

Practical Notes

5. YOGASANAS :

Bhujangasana, Shalabhasana, Makarasana

5.6.1 BHUJAṄĀSANA (The Cobra Posture)

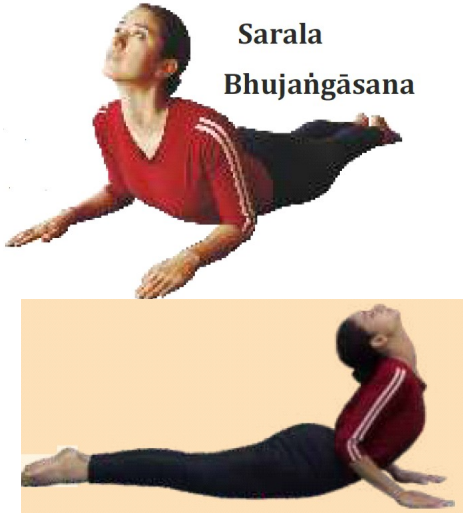
Two Variations : Sarala Bhujangāsana & Bhujangāsana

Benefits : This āsana relieves stress, reduces abdominal fat and relieves constipation.

Helps to relieve backache and bronchial problems.

Caution : Those who have undergone abdominal surgery should avoid this āsana for 2-3 months.

Those who suffer from hernia, ulcers should not practice this āsana.


 <p>Sarala Bhujaṅgāsana</p>	<p>Bhujangasan (The Cobra posture)</p> <p><i>Sthiti: Prone Relaxation posture</i></p> <ul style="list-style-type: none">• Lie down on your stomach, join your legs.• Arms beside body. Forehead on ground.• Palms and elbows on the ground.• Inhaling slowly, lift head and chest up to navel region.• Stay there comfortably.• Keep the legs firm so that no load or strain is felt on the lumbar spine. <p>This is called Sarala Bhujaṅgāsana.</p> <ul style="list-style-type: none">• Come back and place forehead on the ground.• Keep your palms beside chest and raise your elbows.• Inhale, slowly lift the head and chest up to navel region.• Keep the elbows parallel and maintain the posture• Normal breathing. <p>This is Bhujangāsana.</p> <ul style="list-style-type: none">• Exhale, rest your forehead on the ground, come back to Makarāsana and relax.
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5.6.2 ŚALABHĀSANA (The Locust Posture)

Śalabha means a locust.

Benefits : Relieves sciatica and lower backache. Helps to reduce fat in the thighs and buttocks, good in weight management. Helps to improve lungs capacity.

Caution : Please proceed cautiously in case of severe lower back pain. People with high blood pressure, peptic ulcer and hernia should also avoid this posture.


	<p>Shalabhasan (The Locust posture)</p> <p><i>Sthiti: Prone Relaxation posture</i></p> <ul style="list-style-type: none">• Lie down on your stomach in Makarāsana.• Rest the chin on the floor, keep both hands beside the body,• Palms facing upwards. Inhale, raise the legs off the floor• Don't bend knees.• Extend arms and legs well to ease lifting body off floor.• Stay in this position for sometime. Breathing normal.• Pull up knee caps and squeeze buttocks to improve posture. <p>This āsana is more beneficial when performed after Bhujaṅgāsana</p>
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5.6.3 MAKARĀSANA (The Crocodile Posture)

In Sanskrit, *Makara* means crocodile. In this *āsana*, the body resembles the crocodile, hence the name.

Benefits : Promotes relaxation of the whole body. Helps in recovery of back problems. Indicated to counter stress and anxiety.

Caution : Avoid this practice in case of pregnancy and frozen shoulders.

	<p>Makrasana (The Crocodile posture)</p> <p><i>Sthiti: Prone Relaxation posture</i></p> <ul style="list-style-type: none">• Lie down on stomach with feet wide apart,• Toes pointing outward.• Bend both arms and place right palm on left palm.• Place head on hands either on left or right side.• Keep eyes closed and relax whole body.• This is <i>Makarāsana</i>.• This āsana is practiced for relaxation in all prone postures.
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