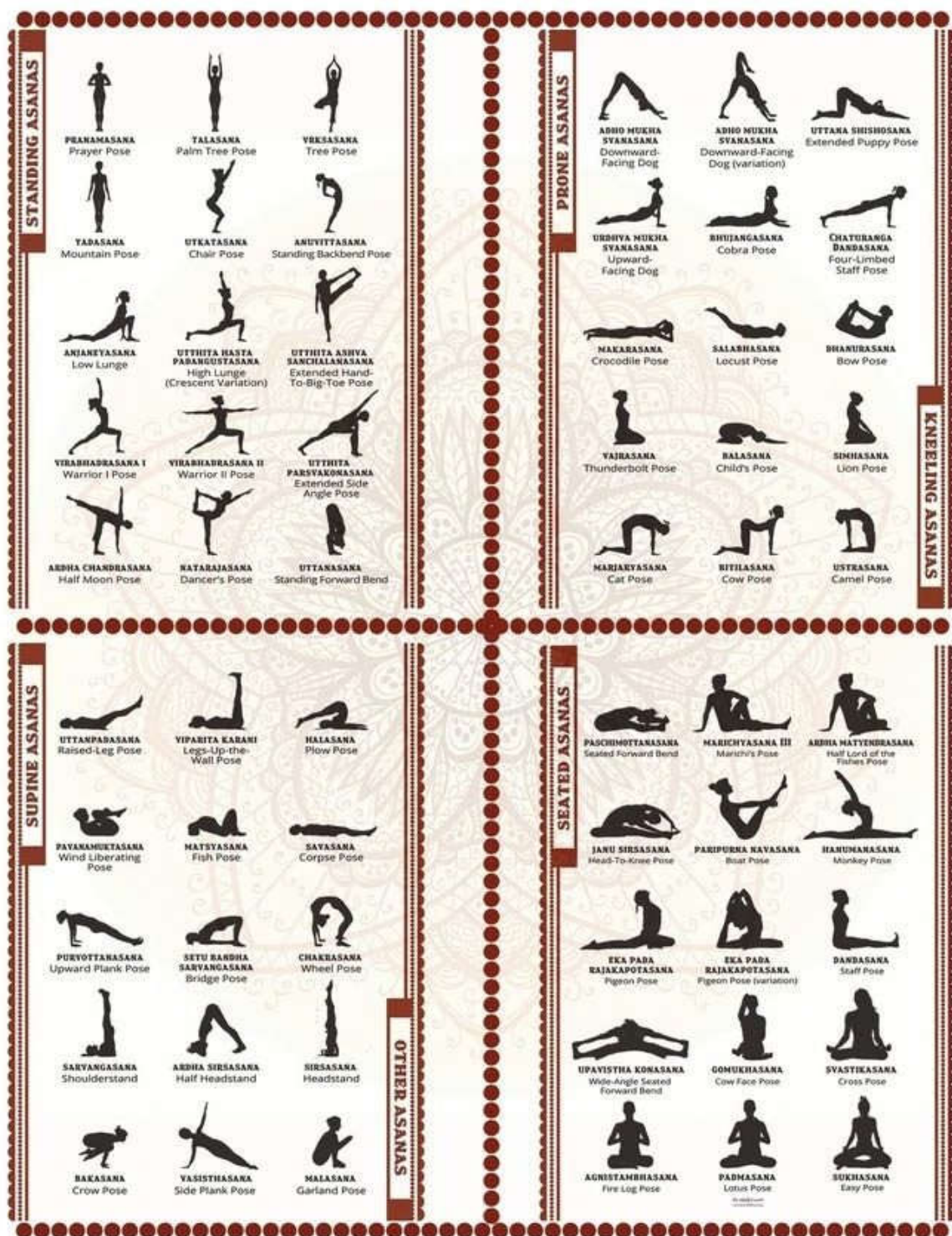


YOGA ASANAS

CHART BOOK



REST AND RELAXATION

In this materialistic age, modern man is so busy, worried, tense that he has no time to enjoy the beautiful sights and sounds of nature. Different people use the hours of rest and leisure differently. In our country the hours of rest and relaxation are generally misused. Spending leisure is an art. Man is not a machine. He needs rest and relaxation. Rest is a great restorative. Regular rest periods help to maintain health and may even prolong life. A rest period following meals even for half an hour is beneficial. Rest and Relaxation helps digestion and prevents overtaxing the heart. But prolonged rest for the ill is not advisable. Physicians now insist that their patients move about as soon as they can do without danger. Healing is promoted by the circulation of blood through damaged tissues. The more blood that is pumped through injured area, the quicker wounds will heal. Inactivity slows the healing process. In many instances, the longer the patient stays in the bed, the longer it takes to get well. This is especially true of the aged. For them prolonged bed rest is not good, frequently causing heart, lung and circulatory problems. Wasting of the muscles may occur and there may be a loss of calcium from the bones. Too much bed rest is particularly bad for arthritic patients. In certain diseases this ban against bed rest does not apply. Patients suffering from tuberculosis, heart diseases need rest. Elderly people who must maintain bed rest should change their positions frequently. Muscular exercise, light static asanas can be helpful. Sleep is co-related with rest. As one grows older, less sleep is required. Although the average adult usually sleeps eight hours out of 24, the aging person's nocturnal sleep approximates six hours. Since the amount of sleep varies with each individual no arbitrary number of hours for sleep can be set. The prime requisite is that one should sleep enough to awaken rested and refreshed. Many elderly people remain in bed eight or ten hours during the night even though they sleep but part of the time. In some individuals sleeplessness may cause frustration, irritation and nervousness. Chronic constipation may be a factor in insomnia and change in eating habits and fluid intake may be necessary. The researchers from the University of California, found in a study of adults ages 30 to 102 that people who sleep less live longer. The studies further show that longer sleep is a risk factor for cancer as well as heart disease and stroke. But other researchers also cautioned against strict interpretation of the findings, "Many studies show that if people don't get adequate sleep they are very sleepy during the day. Their ability to perform the tasks is impaired the risk of accident is higher."

Real relaxation implies becoming much more alive than one usually is. The necessity for relaxation today is far more pressing than it ever was. Modern man says, "Yes relaxation is fine but I haven't the time". He fails to find some time for relaxation and feels tense and irritable. He does not realize the value and importance. Controlled breathing and relaxation are both preventive and curative. The art of relaxation can be acquired. Everyone should know how to relax consciously for a couple of minutes so that one can feel relaxed in any situation. In acquiring the art of relaxation it is essential to know the anatomy of the muscle – voluntary and involuntary. The voluntary muscles are attached to the skeleton and allow us action and movement at will. The involuntary muscles surrounding the ducts of the body constitute the greater part of the hollow organism. These muscles relax and contract in automatic movements and are free from voluntary control. It is the nerve which stimulates the muscle to action. The muscle can be compared to an electromagnet and its nerve to the electric wire which connects it to the brain. Yet a third type of muscle tissue is found known as heart muscle. This is exclusively found in the heart and is most important it is involuntary and yet possesses certain characteristics similar to voluntary skeleton muscle. The one characteristic which is common to all three varieties of muscle is contractibility. A muscle can alter its length and breadth easily and rapidly.

In Asanas most muscles of the body are involved. The lungs are forced to breathe in more oxygen. It has been observed that that regular opractied of asanas increase the diameter of the capillaries considerably.

Since yoga teats human body as a flower. In yoga relaxation, strain is not involved. Persons suffering from stomach disease particularly peptic ulcer and duodenal ulcer are required to take bed rest, relaxation and rest are very essential for them. Asanas namely advaasana, jeytikasana and shavasana are highly beneficial for them. Jeytiska asana and shavasana are excellent asans for complete physical and mental relaxation. These asanas tone up not only muscles ligaments and joints but also all parts of the bdoiy. The yogic relaxation is super relaxation which in a few minutes relieves mental tension and physical fatigue. The muscles contract as and when required in response to a message from the brain centres. During sleep man withdraws from the outside world and the conscious mind remains passive. It is only through conscious and voluntary action to disconnect more totally than in sleep those wires which lead to the various electromagnets, thus reducing the consumption ofrimpulses to the minimum. This is yogic relaxation or super repose. According to yogic relaxation, it is not only the mechanical outward silence, that matters, but silence from within also. In yogic relaxation mind controls the body entirely disconnecting the conductor wires one by one. Reducing the flow of current to the electro magnets of the muscles throughout the body almost to nil. In yoga, the classical asanas namely Advasana, Jeytikasana and Shavasana are highly beneficial for all particularly for persons suffering from diseases of the digestive system. These patients particularly ulcer patients after doing these asanas of relaxation should be done regularly in the morning and evening hours. Shavasana has been called, “ Total relaxation pose.” While doing this, deep breathing should be done. Breathing and relaxation are bound with each other.

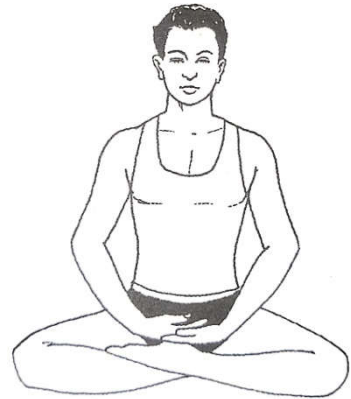

In yoga we have all reservoirs of life to draw upon of which we do not dream .

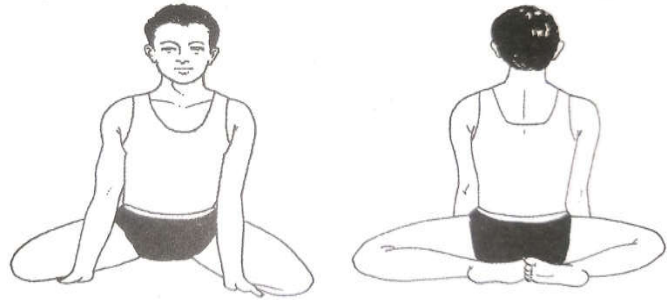

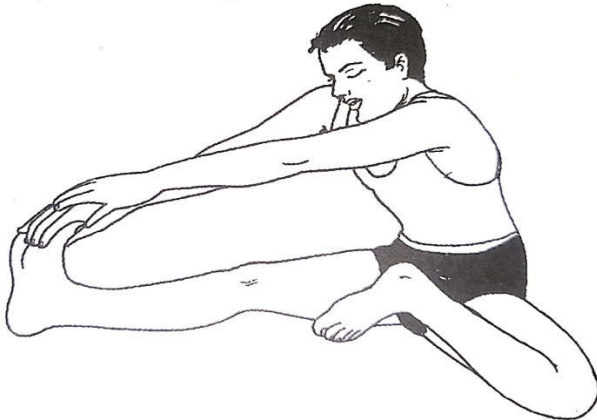
It formulates the methods of getting at our deeper functional levels. The yoga discipline is nothing more than the purification of body, mind and soul and preparing them for the beautiful vision



- **Dr. S. Radhakrishnan**


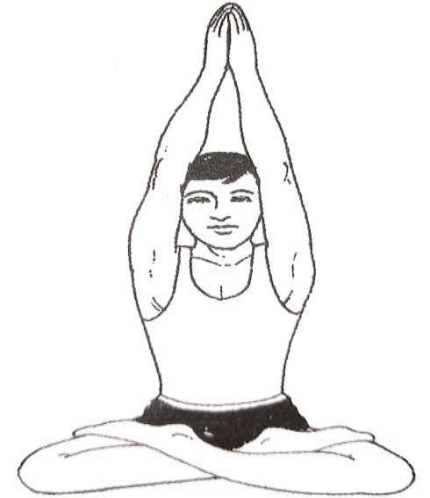
- **M Mohan Rao**




YOGASANAS TABLE


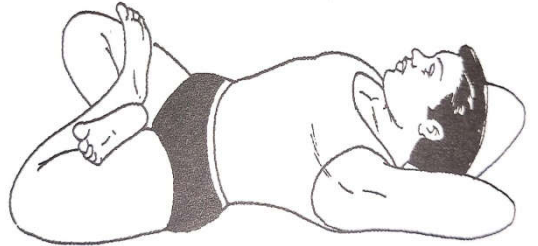
SNo	Name of Asanas	Comments	Tecnique	Benifits	Position Photo
1	2	3	4	5	6
1.	Siddhasana	“Siddha” in Sanskrit means adept. Yogis and Rishis have spoken high of this Asana. Great saints and sages like Nityamatta, Niranjana, Kapila, Sabar used to meditate in this asana for hours together. The Knees of the beginners may find it difficult to stay flat on the ground but by practice they can overcome this difficulty	Sit on the folded rugged or folded balnket on the floor, bend the left leg and pull the foot in against the groin. The right heel should press against the public bone and both the knees should firmly touch the floor. For variation change over the legs regularly. Place the heel near the groin carefully lest the public bone should be hurt.	This asana develops mental potentiality, soothes the muscles, tones up the nervous system, increase blood to the pelvic region, cures syphilos, Gonorrhea, Arthritis and keeps the body in poise and equilibrium.	
2.	Swastikasana	“Swastika” in Sanskrit means “auspicious”. It is called swastika beacause the crossing of the legs and hands at right angle symbolise swastika. This pose is alos known ankle lock pose.	Sit on the folede balnket. Bend the right ledg at the knee and keep the heel against the groin of the left high. Like wise bend the left leg and set it against the right groin. Insert the toes of the ledt foot between the right calf and thigh muscles, palms in the air with the tips of the index finger touching the thumb.	This asana also increases the psycho-physical stability, stimulates the nerves and muscles and cures piles, diabetes, and disorders of the liver, spleen and Gall bladder.	

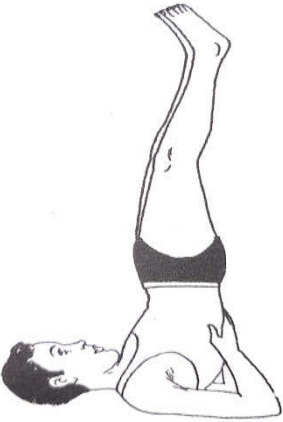

3.	Mandukasana	In Sanskrit Manduka means "frog". This asana, when performed correctly, looks like a frog. It is also one of the easiest asanas belonging to the leg-foot bending group of asana. This asana is extremely beneficial for the circulation of blood in legs and feet.	On a folded blanket, sit in any easy posture, keeping the feet together. Separate the knees as far apart as you can without any pain, strain or jerk. Return to the original position and relax.	This asana is highly beneficial to legs, knee joints, pelvic and perineum. It cures rheumatism, gout, diabetes, arthritis and piles. It also increases the power of concentration, sharpens the memory and stimulates circulations of blood.	
4.	Ushtrasana	Ushtra means a "camel". This asana is specially advised for persons suffering from spinalaches and spinal disorders. The beginners often feel aches, pain and fatigue while practising this asana. A little time and constant practice are needed to adopt this asana well.	Sit in Vajrasana pose with your feet and knees slightly apart. Stand on your knees and stretch the arms to the sides. Bend back as far as possible and push strongly. Remain in this pose for a couple of seconds and breathe slowly without any strain.	This asana is extremely beneficial for spine, shoulders, lungs and the neck. It also removes backache, shoulder pain, kidney ailments, cures asthma, cures abdominal disorders, helps normalise the menstrual cycle and eliminates constipation. It also strengthens muscles of the abdominal region and adrenal glands.	
5.	Janushrirasana	This asana belongs to the forward bending group of asanas. This Asana can be performed well after paschimottasana. The beginners may find it difficult and strenuous but by regular practice they will be able to perform this asana.	On a folded blanket, sit with legs stretched in front of the body. Fold one leg and place the heel against the perineum, the sole touching the thigh. Keep the knee on the floor. Do not bend the knee. Return to the original position and relax.	This asana makes the spinal cord supple and elastic. It invigorates the nervous system, improves digestion, massages the abdominal region, removes excess fat in the abdominal region, activates kidneys, liver, pancreas, adrenal glands, tones pelvic organs and cures jaundice, diabetes and female sexual disorders.	

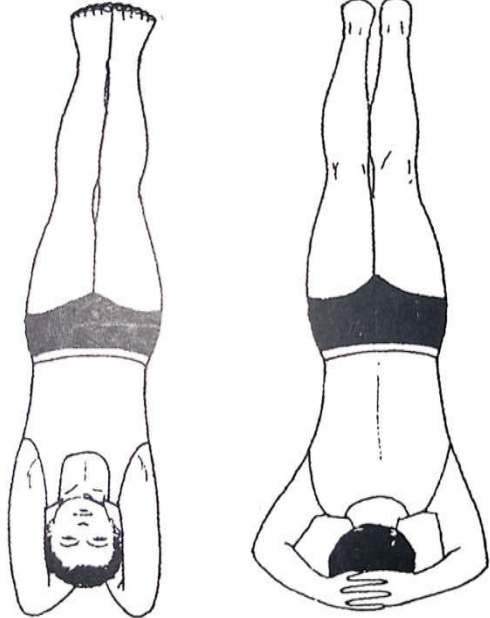
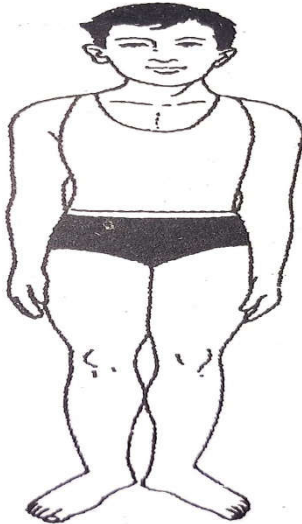
6.	Halasana	In Sanskrit “Hala” means “Plough”.This pose is named so because it bears close resemblance to a plough(tool). It is one of the few asanas named after a tool. It is a part and continuation of sarvangasana.	Spread folded blanket on the floor and lie flat on the back with arms straight near the body, palms facing downward, keeping the legs straight raise them slowly above the head. Only stomach abdominal muscles should be used to raise the legs. Now interlock the fingers and stretch the arms.	Halasana improves the functioning of the abdominal organs- kidney, liver and pancreas. It makes the spine supple and strong, removes extremities of thighs. It cures rheumatis, lumbago nerve pains, cramps in the hands, chronic constipation, diabetes, piles and insomnia.	
7	Padamasana	Padamasana is a unique pose meditation, worship and prayer. It is held in high esteem by the Yogis. Lord Buddha and other great saints and sages like Sandilya, Gheranda, Matsyendra, Bhairava and Swatmaram. It is called padamasana after the famous flkower (Lotus). Women and children can make a better attempt in doing this asana than men.	Sit on the folded balnket with your legs outstretched. Bend each leg and place each foot on the opposite thigh, soles turned upwards. Pull the foot and high as you can. Keep the head, neck and spinal column straight and erect, and breathe slowly.	It6 increases the psycho-physical energies. It tones up the abdominal muscles and helps proper functioning of the circulatory system. This asana also develops the mental and physical stability and cures dyspepsia and rheumatism, relieves stiffness of joints and muscles, helps in arousing Kundalini (serpent power) and is a comfortable asana for the ease and comfort of the mind.	



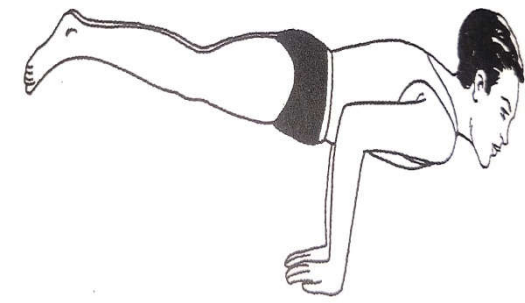
8.	Baddha Padamasana	Like Padamasana, it is also recognised as the classic Yoga pose. It is one of the basic but highly beneficial Asanas and is in continuation with Padamasana.	On folded blanket, adopt the pose of padamasana cross the arms behind the back and grip the toes of the right foot with right hand and the toe of the left foot with left hand. Remain in this pose for a couple of minutes.	This asana develops the power of concentration, gives the body inner harmony, stimulates nervous system, strengthens the muscles of the chest, spine and legs, expands the chest and cures diabetes, asthma, bronchitis and arthritis.	
9.	Parvatasana	This asana gives the idea of a mountain. The two raised arms give the conception of two peaks of mountains.	Sit in padamasana or sukhhasana on a folded blanket. Keep left foot on right thigh and right foot on the left thigh. Inhale breath and raise both the hands towards the sky, keeping all the fingers apart and stretching both arms without bending. Retain breath as long as your arms are up. Gradually bring down the arms and place them on both the knees and relax. Exhale breath slowly while bringing down the arms. In this asana keep spinal column erect. Repeat this process ten times.	This asana is beneficial for the spine, arms and chest. It also improves shoulder bones. It also tones up uterus.	

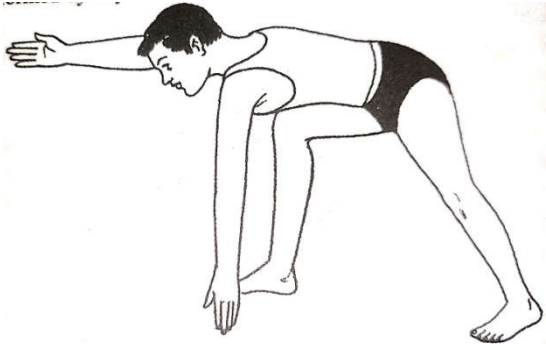
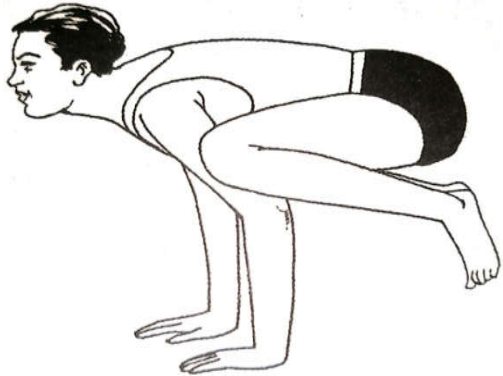
10.	Uthita Padamasana	This asana is one of the favourite asanas with some modern yogis for maintaining balance and equilibrium of the body. In the west, this asana is popularly known as pendulum pose. Persons suffering from high blood pressure and pulmonary diseases should not perform this asana.	On a folded blanket, adopt the padamasana pose and place palms of both the hands by the sides. Now raise the body upon the hands by applying pressure on the shoulders. Then slowly lower the body on the floor. After attaining perfection in this asana, the practitioner may swing the body to and fro like a pendulum.	This asana is very beneficial for the muscles of arms, shoulders, chest and lungs. It prevents cough and belching, removes chronic constipation, gastric troubles, colitis and diarrhoea and cures asthma and piles.	
11.	Garudasana	In Sanskrit Garuda means "an eagle". This asana is difficult for beginners. But with regular practice and patience they can do it well.	Stand upright and bend the left knee slightly and twist the right leg over the left leg so that the right inner thigh is touched behind the left calf. The arms should remain crossed in front of the chest so that the left elbow rests on the right biceps against the elbow joint and the left fist is kept above the right fist in front of the face.	This asana stretches and strengthens the muscles, tones the nerves, promotes suppleness in the legs, shoulders, knees, ankles and calf, develops coordination and balance, improves concentration, digestion and circulation. It also cures sciatica, rheumatism and reduces fat from hips and the abdominal region.	
12.	Moola Asana Band	This asana was also held in high esteem by some ancient Yogis. The asana is one of the powerful, fascinating and popular meditative asanas having many therapeutic advantages. This asana belongs to the advanced group of asanas.	Stretch the legs forward and bend the knees bringing the feet together at the perineum. Breathe slowly and comfortably. Raise the body on the heels so that the heels press the perineum.	This asana is more beneficial for Bachelors. It tones all the sexual and eliminative organs. It strengthens the muscles of the feet, legs and thighs and makes them supple and elastic. It also tones the reproductive organs and urinary system and enhances the health of the sex glands.	

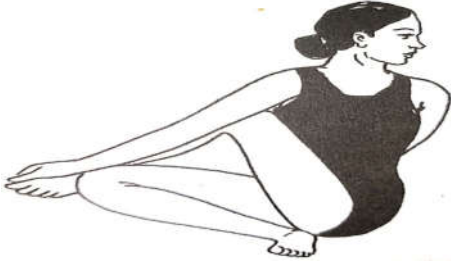

13.	Pavanmuktasana	This asana is performed with both the legs. Like the previous one, this asana is very simple but effective. Persons having excess fat in the abdominal region may find it difficult to touch the chest with nose. They should do with one leg only.	Spread a folded blanket on the floor and lie down straight facing the sky. Inhale and raise both legs up, bend them from the knees, and hold them with the hands and bring them close to the chest. Exhale and breathe slowly. After inhalation and exhalation, hold the breath and bring head, legs and hands to original position and relax.	This asana cures gas-trouble and reduces hyperacidity. Sometime some persons feel cardiovascular pain due to excess of gas in the stomach. By practising this asana regularly the patients are relieved of gas and the grip of gas on heart. It also removes chronic constipation, indigestion, urinary and seminal disorders.	
14.	Matsyasana	The word Matsya implies "fish" in sanskrit. The origin to the name given to this asana appears to be strange because it does not bear any resemblance to fish. Matsyasana enables the centre of gravity more towards the middle of the body, allowing sufficient ventilation to the lungs and increase the capacity of the man to float. It is a counter posture to Sarvangasana and Halasana.	Sit in the Padmasana posture. Lie back, keeping the locked legs down on the floor. Support the body with the hands and elbows. Lift the head and the shoulders and arch the back pressing the crown of the head on the floor forming a bridge in which the shoulders and the back remain above the floor.	This asana strengthens the muscles and nerves of the neck, the back and tones up the nervous system and lungs. It improves the mobility of the thorax and supplies sufficient blood to the pituitary and pineal glands. This asana cures asthma, constipation, chronic bronchitis, epilepsy, menopause, diabetes, abdominal disorders, piles and obesity.	

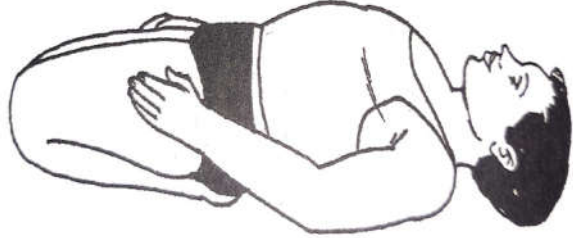
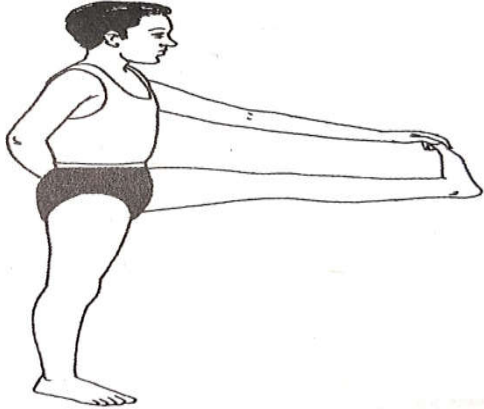
15	Sarvagāsana	In Sanskrit “Sarva” means “all” or “entire” and “āṅga” means limb or body. Sarvaṅga means the entire body or all the limbs. This is one of the most powerful and popular āsanas. Practising this āsana, all parts of the body are benefitted. In this āsana circulation is directed towards the thyroid and parathyroid glands which play vital role in the promotion of health. To derive maximum benefit from this āsana, Halasana should be practised after this āsana.	Spread a blanket on the floor and lie flat on your back. Then slowly raise the legs up lifting the trunk and hips vertically. The hips be supported by both hands. In this pose the hinder part of the neck should touch the floor and trunk and legs should remain straight.	This āsana has a number of benefits. It rejuvenates all the organs of the body strengthens the spine, stimulates endocrinal glands, tones up the nervous system and improves circulation.	
16.	Vajrasana	Vajra implies diamond. As the name suggests, this āsana makes the body as graceful and strong as diamond. It is the prayer pose of the Muslims and the meditative pose of the Buddhists.	Sit on the folded blanket with the feet stretched backward and big toes crossed. The knees should be kept together but heels apart. Lower the buttocks inside the feet. The heels should touch the sides of the hips. Place the hands on the knees, palms downward.	This āsana brings tranquility to the mind. It also cures diseases such as nervousness, indigestion and urinary diseases. It can also remove headache, acidity and weakness in the sexual organs and restore hope and self-confidence in man.	


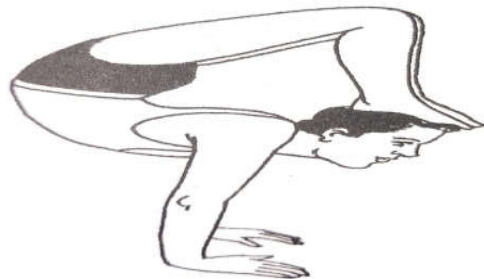
17.	Sheershasana	In Sanskrit “ Sirsha” means “head” Sirshasana is the most important, popular spectacular and extremely beneficial asana. It is called the king of asanas while some think of it as quenn of the asanas. To a layman yoga means Sheershasana means yoga. Yogis recommend the Sheershasana to eliminate disadvantage which appears from standing upright. This asana too has a number of variations and innumerable benefits.	On a folded blanket, place a folded towel, adopt Vajrasana pose. This asana is performed with the help of the hands and arms. The whole weight of the head, trunk and body is placed on the inter-twined hands and elbows. Bend forward and place the forearms on the floor with fingers inter-twined and elbows, front of the knees. After completing the asana stand erect for a minute. This will harmonise the blood circulation.	Sheershasana influences circulation of blood tremendously. Standing erect and upright increases stasis in the veins which are near the heart. Owing to the gravitational pull arterial blood supply is retarded. The veins of the legs get more rest in recombent posture.	
18.	Dakshsana	This asana is the counter pose of inverted asanas and belongs to the group of standing and stretching asanas.	On a folded blanket stand erect keeping your feet together. Lift the heels up and feel as if you are being streched upwards. Inhale and retain breath for a couple of seconds. Exhale breath and take deep long breaths. Repeat it at least ten times.	This asana strengthens abdominal muscles and the nerves of the spine. It also strengthens intestines and is highly beneficial to persons suffering from Diabetes.	



19.	Bhujangasana	Bhjang in Sanskrit means “a cobra” when the full and correct pose this asana is adopted it resembles a hooded cobra. This asana is more beneficial to women for strengthening the ovaries and uterus. This asana belongs to the category of “Sacrum Asana”. People suffering from peptic ulcers, hernia and intestinal tuberculosis should not do this asana.	Lie flat on the stomach with legs straight and the feet extended. Place the hands, palms down under the shoulders then slowly raise the body the navel until the arms are straight but the stomach and the legs must touch the floor. Breathe slowly and normally throughout.	Bhujangasana is one the highly beneficial asana for the spine and abdomen. It removes unwanted flesh from the hips and abdominal region, makes the spine supple and flexible, tones up the nervous system, liver and kidneys. It is specially useful to women to tone the ovary and uterus. This asana also strengthens the adrenal glands.	
20.	Dhanurasana	In Sanskrit Dhanur means “a bow”. This is a vigorous elaboration of Bhujangasana. Abrupt jerky movements should be avoided in this asana. The beginners may find it difficult to take hold of the ankles with hands. This asana is also highly beneficial for women.	Lie flat on the stomach and chest, fix the legs bringing the feet back towards the head. Raise the legs, head and upper part of the body. While arching the back, take hold of your right ankle with your right hand and left ankle with left hand.	This asana powerfully massages the abdominal organs and muscles. It removes constipation and cures dyspepsia, rheumatism, gastrointestinal disorders, asthma and sluggishness of the liver.	
21	Mayurasana	In Sanskrit Mayur means “peacock”. When performed well, this asana resembles a peacock spreading its tail. This asana belongs to the advanced group of balancing postures. It is of a gymnastic nature that needs a lot of muscular strength and coordination. This asana has a number of variations and poses.	On a folded blanket, kneel down. Join the two arms together and rest the hands on the floor, palms down with fingers pointing towards the toes. Support your body on your elbows. Exhale while raising the body of the floor and inhale while lowering the body.	This asana tones adrenal glands and cures diabetes, dyspepsia, enlargement of spleen and removes hepatic torpidity. Mayurasana awakens kundalini (the hidden power) and corrects extremities of arms. It also helps increase mental concentration, strengthens nervous, digestive and circulatory systems.	


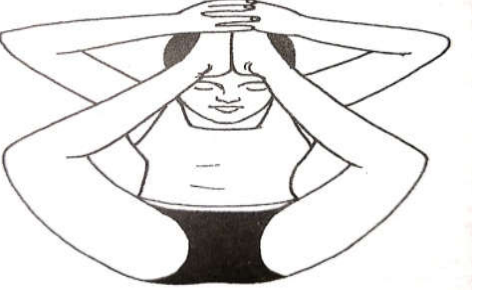

22.	Konasana	Konasana belongs to the category of standing and bending asana. This asana is a simple asana and can be performed by anyone.	On a folded blanket stand erect with legs apart and inhale. Bend your body and stretch the right arms parallel to your right shoulder and touch the floor with your left arm as shown in the figure. After a couple of seconds inhale and perform the same movement on the left side and exhale slowly.	This asana stretches and strengthens the muscles of calf, waist, thighs, hips, legs, spinal cord and adrenal glands. It expels gas, removes constipation and stimulates heart and lungs.	
23.	Hansaasana	This asana belongs to the balancing group of asanas and is a preparatory asana for peacock pose. There are different legends establishing the digestive benefits of this asana.	On a folded blanket, knee down, keeping the knees apart. Sit on the heels and keep both the elbows touching each other. Bend forward and place the palms on the floor. Rest the diaphragm on the elbows and the chest on the back of the upper arms. Keep the legs together and maintain balance, throwing the weight on the body on arms, toes and head.	This asana is extremely beneficial for digestive system. It tones and strengthens all the organs associated with digestive system. This asana also prevents accumulation of dangerous toxins in the body and stimulates the muscles of the arms, legs and the neck.	


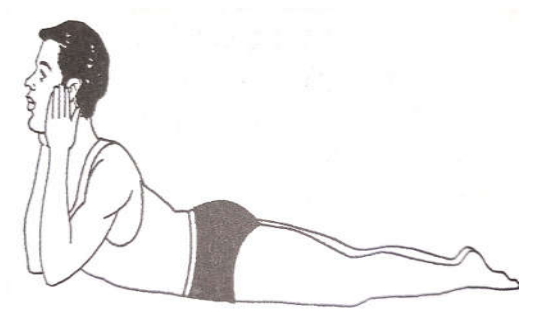
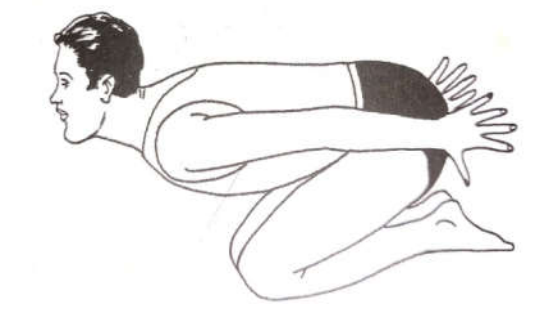
24.	Ardha Matsyendrasana	This asana is dedicated to yogi Matsyendra who used to meditate in this pose for hours together. This asana can be practised by those whose bodies have become supple by regular practice of asana. Matsyendra is one of the great propounders of Hatha yoga. He was one of the devoted yogis of Lord Shiva.	On a folded blanket, sit withy legs stretched. Bend the left knee and place the left foot under the buttocks and sit on the left foot. Bend the right knee and place it outside the left thigh. Then exhale and stretch the left arm from the shoulder and turn it round the right knee. Then turn the neck towards the right shoulder.	This asana makes the spine healthy and strong, massages the abdomen organs, removes constipation, strengthens kidneys, spleen, liver, stomach and intestines, expels gas from the abdomen and cures diabeted.	
25	Hriday Stamhasana	As the name suggests this Asana has direct effect on heart. It is therefore called the supporing pillar of the heart.	Spread a blanket on the floor and lie down straight on the back, keep hands and feet apart. Raise your hands and legs up and inhale. Retain your breath for a couple of seconds as long as your hands and legs are up. Lower down your arms and legs and exhale breath. Repeat it five time and relax.	This is a wonderful asana for reducing fat from the abdominal region and hips and strengthening the muscles of the heart, lungs, ribs. This Asana reduces giddiness and cures diabeted and abdominal disorders.	




26.	Supt-Vajrasana	This is one of the most common and popular postures in yoga. It is well known for many therapeutic benefits, and is held in high esteem by many modern yogis.	Sit on the folded blanket with buttocks on the floor between the heels in Vajrasana posture. Exhaling lean back slowly and lower the elbows to the floor. Support the trunk for a couple of seconds on elbow supporting on the elbows and feel relaxed.	This asana removes stiffness and feel relaxed, ankles and thighs, enlarges rib-box, increases thoracic mobility, stretches the whole body improves circulation of blood, removes unwanted fat from the abdominal region and is extremely beneficial to the glands, reproductive organs and nervous system.	
27.	Uthit-Ek Pada Hastasana	Here is another simple asana belonging to the standing stretching group of asanas.	On folded blanket stand erect with feet together and arms at the back. Raise your left leg and touch the toe of the leg with left hand. Inhale breath while raising the leg and retain breath as long as the leg is high touched by your left hand. Exhale breath lowering the leg down. Do it with your right leg and right hand now and repeat it five times and relax..	This asana strengthens the muscles of feet, legs and hips. It also improves respiration, digestion and circulation and removes excess fat on hips and abdominal region.	


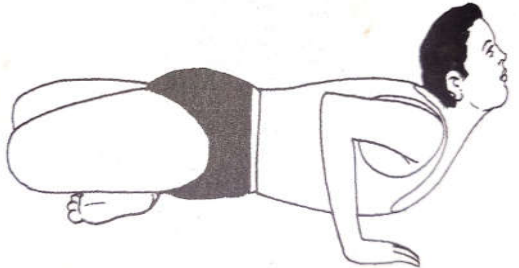
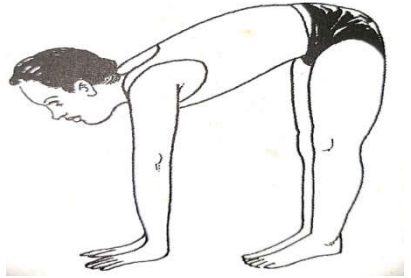
28	Bakaasana	<p>“Baka” in Sanskrit means “Crane”. When displayed well the body appears to be like a crane (bird) wading in a pool of water. In yoga therapy this asana had innumerable advantages and belongs to the advanced group of asanas.</p>	<p>On a folded blanket sit on the toes. Keep the knees apart and move the trunk forward. Keep the hands firmly on the floor. Bend the elbows, move the trunk forward and rest the shins on the back of the upper arms near the armpit. Then exhale, bend the elbows move the trunk down, release the legs from armpits. Come to the original position and relax.</p>	<p>This asana cures arthritis of the joints and chest troubles, increases breathing capacity, strengthens the glands, improves concentration, circulation of blood, and increases stamina. It tones up both body and mind.</p>	
29.	Vrischika Asana	<p>This asana belongs to the advanced group of asanas. In Sanskrit vrischika means” a scorpion”. This asana when performed korrectly looks like a scorpion. This asana can be performed after gaining proficiency in Sheerwshasana and Chakrasana.</p>	<p>On a folded blanket kneel on the floror,bend forward and place the elbows. Forearms and palms on the flor, bend lift the head as high as you can without any strain or jerk. Come to the original position and relax.</p>	<p>Vrischikasana gives maximum stretch and strength to the spine and provides balance and harmony to the entire syste. It also improves seminal weakness caused due to the degenration of testicles. It stimulates pituitary and pineal glands and tones up ovaries.</p>	


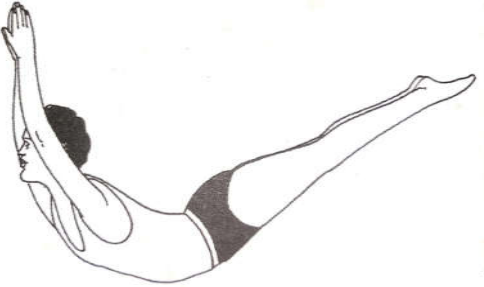

30.	Yog Mudraasana	In the classical dancing, Mudra means a symbolic gesture of the hands which evokes a particular or gesture of emotions. Some yogis are of the opinion that Mudras are more effective than asanas and pranayama because they arouse the dormant serpent power in man. A Mudra is a particular attitude symbolising psyche. Some of popular Mudra are Gyana Mudra, Shambhavi Mudra, Akashi Mudra, KariMudra, Ashwani Mudra and Khechari Mudra. All these mudras are done in sitting posture.	Sit on a folded blanket in padamasana pose. Relax the whole body and close the eyes. Place the hand behind the back catching hold of the left wrist in the right hand and keeping the spinal column erect. Stay in this posture for as long as you can without any stress or strain. Sit upright and relax. tones up	This asana cures diabettes , removes constipation, strengthens the abdominal muscles, keeps the organs of the body healthy and tones up the entire nervous system.	
31	Urdhava Padamasana	- This is a very important variation of Sheershana. This Asana should be done only after doing Sheershasana.	On a folded blanket kneel on the ground. Bend forward and place your arms on the ground at right angle to each other with fingers interlocked. Place your head in your palms and raise the legs slowly till you are balanced ertically on your head. Remain in this posture for couple of minutes and then interlock your legs and take the position of padamasana. Breathe freely without any stress or strain. Raise your legs and come down to your original position and relax.	This asana invigorates and energises. It purifies blood and cures all diseases of liver, spleen, lungs and the genitourinary system. It also cures diabetes, piles and constipation and improves memory and eyesight. Spinal cord and spinal nerves receive an abundant supply of blood. Nerves of the body are energised.	

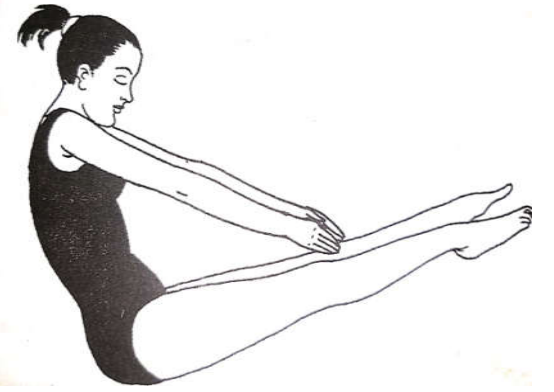
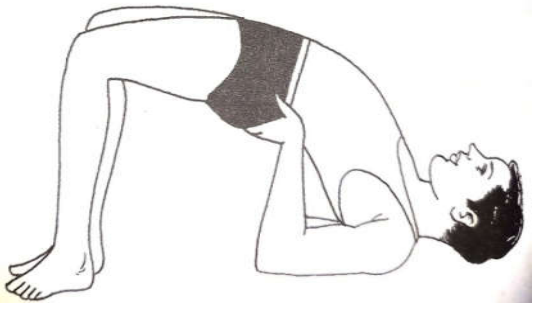
32.	Kukutaasana	In Sanskrit “Kukuta” means “cock”. When performed correctly, this asana resemble the appearance of a cock. This asana belongs to the advanced group of asanas and it may be difficult for persons with hairy legs to insert their arms between the thighs and calves. This asana is performed from Padamasana.	On a folded blanket, adopt the pose of Padamasana and insert the arms between the calves and thighs. Place the hands on the floor with the fingers pointing forward. Remain in this final pose for a long as you can and breathe slowly without any strain..	This asana cures Diabetes, Arthritis, Jaundice and chronic constipation. The asana strengthens the muscles of the arms, shoulders and abdominal region and expands the chest.	
33.	Paadtal Sanyukta Moordaspars ha Asana.	In this asana the head is touched by both soles of the feet as the name suggests. This asana comes in the category of dynamic asanas. It should not be practised by persons suffering from high blood pressure, heart ailments and spine disc.	Sit on a folded blanket keeping the legs stretched kforward. Raise the legs up and touch the forehead with the soles of your feet. In order to maintain balance take the suport of hands and breathe freely without any stress and strain. Repeat it five times and relax.	This asana is highly beneficial for abdominal disorders. It improves digestive system and sharpens appetite. It also cures arthritis and gas trouble. It strengthens the muscles of the neck, shoulders and spine. It also reduces fat from the abdominal region and hips.	
34.	Hanuman Asana	Hanuman is one the mightiest heroes in the Ramayana. Heis a great apostle of Brahmcharya yoga. Hence the asana is named after him. Some ancient yogis regarded this asana as highly refreshing and they used to perform meditation for hours together in this asana.	Adopt a sitting position on a folded blanket, and spread the legs as wide as you can and keep the hands near your chest. The legs should be stretched on the sideways and retain breath for a couple of seconds. Then, exhale breath. Repeat this exercise five times and relax.	This asana strengthens the muscles of the spine, legs and tones up kidneys and the internal organs, removes excess fat from the abdomen and cures diabetes and chronic constipatio. In this Asana, the gas is expelled.	

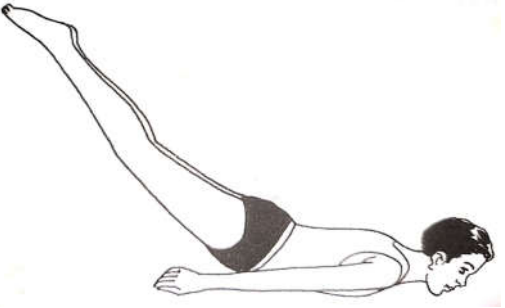
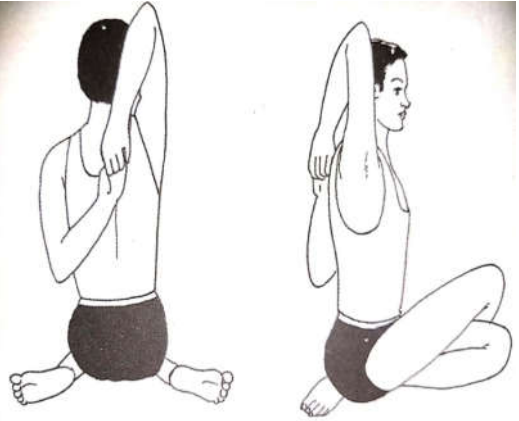
35.	Yanaasana	When done correctly, this asana assumes the shape and form of a plane flying in the sky. Hence named after that	On a folded blanket, lie flat on the floor, while your abdomen touches the ground. Keep both the feet touching each other. First inhale and raise your head, neck, hands, chest and feet above the ground, keeping all these organs tight and straight only your abdomen should touch the ground. Breathe freely, relax and loosen your limbs.	This asana strengthens the bones of arms, hands shoulders and legs. It also makes the spine flexible. It improves digestion and urinary disorders and keeps the body supple. Pregnant ladies should not do this asana.	
36.	Makarasana	This simple but effective asana belongs to the Backward Bending Group of Asanas. Such asanas have a very effective influence on the spine. ¹	On a folded blanket, lie down with stomach, chest and face on the floor. Interlock the forearms and keep the head between them. Raise the legs as high as you can without any strain or jerk. Have long deep and slow breaths. Remain in this pose for a few seconds. Bring the legs down and relax.	This asana is extremely beneficial for nerves. It strengthens the glands of the pelvic region and cures rheumatism of hips and legs and invigorates the digestive system.	
37.	Mrigasana	This asana belongs to the balancing group of asanas and is a preparatory asana for the peacock pose. The pregnant ladies should not do this asana.	On a folded blanket sit in Vajrasana and stretch your hands behind your buttocks and stretch your chest and head forward. Keep your neck and chest straight. The entire weight of the body should fall on knees. Breathe freely and retain breath for a couple of seconds and exhale come to the original position and relax.	This asana is highly beneficial for persons suffering from Diabetes. It expels gas and reduces extra fat near the hip and abdomen. It also cures arthritis and throat aches.	

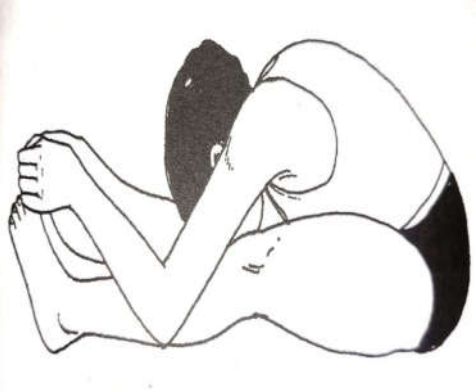
38	Ek Padanghusha ta Asana	This is one of the finest asanas belonging to the balancing group of asanas, Persons suffering from high blood pressure should not perform the asana.	On a folded blanket sit on the toes and keep the knees apart. Raise the left leg and keep the left foot on the right thigh and keep the hands firmly on the knees. Try to maintain balance on one foot only. Inhale breath and retain breath as long as your body is on one foot and exhale breath slowly. Do it with right leg and relax. Come to the original position.	This asana strengthens the muscles of the toes and tones up respiratory system. Invigorates blood circulation and removes constipation.	
39.	Utkata Asana	It is one of the simple, popular and graceful asanas. <i>It is another asana for maintaining balance and equilibrium of the body. In this asana the body is balanced on the toes. Fatty people</i> may find it difficult to maintain balance. They can take the help of chair in the initial stage.	On a folded blanket, sit on the feet and put the whole weight of the body on toes. Have deep and long breath and remain in this pose for a couple of minutes and come to the original position of Vajrasana or Sukhasana and relax.	This asana is highly beneficial for legs. It improves and strengthens the muscles of spine and knees. This asana cures arthritis.	
40	Nabhi-Ped Asana	This is a dynamic asana and it should not be performed by persons suffering from high blood pressure and piles. Pregnant ladies should not do this asana.	On a folded blanket, sit in any comfortable asana and keep feet together. Hold both the feet with your hands and touch the feet with your navel. By doing this your knees will be raised from the ground, keep your head and spine straight. Breathe freely. Inhale breath while raising the feet near your navel and retain breath as long as the feet remain with your navel.	This asana strengthens the muscles of legs and knees. It expels gas and cures many urinary disorders. It also improves digestion and sharpens appetite.	

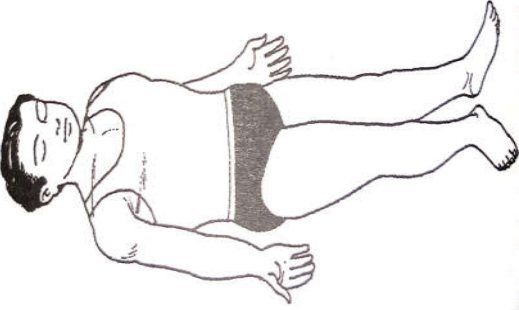
41	Trikonasana	Trikonasana and all the variations belongs to the category of standing and bending asanas. This asana is called “Trikona’ because the asana when performed correctly, gives the idea of three angles.	On a folded blanket, stand erect with legs apart and inhale. Raise the arms horizontally in a straight line with the shoulders. Start bending slowly to your right until your right hand touches your right foot. After a couple of seconds inhale and perform the same movement on the left side and exhale slowly while lowering the arms.	This asana stretches and strengthens the muscles of calf, waist, thighs, hips, legs, spinal column and adrenal glands. It expells gas, removes constipation, stimulates heart and lungs. It can also correct the gall bladder disorders and increase height.	
42.	Khagaasana	This asana belongs to the balancing group of asanas. When performed correctly it appears like a bird as the name suggests.	On a folded blanket, kneel down and sit in padamasana and keep elbows with hips. Bend forward and raise the chest above the floor. Maintain balance throwing the weight of the body on arms and hands. Remain in this position for a couple of seconds. Breathe slowly and rhythmically. Return to the original position and relax.	This asana is extremely beneficial for digestive system. It tones and strenthens all the organs associated with digestive system. This asana also prevents accumulation of dangerous toxins in the body. And stimulates the muscles of the arms and legs. This asana also cures hyperacidity and kidney disorders.	
43.	Shatur Muraga Asana	This asana is paraised and pracised by many Hata yogis. This asana is for beginners and intermediate students as wel. This asana can be performed by any one with the slight practice..	Stand upright feet together. Breaathe in deeply. Raise the hands high over head, palms forward and bend forward from the waist and touch the floor wit6h your hands. Then slowly return to upright position. Regular practice of this asana will bring suppleness. Do tis asana five times.	This asana tones the entire nervous system, massages the abdomen. This Asana is excellent for loosening the shoulders and upperback, limbering the spine and toning the arms, hips and legs. It also improves blood circulation.	

44.	Yoganidra Asana	It is a dynamic asana and is Garbha Asana with slight variation. In Sanskrit Garbha means "Womb". When this asana is performed correctly it resembles the pose of a child in the womb of the mother. This asana belongs to the advanced group of asanas and needs a lot of practice.	On a folded blanket, sit in padmasana pose and insert the hands between the thighs and the calves. Bring out the elbows of the two hands. Raise the legs and interlock them behind your head. Maintain balance on the buttocks with the palms touching the chest. Keep eyes open and breathe slowly. Remain in this pose for a couple of minutes. Come to the original position and relax.	This asana induces sleep and cures gastric and cures gastric trouble, indigestion, hyperacidity and pain in joints, buttocks and knees. It reduces fat from buttocks, abdomen and hips.	
45.	Nabhi Asana	This asana belongs to the forward bending group of asanas. This asana is Yanaasana with slight variation. Such asanas have a very effective influence on the abdomen and spine.	On a folded blanket, lie down with stomach, chest and hands apart. Raise the legs and hands simultaneously and breathe in. Retain breath as long as the legs and arms and the chest are above the floor. Lower down your legs and arms and the chest above the floor. Lower down your legs and arms and the chest and exhale air slowly. Repeat it five times and relax.	This asana is extremely beneficial for the nerves of the abdomen and spine. This Asana, as the name suggests, is highly beneficial for the navel and the muscles of the spine. It also tones up the nervous system and strengthens the muscles of the chest, arms, legs and chest. It also removes tension and stress.	
46.	Matsyendera sana	This asana is dedicated to Yogi Matsyendra who used to meditate in this pose for hours together. This Asana can be practised by those whose bodies have become supple by regular practice of asana.	On a folded blanket, sit with legs stretched. Bend the left knee and place the left foot under the buttocks and fist on the left foot. Bend the right knee and place it outside the left thigh. Then exhale and stretch the left arm from the shoulder and turn it round the right knee. Come to the original position and relax.	This Asana makes the spine healthy and strong, massages the abdominal organs, removes constipation, strengthens kidneys, spleen, liver, stomach and intestines, expels gas from the abdomen and cures diabetes.	

47	Naukaasana	This asana is one of the simplest asanas belonging to the energy blocking group of asanas. Energy in the form of prana is in every part of the body. It must have flow. Sometimes due to certain impurities or chemical reactions, the free flow is blocked resulting in stiffness, rheumatism and muscular tension. This asana when performed correctly resembles the shape of a boat. Hence named Naukasana.	Lie flat on the floor facing the sky with hands clasped at the back. Raise your feet, head and the chest up as to form a curve on the floor. With your body rest on abdomen. In this pose, the body looks like a boat.	This asana eliminates the gas from abdomen, cures belching and hiccough. It also brings the dislocated navel plexus to its original position. This Asana is excellent for pregnant women up to four months.	
48	Setu Bandhasana	This Asana belongs to the backward to the bending group of asanas. During the backward bending the abdomen muscles stretch and give an effective massage to the internal organs.	On a folded blanket, sit with legs stretch forward and inhale slowly with the support of hands raise the chest and legs above the floor. Stretch the body upwards and touch the floor with head. Retain breath for a couple of seconds. The soles of the feet should be kept flat on the floor. Then come to the original position and relax.	This asana improves respiration tones, the limber region of the spine, stimulates nervous system and gives vim, vigour and vitality to the body. This asana strengthens the muscles of the neck, shoulders, knee and feet. It also cures knee pain and arthritis.	

49.	Salabhasana	In Sanskrit Salabha means “locust”. When the full correct pose of this asana is displayed, it resembles a locust with its tail raised. In Bhujangasana the body below the navel touches the floor but in Salabhasana the process is reversed i.e, the upper body touches the floor.	On a folded blanket on the floor, lie down on the stomach and chest. The forehead and chin must touch the floor and keep arms alongside the body and legs extended together. Exhale breath and bring the legs slowly to the floor. Remain in this pose for a couple of seconds.	This asana strengthens the muscles of lowerback buttocks, head and lungs. It removes fatty tissues from the waist, stimulates the abdominal viscera, tones up the liver, intestines, pancreas, adrenal glands and kidneys. It also helps normalise the menstrual cycle and extremities of thighs.	
50.	Gomukha Asana	“Gou” in Sanskrit means “Cow” and Mukh “Face”. This Asana is used for meditations, prayer and breath control. This Asana when done correctly resembles the face of a cow.	Sit on a folded blanket on the heels, knees together and head, neck and spine straight. Bend the right arm and raise the elbow and lower the hands as far down the middle of the back without disturbing the upright posture. Bend the left arm and bring the left hand up the centre of the back until the fingers of both hands interlock. Breathe deeply. Remain in the pose for a couple of minutes. Unlock the hands and repeat the process in reverse manner. Return to the original position and relax.	This asana cures diabetes, backaches, sexual ailment, insomnia, kidney troubles, sciatica and rheumatism. It also strengthens and tones up the muscles of the shoulders, upper back and triceps. This asana also checks the formation of calcium deposits at the shoulder joints.	

51.	Paschimotanas-ana	As the name suggests this asana stretches the entire rear portion of the body. Jerky movement is to be avoided in this asana. This asana checks the “Ageing Process” and is one of the powerful asanas for spiritual awakening.	Lie flat on the folded blanket and stretch the arms over the head and breathe in slowly and normally. Raise the arms, head and trunk exhale and bend them over the legs without raising the knees. Catch hold of the toes with fingers contracting the abdomen and gently pressing the head against the knees. Pull the toe with the arms and lower the elbows. The bending should be done very slowly. Remain in this pose for a couple of seconds and increase the time gradually. Return to the original position and relax.	This asana cures chronic constipation, piles, obesity sluggishness of the liver, dyspepsia, diabetes, sciatica, belching and gastritis. It also tones up the muscles of the spine and abdomen, stimulates thyroid and parathyroid glands. It also makes the body slim and tall, activates the kidney, liver, pancreas and adrenal glands. It also tones the pelvic organs and is especially useful for curing female sexual disorders, and helps normalise the menstrual cycle. Like Shershasana and Sarvangasana, Paschimottasana is the destroyer of all diseases and bestower of healthy life.	
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52.	Shavasana	<p>Last but not the least come very important, popular and highly powerful asana known as Shavasana. In the classic text "Hatha Yoga Pradipika" this pose is called Shavasana and in "Gheranda Samhita", it is named as Mritasana. Both Shava and Mrit means corpse or dead body. This asana must be performed last of all by all young or old, men or women. Shavasana is the only asana that provides right relaxation to our psycho-physiological system.</p>	<p>On a soft carpet or blanket of folded rug lie full length on back with arms away from the body with palms facing upward and feet slightly apart. Close the eyes and mouth and withdraw the consciousness by stages beginning with the feet, the ankles, the knee, the abdomen, the chest, the neck and the face. In this asana all tissues, nerves and muscles are to be relaxed with the mind. Simply lying on the floor, closing the eyes and breathing slowly does not mean "Shavana". The technique of this asana is absolutely necessary for concentration which gives complete relaxation.</p>	<p>Shavasana is an excellent asana for complete physical, mental and spiritual relaxation and refreshment. In tension, irregular breathing, Shavana is highly beneficial for the body and mind. This asana removes all mental tension, stress or strain, physical fatigues and stimulates the entire nervous system. It also eliminates toxins accumulated in the body, recharges organism with prana, restores energy and cures high blood pressure, heart ailments, insomnia, nervous disorders and depression. This asana when performed correctly gives rest, peace, tranquility and relaxation to the body and mind.</p>	
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References : YOGA for Health Book - Yoga Ratna Dr H Kumar Kaul



