Haridwar National Highway  
Near Bahadarpur, Haridwar-249405 (Uttarakhand)

Telephone : 01334-240008| 246737| 248888| 248899 Fax : 01334&244805| 240664  
E-mail: [divyayoga@rediffmail.com](mailto:divyayoga@rediffmail.com) Website: [www.divyayoga.com](http://www.divyayoga.com)

**Taking Yoga - The heritage of Indian culture  
and Maharishi Patanjali and other  
saints tenacity at world platform  
Towards its establishment**

**UNO declared 21<sup>st</sup> June as**

**“World Yoga Day”**



**Through the initiation of our successful PM. Hon'ble Shri Narendra Modi Ji  
Patanjali Yogpeeth family regards hearty congratulations**



**Patanjali Yogpeeth**

**Mahrishi Dayanand Gram, Delhi-Haridwar National Highway  
Near Bahadarpur, Haridwar-249405 (Uttarakhand)**

**Telephone : 01334-240008| 246737| 248888| 248899 Fax : 01334&244805| 240664  
E-mail: [divyayoga@rediffmail.com](mailto:divyayoga@rediffmail.com) Website: [www.divyayoga.com](http://www.divyayoga.com)**