

Practical Notes

5. YOGASANAS : Sitting postures

Bhadrasana, Mandukasana, Ushtrasana, Shashankasana, Uttana Mandukasana



5.3.1 BHDRĀSANA (The Firm/Auspicious Posture)

Bhadra means firm or auspicious.

Benefits : Helps to keep the body firm and stabilizes the mind. Helpful during pregnancy.

Relieves abdominal pain often experienced during menstruation.

Caution : Avoid this practice in case of severe arthritis and sciatica.

 	<p>Bhadrasan (The firm / Auspicious posture)</p> <p><i>Sthiti:</i> Long sitting posture (<i>Viśhrāmāsana</i>)</p> <p><i>Viśhrāmāsana</i></p> <ul style="list-style-type: none">• Sit erect with both the legs stretched forward.• Toes apart and pointing sideways.• Palms on ground behind hips . Body relaxed totally.• Neck tilted backwards. This is <i>Viśhrāmāsana</i>. <p><i>Daṇḍāsana.</i></p> <ul style="list-style-type: none">• Sit straight with legs stretched out in front .• Toes together and pointing upwards• Hands beside the hips and palms resting on the floor.• Neck straight. This is <i>Daṇḍāsana</i>. <i>Danda</i> is a Stick.• Put soles of feet together.• Exhale and clasp hands together over toes.• Inhale, pull heels as close as possible up to perineum region.• This is the final position.• Stay in this position for sometime with normal breathing. <p>Release the Assan and relax in <i>Viśhrāmāsana</i>..</p>
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5.3.2 MANDUKĀSANA (Frog pose)

Maṇḍūkā means frog. The final position of *Maṇḍūkāsana* resembles frog, hence the name.

Benefits : This āsana is helpful in back and neck pain especially cervical spondylosis.

Improves the diaphragmatic movements and lungs capacity.

Caution : Person with severe knee joint pain should not perform it.



Mandukasan (Frog pose)

Sthiti: Daṇḍāsana.

- Sit in Vajrāsana.
- Make a fist of both hands with thumb inside
- Breathe out and place both fist beside navel. (Away from navel)
- Keeping fists pressed, breathe in and raise spinal column.
- Breathing out bend forward.
- Try to touch down head on floor, if possible.
- Raise head up and look forward..
- Breathing normal
- Maintain the position for a while,
- Come back slowly in reverse order.
- Come back to Vajrāsana.



5.3.3 ARDHA UṢṬRĀSANA (The Half Camel Posture)

Uṣṭrā means camel. The final version of this *āsana* resembles the hump of a camel. In this version, only the first stage (half) of the *āsana* is being practiced.

Benefits : It helps to strengthen back and neck muscles. Relieves constipation and back pain.

Increases blood circulation to the head and cardiac region.

Caution : In case of hernia and abdominal injuries, arthritis and vertigo please avoid doing this *āsana*.



		<p>Ardha Ushtrasan (The Half camel posture)</p> <p><i>Sthiti: Vajrāsana.</i></p> <ul style="list-style-type: none"> • Sit in Daṇḍāsana. • Fold your legs and sit in Vajrāsana. • Stand on your knees. • Place hands on the hips with fingers pointing downwards. • Keep elbows and shoulders parallel. • Bend head back and stretch neck muscles; • Inhale and bend the trunk backwards as much as possible. • Keep the thighs perpendicular to the ground. • Exhale and relax. • Remain in the posture with normal breathing. • Return with inhalation; sit in Vajrāsana. <p>Relax in <i>Viśhrāmāsana</i></p>
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5.3.4 UṢṬRĀSANA (Camel Posture)

Uṣṭra means camel. The body in this pose resembles a camel, hence the name.

Benefits : *Uṣṭrāsana* is extremely useful for defective eyesight. This is useful in relieving back and neck pain. It helps to reduce fat over the abdomen and hips. It is helpful in digestive problems and cardio-respiratory disorders.

Caution : Those suffering from heart diseases or hernia should not practice it.



		<p>Ushtrasana (Camel posture)</p> <p><i>Sthiti: Vajrāsana.</i></p> <ul style="list-style-type: none"> • Sit in Vajrāsana. • Stand on your knees & keeping about few inches apart. • Inhaling bend backward place right palm on right heel. • Left palm on left heel and exhale. • Be careful do not jerk neck while bending backward. • In final position, thighs vertical to floor. Head tilted backwards. • Weight of body evenly distributed on arms and legs. • Remain in posture for sometime. Normal breathing. • Return with inhalation and sit in Vajrāsana. <p>Relax in <i>Viśhrāmāsana</i></p>
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5.3.5 ŚAŚHAKĀSANA (The Hare Posture)

Śhaśanka means hare. The body in this pose resembles the hare, hence the name.

Benefits : Helps to reduce stress and anxiety. Tones up reproductive organs, relieves constipation, improves digestion and helps to relieve back pain.

Caution : Please avoid this posture in case of acute backache. Patients with osteoarthritis of the knees should avoid Vajrāsana.

 	Sashankasan (The Hare posture) <i>Sthiti: Vajrāsana.</i> <ul style="list-style-type: none">• Sit in Vajrāsana.• Spread both knees wide apart, big toes touching.• Inhaling keep palms between the knees.• Exhale, bend forward with arms outstretched• Place the chin on the ground. Keep the arms parallel.• Look in front and maintain the posture.• Come up back to Vajrāsana.• Come to Daṇḍāsana and rest in Viśrāmāsana.
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5.3.6 UTTĀNA MANDŪKĀSANA (Stretched up-frog posture)



Uttāna means upright and *Maṇḍūka* means frog.

The final position of *Uttāna Maṇḍukasana* resembles an upright frog, hence the name.

Benefits : This āsana is helpful in back and neck pain especially cervical spondylosis.

Improves the diaphragmatic movements and lungs capacity.

Caution : Person with severe knee joint pain should not perform it.

 	Uttan Mandukasana (Stretched up-Frog posture) <i>Sthiti: Daṇḍāsana.</i> <ul style="list-style-type: none">• Sit in Vajrāsana.• Spread both knees wide apart, big toes touching.• Raise right arm, fold from elbow and touch left shoulder blade.• Raise left arm, fold from elbow and touch right shoulder blade.• Maintain the position for a while,• Come back slowly in reverse order.• Come to Daṇḍāsana and rest in Viśrāmāsana.
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