

Practical Notes

5. YOGASANAS : Sitting postures

Paschimottanasana, Purvottanasana


5.4.1 PASCHIMOTTANĀSANA (Seated Forward Bend posture)

Paschima means west or back side of the body and *uttana* is stretched.

Paschimottanasana means complete stretch to the backside of the body.

Benefits : Helps to increase flexibility of the spine and helps keeping diabetes in control.

Caution : Please avoid this posture in case of acute back pain, spinal disorders, hernia, peptic ulcer or after abdominal surgery and during menstruation.

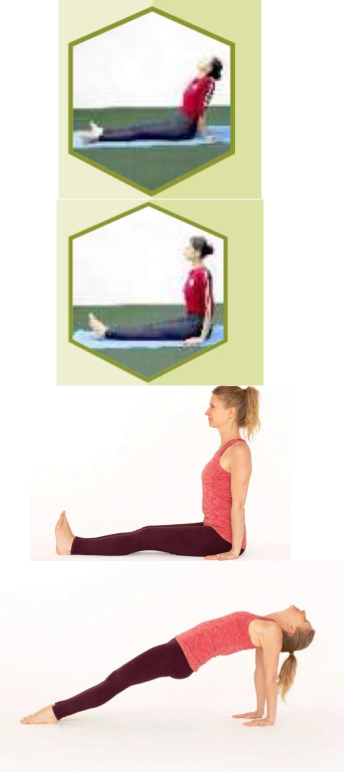
 <p>The diagram shows two stages of the Paschimottanasana pose. The top stage shows a person sitting on the floor with legs extended forward, hands reaching towards the feet. The bottom stage shows the person bent forward, with their head touching their knees. Below the diagram is a photograph of a person performing the pose on a mat, with their hands holding their big toes and their head touching their knees.</p>	<p>Paschimottanasana (Seated forward Bend posture)</p> <p><i>Sthiti: Daṇḍāsana.</i></p> <ul style="list-style-type: none">• Sit with extended legs together, hands by side of the body, palm resting on the ground, fingers pointing forward.• Inhale and raise both hands above head.• Exhaling bend forward from lower back.• Hold big toes with hands• Elbows bent and touching to ground.• Slowly touch your head to knees smoothly without giving any jerk. <p>Final position :</p> <ul style="list-style-type: none">• Both hands holding big toes.• Elbows touching ground.• Head touching knees / shins.• Normal breathing. <p>Stay in this pose for few seconds as per your capacity.</p> <p>Relax in <i>Viśhrāmāsana</i></p>
---	---

5.4.2 PURVOTTANASAN (Upward Plank pose)

Purva means East or front side of the body and *uttana* is stretched. *Purvottanasana* means complete stretch to the front side of the body.

Benefits : strengthens the triceps, wrists, back, and legs. It also stretches the muscles of your shoulders, chest, and front ankles

Caution : If you have high BP, migraine, an injury at the wrist, neck, or back avoid practicing this asan. Person with carpal tunnel syndrome must not perform this pose.

	<p>Purvottanasan (Upward plank posture)</p> <p><i>Sthiti: Daṇḍāsana.</i></p> <ul style="list-style-type: none">• Sit with extended legs together, hands by side of the body, palm resting on the ground, fingers pointing forward.• Slowly raise your body up straightening back to form upward plank pose, without giving any jerk. <p>Final position :</p> <ul style="list-style-type: none">• Both hands on the ground.• Tow to head in one line off the ground.• Head slightly tilted back or straight as per your comfort level.• Heels and soles touching floor.• Normal breathing. <p>Stay in this pose for few seconds as per your capacity.</p> <p>Relax in <i>Viśhrāmāsana</i></p>
--	--

