

## Practical Notes

### 5. YOGASANAS :

Pavanamuktasana, Uttanapadasana, Ardha Halasana, Setubandhasana

#### 5.7.1 PAVANA MUKTĀSANA (The Wind Releasing Posture)

*Pavana* means wind and *mukta* means to release or to make free. As the name suggests, this *āsana* is useful in removing wind or flatulence from the stomach and intestines.

**Benefits :** Removes constipation; gives relief from flatulence, decreases the bloating sensation in the abdomen and aids digestion.

Generates deep internal pressure, improves stretching of the highly complicated network of muscles, ligaments and tendons in the pelvis and waist region. It tones up the back muscles and spinal nerves.

**Caution :** Please avoid this practice in case of abdominal injuries, hernia, sciatica, severe back pain and during pregnancy.

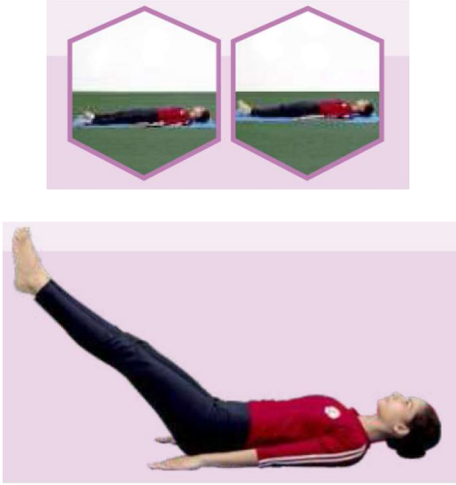
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|   | <p><b>Pavan Muktasana (The wind releasing posture)</b></p> <p><i>Sthiti:</i> Shavasana (Supine lying posture)</p> <p><b>Note</b><br/>Synchronise your breathing with the leg movement. While touching the knee with the nose/ forehead, you should be able to feel the lumbar region stretch. Keep the eyes closed. Focus your attention on pelvic and lumbar region.</p> <ul style="list-style-type: none"><li>• Lie down flat on back and bend both knees.</li><li>• Exhale, bring both the knees towards the chest.</li><li>• Inhale, interlock fingers and clasp the shin below knees.</li><li>• Exhale, raise head till your chin touches knees and relax.</li></ul> <p>This is <i>Pavanamuktāsana</i>.</p> <ul style="list-style-type: none"><li>• Bring the head back to the ground.</li><li>• While exhaling, bring the legs back to the floor.</li><li>• Relax in Śavāsana.</li></ul> |
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### 5.7.2 UTTĀNA PĀDĀSANA (Raised feet posture)

*Uttāna* means raised-upward and *Pāda* means leg. In this *āsana*, the legs are raised upward in supine position, hence the name.

**Benefits :** It balances the navel centre (*Nābhi*, *Maṇipuracakra*). It is helpful in relieving abdominal pain, flatulence, indigestion and diarrhea. It strengthens the abdominal and pelvic floor muscles. Effective in overcoming depression and anxiety.

**Caution :** People with hypertension and back pain shall practice it with one leg alternatively without holding the breath.

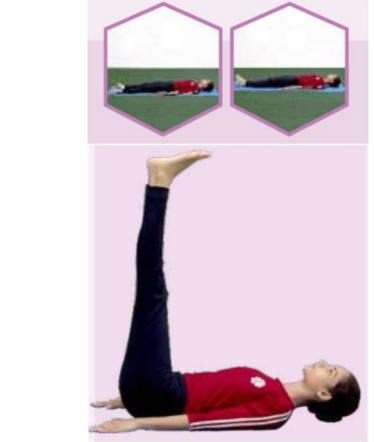
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|  | <p><b>Uttanpadasan (Raised feet posture)</b></p> <p><i>Sthiti: Shavasan (Supine lying posture)</i></p> <ul style="list-style-type: none"><li>• Lie down on ground comfortably with legs stretched out.</li><li>• Hands placed by the sides. Palms resting</li><li>• Inhaling, slowly raise both legs without bending at knees</li><li>• Bring legs to 30o angle with the ground.</li><li>• Maintain the position for sometime.</li><li>• Normal breathing.</li><li>• Exhale, slowly bring both legs down to the ground.</li><li>• Relax in Śavāsana.</li></ul> |
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### 5.7.3 ARDHA HALĀSANA (Half plough posture)

‘*Ardha*’ means half and ‘*Hala*’ means plough. This posture is known as *Ardha Halāsana* because in its final position, the body resembles half the shape of an Indian plough.

**Benefits :** This *āsana* relieves constipation, beneficial for Hypertensive patients but needs to be practiced under supervision.

**Caution :** Those who have lumbosacral (lower back) pain should not perform with both legs together. Avoid this practice in case of abdominal injuries, hernia etc.

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|  | <p><b>Ardha Halasan (Half Plough posture)</b></p> <p><i>Sthiti: Shavasan (Supine lying posture)</i></p> <ul style="list-style-type: none"><li>• Lie down on ground comfortably with legs stretched out.</li><li>• Hands placed by the sides. palms resting on the ground.</li><li>• Inhaling, slowly raise both legs without bending at knees</li><li>• Bring legs to 90o angle with the ground.</li><li>• Body from hips to shoulder : straight.</li><li>• Maintain the position for sometime.</li><li>• Normal breathing.</li><li>• Exhale, slowly bring both legs down, without lifting head</li><li>• Relax in Śavāsana.</li></ul> |
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### 5.7.4 SETUBANDHĀSANA (The Bridge Posture)

*Setubandha* means formation of bridge. In this posture, the body is positioned like a bridge, hence the name. This is also called as **Chatuspādāsana**.

**Benefits :** Relieves depression, anxiety and strengthens lower back muscles. Stretches abdominal organs, improves digestion and helps to relieve constipation.

**Caution :** People suffering from ulcer and hernia etc. should not practice this āsana.



#### Setubandhasan (The Bridge posture)

*Sthiti: Shavasan (Supine lying posture)*

- Bend both legs at knees .
- Bring heels near buttocks.
- Hold both ankles firmly.
- Knees and feet in one straight line.
- Inhaling , slowly raise buttocks and trunk up to form bridge.
- Remain in this position for sometime, Normal breathing.
- Exhale, slowly return to the original position and relax in Śavāsana.
- In the final position, the both shoulders, neck and head remain in contact with the floor.
- If required, in final position, you can support your body at waist with your hands.