



AUTHOR RECEIVING "YOGA KALAIMAMANI AWARD"

About The Book...

'Simple and beautifully illustrated yet a comprehensive book on theory and practice of yoga and yoga-therapy for common ailments..... by an eminent medical professional, well-versed in modern medicine and Yoga'

Dr. K.P. Misra

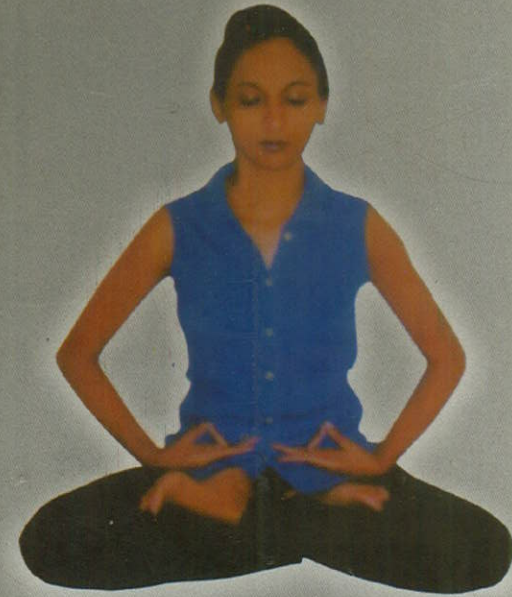
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YOGA FOR HEALTH



Yoga Kalaimamani Dr. S.HEMA, M.B.B.S., Ph.D. (Y.Sc)

YOGA FOR HEALTH

(This book on yoga describes 56 asanas with techniques, benefits and 8 types of Pranayama, Kriyas, Bandhas, Mudras and Meditation extensively illustrated with photos. Principles of Yogatherapy Yogic management of Pregnancy and 14 common ailments. The author of the book, Dr.S. Hema, M.B.B.S., F.C.I.P., Ph.D. (Y.Sc), Chennai, India combines Western Medicine and Yoga to treat common ailments)

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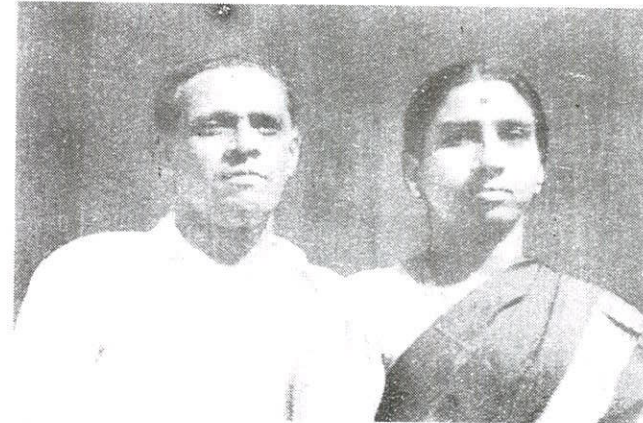
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Dedicated to my most loving parents



Mrs. Gomathi Mr. Subramaniam



Sage Patanjali
Father of Yoga

Yogena cittasya padena vacham
Malam sharirasya ca vaidyakena
Yopa' karot tam pravaram muninam
Patanjalim pranjalir anato'smi

To the noblest of sages, Patanjali,
Who gave Yoga for serenity of mind,
Grammar for purity of speech,
And Medicine for perfection of the body, I bow.
I prostrate before Patanjali.

GAYATHRI MANTRA

Om
Bhur-Bhuvas-Swah
Tat-Savitur-Varenyam
Bhargo Devasya Dheemahi
Dhiyo yo Nah Prachodayaat.

BLESSINGS

Yogi Sakthi Varadharajan



Success in the study and practice of yoga requires the help of an expert teacher. Such a teacher should have theoretical knowledge, practical experiences and also lead a life giving importance to human values. I am proud to say that my student Dr. S. Hema has all these virtues in full measures. She is thus a perfect yogacharya. I bless her to achieve success with Divine grace in all her endeavours. I am sure this book on Yoga written by her will enjoy a wide readership and benefit the society.

Mrs. Smitha B. Shah



The Yoga Institute
Santacruz, Bombay.

Best Wishes,

Dr. S. Hema, M.B.B.S. is my student for the past three years. She is a sincere student with full of Enthusiasm. She is a very good learner of YOGA with keen interest in concept of management of Mind, Body and emotions. I am really very proud of her as she is now devoting her time in spreading the message of YOGA and also for the upliftment of downtrodden women as the President of Aruna Magalir Mandram. I am very happy that she is bringing out a Book "Yoga For Health". The book is very nicely illustrated with photographs. I wish her success in all her endeavors and also wish the readers perfect health through Yoga.

With kind regards,

S.B. Shah

Blessings of "Yogasana Kalaimamani"
Dr. A.S. Ashok Kumar



I had the great pleasure of going through the book. It has been brought out exquisitely. It is very rare to find a medical professional in the field of yoga. There are no words to appreciate Dr. S. Hema who has done a lot of services to the women and downtrodden: Her previous book titled "Yoga for women" attracted the attention of many people.

This book is very special because it is simple, easily understandable, nicely illustrated with photos and available at a low cost. I am sure that her book will lead to renaissance in the field of yogatherapy. It is a milestone for her mission of spreading the message of yoga.

The speciality of Dr. Hema is she is one among very few eminent Teachers in Yoga who has the ability to teach, demonstrate, talk and write about yoga for which one needs Divine grace. As her teacher I am proud of her achievement in this field.

I pray Almighty to give her mental and physical health to write many more books on yoga and do service to the humanity.

Always in yogic service

"Yogasana Kalaimamani"
Dr. A.S. Ashok Kumar

SAFETY NOTE

It is advisable to check with your doctor before embarking on any exercise programme. Yoga should not be considered a replacement for professional medical treatment; a physician should be consulted in all matters relating to health and particularly in respect of pregnancy and any symptoms which may require diagnosis or medical attention.



**Apollo
Hospitals
Group**

Apollo Hospitals-Chennai

Dr.K.P. MISRA
MD FACC FCCP FISE FICC
Sr. Consultant Cardiologist
Director. Medical Education

I had the great pleasure to go through the manuscript of the book "Yoga for Health" written by Dr. S. Hema, an expert in yogasanas, pranayama, meditation and yogatherapy.

The book is very special because it is written by a practising medical person who is well - versed in modern medicine and also in the theory and practise of yoga, the most ancient treatise on methods of keeping good health.

Saint Patanjali who was the greatest "Founder" and teacher of yoga system which has been handed over for the welfare of the mankind over the last few millennia. A vast number of Western people as well as our Indians have now taken a lot of interest in reviving and using this ancient science to the benefit of mankind.

I must appreciate and congratulate Dr. S. Hema for offering us a simple, beautifully illustrated, yet comprehensive book on the theory and practise of yoga and yogatherapy for common medical ailments.

May everyone be happy, healthy and prosperous in physical, mental, psychological and spiritual health.

Dr.K.P. MISRA

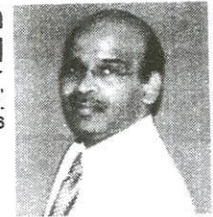
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FOREWORD

Global impact on health has taken a new direction. Invention of antibiotics gave a paradigm shift in late 19th Century. Vaccine and anti-cancer treatment followed in mid 20th century. What next?..... Is it biotechnological Gene therapyClones.....!!

World Health Organization has openly acknowledged and redefined health, "not just physical well being" alone, but a combination of physical, social and mental well being. In a nutshell a holistic, proactive approach to societies health.

Dr.Hema is an eminent and knowledged scholar, who continuously upgrade her vision to modern health care. She is a competent lady, hails from a village in Chennai city- Choolaimedu, who has got vision beyond 21st Century. Her high standard of allopathic knowledge enabled and reinvented native medicine to chronic illness. Yoga therapy is the way forward and her approach to illness of humanity is of beyond comparison.

This book has the potential to reach all homes not only in Chennai, but breaking the borders, of all countries in the World. " Health is the Wealth of Global village"so she says.

(Dr. Rajasekar MRCOG., DFFP)
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ROBINDRA SINGH (ROBIN SINGH)
Director

Yoga is an ancient system meant for total development, viz., physical, mental, moral and social. It relaxes our mind, increases our concentration, physical strength and flexibility of body.

I am happy that Dr. S. Hema, an eminent Yoga Therapist who is trained both in western medicine and Yoga, is bringing out a book titled "Yoga for Health".

I am sure that the book will inspire people to practise Yoga and lead a healthy and happy life.

FOR MAC SPIN FOUNDATION

DIRECTOR

Introduction by Era. Mathivaanan Secretary General, International Centre for Tamils



Dr. S. Hema, the author of this book, an allopathy doctor by profession has also grown to a spiritual scientist. She has studied extensively about Yoga and spirituality and has acquired an in-depth scientific understanding about the same. The author does not consider that science and spirituality are two different areas. Proper amalgamation of these two is the solution for the existing confusion in the present world which can provide peace and prosperity to the people.

The author has travelled extensively in India visiting several Ashramas and spiritual centers. No wonder she could claim a wide circle of friends, admirers and disciples in Yoga.

It is one of the rare book of this kind. Being a doctor by profession author's approach is scientific and methodical.

We the educated have a great role to play in making India occupy a distinguished place in the world. It is not material help alone that provides a cure for the ills of the country.

"We may convert every house in the country into a charity asylum; we may fill the land with hospitals, but the misery of man will still continue to exist until man's character changes", says Swami Vivekananda.

We will be doing the greatest service to humanity not only by raising the roofs of houses but also by raising the minds of people. This book is a constructive attempt in this direction.

Era. Mathivaanan,
Secretary General
International Centre for Tamils

MY JOURNEY INTO YOGA

It was the summer of 1993. Time when most colleges open to welcome not only the old students but also the new ones. It was at this time when my son Sriram, a fresh graduate, kept first step into the IIT Madras.

The environment, the mess and the the hostel everything was new to him and exciting. However, this excitement did not last long as he developed allergy due to Allergic Rhinitis and Sinusitis and difficulty in breathing within a week's time. He was back home and doctors suggested surgery of nose and tonsils to cure him. He was worried and so was I. Surgery meant being out of action for about a month, which is a long time.

I was very much interested in Yoga since childhood. The school Saradha Vidyalaya of Ramakrishna Mission where I studied opened the doors to yoga for me. At this time of crisis, my friend Dr. Suseela Sambamoorthy suggested that I should try yogatherapy with Dr. Krishapna Raman for my son. I did so, he taught 3 exercises to my son. Within three days, the problem was solved and the yogatherapy avoided the surgery and the difficulties associated with it. My son was back into action. I immediately took up a decision that I should learn this ancient art and help people with chronic diseases. With blessings and guidance of eminent teachers such as Yogi Sakthi Varadharajan, Yogi Dr. A.S. Ashok Kumar and Yogi Smitha B. Shah, I acquired skills in this art and developed my knowledge more intensively by learning from many schools of yoga in and around the city and also from Yoga Institute of Santacruz. I gained more knowledge by reading books, attending seminars and travelling wide.

I started an Institute of Yoga in 1993 where eminent teachers come and train students and patients are treated for various problems which are discussed in this book. The aim of the institute is spreading the message of yoga; to do scientific research on yogatherapy and to provide proper solution of the patients' problems by combining yogatherapy with modern medicines. My institute also gives training for people who want to become Instructors of Yoga and Yogatherapists.



SALUTATION TO TEACHERS

I offer my humble pranams at the Golden Feet of Bhagwan Sri Sathya Sai Baba my Divine Master with whose Grace I live every conscious moment of my life.



O Swami, Master of my soul, Captian of my life !
May this flickering lamp of my life,
Ever burn at thy holy feet. - S. Hema

I convey my salutations and sense of gratitude to the following internationally reputed personalities in the field of Yoga from whom I have derived knowledge and experience of Yoga by their training and/or by reading their books.

Dr. A.S. Ashok Kumar, Yogi Sakthi Varadharajan,
Mrs. Smitha B. Shah, Shri Yogendra,
Dr. Krishna Raman, Swami Vivekananda,
Yogi B.K.S. Iyengar, Shri T.K.V. Desikachari,
Swami Sivananda, SwamiSathyananda Saraswathi.

They have always been a source of inspiration to me for their dedication in spreading the message of Yoga.

**Gurur-Brahma Gurur-Vishnu
Gurur-Devo Mahesvarah.
Gurur Sakshat Para-Brahma
Tasmai Sri-Guruve Namah.**

The Guru is verily Brahma, verily Vishnu and verily
Shiva too.

The Guru is in fact the Brahman (the Universal Bei
therefore I humbly bow to him.

ACKNOWLEDGEMENT

I convey my deep sense of gratitude to the following persons for their valuable guidance and help in bringing out this book.

To His Holiness Sri Kanchi Kamakoti Peetadhipathi Jagadguru Sri Sankaracharya Swamigal, Yogi Sakthi Varadharajan, Yogasana Kalaimamani Dr. A.S. Ashok Kumar, Yogi Smitha B. Shah for their benign blessings.

To Dr. Misra and Dr. Rajasekar for giving their foreword.
To Mr. Robin Singh and Mr. Mathivaanan for giving their introductions.

To my staff members Mr. Palanivelu and Mr. Sarathi krishnan, To my students Mr. Deepak, Vidhya, Shobana, Jennifer and Vasanthi for their willingness to pose for the photographs for various asanas in this book.

To Dr. Rajasekhar, Director of W.C.F, my chief for his kind permission to use all his five hospital premises to conduct research in Yogatherapy with access to clinical Laboratory facilities to assess the improvement of the patients.

To Mrs. Gomathi Mathivaanan and Mr. Era. Mathivaanan who helped in every stage of the publication of the book.

To Mr. Kumar and Miss. Malarvizhi of Win Graphics for doing the DTP and printing the book.

To photographer Mr. Sundar of Shreesha Lab for taking the photos patiently.

To my devoted student Vasanthi who was helpful in typing my manuscript and proof reading.

To my daughter-in-law Tara for aiding me with illustrations in the book and her valuable suggestions.

To my husband Mr. Chandrasekaran, and to my son Sriram for their encouragement and support at every stage of the book.

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WHAT IS YOGA

A recent definition of Health by W.H.O is "a state of complete physical, mental and social well-being and not merely absence of diseases or infirmity". So health is not just physical. It is physical, mental, emotional, psychological spiritual and moral. It is the pre-requisite for every kind of happiness.

It is only yoga, the most ancient sacred tradition known to humanity which can show the way to perfect health, perfect mind control and perfect peace with one's self, the world, nature and God. Its roots go back at least 5000 years, far longer than any other religion or spiritual path. It is India's greatest gift to mankind.

The great sage Patanjali who was born in 200 BC systematized the science of yoga which till then was being handed down by word of mouth from one generation to another. Traditionally it is said that Lord Siva was the innovator of yoga. Yoga is explained vividly in the great scriptures like Vedas, Upanishads, Gita and Ramayana.

Bhagavad Gita says

"Yoga is equanimity in success and failure (2/48)

Yoga is skill and efficiency in action (2/50)

Yoga is supreme success of life (4/3)

Yoga is the giver of untold happiness (5/2)

Yoga is serenity (6/3)

Yoga is the destroyer of pain (6/17)"

The word Yoga is derived from the sanskrit root "yuj" which means to "join", "unite" or "merge". The practice of Yoga integrates the body with the mind and the mind with the soul.

Maharshi Patanjali explained yoga as "Chitta Vritti Nirodhah". which means Yoga is the control of thought waves in the mind.

Swami Sivananda has explained that "Yoga is integration and harmony between thoughts, words and deeds, or integration between head, heart and hands".

Yoga is a science and an art. It can be practiced by all irrespective of race, colour, caste, creed, sex and age.

ALPHABETICAL ORDER OF ASANAS

S.L	Name of the Asana	Pg.No	S.L	Name of the Asana	Pg.No
1.	Adhomukha virasana	48	29.	Padmasana	41
2.	Ardha Chakrasana	51	30.	Parsvakonasana	82
3.	Ardha Halasana	30	31.	Parvattasana	63
4.	Ardha Matsyendrasana	68	32.	Paschimottanasana	75
5.	Ardha Padmasana	40	33.	Pavanamukthasana	33
6.	Ardha Pavanamukthasana	32	34.	Salabasana	37
7.	Ardha Salabasana	36	35.	Santulanasana	85
8.	Ardha Sirasasana	92	36.	Sarvangasana	78
9.	Ardhakatti Chakrasana	52	37.	Savasana	29
10.	Baddha Padmasana	65	38.	Shasankasana	72
11.	Bhadrasana	46	39.	Shirshasana	93
12.	Bharadvajasana	69	40.	Siddhasana	43
13.	Bhujangasana	35	41.	Simhasana	44
14.	Chakrasana	62	42.	Sukhasana	39
15.	Dhanurasana	60	43.	Suptha Vajrasana	70
16.	Ekapada Sirasasana	74	44.	Surya Namaskar	54
17.	Gomukhasana	67	45.	Tadasana	49
18.	Halasana	77	46.	Tolasana	50
19.	Janusirasasana	73	47.	Trikonasana	53
20.	Karnapidasana	91	48.	Ushtrasana	71
21.	Makarasana	38	49.	Uttitha Padmasana	64
22.	Matsyasana	59	50.	Uttitha Trikonasana	81
23.	Mayurasana	89	51.	Vajrasana	45
24.	Natarajasana	86	52.	Vakrasana	47
25.	Naukasana	34	53.	Veerasana	66
26.	Oordhwa Padmasana	95	54.	Vipareetha karani	79
27.	Padahastasana	84	55.	Virikshasana	83
28.	Padma Mayurasana	90	56.	Yogamudrasana	76

MORE ABOUT YOGA

What Yoga is not

1. Yoga is not a religion or renunciation.
2. Yoga is not physical exercise.
3. Not sitting cross-legged for hours together.
4. Not stopping the beatings of the heart for some time.
5. Does not consist in getting oneself buried underneath the ground.
6. Not walking on the fire, water or rope or flying in the air.
7. Yoga does not demand that we have to get up at 4 am or be a vegetarian or give up smoking and alcohol.

Why Yoga

Our body mechanism is based on the principle "Use it or loose it". You may be surprised to note that if you stop talking for some days even talking may look difficult. The exercise of walking or doing daily chores does not provide movement to all parts of the body. Only yoga has effect on whole body and mind. So to be healthy mentally and physically Yoga is only path available.

Yoga is the conscious process for gaining mastery over mind and thereby grow faster from animal level to become normal human beings and reach the heights of greatness, super human levels and ultimately attain Divinity or perfection itself. Yoga is a science of holistic living which brings the divine qualities like love, affection, sacrifice, service, etc.,

Yoga is useful to modern man to relieve his stress and tension. It is helpful to the patients in treatment and prevention, rehabilitation and promotion of positive health, to the professionals in increasing their skills.

Though modern medicine is effective in tackling emergencies it is very costly and it has got side effects. Yoga is cost-effective and without side effects in curing diseases. Moreover allopathy is not effective where the cause of the disease is not clear-cut for example certain psychosomatic disorders, whereas yoga takes care of the root of the problems.

So Yoga acts as therapy and in preventive care. It is the only system of medicine that has stood the test of time without any modification. Yoga is a system for total development - physical, mental, moral, social and spiritual. It is the way of life.

Paths of Yoga

There are various types of yoga. One can choose any path according to one's mental make up.

Jnana Yoga	Union by knowledge
Bhakti Yoga	Union by love and devotion
Karma Yoga	Union by action and service
Mantra Yoga	Union by voice and sound
Yantra Yoga	Union by vision and form
Laya and Kundalini Yoga	Union by arousal of latent psychic nerve-force
Hatha Yoga	Union by bodily mastery (Principally of breath)
Raja Yoga	Union by mental mastery

It would be difficult to practise any one of them without to some extent incorporating elements from others.

Hatha Yoga is the best known and most widely practised yoga in the world. The word Hatha is derived from two roots "ha" means 'sun' and "tha" means 'moon'. Central to all Hatha Yoga disciplines is the regulation of breath, the harmonising of its positive (sun) and negative (moon) currents. Hatha Yoga works upon purifying and perfecting body and through the body upon the mind. Raja Yoga works upon the mind, refining and perfecting it, and through the mind upon the body.

In the Hatha Yoga Pradipika, it is stated that "Neither can Hatha Yoga be perfected without Raja Yoga, nor Raja Yoga without Hatha Yoga.

Varied reasons for taking up Yoga: Some people take up Yoga to get rid of stress, some people for the sake of shaping up the body, some people to alleviate ailments, some wish to enrich their spiritual life. No matter for what reason you are attracted to yoga you will reap all the benefits.

You, one of those extraordinary individuals: The Bhagavad Gita states that perhaps one in five hundred thousand people attempts to practice Yoga. Since you are interested enough in Yoga to read this book, you must be one of those extraordinary individuals, and I congratulate you on the heroic adventure you are beginning.

ASHTANGA YOGA

Hatha Yoga was systematised by the great sage Patanjali under eight parts known as Ashtanga Yoga meaning eight limbs of yoga. "Ashta" means Eight, "Anga" means Limb.

The eight limbs of Yoga are:

Yama - The universal commandments. These are:

- Ahimsa - Non-violence
- Sathya - Truth
- Asteya - Non-Stealing
- Brahmacharya - Self-control
- Aparigraha - Non-accumulation of needless wealth

ii) **Niyama** - The personal disciplines. These are:

- Saucha - Cleanliness and purity
- Santosha - Satisfaction and contentment
- Tapas - Austerity, ability to bear hardship
- Svadhyaya - Self-study
- Ishvara }
Pranidhana } - Faith in God

- iii) **Asana** - Postures
- iv) **Pranayama** - Control of breath and bio-energy
- v) **Pratyahara** - Withdrawal of the sense organs from the objects of sense
- vi) **Dharana** - Intense concentration for developing inner vision
- vii) **Dhyana** - Meditation, uninterrupted and deep concentration for prolonged period
- viii) **Samadhi** - The goal of Yoga, a true sense of communion and peace

BENEFITS OF YOGA

1. General health is developed.
2. Memory power is enhanced and eye sight is improved.
3. Reduces excess fat and gives good shape to the body.
4. Brings emotions under control.
5. Increases the power of concentration in the work.
6. Reduces depression and anxiety.
7. Increases flexibility of the spine.
8. Improves blood circulation to all parts of the body.
9. The vital organs of the body are activated.
10. Maintains flexibility of the limbs.
11. Neuro -muscular and Neuro - glandular systems are re-conditioned.
12. Helps one to withstand greater stress and strain.
13. Tones up the abdominal organs and muscles.
14. Helps in the elimination of accumulated toxins in the body.
15. Makes one feel fresh throughout the day.
16. Body resistance is increased.
17. Prevents all the diseases.
18. All the endocrine glands are activated. Hormonal balance is maintained.
19. Gives one a feeling of health and harmony.
20. Increases will power and alertness.
21. Paves way for success in life.
22. Helps in cultivation of correct mental attitude.
23. Lowers the triglycerides and blood sugar level.
24. Digestion and excretion are improved.
25. Keeps the skin supple, soft and glowing.
26. Delays aging process and reduces physical fatigue.
27. Helps in getting rid of bad habits.
28. Power of thinking and creativity are increased.
29. Also cures all the diseases and improves longevity.
30. Teaches you to accept life as it is and adjust to the surroundings.
31. Helps us to lead a happy, healthy and long life with positive attitude.

And Many More...

Advantages of Yoga over other systems of exercise

1. Yoga refreshes while others exhaust.
2. There is no age bar for practise of yoga. Young and even very old can do yoga.
3. Patients with Heart disease or High Blood pressure should not do other forms. But yoga can be practised by sick and weak also.
4. Yoga achieves voluntary control of autonomous system. Other systems achieve involuntary control.
5. Range of movement is greater in yoga than anyother system.
6. There is no wear and tear even with prolonged practise of yoga.
7. There is no depletion o f hormone or electrolyte imbalances in yoga as in other forms of exercise.
8. Yoga is quiet and restful and less irritative.
9. Energy is conserved in yoga. Energy is wasted in other exercise.
10. Yoga balances the function of the organs. The organs is stimulated if it is underworking. It is suppressed if it is overworking . No other exercise does this.
11. Mind is calmed in yoga. It does not occur in other systems.

Important Instructions for Yoga Practice

A word of warning and caution. There are certain 'dos' and 'dont's' here which should be adhered to at any cost, to derive maximum benefits and avoid harmful results by the practice of Yoga.

1. Yoga postures are best done in a quiet, well-ventilated room, free of dust, insects, moisture.
2. Practise on a rug, mat or blanket.
3. Bladder should be emptied and bowels should be evacuated.
4. Asanas should be done on an empty stomach.
5. If coffee or tea is taken, allow atleast half an hour before starting the practice.
6. Wear loose, minimum clothes.
7. Keep mouth closed during exercise. Exhale and inhale only through the nose.
8. The mind must be calm and undisturbed.
9. Practise alone and in silence, at the same place and preferably at the same time.

10. The best time for exercise is in the early morning. If morning hours are not convenient, it can be done in the evening before dinner
11. If you are tired, practise the relaxation first.
12. Avoid strain. In the early stages, start by practising lightly, always stopping short of actual fatigue.
13. Ladies should not do *Asanas* during Menstrual Period. Anyhow if there is over bleeding one must do *Vipareetha karani* to get cured. *Shavasana, Nadi Suddhi Pranayama* and *Meditation* can be done during periods.
14. It can be done four hours after a heavy meal.
15. For those who are constipated *Matsyasana* can be performed first which helps in evacuation of bowels and then continue the other *Asanas*. Don't do *asanas* when you are ill.
16. Do a thorough medical check up to rule out any major ailment before starting the practise.
17. Close your eyes while doing *asanas*.
18. A minimum of 20 minutes *yoga* practice daily will provide desired results.
19. Patients who have undergone any type of surgery must avoid *asanas* for six months.
20. If it is not possible to practise all the *Asanas* in the mornings, one can do the standing postures and *Suryanamaskars* followed by *Savasana*. The remaining *Asanas* and *Pranayama* can be practised in the evenings.
21. After the practice of *Asanas* and *Pranayama*, one must sit in comfortable posture and practise meditation at least for ten minutes.
22. Do not wear spectacles or loose ornaments when you do *Asanas*. They may get damaged and also cause injuries.
23. Practice of *Asanas* for curing diseases must be done under the personal supervision of an experienced yogatherapist.
24. If you feel sleepy at the starting, practise standing postures and four to six *Surya-namaskars*.
25. Regularity is the most important factor if you want to derive the full benefits of the *Yogasanas* quickly.
26. If the practice of *Asanas* are discontinued due to unavoidable circumstances there is no fear of any adverse reaction. After some days you can again start practising.
27. Learn Yoga only from a qualified *Guru*.

INTRODUCTION TO ASANAS

The word "asana" means posture. It is derived from the sanskrit root 'as' which means 'to sit'.

According to Patanjali's Yoga sutra "*Sthira, Sukham, Asanam*". *Sthira* is steadiness and alertness. *Sukha* refers to ability to remain comfortable in a posture.

So if the *asana* is performed correctly there should be no tremor and no pain. If you experience pain or tremor you have to get the advice of the teacher. Asanas relax the body and mind.

8,400,000 Asanas

In the Gheranda Samhita, a key Sanskrit text on Hatha Yoga, we read that there are eighty four lakhs of asanas described by Siva. The postures are as many in number as there are living creatures in this universe. The Gheranda Samhita goes on to say that eighty four are the best. Out of these, we have given very important 56 asanas

Classification of asanas:-

We have classified asanas as

1. **Asanas for the beginners** - This can be done even by people without any prior exposure to yoga.
2. **Intermediate asanas** - These asanas are more difficult to perform. This can be learnt only after a certain amount of flexibility is attained through the practise of previous asanas over a period of time.
3. **Advanced asanas** - These are most difficult asanas. If the yoga practises are started in the young age these can be learnt easily.

Important Note:-

It is not necessary to learn all the asanas. If one can perform around ten asanas it is enough to maintain physical and mental health perfectly. But regularity is more important. Be Sure that asanas are a means to yoga and concentration and not the end of yoga. A practise of ten minutes of asana, five minutes of pranayama and five minutes of meditation is enough for the busy person in the hectic modern world, to remain healthy physically and mentally.

ASANAS BEGINNERS GROUP

SHAVASANA



SHAVASANA (Corpse Posture)

This may be better called *Shanti Asana* (The peaceful Pose). It is a valuable *yoga* posture for relaxation. This should be performed in the beginning and at the end of all *yoga* sessions. Also can be performed in between *asanas* when one feels tired.

Technique: Lie on the back face upwards. Keep the legs stretched out and two feet apart. Arms should be kept by the sides a little away from the chest, palms facing upwards. Close the eyes. Keep the body motionless like a corpse. Gradually relax every muscle of the body by paying attention to each one separately from the tip of the toe to the top of the skull. Keep the mind fixed on the abdominal breathing. Breathe deeply. The abdomen should balloon out while you inhale and should get flattened while you exhale. There is no time limit for this *asana*. This can be performed according to time available.

Benefits:

1. Reduces physical, mental and emotional stress, strain and fatigue of all kinds.
2. Gives total relaxation to the body.
3. Soothes nerves and mind.
4. Reduces basal metabolic rate, pulse rate and blood pressure.

Hints: For maximum benefit this can be performed just before sleep.

ARDHA HALASANA



ARDHA HALASANA (Half Plough Pose)

Technique: **Stage 1.** Lie on the back with feet together. Keep the arms close to the body, palms facing downward. Now raise the right leg one foot above the ground without bending at the knees. Remain in this position for 15 seconds and then bring it downwards slowly. Repeat the same with the left leg. Do it twice.

Stage 2. Raise both the legs together one foot above the ground. Remain in this position for 15 seconds and bring the legs back to the ground. Do it twice.

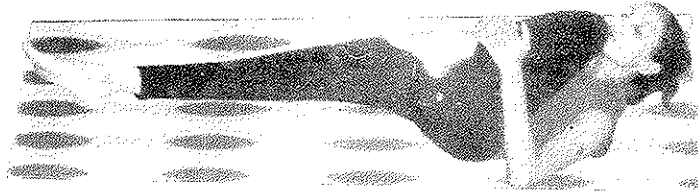
Stage 3. Raise both legs together to 90 degrees. Remain in this position for 15 seconds and bring the legs back to the ground. Do it twice.

Benefits:

1. Digestion is improved.
2. Liver, spleen, kidneys and reproductive organs are activated.
3. Reduces excess fat in the abdomen.
4. Relieves ankle, knee and thigh pain.
5. It is helpful in constipation and diabetes.

Hints : Those who cannot raise the legs together can practice it placing a stool under the limbs to balance the legs properly. For the first three days pain may develop in the lower abdomen but gradually it goes off. Drinking a glass of hot water will relieve the pain.

ARDHA PAVANAMUKTHASANA



ARDHA PAVANAMUKTHASANA

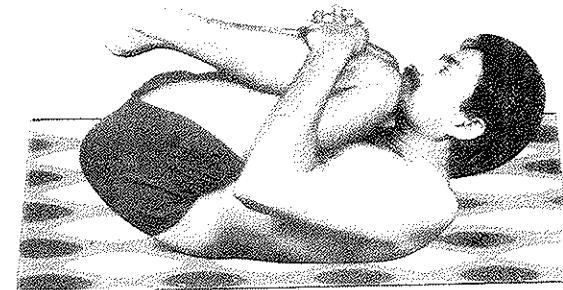
Technique : Lie down on the back with feet close together. Raise the right leg and bend it at the knees. Bring the thigh near the abdomen, interlock the fingers and press the thighs against the abdomen. Lift the head and try to touch the bent knee with the chin. Remain in this posture for 15 seconds. Bring the head and leg back to normal position. Repeat it with the left leg.

Benefits:

1. This asana is very helpful in removing gases accumulated in the digestive tract.
2. Constipation is relieved.
3. Cures disorders of the stomach.
4. Back pain is relieved.
5. Strengthens the hip joint.

Hints : Those suffering from cervical spondylosis, heart diseases and hypertension should not lift the neck but do this in supine position. Pregnant women should not do this asana.

PAVANAMUKTHASANA



PAVANAMUKTHASANA (Gas releasing Pose)

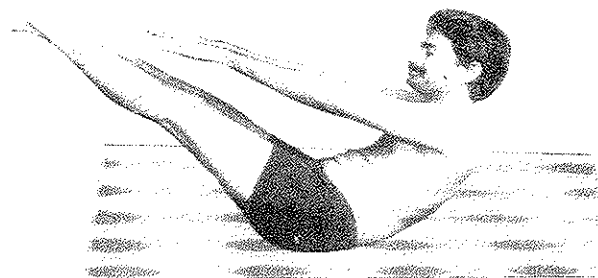
Technique: Keep the hands by the sides of the body in the supine position. Bend both the legs at the knees. Make a fingerlock with the hands and place it a little below the knees. Bring the thighs close to the chest. Raise the head and shoulders and bring the nose in between the knees. Remain in this posture for 15 seconds. Then bring the legs and head down to the normal position. Repeat it two times.

Benefits :

1. Strengthens the abdominal muscles.
2. This asana regulates the movement of air in the body.
3. Constipation is relieved.
4. Strengthens organs like liver, spleen, pancreas and stomach.
5. Excess fat of the abdomen is reduced.

Hints: Patients suffering from cervical spondylitis, heart disease and hypertension should not raise the head. Pregnant women should not do this asana.

NAUKASANA



NAUKASANA (Boat Pose)

Technique: Lie on the back. Raise both the legs to 90 degrees. Hold the knees with the hands. Now forcibly get up and see that your body resembles a boat with only buttocks resting on the floor and balance. After balancing release the hands from knees and keep it stretched above the knees and remain in this position for 15 seconds. Do it twice.

Benefits:

1. Relieves body stiffness and back pain.
2. Increases power of digestion.
3. Organs of abdomen like spleen, kidneys and colon get good blood circulation.
4. Heart and lungs are strengthened.
5. Reduces excess fat in the abdomen

Hints:

1. Those who could not raise the body can practise with a stool.
2. If practiced immediately after waking up from bed, it keeps the body energetic for the whole day. Removes mental tension and lethargy.

BHUJANGASANA



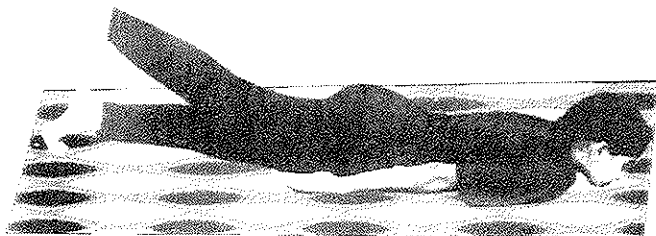
BHUJANGASANA (Cobra Pose)

Bhujanga means snake. This posture resembles a snake. Lie on the abdomen, keeping the legs together, chin touching the floor and the soles facing up. Place the arms on the floor by the side of the chest, the palms facing the floor. Bring the arms back to the last rib bone. Keep the hands bent at elbows. Least pressure should be exerted on the hands. Keep the hands close to the body. Now raise the head first and then the upper portion of the trunk slowly, just as the cobra raises its hood, till the navel portion is about to leave the ground. Arch the dorsal spine well. Keep the body below navel straight in touch with the ground. Remain in this position for 15 seconds. Do it twice.

Benefits:

1. It makes lungs and heart strong.
2. Helps in keeping the dorsal spine elastic and strong.
3. Backache due to overstrain is relieved.
4. Helps in considerable reduction of the abdominal fat. Increases immunity.
5. Useful asana for bronchitis, asthma and cervical spondylitis.
6. It helps in increasing memory power and concentration.
7. Menstrual problems are corrected.

ARDHA SALABHASANA



ARDHA SALABHASANA (Half Locust Pose)

Technique: Lie on the abdomen. Stretch out the arms on both sides of the waist, with the back parts of the palms resting on the ground. Keep one leg completely resting on the ground and raise the other one as high as possible without bending it at the knees. Remain in this position for 15 seconds. Repeat it with the other leg. Do it twice.

Benefits:

1. It cures backache.
2. It cures all the diseases of liver and spleen.
3. Good *asana* for strengthening kidneys and ears.
4. Removes excess fat in the abdomen.
5. This prevents and cures kidney stones.

Hints: Persons suffering from intestinal tuberculosis should not do this *asana*.

SALABHASANA



SALABHASANA (Locust Pose)

Technique: Lie down on the abdomen. Keep your fists under the waist. Let the chin rest on the floor. Then raise both the legs tightly stretched as high as possible without bending the knees. Remain in this position for 15 seconds. Bring the legs down and take some rest. Do it twice.

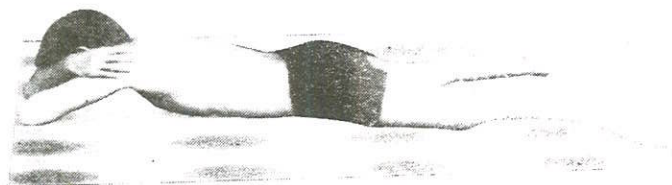
Benefits :

1. It cures diseases of uterus and ovary.
2. Ear problems are corrected.
3. It controls sugar in diabetics.
4. Because of back stretch kidneys, liver and spleen gets activated.
5. It gives good shape to the body.

Hints:

1. Those suffering from enlargement of liver, hernia, and peptic ulcers should not practise this *asana*.
2. Those who are not able to raise the legs, can use a stool and place the legs in the beginning.

MAKARASANA



MAKARASANA (Crocodile Pose)

Technique: Lie on the abdomen. Keep the legs wide apart. Bring the arms forward and keep the left palm on right shoulder and right palm below the left armpit. Rest the head in between the hands and close the eyes. Concentrate on abdominal breathing.

Benefits:

1. It gives relaxation to all parts of the body.
2. It increases the lungs capacity and so oxygen intake is more and makes us feel fresh.
3. It gives relief for asthma, bronchitis and other lung disorders.
4. Useful to those whose spine or back is injured.
5. It improves concentration.

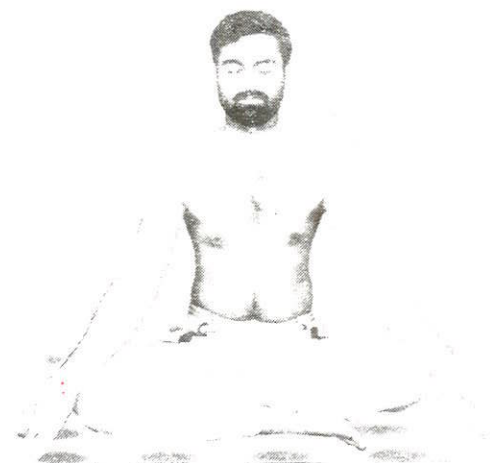
Yoga is withdrawal of the senses.

- *Katha Upanishad*

Union with the deity in the fire, in the sun, in heart is Yoga

- *Maitri Upanishad*

SUKHASANA



SUKHASANA (Easy Pose)

Technique: Sit cross-legged on the mat with heels under opposite thighs and ankles crossed. Keep the body straight, spine erect, abdomen-drawn in, and head poised. Place hands on knees, palms downwards, completely relax the body of all tension and close the eyes. Watch the normal inhalation and exhalation.

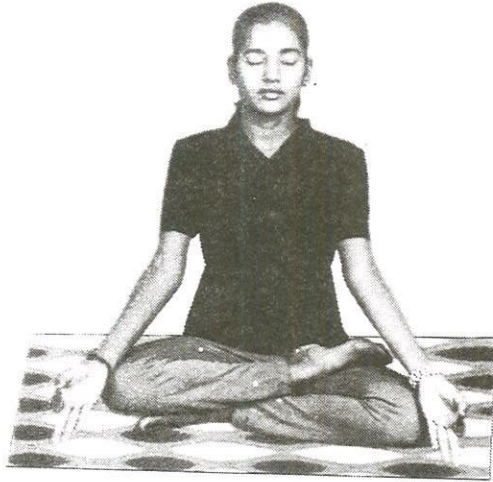
Benefits:

1. It is the easiest and most comfortable of the meditation postures.
2. Corrects posture, increases flexibility of knees and ankles.
3. Establishes inner harmony through poise and composure by removing muscular and nervous tension.

Hints:

1. Contraindication is severe arthritis.
2. For those who are extremely stiff, sukhasana may be performed by sitting cross-legged with a belt or cloth tied around the knees and lower back.

ARDHA PADMASANA



ARDHA PADMASANA (Half Lotus Pose)

This asana is a boon to the beginner who cannot perform *Padmasana* easily.

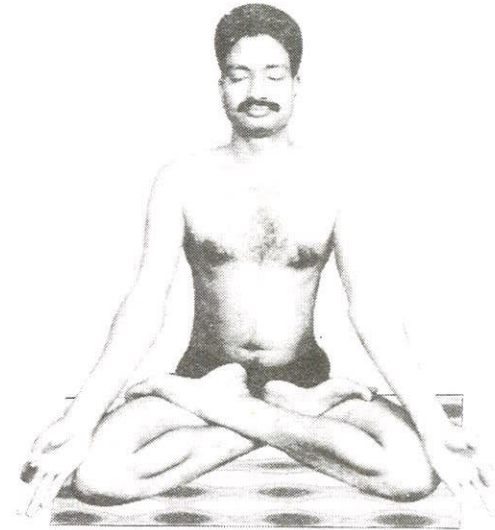
Technique: Sit with the legs straight in front of the body. Bend one leg and place the sole of the foot under opposite thigh. Bend the other leg and place the foot on top of the opposite thigh. Without straining, try to place the upper heel as near as possible to the abdomen. Adjust the position so that it is comfortable. Place the hands on the knees in either *chin* or *gyana mudra*. Keep the back, neck and head upright and straight. Close the eyes.

Benefits

1. Good posture for *pranayama* and meditation.
2. Increases the digestive power.
3. Cures constipation.
4. Relieves back pain and leg pain.
5. Increases the flexibility of the spine and the legs.

Hints: By alternatively placing each foot in the elevated position, the practitioner will slowly prepare his legs for the practice of *padmasana*.

PADMASANA



Padmasana (Lotus Pose)

This is a meditative pose. *Padma* in sanskrit means lotus. In this *asana*, the body takes the shape of a lotus. Hence it is called so. During floods lotus can lengthen its stalk and come out of the surface of water and withstand the floods while other water plants get immersed and get perished. Likewise a man who practises *Padmasana* can withstand any amount of tension or pressure arising out of the physical or mental ailments and live gracefully.

Technique: Sit, keeping both the legs stretched in the front. Bend any one of the legs and place the foot on the opposite thigh, so that the sole faces upward. In the same manner fold the other leg so that both the heels are placed opposite to each other and are arranged in such a manner that they press the groin, on the corresponding sides. The head, neck and spine should be kept straight and hands should be placed on the knees by forming *dhyanamudra* (making a hollow circle by folding the index fingers and touch the inside middle parting of the thumb on the corresponding side.)

Benefits:

1. This increases digestive power.
2. Helps in concentration and memory power.
3. Strengthens and activates the functions of spinal nerves.
4. It gives calmness and freshness to the mind.
5. Removes fatigue.
6. The best pose for *pranayama* and meditation.

Hints : Those who suffer from sciatica or cervical ailments, injured knees should not perform this *asana*. This *asana* should not be attempted until flexibility of the knees has been developed through practise of other easier *asanas*.

*Life is a game, Play it.
Life is a dream, Realise it.
Life is a challenge, Meet it.
Life is Love, Share it.*

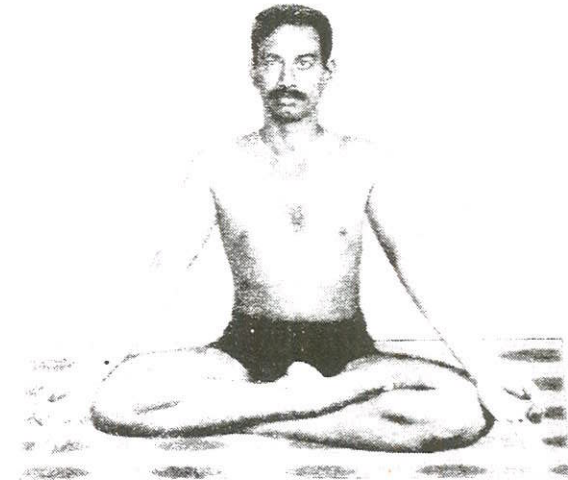
*Start the day with Love,
Spend the day with Love,
Fill the day with Love,
End the day with Love.*

*Welcome disappointments, for they toughen you and
test your fortitude.*

*Joy is but the interval between two moments of pain
and pain, the interval between two moments of joy.*

- Bhagwan Sri Sathya Sai Baba

SIDDHASANA



SIDDHASANA (Perfect Pose for Men)

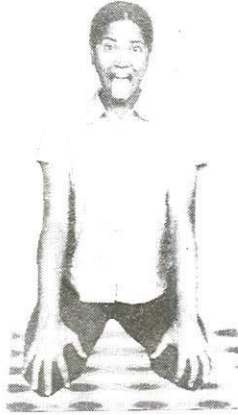
Technique: Sit and stretch the legs forward. Place the left heel at the soft portion of the perineum—the space between the anus and the scrotum. Place the right heel against the pubic bones just above the genitals. The sole of the left foot should be closely in touch with the right thigh. The right sole should spread along the left thigh, the lower border of the right foot being thrust between the left thigh and the left calf. The genitals should be arranged comfortably in such a manner that no pressure is felt. Keep the body erect and place the hands as in *Padmasana*. Close the eyes and relax the whole body.

Benefits :

1. This *asana* awakens *kundalini shakthi*.
2. It purifies all the *Nadis* in the body.
3. It cures stiffness of loins.
4. Cures indigestion and tuberculosis.
5. Provides concentration.

Hints: Ladies should not do this *asana*.

SIMHASANA



SIMHASANA (Lion Pose)

Technique: Sit on the heels with the knees apart. Keep the hands on the thighs in *chin mudra* with head downward like in *Jalandhara Bandha*. Mouth should be opened wide and the tongue should be extended as far as possible towards the chin. Concentrate between the eye brows. Breathing should be normal. Maintain this posture as long as you can.

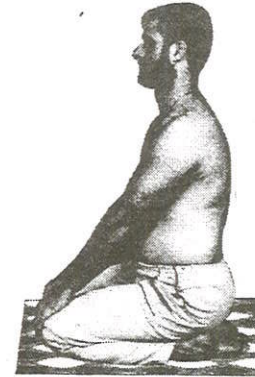
Benefits:

1. It increases memory power.
2. This works as a medicine for throat and voice troubles.
3. It is recommended for persons with stammering.
4. This asana is beneficial for eyes, nose and skin.
5. This asana improves voice and helps a person to be good at singing.

The first results of yoga they call lightness, healthiness, steadiness, a good complexion, an easy pronunciation, a sweet odour and slight excretion.

- Svetasvatara Upanishad

VAJRASANA



VAJRASANA(Thunderbolt Pose or Kneeling Pose)

Vajra means Thunderbolt. This *asana* makes body hard and strong. Hence it is called so.

Technique: Kneel down with the knees and big toes touching the ground. Then sit on the knees. The whole body weight is supported by ankles and knees. In the beginning, slight pain may be felt in the knee and ankle joints but passes off very quickly. Keep the knees quite close. The trunk, neck and head should be kept in straight line. Place the hands straight on the knees, palms down.

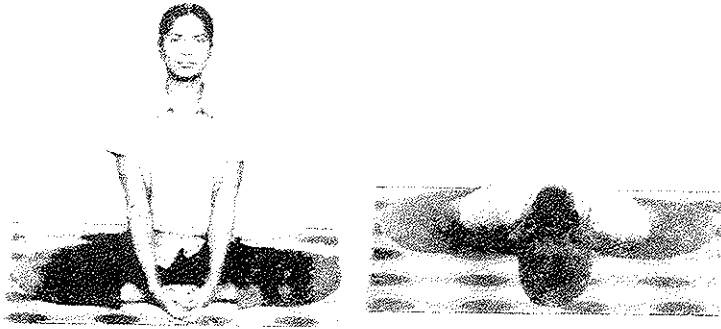
Benefits

1. If one sits in this *asana* after a heavy meal food will be digested quickly.
2. Cures peptic ulcer and hyperacidity.
3. Strengthens pelvic muscles and helps in normal child birth and prevention of hernia.
4. Rheumatism is cured and prevented.
5. Good pose for meditation and *pranayama*.

Hints:

1. If there is pain in the thighs, the knees may be separated slightly.
2. Beginners may place a folded blanket below the heels for comfort.

BHADRASANA



BHADRASANA (Ankle - Knee Pose or Baddha Kona-Asana)

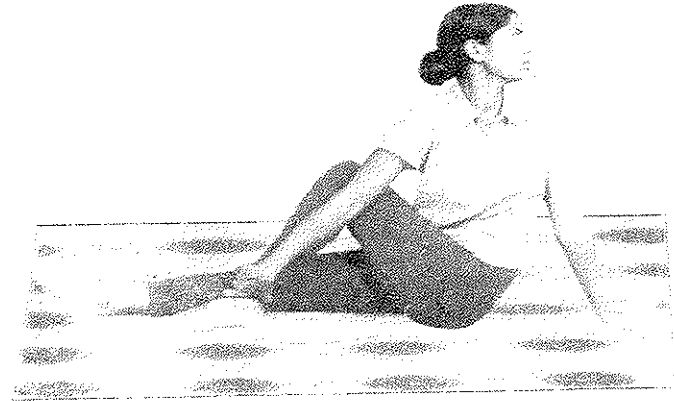
Technique: Sit with both the legs stretched out. Fold both the legs simultaneously. Let the soles of the two feet touch each other all along. Hold the feet with both hands and draw them nearer to the body trying to touch the genitals with heels. Press both the knees so that they may touch the floor. Keep upper part of the body and neck erect. Now bend forward and try to touch the soles with the head. Remain in this posture for one minute.

Benefits:

1. Makes legs and feet flexible.
2. Strengthens muscles and ligaments of urogenital region
3. Prevents involuntary seminal discharge.
4. Improves chances of conception in ladies.
5. Helps in normal delivery of the child if practised during pregnancy.
6. Helps in correcting menstrual disorders.

Hints: Pregnant ladies should not bend forward. They should sit erect.

VAKRASANA



VAKRASANA (Spinal Twist)

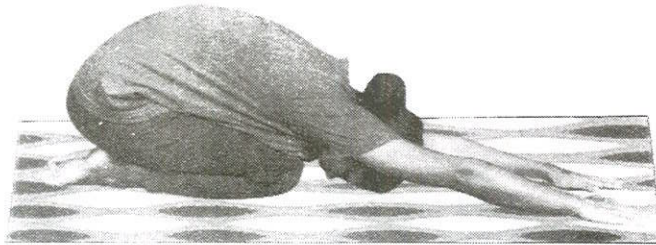
Technique: Sit erect and stretch both the legs forward. Bend the right leg and keep it close to the left knee. Bring the right hand backwards and rest it on the floor in a straight line. Bring the left hand from outwards and hold the right ankle. Twist the body right side and lift the head slightly upwards. Remain in this position for 30 seconds. Repeat the same on the left side.

Benefits:

1. It controls sugar level in diabetic patients.
2. It reduces excess fat in abdomen and hip.
3. It gives massage to spine.
4. It prevents and cures all problems in the vertebral column.
5. Kidneys, liver and spleen are strengthened.
6. Constipation is relieved.

Hints: Patients with enlarged liver and peptic ulcers should not practise the *asana*.

ADHO MUKHA VIRASANA



ADHO MUKHA VIRASANA (Face Down Hero's Pose)

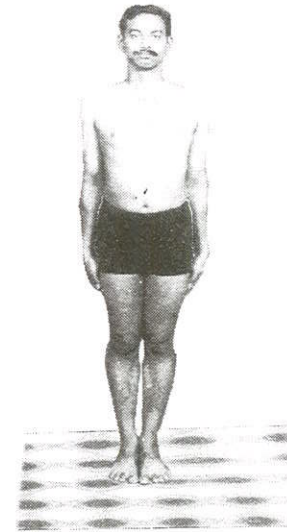
Technique: Sit in *Vajrasana*. Spread the knees a little apart and bend trunk and chest forward between them allowing forehead to rest on the floor. Extend arms forward to rest on the floor. Maintain the pose for 20 counts and breathe normally. Inhale and return to original pose.

Benefits:

1. Quietens the mind.
2. Removes physical and mental fatigue.
3. Tones adrenals and islets of langerhans.
4. Tones abdominal organs.
5. Improves blood supply to brain, head and neck.
6. Loosens ankle, hip and shoulder joints.
7. Reduces stiffness of spine.

Hints: Patients suffering from spondylosis, should not do this *asana*.

TADASANA



TADASANA (Mountain pose)

This is the basis for all standing postures. This may be taken as relaxation in standing position.

Technique : Stand upright with feet together. Keep arms, legs and back straight. Keep abdomen tucked in, with chest forward and shoulders braced backwards. Maintain the pose and breathe normally. Close the eyes. Entire weight of the body should rest evenly on the heels and toes. Breathing should be normal and slow.

Benefits:

1. Straightens the spine. Broadens shoulders and chest.
2. Strengthens muscles of abdomen and extremities.
3. Reduces fat around thighs and abdomen.
4. Strengthens joints of lower extremities.
5. Tones abdominal organs.
6. Mind acquires calmness due to uniform flow of *prana* in the body.

TOLASANA



TOLASANA

Technique : Stand erect. Legs, waist, neck all should be in a straight line. Stand absolutely straight. Lift the hands slowly upwards after inhaling. Let the palms face forward. Retain the breath, stand on toes and stretch the body. In the beginning, you can take the support of any wall.

Benefits:

1. This *asana* increases height.
2. The vertebral column and the heart are strengthened.
3. Lungs become flexible.
4. Indigestion is cured.
5. Unnecessary fat is reduced.
6. It strengthens arms and legs.

Hints: This must be done for some time after *Shirshasana*. It is a good pose recommended for ladies also.

ARDHA CHAKRASANA



ARDHA CHAKRASANA (Half-wheel Pose)

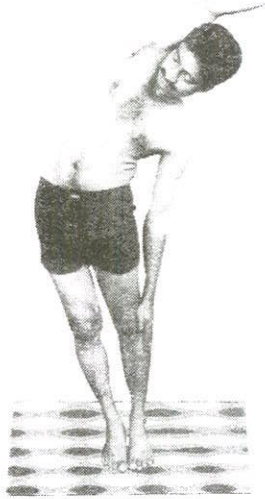
Technique: Stand erect with legs together. Support the back at the waist by the palms. Bend backwards from the lumbar region. Bend the head backwards, stretching the muscles of the neck. Knees should not bend. Remain in this position for 20 seconds. Slowly come back to normal position. Do it twice.

Benefits:

1. Makes the spine flexible.
2. Stimulates the spinal nerves.
3. Promotes circulation of the blood in the head.
4. Back pain and hip pain are relieved.
5. Excessive fat is removed and body gets good shape.

The mind is restless and hard to control. But by practise (abhyasa) and dispassion (vairagya) it can be controlled.
- Gita

ARDHAKATTI CHAKRASANA



ARDHAKATTI CHAKRASANA

Technique: Stand erect with feet close together, hands along the thighs, fingers stretched out. Raise the right arm sideways up above the head until the arm touches the ear, palm facing left. Bend slowly on to the left side, keep the left palm down as far as possible along the left leg. Raised hand should not bend at the elbow. Knees should be straight. Breathe normally. Remain in this position for 20 seconds and come back to normal position. Repeat the same on the left side, by bending towards the right. Do it twice.

Benefits:

1. This gives a good lateral bending to the spine and helps in keeping it flexible and healthy.
2. Improves liver function.
3. Hip pain is relieved.
4. Fat in the hip region is removed.
5. Gives good shape to the body.

TRIKONASANA



TRIKONASANA (Triangle Posture)

Technique: Stand erect. Raise both the hands slowly by the sides till they reach the horizontal position as the right foot is moved to about a metre away from the left foot. Slowly bend to the right side in the same plane. The fingers of the right hand should touch the right foot. The left arm is straight up, in line with the right hand. Left palm face forward. Stretch up the left arm and gaze along the fingers. Slowly come back to horizontal position without disturbing the legs. Bring both the hands slowly down.

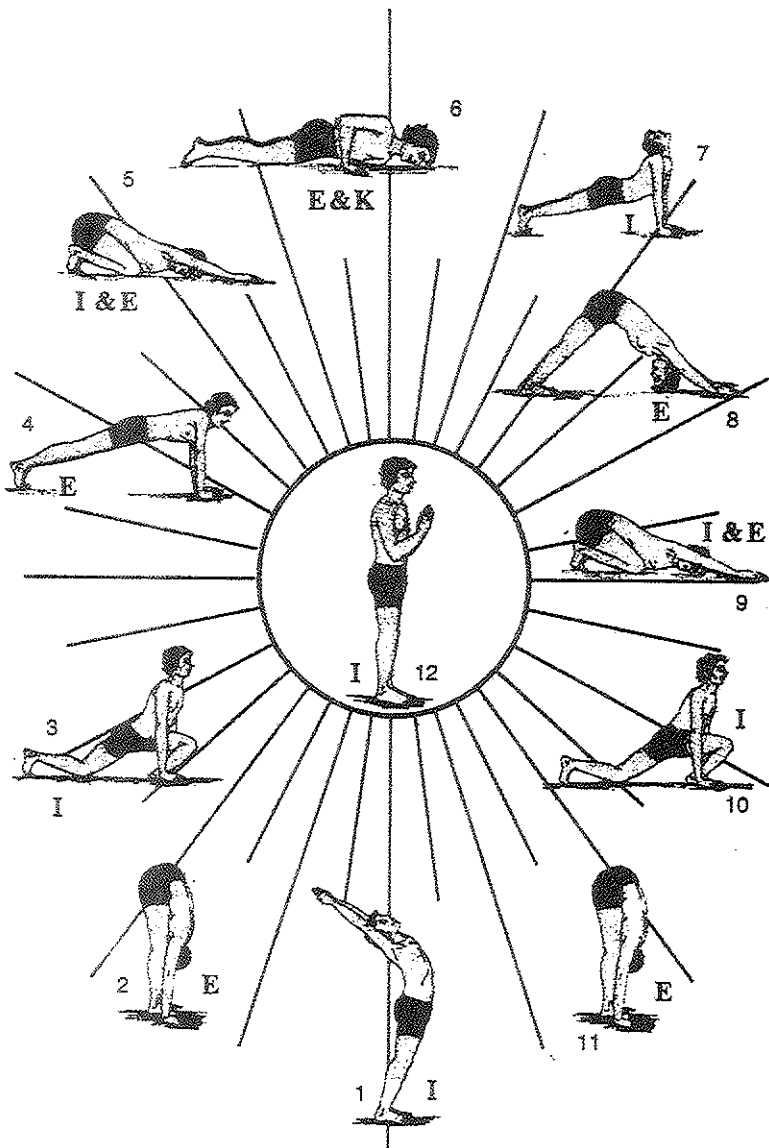
Benefits :

1. Fat around the hip gets reduced.
2. Stiffness of neck gets relieved.
3. Eye sight is improved.
4. Flat foot gets corrected.
5. Kidney functions are improved.

Hints:

1. Persons suffering from low back pain and arthritis should be careful.
2. Bend from the right waist region and don't bend the knees and elbows. Avoid forward bending.

SURYANAMASKAR



I - Inhale E - Exhale K - Hold the Breath

Surya Namaskar (Sun - Salutation Poses)

The sun is considered to be the source of life-energy. Our ancients found that a set of bodily movements, practised in the soft sun of the morning, in the form of oblation, gave them an abundance of health, vitality and spiritual uplift.

Surya Namaskar is a compound exercise. Here, twelve different movements are done consecutively, in a smooth and graceful manner, with proper breathing.

The body becomes strong, supple, agile and healthy.

Twelve steps of Surya Namaskar are as follows:

Starting position: stand erect with feet together and hands folded.

1. Raise the arms sideways and upward above the head, join them together, bend the trunk backward. Inhale.
2. Bend the body forward and downward, forehead touching the knees, palms touching the ground on either side of the feet, knees straight. Exhale.
3. Move the right leg backward, make it as straight as possible with the left knee between the arms, back arched, chest held high and head up. Inhale.
4. Take the left leg backward, in line with the right leg and rest only on palms and toes, keep the body straight from head to toes. Exhale and hold the breath.
5. Bend the knees, rest them on the floor without changing the position of the palms and toes, touch the forehead on the ground. While taking the position inhale, and then exhale.

6. Without moving the palms and toes, come forward, perform a dip by bending the arms, body weight on palms and toes. While taking the position inhale, and then exhale.
7. Straighten the arms, back well arched, head up, without changing the position of the palms and toes. Keep the knees off the ground. Inhale.
8. Raise the hips, keep the arms and legs straight, heels touching the ground, bring the head between the arms. Exhale.
9. Same as 5th position. Inhale and exhale.
10. Take 3rd position with right leg between the arms. Inhale.
11. Return to 2nd position and exhale.
12. Inhale and return to starting position.

Benefits :

1. Reduces abdominal fat.
2. Brings flexibility to spine and limbs.
3. Increases the breathing capacity.
4. Increases blood circulation and oxygenation.
5. Helps in spiritual awakening.

Hints : One should practise this facing east in the morning in the open air or facing west during sunset.

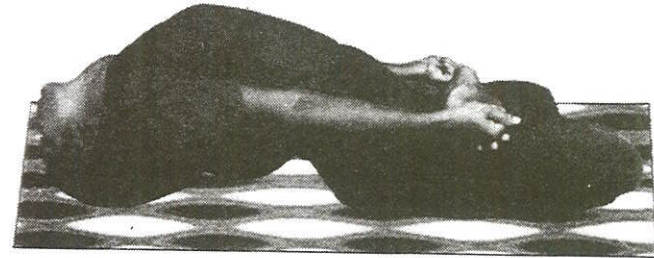
Through the path of devotion subtle sense come readily and naturally under control.

... Sri Ramakrishna

ASANA

INTERMEDIATE GROUP

MATSYASANA



MATSYASANA (Fish Pose)

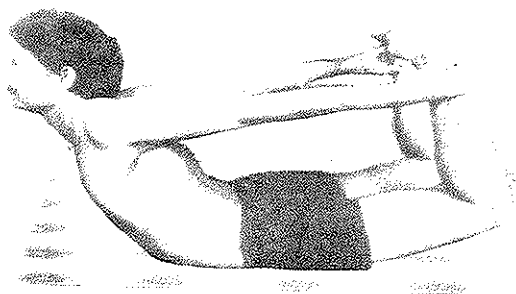
Matsya means fish. The body resembles a fish in this posture. One can swim in water like a fish in this *asana*. Fish eats the dirt and purifies the water. Likewise this *asana* purifies our blood and keeps us healthy.

Technique: Sit in *Padmasana*. Lie flat on the back. Extend the arms overhead. Lengthen the spine. Now hook both the big toes with the index and middle fingers. Place the elbows on the floor. Arch the back and rest the crown of the head on the floor. Remain in this posture for 50 counts. Then release the head and legs and take rest in *Shavasana*.

Benefits:

1. Lungs get strengthened. Thyroid gets activated.
2. Headache caused by the stiffness of the neck is cured.
3. Excretory system is stimulated. All the toxins from the body are removed.
4. Nervous system is activated.
5. High blood pressure is normalised.

DHANURASANA



DHANURASANA (Bow Pose)

Technique : Lie on the stomach, face downwards. Exhale and bend the knees. Stretch the arms back and hold the left ankle with the left hand and the right ankle with the right hand. Take two breaths. Now exhale completely and pull the legs up by raising the knees above the floor, and simultaneously lift the chest off the floor. The arms and hands act like a bow-string to tauten the body like a bent bow. Lift up the head and pull it as far back as possible. Do not rest either the ribs or the pelvic bones on the floor. While raising the legs do not join them at the knees, for then the legs will not be lifted high enough. After the full stretch upwards has been achieved, join together the thighs, the knees and the ankles. Since the abdomen is extended, the breathing will be fast, but do not worry about it. Stay in the pose to your capacity from 20 seconds to one minute. Then, with an exhalation, release the ankles, stretch the legs straight, bring the head and the legs back to the floor and relax.

Benefits:

1. It reduces the fat on abdomen.
2. It gives a good massage to the abdomen and cures constipation and disorders of stomach.
3. It activates pancreas and helps in controlling diabetes.
4. It improves functions of the reproductive system in male and female.
5. It strengthens vertebral column and prevents its degeneration due to aging.

Hints:

1. Those suffering from enlargement of liver and peptic ulcer should not practise it.
2. Those who are not able to raise their knees from floor can practise by placing pillows under the thigh.
3. This gives combined effect of Salabasana and Bhujangasana.
4. It is highly recommended for women as it increases the blood circulation in the pelvic organs.

*Do not get swelled up when people praise you;
do not feel dejected when people blame you.*

*Whenever you get a little leisure, do not spend it
in talking about all and sundry, but utilise it in meditating
on God or in doing service to others.*

*Instead of searching for others' faults, search for
your own faults yourself; uproot them, throw them off. It
is enough if you search and discover one fault of yours;
that is better than discovering tens of hundreds of faults
in others.*

- Bhagwan Sri Sathya Sai Baba

CHAKRASANA



CHAKRASANA (Wheel Posture)

It is one of the powerful back-bending postures.

Technique: Lie supine on the the ground with legs together and arms along the body. Take the hands back; place the palms on the ground above the shoulders on either side of the head. Let the fingers face the shoulders. Bend the knees and fold the legs. With palms and soles as four points of support, raise the trunk making an arch convex upwards to look like a wheel.

Benefits:

1. Builds a flexible back.
2. Stimulates the nerves of the spine.
3. Women get relieved of the pain during periods.
4. Strengthens the muscles of the shoulders, chest and abdomen.
5. Nervous system is strengthened.

Hints: Chakrasana should preferably be practised on a soft carpet which will protect the head. It should not be practised on a blanket which may slip.

PARVATHASANA



PARVATHASANA (Mountain Pose)

Technique : Sit in *Padmasana* or *Ardha Padmasana*. Raise the hands sideways and bring the arms straight over the head and join the palms. Remain in this position for 20 seconds and bring the hands down. Do it twice.

Benefits:

1. It gives good shape to the body.
2. It improves concentration and memory power.
3. It reduces excess flesh in arms.
4. Functions of heart and lungs are improved.
5. Spinal cord is stretched and so nervous system is stimulated.

Hints:

1. At the beginning stage, it can be practised sitting close to the wall for support.
2. Those who could not do *Padmasana* can practise it in *Ardha Padmasana* or *Sukhasana*.

UTTHITA PADMASANA



UTTHITA PADMASANA (Lolasana)

Technique: Sit in *Padmasana*. Rest the palms on the floor besides the hip. Slowly raise the trunk without a jerk. The body should not quiver. Retain the breath in the lungs as body is in raised position. Exhale when the body is lowered.

Benefits:

1. This *asana* strengthens the joints and muscles of the arms.
2. It increases appetite.
3. Constipation is cured.
4. Insomnia is corrected.
5. Will power is increased.

Hints: While performing this *asana*, beginners may feel a tremor in the hands. But the tremor passes away with practise.

BADDHA PADMASANA



BADDHA PADMASANA

Baddha means caught.

Technique: Sit in *Padmasana*. Exhale, swing the left arm back from the shoulders and bring the hand near the right hip. Catch the left big toe, hold the position and inhale. Similarly, with an exhalation, swing the right arm back from the shoulder, bring it near the left hip and catch the right big toe.

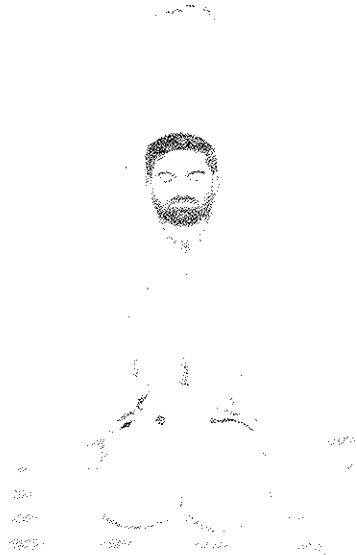
Benefits:

1. It helps in chest expansion.
2. Lungs and Heart are activated.
3. Increases digestion.
4. Excretory system is stimulated.
5. Fat in the abdomen is reduced.

We are what our thoughts made us; so take care what you think. Words are secondary. Thoughts live, they travel far.

- Swami Vivekananda

VEERASANA



VEERASANA (Hero Posture)

Technique: Sit in *Vajrasana*. Raise the hands sideways and interlock the fingers above the head. Twist the arms and stretch the hands so that palms face upwards. Remain in this position for 20 seconds. Do it twice.

Benefits:

1. It strengthens the spine and the shoulder.
2. Improves the functions of Lungs.
3. Excess fat is reduced.
4. Improves digestion.
5. Cures pain in the heels and soles.

Hints: This can also be performed keeping the soles apart and resting the buttocks on the floor by persons having more flexibility.

GOMUKHASANA



GOMUKHASANA (Cow - Pose)

Technique : Sit on the carpet. Fold the left leg in. Then fold the right leg over the left so that one knee is above the other. Take the left arm over the head and bend it at the elbow. Place the left hand between the shoulder blades. Then take the right hand behind the back. Hook the fingers of the left hand with the fingers of right hand. Remain upto 20 counts. Release the hands and legs. Repeat it with alternate side.

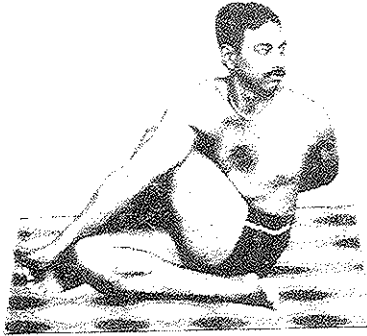
Benefits:

1. Arthritis is cured.
2. Constipation, loss of appetite, indigestion, back pain are eradicated.
3. Diabetes is controlled.
4. Urinary disorders are corrected.
5. Hernia, hydrocele are prevented.
6. Relieves cramps in the calves.
7. Improves stiff shoulders.

Hints :

1. Do not stoop forward.
2. Look straight ahead.
3. You should be very careful otherwise you might sprain your ankle and knee joints.

ARDHAMATSHYENDRASANA



ARDHAMATSHYENDRASANA (Spinal Twist)

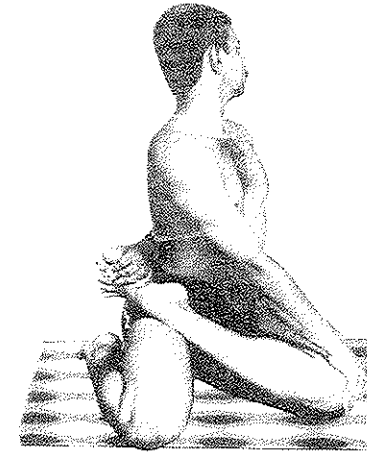
This *asana* is named after the yogi Matsyendra who first taught this *asana*.

Technique : Sit on the floor with the legs stretched straight in front. Raise the right leg a little and bend the left leg and let the heel touch the right hip. Put the right leg and foot on the outer side of the left knee, sole on the floor. Bring the left arm pit over the right knee. Hold the right ankle with left hand. Stretch the right arm and swing back. Breathe evenly and maintain this posture for half a minute. Bring the right arm to the right side and free the left hand and legs. Repeat this on the other side.

Benefits:

1. This *asana* stimulates appetite.
2. It awakens *kundalini* and stabilises *chandranadi*.
3. It helps the spine to be elastic and all the spinal nerves are toned up.
4. It massages the abdominal organs.
5. It adjusts and corrects the displacement of vertebra, rejuvenating the blood circulation in the spine.
6. It cures diabetes, kidney troubles and removes constipation.

BHARADVAJASANA



BHARADVAJASANA

Bharadvaja, a great sage practised this *asana*. Hence it is named after him.

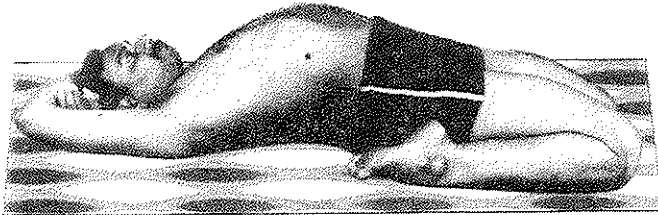
Technique: Sit erect and stretch the legs forward. Now fold the right leg and keep it by the side of the body. Then fold the left leg and place it on the right thigh. Place the right hand on the left knee. Take the left hand around the back and hold the left great toe. Turn the head to the left side and close the eyes. Remain in this position for 30 seconds. Come back to starting position and repeat it on the left side.

Benefits

1. Reduces excess fat.
2. Pancreas is stimulated and is good for diabetics.
3. Gives massage to the spine and spondylitis problem is cured.
4. Arthritis and back pain are relieved.
5. Digestion is improved.

Hints: Those who cannot turn and hold the big toe can keep the hand on the back.

SUPTA VAJRASANA



SUPTA VAJRASANA (Supine Pelvis Pose)

It is also called as *paryankasana*.

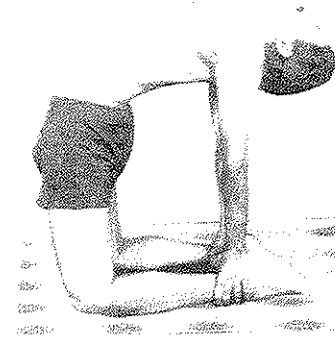
Technique: Sit in *Vajrasana*. Stand up on the knees and set the feet apart, so that you can sit between them. Place the hands on the front part of the feet. Bend backward and let the elbows rest on the ground one by one. Bend the neck backward and lower the whole of the back on the ground. Stretch the hands backward. Stay in this position for a little while. Keep the hands crossed above the head. Keep the knees close together touching the ground. Normalise your breathe and remain in this posture for one minute.

Benefits:

1. Heals peptic ulcer.
2. Reduces excess fat in the thighs and hip.
3. Improves excretion.
4. Diabetes is controlled.
5. Spinal cord diseases are prevented and cured.
6. Strengthens abdominal and pelvic muscles.

Hints: It's a very good exercise for ladies as it corrects menstrual disorders and makes the body slim.

USHTRASANA



USHTRASANA (Camel Pose)

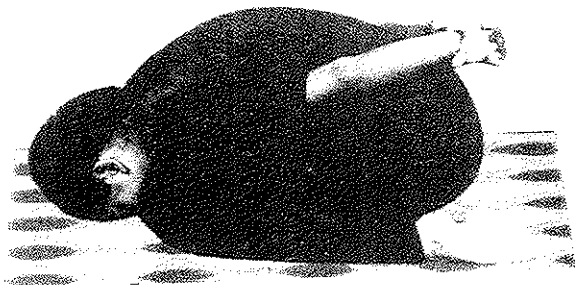
Technique: First sit in *Vajrasana* posture and stand up on the knees. Gradually separate the knees until they are 25 to 30 cm apart. Now place the hands on the waist in such a way that the fingers should be towards the abdomen and the thumbs towards the back. In this state throw the neck back and also bend backward from the waist. When the bend is complete, take the hands off the waist and put them on the soles of the feet. Throw the abdomen forward and the neck backwards as far as possible. Stay in this position for 20 seconds. While coming back place the hands on the waist and stand erect on the knees. Then sit in the rest posture. Do this twice.

Benefits:

1. It has good effect on the thyroid glands.
2. The body becomes more elastic.
3. It corrects the digestive system.
4. Lungs get stimulated.
5. It alleviates constipation.
6. Stimulates spinal nerves and relieves backache.
7. It is beneficial for reproductive system.

Hints: It should be followed by any forward bending *asana* like *Shashankasana*. People with Thyroid disorder and Lumbago should not do this *asana*.

SHASHANKASANA



SHASHANKASANA (Pose of the moon)

The sanskrit word "shashank" means 'moon'. The moon symbolises peace and calm and it emits soothing and tranquillising vibrations. *Shashankasana* has a similar calming and cooling effect.

Technique : Sit in *Vajrasana*. Take both the hands back. Hold the left wrist with right hand. Slowly bend forward and touch the floor with the forehead. Maintain the posture for 20 seconds. Breathe normally and close the eyes. Gently raise and sit erect. Practise three times.

Benefits

1. Cures leg pain.
2. Liver and pancreas are stimulated.
3. Bed wetting is cured.
4. Flexibility of the spine is attained and spondylitic changes are prevented.
5. Functions of Stomach and Intestine are improved.

Hints: Not to be performed by people with very high blood pressure, slipped disc and vertigo.

JANUSIRASASANA



JANUSIRASASANA (Head-Knee Pose)

Technique : Sit erect and stretch the left leg forward. Fold the right leg at the knees and fix the foot close to the left thigh in such a way that the heel touches the perineum. Bend forward catching the toe of the extended leg and try to bring the forehead close to left knee joint. Remain in this position for 20 seconds. Then come back to the normal position and repeat this asana on right side.

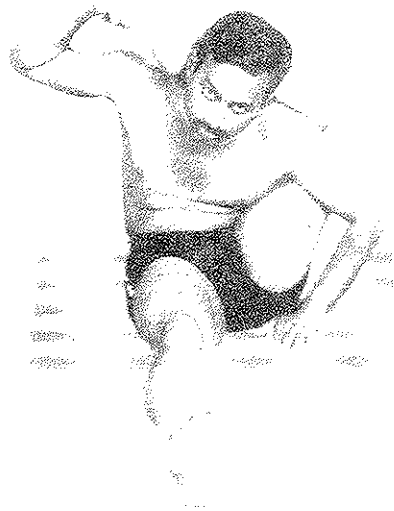
Benefits:

1. Tones abdominal organs.
2. Narrows the waist.
3. It increases will power and helps to overcome bad habits like smoking and drinking alcohol.
4. Soothes nerves and mind.
5. Relieves congestion in pelvic organs.

Hints:

1. This *asana* is called as "MAHA MUDRA" or "RAJA MUDRA"
2. Do not sit on the heel.
3. The leg should be kept straight without bending at the knee.
4. Patients with spinal cord disorders should not do this *asana*.

EKAPADHA SIRASASANA



EKAPADHA SIRASASANA (One foot to head Pose)

Technique: Sit on the carpet with both the legs stretched. Fold the right leg. Hold the right heel with the left hand and lift it and slowly bring it to the forehead. Remain in this pose upto 30 counts. Gently lower down the leg stretch it and take rest. Repeat it with the left leg. After three months of practise, it will be easy to place the leg on the neck.

Benefits:

1. Prolapse of uterus is corrected.
2. Prevents abortion.
3. Menstrual disorders are corrected.
4. Cures piles.
5. Varicose veins are prevented.
6. Corrects Anaemia.

Hints: Any backward bending *asana* may be performed after this *asana*. This *asana* should not be attempted by people with slipped disc.

PASCHIMOTTANASANA



PASCHIMOTTANASANA (Back Spine Stretching Pose)

Paschim means west - hence in the context of human body it means the dorsal or back side. Tana means to stretch.

Technique : Sit on the ground with legs stretched forward, keeping them together and touching the ground. Gradually bend forward so that the nose or the forehead should touch the knees. Catch the big toes. The elbows also should touch the ground on either side of the legs. Remain in this position for 20 seconds. Do it twice.

Benefits:

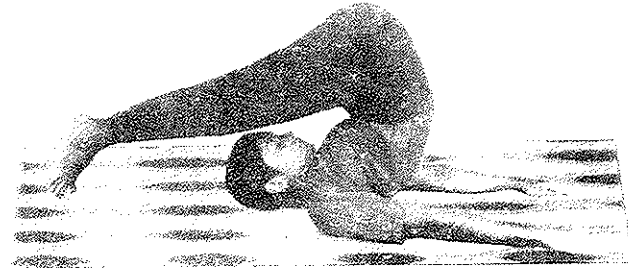
1. Relieves dyspepsia.
2. Strengthens urogenital system.
3. Fat in the waist is reduced and body gets a good shape.
4. Insulin secretion is stimulated.
5. Loosens all joints.
6. Relieves back pain.
7. Improves circulation to head and neck.
8. Corrects prolapse of uterus and menstrual disorders.

Hints: Helps to increase the height if it is practised at adolescent age. This *asana* should not be performed by people with slipped discs, sciatica and chronic arthritis.

YOGAMUDRASANA



HALASANA



YOGAMUDRASANA (Psychic-Union Pose)

Technique: Sit in *Padmasana*. Hold the right wrist with the left hand behind the body. Sit erect. Bend gently down towards the right knee and see that the tip of the nose touches the knees. Return to upright seated position. Repeat in the same manner on the left side. Perform the practice three times, on the fourth round, bend down forward to touch the floor with the forehead.

Benefits:

1. Provides better circulation of blood in the vertebral column.
2. Excretion is improved.
3. Reduces excess fat in abdomen.
4. The intra-abdominal compression gives a gentle massage to the internal organs.
5. Improves blood circulation in the face and head region.

Yoga removes ignorance and impurities and thus leads one's mind to enlightenment as to the true nature of self.

- Markande Purana

HALASANA (Plough Pose)

Technique : Lie flat on the back on the blanket. Keep the hands, palms down, near the thighs. Without bending the legs, slowly raise the hips and the lumbar part of the back also and bring down the legs until the toes touch the floor, beyond the head. Keep the knees straight and close together. The legs and thighs must be in one straight line. Press the chin against the chest; this will bend the cervical region and increase the circulation to that part. Breathe slowly through the nose.

Remain in this pose as long as possible and go back to the original position lying flat, Repeat two times.

Benefits:

1. Back bone is strengthened.
2. Memory power is increased.
3. Normalises blood sugar level.
4. High blood pressure is reduced.
5. Weight of the body comes down and fat in the abdomen is reduced.
6. Menstrual disorders are corrected.

SARVANGASANA



SARVANGASANA (Shoulder stand)

Technique: Lie on back with feet together and palms close to the body facing the floor. Bend the knees and rest thighs on the lower abdomen. Exhale and lift hips and thighs to 60 degrees and support them with the palms and fingers by bending arms at the elbows. Exhale and lift trunk and thighs to a vertical position supporting the back with palms. Slide palms down on the back towards the head till chest touches chin. Straighten the legs and point toes upward. Maintain the pose and breathe normally. Exhale and slide down to original position.

Benefits:

1. Improves blood flow to pituitary, pineal, thyroid and parathyroid glands.
2. Improves blood flow to head, neck and brain.
3. Improves blood flow to all the sense organs: eyes, nose, ears, tongue and the skin of the face.
4. Reduces swelling of feet and legs and pelvic congestion.
5. Replaces sagging abdominal organs back to their position.
6. Strengthens joints of upper extremities.
7. Reduces mental and physical fatigue.

VIPAREETHA KARANI

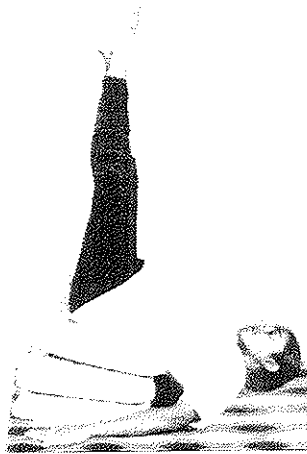


VIPAREETHA KARANI (Inverted Pose)

Technique No 1: Lie on the back. Raise the legs and hip with the help of the arms. Bend the arms and hold the hips in the hands so that the body is supported on the elbows, shoulder-blades and head. The back should form an angle of 45 degrees with the ground. Remain in this position for 5 to 15 minutes. Then lower the legs slowly and relax.

Benefits:

1. It has all the benefits of Shirshasana and Sarvangasana.
2. The blood circulation is increased in neck, throat and head region.
3. Brain cells receive more supply of oxygen.
4. Endocrine glands are stimulated.
5. Improves eye sight and memory power and Digestion.
6. Prevents formation of wrinkles in the face and increase vitality of the body.
7. Swelling in the legs diminish.
8. Cures Insomnia, Back pain, Prolapse of uterus, Diabetes and Blood pressure etc. It is called as "Sakala Roga Nivarini" as it is curing all diseases.



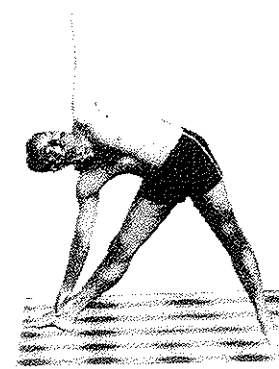
VIPAREETHA KARANI (With pillows)

Technique No 2: Place 3 cotton pillows one above the other. Sit on the front edge of the pillows and slowly bend backwards and place the head and shoulders on the floor. Join the legs together and raise the legs. Keep the legs at 90 degrees to the floor. The weight of the body is now on the shoulder and neck. Place the arms relaxed on the floor. Remain in this posture for 5 to 15 minutes in normal breath. Then slowly lower down the legs on the floor, raise the hip, remove the pillows one by one and take rest in *Shavasana*.

Hints:

1. It should not be practised during day time as it induces sleep.
2. If it is done just prior to dinner, one gets sound sleep.
3. It is safer and better to use pillows to avoid back pain.
4. It is enough to practise only this asana to cure all the pain and diseases for those who don't have time to do all the asanas.
5. Do not practise on mosaic floor.

UTTHITA TRIKONASANA



UTTHITA TRIKONASANA (Extended Triangle Pose)

Technique: Stand in Tadasana. Jump and Spread the legs 2 to 3 feet apart and the arms side ways. Stand on a line, toes pointing forward and palms turned down. Turn the right foot out 90 degrees and the left foot in slightly. Bend side away to your right. Place the right palm on the right ankle on the floor. Stretch the left arm up at the fingertips. This is Utthita Trikonasana. Do the pose on the left side.

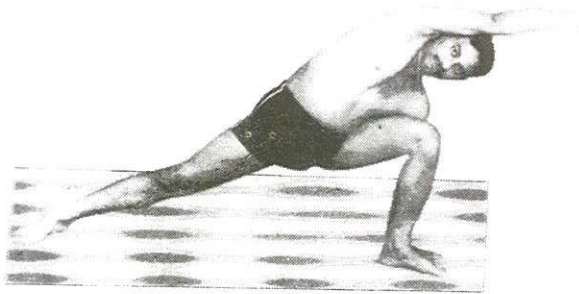
Benefits:

1. Relieves headache and giddiness.
2. It cures the symptoms of calcanean spur (extra growth of bone in the heel).
3. Strengthens the nervous system.
4. This provides good shape to the body.
5. Improves digestion.

Hints :

1. Align the head and hips on the line, on which you are standing.
2. Don't bend the knees or your elbow.

PARSVA KONASANA



PARSVA KONASANA (Lateral angle posture)

Technique: Stand erect with legs stretched about one and half a metre apart. Turn the right foot to the right, keeping the left foot at right angles to the right foot. Bend the right leg at the knee-joint keeping the left leg straight. Form a right angle by suitably adjusting the distance between the two legs. Bring the body in line with the right thigh by resting the right palm on the ground to the right of the right foot. Stretch the left hand over the ear in plane with the body and look along the arm. Keep the complete sole of the left foot on the ground. Maintain the position for 30 counts. Come to normal position and do it on the left side for 30 counts.

Benefits :

1. Expands the chest.
2. Knee pain, Back pain are eradicated.
3. Nervous system is stimulated.
4. Impotency is corrected.
5. Digestion and excretion are improved.

*The purer the mind, the easier it is to control.
Purity of the mind must be insisted upon if you would control it.*

- Swami vivekananda

VIRIKSHASANA



VIRIKSHASANA (Tree Pose)

Technique: Stand in Tadasana. Bend the right knee. Place the right foot on the left upper thigh. Rest the hands on the hip. Stretch the arms up. Join the palms. Remain in this posture for 20 seconds. Return to Tadasana. Now keep the right leg straight and bend the left leg. Do the pose on the other side.

Benefits:

1. Develops will power.
2. Establishes equilibrium and mental stability.
3. Improves concentration.
4. Cures nervous disorders.
5. It also strengthens the legs and make the knee joints more supple.

Hints:

1. Beginners can practise it close to the wall.
2. The eyes to be kept open and see any object in front of you for stability.

PADA HASTASANA



PADA HASTASANA (Forward-bend posture)

Technique: Stand erect. Keep the arms by the sides. Bring the heels close together. Raise both the arms. Slowly bend forward at the waist. Keep the knees stiff and firm. The legs should not bend at the knees. Keep the palms under the feet. Bend low and contract the stomach. Now put the forehead between the knees. If it is difficult to bend low because of fat around the abdomen, try to bend the body slowly; do not bend the knees. Maintain this position for ten seconds.

Benefits :

1. It directs Apanavayu downwards. So piles is cured.
2. Rectifies unevenness in length of the legs owing to fractures of any bones in the legs or thighs.
3. Asthmatic attacks are prevented.
4. Menstrual disorders are corrected.
5. Increases breast milk secretion in lactating mothers.

SANTULAN ASANA



SANTULAN ASANA

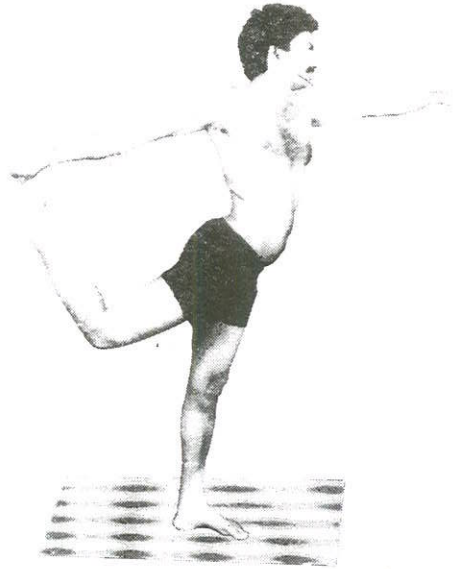
Technique: Stand up on the right leg and fold the left leg at the knee. Bring the heel of the left leg near the hip. If the heel cannot be brought nearer the hip due to pain in the knee, fold the leg backward as much as possible. Catch the toes of the left leg with the left hand in such a way that all the toes are held with the palm. Bring heel of the folded leg to the hip or nearer to it. Raise the right hand up. Keep the palm in the straight forward position. Keep looking straight. Maintain for 10 seconds. Return to normal position. Repeat it with the other side.

Benefits:

1. Santulanāsana is mainly a kriya of the major joints of the body removing rigidity and brings flexibility to the joints.
2. Normalises the blood circulation in the joints.
3. It tones up muscles.
4. Body weight is reduced.
5. Nervous system is stimulated.

Hints : Beginners can practise it by taking the support of stool or bench.

NATARAJASANA



NATARAJASANA (Lord Shiva Pose)

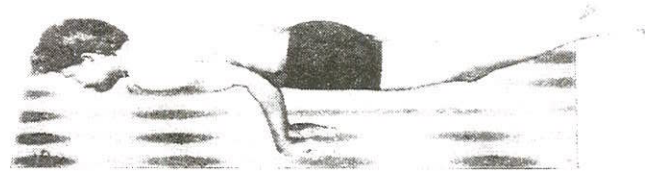
Technique: Stand with the feet together. Bend the right knee and grasp the ankle with the right hand behind the body. Keep both the knees together and maintain the balance. Slowly raise and stretch the right leg backwards, as high as possible. Make sure the right hip does not twist and the leg is raised directly behind the body. Relax, then repeat with the left leg.

Benefits:

1. Balances the nervous system.
2. Develops control of the body.
3. Increases concentration.
4. Makes legs supple.
5. Reduces fat on the waistline.
6. Aids in digestion and excretion.

ASANA ADVANCED GROUP

MAYURASANA



MAYURASANA (Peacock Pose)

Technique: Sit on the knees. Bend a little forward, join the elbows together and rest the palms on the ground. Keep a distance of 3 or 4 cm between the wrists. Keep the hands firm. Now bring down the abdomen slowly on the joined elbows. Balancing the weight of the entire body on the elbows, stretch the legs. Lift the face in the front and the legs in the rear from the ground and try to make them parallel to the ground. The head and legs should be in level with each other. Stay in this posture for a few moments, then put feet on the ground.

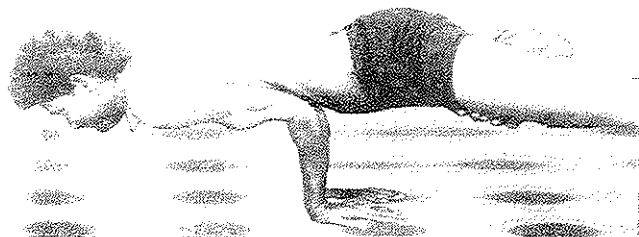
Benefits :

1. Activates kidney.
2. Enhances digestion.
3. Purifies the blood.
4. Obesity is corrected.
5. Heart and Lungs are activated.

Yoga implies an attitude, an effort, which brings the individual (microcosm) in identity and affinity with the whole (macrocosm).

- Rigveda

PADMA MAYURASANA



PADMA MAYURASANA (Lotus or bound peacock Pose)

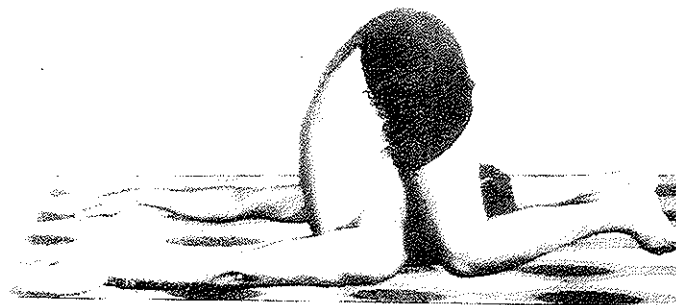
Technique: Sit in padmasana. Using the hands, raise the body so that the weight is supported on the knees. Place the palms flat on the floor in front of the body with the fingers pointing backwards towards the knees. Lean forward and place the elbows against each side of the abdomen. Lean further forward so that the chest rests on the upper arms. Find the balance point of the body. Lean further forward and slowly raise the folded legs from the floor. The trunk, head and legs should lie in one horizontal straight line. Maintain the position for a comfortable length of time.

Benefits:

1. This stretches carpal ligaments at the wrist, which are important.
2. It strengthens the muscles of the arms.
3. It increases the breathing capacity.
4. It is beneficial for all stomach disorders.
5. The liver, pancreas, stomach, and kidneys are activated.
6. It awakens kundalini shakthi, the spiritual power.

Hints: If the practitioner is able to sit comfortably in padmasana, padma mayurasana is easier to perform than the basic mayurasana pose, especially for women.

KARNAPIDASANA



KARNAPIDASANA (Ear Knee Pose)

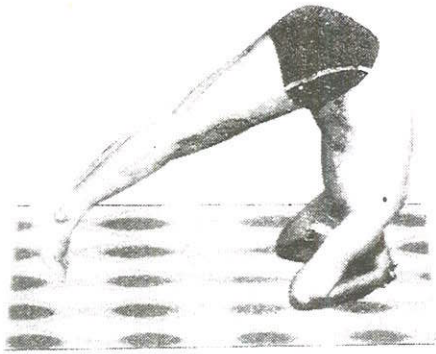
Karna means the ear. Pida means pressure.

Technique: Do Halasana and after completing the time limit for that pose, flex the knees and rest the right knee by the side of the right ear and the left knee by the side of the left. Both knees should rest on the floor, pressing the ears. Keep the toes stretched out and join the heels and toes. Rest the hands either on the back of the ribs or interlock the fingers and stretch out the arms as in Halasana. Remain in this position for half a minute or a minute with normal breathing.

Benefits:

1. Increases the circulation of blood around the waistline.
2. Heart is strengthened.
3. Abdominal organs get good massage.
4. Corrects Nervous disorders.
5. Fat around the hip gets reduced.

ARDHA SHIRSHASANA



ARDHA SHIRSHASANA (The Half Head Stand Pose)

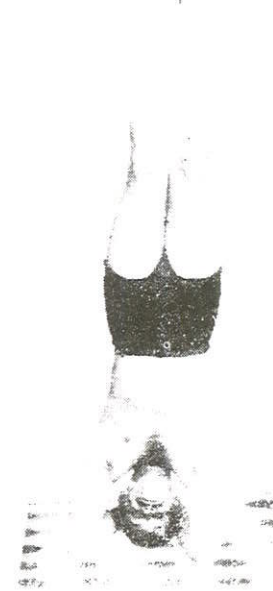
Technique: Assume the position of *Vajrasana*. Bring the head down and place it on the ground. Interlock the hands and keep them on the backside of the head. Slowly raise the legs together and stretch them straight on the ground as much as possible. This is a preparatory posture for *Shirshasana* called as *Ardha Shirshasana*. After practising this step well for some months only one can go for the practice of *Shirshasana*.

Benefits:

1. The back and neck are strengthened, and the legs firmed.
2. The brain, scalp, neck, and facial tissues are nourished with blood.
3. Strengthens inner ears and eyes.
4. Improves balance, concentration, confidence, will power and creativity.
5. Removes congestion from gonads.

Hints: The inverted postures are not suitable for persons suffering from high blood pressure, heart trouble, or ailments of the brain, eyes, nose, ears, and neck.

SHIRSHASANA



SHIRSHASANA (The Head Stand Pose)

Technique: After assuming the preparatory position slowly bend your knees and raise them upwards. The weight of the body is borne by the head supported by the interlocked hands behind and the fore arms in the front. In the final posture the body should be perfectly straight and exactly vertical. The most important point to be remembered in the final posture is that neither the forehead nor the back head should rest on the ground but only the crown of the head. The duration of staying in the final posture differs from person to person depending upon his experience and the purpose for which he has taken up Yogic practices. Beginners may stay in the final posture for about fifteen to thirty seconds.

Benefits :

1. Improves blood flow to pituitary, pineal, thyroid and parathyroid glands.
2. Removes congestion from gonads.
3. Improves blood flow to brain, hypothalamus, head and neck.
4. Improves balance, concentration, confidence, will power and creativity.
5. Strengthens inner ears and eyes.
6. Help venous drainages from lower extremities and pelvis.
7. Replace sagging abdominal organs to their original place.
8. Drains secretions from lungs and improves ventilation.
9. Improves alignment of spine.

Hints: In the initial stages the beginners should try to do this *Asana* with the help of a friend. In the absence of a friend practise this *Asana* against corner of a wall so as to prevent falling down on the backside. The duration may be extended gradually and may even go upto half an hour. One should take rest in *Shavasana* after performing *Shirshasana*.

Old age will come upon me some day and I cannot avoid it.

Disease can come upon me some day and I cannot avoid it.

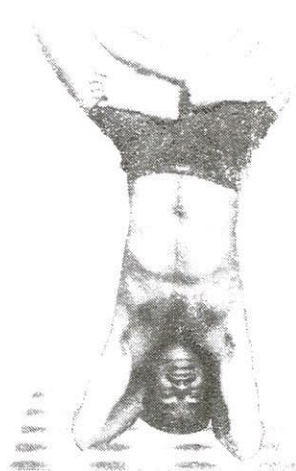
Death will come upon me some day and I cannot avoid it.

All things that I hold dear are subject to change and decay and separation, and I cannot avoid it.

I am the outcome of my own deed and whatever be my deeds, good or bad, I shall be heir to them.

- Buddha in the Anguttara Nikaya

OORDHWA PADMASANA



OORDHWA PADMASANA (Headstand, Lotus Pose)

Technique: The technique is the same as the *Shirshasana* (Headstand Pose). However, here we go further and while standing on the head, we lock the legs in *Padmasana* (Lotus Pose).

Benefits:

1. Improves blood flow to pituitary, pineal, thyroid and parathyroid glands.
2. Removes congestion from gonads.
3. Improves blood flow to brain, hypothalamus, head and neck.
4. Improves balance, concentration, confidence, will power and creativity.
5. Strengthens inner ears and eyes.

Hints: After securing the balance in the headstand, advanced students take up this exercise to bring maximum flexibility to the ankle, knee, and hip joints. Before trying to do this exercise, one should be able to sit in the lotus pose. Do not attempt to start the headstand while sitting in *padmasana*.

USUAL QUESTIONS ASKED

1. Should we close or open the eyes while performing Asanas?

In the early stages of practice it is better to keep the eyes open. When you are perfect in performing the asana, eyes may be closed when you can get concentration.

2. What is the sequence of asanas ?

After forward bending asana it is better to do a backward bending posture eg. Matsyasana should always be performed after Sarvangasana. Chakrasana should be done after Halasana.

3. Do we need rest between asanas ?

Yes. We must of course rest. (i) Whenever we feel tired, (ii) We also take rest when we make a transition between one kind of asana and another. For example it is better to take rest between intense back bend like Dhanurasana and a powerful forward bend as Paschimottanasana.

4. Can we combine Yogasana with other physical exercise?

There should be a break of half an hour after the completion of Asanas. Best thing is Yoga can be practised in the morning and physical exercise may be performed in the evening.

5. What about regulation of Breathing during Asanas ?

One need not be conscious whether to breath in or out doing various asanas as there is no rationale in such prescriptions. Breathing automatically gets adjusted if one is not conscious about it.

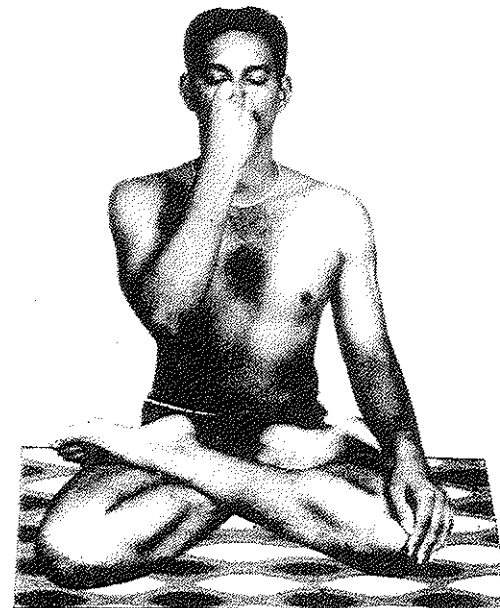
6. Should Yama and Niyama be practised strictly before starting asanas ?

No. One need not. But the qualities of Yama and Niyama simply come as a result of Yoga practise. One need not struggle to change one's way of life.

7. Can we practise Meditation without learning asanas ?

Meditation is possible and successful only after the practise of Pranayama which requires mastery over asanas.

PRANAYAMA

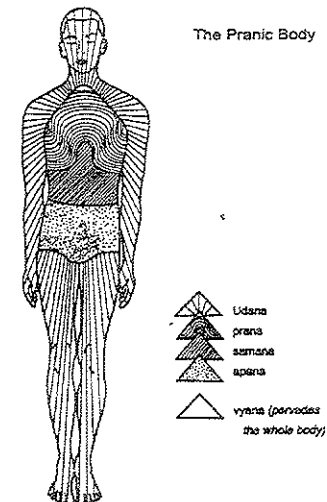


PRANAYAMA

The word *Pranayama* consists of two parts *prana* and *ayama*. *Prana* means breath, life, vitality, or cosmic energy. *Ayama* means control. Thus pranayama means control of the vital force by regulated breathing. It is a deliberate technique of inhalation, retention, exhalation and suspension of breath in exhalation. Great sage Patanjali says "*Tasmin sati svasa prasvasayoh gativichedan pranayamah*". It means pranayama is the regulation of the incoming and outgoing flow of breath with retention. Just as bathing is necessary for purification of body, Pranayama is essential for purification of mind.

The pranic body

According to yogic physiology, the human framework is comprised of five bodies or sheaths, which account for the different aspects to dimensions of human existence. These five sheaths are known as:



- a) *Annamaya kosha*, the food or material body
- b) *Manomaya kosha*, the mental body
- c) *Pranamaya kosha*, the bioplasmic or vital energy body
- d) *Vijnanamaya kosha*, the psychic or higher mental body
- e) *Anandamaya kosha*, the transcendental or bliss body.

Although these five sheaths function together to form an integral whole, the practises of *pranayama* work mainly with *pranamaya kosha*. The *pranamaya kosha* is made up of five major *pranas* which are collectively known as the *pancha* or five *pranas*: *prana*, *apana*, *samana*, *udana* and *vyana*.

Yoga Sastra tells us that *prana* the air we breathe, fulfils several functions in the human body. Each of these has a special name:

Prana- Prana (here the general term takes on a specific meaning) that circulates in the area around the heart and controls breathing.

Apana- Prana that circulates in the lower regions of the abdomen and controls excretory function (urine and faeces).

Samana- Prana that stimulates the gastric juices, thus facilitating digestion.

Udana- Prana that remains in the thoracic cage, controls the absorption of air and food.

Vyana- Prana that spreads throughout the body and distributes the energy from food and breath.

The objectives of Pranayama are :

1. Removes the imbalances of *Prana* which are the causes for most of the ailments and diseases.
2. Initiate the process of positive health development.
3. Gain control over inner energies and thus on mind.

The principles used in Pranayama are :

1. Slowing down of breath.
2. Conscious feeling of breath and other internal changes (developing an inner awareness)

Physiology of Pranayama:

1. It reduces the respiratory and heart rate.
2. It increases the oxygen uptake.
3. Metabolic rate of body is reduced.
4. Complete neuro-physiological relaxation occurs. This rest is far superior to sleep.

Benefits of Pranayama:

1. It gives a feeling of freshness, energy and lightness of body and mind.
2. Prevents and cures hypertension.
3. Strengthens the lungs. Increases its capacity and cures the disorders.
4. Digestion is improved.
5. Excretory system is stimulated. Toxins are removed from the body.
6. Skin tone is well maintained. Acne is prevented.
7. All the endocrine glands are stimulated.
8. It makes the nervous system more energetic.

9. Pranayama can be used for therapy. Problems of high blood pressure, allergic rhinitis, vasomotor rhinitis, sinusitis, recurrent infections of the upper respiratory tract, chronic headaches, migraine, peptic ulcers, anxiety states can be treated by many kinds of pranayama, without the need for asanas.

10. It increases concentration and helps in meditation.

Guidelines:

1. Guidance of an experienced *guru* and mastery of *asanas* are essential for *pranayama* training.
2. It should be done preferably after a bath.
3. The bowels and bladder should be evacuated.
4. It should be done in empty stomach or six hours after a meal, or half an hour after a drink.
5. Early morning and just after sunset in the evening are the best time to practise.
6. It should be done in a clean, airy, quite place free of insects.
7. It should be practised at the same time and place and same posture regularly.
8. It is best done sitting on the floor on a folded blanket in *padmasana*, *siddhasana* or *vajrasana*.
9. Eyes should be closed throughout.
10. Each should realise his own capacity while doing *pranayama* and not exceed it.
11. *Shavasana* after *pranayama* refreshes both body and mind.
12. Practitioners of *pranayama* should stop smoking.

Precautions:

1. *Pranayama* should be practised only with the proper guidance of competent *Guru*.
2. Those suffering from heart complaints, high blood pressure and with very weak lungs should never practise *kumbhaka* (holding the breath).

3. *Pranayama* should be practised only after mastery over *asanas* achieved. Stop the practise if you feel giddy.

SECTIONAL BREATHING

It corrects the breathing pattern and increases the vital capacity of the lungs. It has 3 sections:

Abdominal Breathing or Diaphragmatic Breathing:

Sit erect in *Vajrasana*. Keep the fingers of both the hands at the level of umbilicus with a gap of two finger breaths. Inhale for 3 counts. Now hold the breath for 3 counts and exhale for 6 counts. The abdomen is made to bulge continuously with the air entering especially into the lower sections of the lungs. While exhaling the abdomen is drawn inwards continuously and slowly. Repeat the breathing cycle. There should be no jerks in the whole process. It should be smooth, continuous and relaxing.

The diaphragm separating the thorax from the abdomen descends during inhalation with the bulging of the abdomen. This increases the airflow into the lower sections of the lungs. The rhythmic movement of the diaphragm massages the contents of the abdomen gently, and helps the organs to function normally. It promotes the general circulation also.

Thoracic (Chest) Breathing or Intercostal Breathing:

Sit erect in *Vajrasana*. Inhalation and exhalation are performed by expanding and contracting the chest sideways which can be observed by keeping the hands on the chest at the nipple level. The middle lobes are opened up fully by this type of breathing.

Upper Lobar Breathing or Clavicular Breathing:

Sit erect in *Vajrasana*. Keep the hands on the shoulder. Collar bones raise during inhalation and comes out during exhalation. The air is forced into the uppermost regions of the lungs thus ventilating the upper lobes. The sparingly used upper lobes of the lungs will be properly aerated by this breathing.

ANULOMA VILOMA (Simple Inhalation-Exhalation)

Sit erect in *Padmasana* or *Vajrasana* with head, neck and trunk in a straight line. Close your eyes and exhale completely. Inhale through both the nostrils slowly and steadily without making any sound. Exhale slowly, continuously and silently. Have inhalation and exhalation for the same duration. During exhalation the chest goes down and the abdomen is taken in. Both the chest and the abdomen expand during inhalation.

There is no holding of the breath (*Kumbhaka*). One can have about 10 to 15 rounds to start with, and can go upto 30 rounds. There are two types of Anuloma - Viloma.

1. Chandra Anuloma Viloma

* Inhalation and exhalation are through left nostril (Chandra Nadi) only. Right nostril is kept closed all the time.

2. Surya Anuloma-Viloma

* Inhalation and exhalation are carried out through the right nostril (Surya Nadi) keeping the left nostril closed all the time.

NADI SUDDHI PRANAYAMA

(Purification of Subtle Perception Paths)

This pranayama purifies 72 lakhs of *Nadis* in our body.

The *Nadi Suddhi* pranayama is similar to *Anuloma-Viloma*, with the difference that inhalation and exhalation are done through alternate nostrils. Sit erect in *Padmasana* (or any other meditative posture). Exhale completely. Close the right nostril with the thumb of the right hand. Inhale slowly, steadily and deeply as long as possible. Release the right nostril and close the left nostril with the little and ring fingers of the right hand, and breathe out through the right nostril. Again breathe in through the right nostril and then breathe out through the left nostril. This forms one round of *Nadi Suddhi*. Inhalation and exhalation from each side should be of the same duration.

"He achieves purification of Nadis marked by distinct signs - lightness of body, brightness of eyes and increases in appetite."

Note: Body gets heated up after *Nadi Suddhi Pranayama*. So Cooling pranayama should be practised immediately after this.

COOLING PRANAYAMA

1. Sitkari (Folded-up-Tongue Pranayama)

Sit in a comfortable posture, with an erect spine. Exhale from both nostrils. Fold the tongue backwards and press the tip of the tongue by the hard palate, leaving narrow openings on either side of the tongue. Inhale through these side-openings making a hissing sound. Exhale slowly and continuously through both the nostrils. Repeat the cycle five times.

2. Sadanta (Suck-through-Teeth Pranayama)

Press the upper teeth on the lower ones. Suck in air through the crevices of the teeth slowly and continuously. Exhale through both nostrils. Repeat the cycle 5 times.

3. Sitali (Beak-Tongue Pranayama)

Fold up the sides of the partially protruded tongue so as to form a long narrow tube resembling the beak of a bird. The passage is further narrowed by pressing the lips around the tongue. Inhale, making a hissing noise and perceive the cooling effect of the air as it passes through the tongue. Exhale through both the nostrils. Repeat the cycle 5 times.

Benefits: All the above three *Sitkari*, *Sitali* and *Sadanta* have the same benefits. They are Cooling Pranayamas. Because of their cooling effect, they help in calming down the mind by removing the mental anxiety and tension. They increase the resistance to diseases of respiratory system. *Sadanta* is particularly useful for persons suffering from *Pyorrhoea* and hypersensitivity of gums.

UJJAYI (HISSING PRANAYAMA)

- * Sit comfortably in any of the meditative postures with the spine erect.
- * Start inhaling slowly through both the nostrils. The incoming air should be felt at the upper palate. By partially closing the glottis, a sibilant (s) sound is produced in the throat.
- * While making a swallowing movement, bend the neck forward and allow the breath to stop automatically and effortlessly.
- * While maintaining, relax the head region and feel the locking of air below the throat. Exhale slowly through left nostril and continuously making a hissing noise at the throat by partial contraction of the glottis.
- * Release the lock by raising the head back and exhale slowly. Hold the breath out as long as you comfortably can. Release. This completes one cycle. Repeat.
- * In other types of *Ujjayi*, single nostril inhalation and exhalation are used. The airway resistance at the palate is the important aspect of this *pranayama*. It helps to reduce the speed of breathing.

BHRAMARI (Bee-Sounding-Pranayama)

Sit erect in *Padmasana*. Breathe in through both the nostrils in such a way that a fine sound like the one produced by a male bee is heard. Allow the breath to stop effortlessly. Slowly exhale while producing a sound from the mouth and nose, so as to produce a sweet musical humming sound like a female bee. Hold the breath. Slowly release. Repeat the cycle several times.

BHASTRIKA (Bellows)

In Sanskrit, *Bhastrika* means 'bellows'. This exercise is characterized by continual deep and long inhalation and exhalation of breath. During the practise emphasise more on the thorax activity. After 10 times, halt the breathing and enjoy by being silent. Continue after a minute. In fact, it is nothing more than a combination of *Kapalabhati* and *Ujjayi*. It begins with *Kapalabhati*, ends with *Ujjayi*. This type of *Pranayama* must be practised with great care; one should stop at the slightest sign of fatigue.

PRATYAHARA

The withdrawal of energy and consciousness from the routine objective, operation of organs, and fixation of that energy and consciousness in the mind through *susumna* (central nervous system) is called *pratyahara*. Thus, *pratyahara* has two main parts:

1. Withdrawal of energy and consciousness from the organs.
2. Union of withdrawal energy and consciousness with the central organ, mind, through *susumna* (central nervous system).

pratyahara is the process of the perceptual mechanism by which you will be able to transfer power from the subconscious mind to conscious and superconscious mind, and remove the hypnotic influence of ignorance from the mind. Thus you will have energy and consciousness under your command, and use of that energy will be at your disposal.

DHARANA

It is the sixth limb of yoga. *Dharana* means "to hold". *Dharana* is holding the mind at a certain point. The best example when a farmer digs all the channels leading away from the reservoir of the same depth, water runs equally in all directions. If one channel is deeper than the others more water flows through it. This is what happens in *Dharana*. We create the conditions for the mind to focus its attention in one direction instead of going out in many different directions. Long practise is required for success in *Dharana*. The early results of successful practise are toning down of nervous excitement, calmness, better temperament and clear voice. When one begins to concentrate, the dropping of a pin will seem like a thunder bolt going through the brain. As organs get finer, perceptions get finer.

Dharana matures into *Dhyana*. Fixing the mind on its object of contemplation for 12 seconds equals one measure of *Dharana*. Twelve measures of *Dharana* equals one measure of *Dhyana*. In other words when the mind can be kept in concentration for 144 seconds (2 minutes and 24 seconds) it is called *Dhyana*. Twelve measures of *Dhyana*, that is uninterrupted concentration for 28 minutes and 48 seconds will constitute *samadhi*. *Dharana*, *Dhyana* and *Samadhi* are only degrees of concentration.

DHYANA

It is the seventh limb of yoga. It is the stage of meditation. During *dharana* the mind is moving in one direction like a quiet river. In *dhyana*, one becomes involved with a particular thing a link is established between self and object.

Physiological effects of Meditation

It is scientifically proved by clinical parameters that Meditation is useful in acquiring a healthy long life.

1. The Heart rate, Respiratory rate, Metabolic rate, and Blood pressure is reduced.
2. Heart diseases are prevented and cured.
3. Reduces mental tension.
4. Stabilises biological rhythm.
5. Strengthens mind - body co-ordination.
6. Right and left cerebral hemispheres show better co-ordination.
7. Body is able to cope-up in stressful condition.
8. Muscle tension is reduced.
9. Lowers blood lactate and plasma cortisol.
10. Increases galvanic skin resistance.

Benefits of Meditation:

1. It makes the mind calm and steady.
2. It opens the avenues of intuitional knowledge.
3. It helps us to face the battle of life.
4. It kills the pain and sorrow.
5. It is a powerful nerve tonic.
6. It increases memory power.
7. It increases social harmony.
8. It prevents and cures all psychosomatic diseases.
9. It provides a healthy happy, long life.
10. It gives positive attitude towards life.
11. It increases creativity and alertness.
12. It helps to fight the stress successfully and quickly.
13. It increases will power and so one is able to overcome bad habits.

Guide to meditation

Dhyana should be performed enthusiastically, with full faith and care, and strictly according to the disciplines laid down. If this is done, it will bestow not only all happiness and all victory but even the vision of the Lord.

The place should be a little elevated - an inch or two - from the ground. Sit in *Padmasana* or any comfortable meditative pose. The head, neck and trunk should be in a straight line. Do not bend forward or backward. Do not shake the body. Keep it as firm as a rock. Breathe slowly and deeply. Close your eyes and concentrate gently at the *Trikuti*, the space between the two eye brows. The fingers of the hand must be in close touch with one another and the hands should be placed in front. The eyes must be either half-open or fully closed. Then by means of mental message, the whole body from head to toes should be relaxed. After this, one has to meditate on one's own favourite Name and Form, with *Om* added.

When this is being done, there should be no mental wanderings; one must be stable and quiet. No thought of past events, no trace of anger or hatred and no memory of sorrow should be allowed to interfere. Even if they intrude, they should not be considered at all; to counteract them, one must entertain thoughts which will feed one's enthusiasm for Dhyana. Of course, this may appear difficult, at first.

The best time for Dhyana is the quiet hours before dawn, between 3 and 5 a.m. One can get up, say, at 4 a.m. If sleep continues to bother, its effect can be overcome by means of a bath in cold water. Not that it is essential to bathe, it is needed only when sleep gives much trouble. You can have another sitting at night also.

It is better to have a separate meditation room to avoid any interruption. Never miss meditation. Be regular and systematic.

SAMADHI

It is the Eighth limb of yoga. It is the peak of yogic achievement. A true sense of communion and peace. This setting of mind is the heart of yoga transcended by complete refinement of the body and mind. *Samadhi* means to bring together, to merge. In *Samadhi* our personal identity, name, profession, family, bank account and so forth completely disappears. Nothing separates us from the object of our choice; instead we blend and become one with it.

SAMYAMA

When *Dharana*, *Dhyana* and *Samadhi* are concentrated on one object the resulting state is called *Samyama*. "Sam" means together and "Yama" is discipline. The true goal of *Samyama* is to concentrate on one subject and to investigate it until we know everything about it.

KRIYAS

Introduction

Kriyas are special yoga techniques meant to cleanse the inner organs, developed by the yogis. Among several kriyas available the following 6 major kriyas are called Shat Kriyas. They are:

- (1) Neti, (a) Jala Neti (b) Sutra Neti
- (2) Dhauti (a) Shankhaprakshalana (b) Agnisara kriya.
- (c) Kunjal or Vamana dhauti (d) Vastra dhauti
- (3) Basti, (4) Nauli, (5) Kapalabhati, (6) Trataka

The Objectives of Yoga Kriyas are to:

- (1) Cleanse the inner tracts namely the optical path, respiratory tract and G.I.T., and thereby refresh the inner paths.
- (2) Develop an inner awareness.
- (3) Desensitize the possible hypersensitive reactions in the pathways (as in nasal allergy).
- (4) Build the stamina and forbearance capacity.
- (5) To attain relaxation.



Jala Neti

NETI (Clearing the nasal passages)

Four types of "Neti" are in general practise, namely: Jala Neti, Sutra Neti, Dugdha Neti and Ghrta Neti.

Jala Neti.

Add about half a tea-spoon of salt to a Neti-pot full of luke-warm water. Hold the pot in the right hand. Insert the nozzle of the pot into the right nostril. Keep the mouth open to allow free breathing through the mouth.

Tilt the head first slightly backward, then forward and sideways to the left so that the water from the pot enters the right nostril and comes out through the left by gravity. Allow the flow till the pot is empty.

KAPALABHATI (Stimulating the Brain Cells)

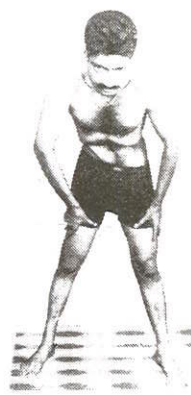
There are two types

1. Abdominal: Sit comfortably in *Padmasana* with an erect spine. Exhale forcibly as a burst using abdominal muscles. Inhale passively by relaxing the abdominal muscles. Practice 20 rounds. There is no holding of the breath. The rapid active exhalations with passive effortless inhalations are accomplished by flapping movements of the abdomen. At the end of the minute there is an automatic suspension of breath. Enjoy the deep silence of mind associated with this.

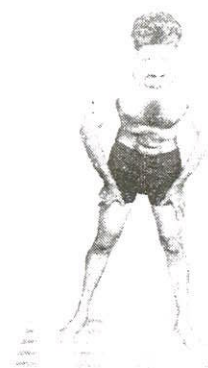
2. Alternate nasal: In alternate nasal *Kapalabhati*, the air is forced out during sudden bursts of exhalations through alternate nostrils. Practice 20 rounds.

Benefits: This Kriya, washes out the carbon-di-oxide from the blood, activates the brain cells, cleans the air passages and stimulates the abdominal organs.

NAULI



Dakshina Nauli



Madhyama Nauli



Vama Nauli

Nauli means isolation of the abdominal recti.

Technique : Stand keeping the feet apart with a gap of about one foot between the two. Bend slightly at the knees and stoop forward. Place the hands with the fingers spread wide on the thighs just above the knees. Inhale deeply. While exhaling, pull the abdomen back towards the spine and maintain the *Uddiyana* with breath held out fully. Then give a downward and forward stroke to the abdominal recti by pressing the thighs with the hands. The recti will contract and stand out isolated from the other muscles. This is *Madhyama Nauli*

For *Dakshina* (right) and *Vama* (left) *Nauli*, put more pressure on the thighs with the hands, bending the whole body on the same side while maintaining the *Madhyama Nauli*. Then learn to manipulate from right to left i.e. *Dakshina*, *Madhyama* and *Vama* and the other way rhythmically 10 to 12 times.

Contraindication:

Boys and girls in the prepubertal age, pregnant ladies, persons having blood pressure, abdominal diseases such as appendicitis, colitis, peptic and duodenal ulcers, hernia, intestinal disorders and serious cardiac and respiratory disorders should not do this kriya.

AGNISARA KRIYA

In the 'breath-out condition' push out and pull-in the abdominal muscles fast. Continue until the 'breath-out condition' lasts. Count the number of flappings. This process is called *Agnisara Kriya*. This Kriya tones up the digestive system by continued stimulations.

TRATAKA

It is an exercise mainly intended to improve the eye sight and also the power of concentration through the technique of gazing at one point. There are different techniques available for this purpose, but the one that is mostly advocated by the Yogis is to use a lighted candle. This is called *Jyoti Trataka*.

Technique:

Sit in one of the meditative postures, preferably in *Padmasana*. Keep a lighted candle two to three feet away at the level of the eyes. The spine should be kept erect but the whole body should be in a relaxed condition. Gaze intently at the brightest part of the flame without making any movement of the eyes or blinking. This should be continued until the eyes get tired and begin to water. Then close your eyes and relax. Even after closing the eyes the after-image of the candle flame should be kept in the consciousness till the image is faded and goes out of consciousness. Then open the eyes and again gaze at the candle flame as you have done early. This may be practised for 10 to 15 minutes.

Benefits:

1. This cleansing process activates the tear glands
2. Purifies the visual system.
3. Promotes good concentration.
4. Strengthens will power.
5. Cures the eye defects, if done properly.

VAMANA DHAUTI OR KUNJAL

Procedure: Take six glasses of lukewarm water with one and half spoons of crystal salt. Drink the whole water quickly. Stand up immediately, lean forward and insert the first three fingers of your right hand into the far back of the mouth, rubbing and pressing the back of the tongue and uvula. Keep on tickling till vomiting takes place. The water will come out of the mouth in quick gushes. Continue the process until all the water comes out and the stomach is empty.

Important points:

1. Practise early morning in an empty stomach.
2. Do not take food for atleast 20 minutes afterwards.
3. Finger nails should be clean and cut.
4. The water should be drunk quickly.
5. Jalneti should be practised immediately after it.

Limitations:

Persons suffering from stomach ulcers, heart problems, hernia should not do this kriya. However, patients with high blood pressure may practise it with plain water or water without salt, under expert guidance.

Frequency: This should be done once in a week

Benefits:

1. This kriya is highly recommended in indigestion, asthma, chronic cold and nervous weakness.
2. It helps in removing excessive bile, cough, acid and gas formed in the stomach.
3. It stimulates hypothalamus which in turn balances the secretion of all hormones of the body.

BANDHAS

These are advanced yogic techniques and neuro-muscular locks used in yogatherapy.

MULA BANDHA (ANUS LOCK)

Sit in *Padmasana*, press the perenium with the left heel, keep the right heel above the genital organs and contract the anus. Release the bandha.

Benefits :

1. This is an excellent remedy for piles.
2. It stimulates the nerves affecting the reproductive area.
3. It helps to overcome depression.

JALANDHARA BANDHA (GLOTTIS -LOCK)

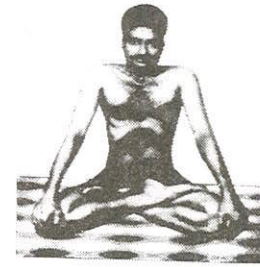
Contract the throat, press the chin firmly against the chest at the jugular notch after inhaling. The breath is stopped at the throat. With gradual practise the pressure of air on the glottis will be released and the whole system will be relaxed, while the breath gets stopped near the throat. Keep this position for as long as possible. Release the lock, then the breath.

Benefits :

1. This chin lock stimulates the thyroid and parathyroid glands.
2. It cures the throat problems.
3. It helps to reduce stress, anxiety and anger.

UDDIYANA BANDHA (FLY-UP-LOCK)

Sit in *Vajrasana* or *Padmasana*. Breathe in, then exhale. There should be a mock inhalation in which the intercostal muscles will expand. The abdominal muscles should be relaxed. Hold as long as possible. Then inhale slowly.



Uddiyana Bandha

Benefits :

1. This movement is excellent for all abdominal ailments.
2. Constipation and indigestion can be relieved.
3. The liver, pancreas, kidneys are massaged.
4. Adrenal glands are strengthened.

MUDRAS

According to *Gheranda Samhita*, there are mainly 25 mudras, whereas *Hatha Yoga Pradipika* describes only 10 of these. Among them the following are the most important ones:

ASWINI MUDRA

The word *Ashwini* means 'horse'. The practice is so called because the anal contraction resembles the movement a horse makes with its sphincter immediately after evacuation of the bowels.

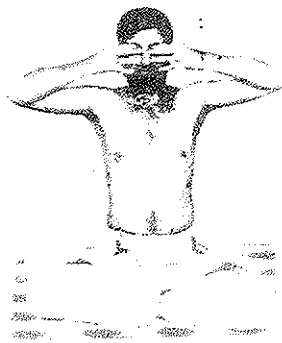
Technique : Sit in *Padmasana*. Exhale. Hold the breath and pull up the anus by contracting the sphincter; hold for about 10 seconds and inhale. Release the anus. Repeat this rhythmically about 10 to 30 times.

Benefits:

1. This Mudra is useful in evoking the spiritual forces dormant in the lower centres.

2. Useful for pregnant women
3. Helps in curing urinary and anal incontinence.
4. *Aswini Mudra* done in *Vipareethakarani* posture is useful in treating piles and prolapse of uterus.

2. SHANMUKHI MUDRA



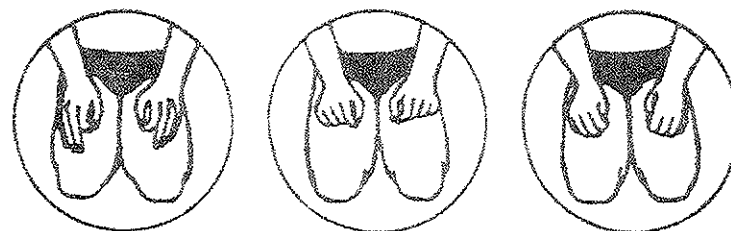
Shanmukhi Mudra

The word *shanmukhi* is comprised of two roots: *shan* means 'seven' and *mukhi* means 'gates' or 'faces'. *Shanmukhi mudra* involves redirecting the awareness inside by closing the seven doors of outer perception: the two eyes, ears and nostrils, and the mouth.

Technique : Sit erect in any meditative posture. Spread out the fingers of both hands over the face, and close the eyes, ears and nose tightly using the following fingers : Index fingers over the eyes, thumbs over the Tragus of the ears, middle fingers over the nostrils, ring and the little fingers over the lips thus closing all the orifices in the face.

Benefits :

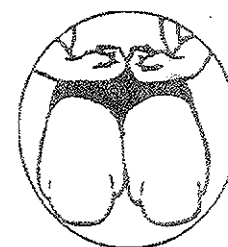
1. This Mudra is very helpful in taking the mind to meditation.
2. It cutting off all external stimuli coming from the four special sense.
3. Hence the mind can easily dwell in meditation by following the fine internal sound of the breath along with a mantra.
4. Useful in persons suffering from tension headaches.



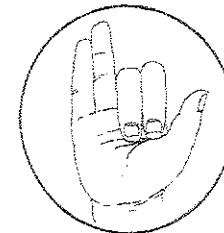
Chin Mudra

Chinmaya Mudra

Adi Mudra



Brahma Mudra



Nasika Mudra

Affirmations

1. Never doubt your ability to control your mind.
2. Be positive that you have eternal existence, knowledge, and bliss.
3. Always observe silence, according to your leisure, and make powerful *dharana*, *dhyana*, and *samadhi*.
4. Never become excited when you are in an unfavourable situation.
5. Never say "I will try to concentrate my mind," but say "I will control my mind. I will concentrate."
6. Do not become discouraged in your failure. You will eventually be successful in the practise.
7. Be sure that you can do anything and everything what ever has been done by any liberated souls. Have full confidence in yourself.
8. Understand exactly the science and psychology of yoga to become successful.

ESSENTIALS OF THERAPEUTIC YOGA

Yoga is a complete science of health, which deals with the understanding of the adequate functioning of all systems of our body and appropriate coordination between them, along with the healthy functioning of our mind.

According to yogic view, diseases, are the result of faulty ways of living. Since the root cause of a disease lies in the mistakes of the individual, its cure also lies in correcting those mistakes by the same individual. Thus, it is the individual causing as well as curing the disease. This being the basic assumption in this system about the nature of the trouble and its remedy, there is total reliance on the effort of the patient himself. The yoga expert shows only the path and works no more than as a counsellor to the patient.

Three decades ago, for the first time, the world fame Yogacharya Swami Kuvalyanand from Lonavala, Pune (Maharashtra) and Dr. Vinekar have published their results based on the studies conducted in the field of yogatherapy. Swami Kuvalyanand described the nature of health and disease based on the concepts of ancient yoga shastras, and presented a few positive aspects of yogatherapy.

According to Swami Kuvalyanand, "Yogic therapy provides four-fold assistance in curing our ailments

- ★ By developing adequate mental state
- ★ By rehabilitating neuro-muscular, neuro-endocrine, psycho-neuro-immunological mechanisms
- ★ By adopting healthy diet and life style
- ★ By natural cleansing activities and by internal cleansing using 'shat kriyas'

Asanas, pranayama and meditational techniques, when performed in a planned manner with a specific purpose, are not only curative elements, but also proved to be preventive devices, for all types of psychosomatic disorders. This is the precious essence of yogatherapy.

PREGNANCY

Child-bearing is undeniably the ultimate dream for the majority of women. It is an almost divine fulfilment that she hopes to attain. Pregnancy is one of the greatest experiences in life. Fears and apprehensions often cloud the mind the moment pregnancy is confirmed. The essence of harmoniously handling a glorious pregnancy lies in the ability to gain complete control of the mind, then the body follows willingly. The ancient path of yoga has great lessons to offer on this happy occurrence from conception to child birth.

Pregnant women should lead a healthy, happy life both physically and mentally. She must eat proper food with more proteins, vitamins and minerals. She should sleep properly. As emotions affect pregnancy she should avoid violent thoughts and emotions and be calm and cheerful and also avoid smoking and alcohol. She should not take any medicines without prescription by a qualified doctor. Her general health is to be improved so that she can resist infections.

Common Discomforts During Pregnancy

1. Heartburn, 2. Constipation, 3. Varicose Veins, 4. Pigmentation patches, 5. Sleeplessness, 6. Breathlessness, 7. Ligament pains.

How Yoga helps a Pregnant Woman

1. Yoga helps as a therapy to relieve the above mentioned discomforts associated with pregnancy.
2. It raises the level of awareness of one's body.
3. It helps her to cope with the changed situations.
4. Abortions can be prevented.
5. All the asanas are designed for the comfort of the mother and the baby.
6. Helps in strengthening the muscles and increases flexibility of the joints of the pelvic floor.
7. It provides excellent placental circulation of blood.
8. Oxygen intake of the baby is enhanced which helps in proper growth of the foetus.
9. It facilitates normal delivery and caesarean sections can be avoided.

Yogic Do's and Don'ts about Exercising during Pregnancy

1. Any *asana* which compresses the abdomen should be avoided during the ante-natal period. Avoid *asanas* which put pressure on the abdomen. e.g. face down *asanas* (*Makarasana*, *Bhujangasana*) or forward bending *asanas* (*Yogamudrasana* *Paschimottanasana*).
2. Do the squatting postures.
3. Do the stretching *asanas* while inhaling, do them gently.
4. Do the cross-legged postures more like *Sukhasana*, *Ardha Padmasana*, *Padmasana* and *Parvathasana*.
5. Do not do any inverted *asanas* in ante-natal stage.
6. Stop all *asanas* if there is any vaginal bleeding. Consult your doctor immediately.
7. Do each *asana* correctly but do not be discouraged if it is not perfect.
8. Do the *asanas* in a rhythmic, non-jerky manner. Avoid sudden movements.
9. Do the *asanas* on the floor as far as possible; with a floor covering like a mat, blanket, rug or on a hard bed.
10. Do the *asanas* at least 2 hours after meals. You may divide your *Yoga* practices into certain groups doing them at certain times e.g. relaxation postures could be practised in the middle of the day after the meal, meditative postures early in the morning and more active postures whenever possible during the day.
11. Do the *asanas* in an airy room.
12. Do the *asanas* in a relaxed, comfortable manner. In fact the meaning of an *asana* is that it should be steady and pleasant, leading to relaxation and one-pointedness.
13. Be sensible. Do not overstrain.
14. Be adaptable. On certain days the baby's position might make it more uncomfortable to perform certain *asanas*. Do not push yourself.
15. Turn to your side while getting up from any lying down position.

Diet tips for Pregnant Ladies

1. Try to eat every four hours. Do not overeat at any meal.
2. Eat easily digestible light meals. Avoid too many fried foods.
3. Meal time should be a joyful time. Do not eat with disturbed emotions. Food eaten with anger, rage, fear, sadness or hatred is like poison to the mother and the baby.
4. Try and eat an early dinner which should be lighter than the day's meal. Plenty of fruits and boiled vegetables with a cup of milk is the ideal dinner.
5. Avoid foods which are canned, processed, bottled and tinned. Try to have fresh, well cooked, hygienic food.
6. Prefer filtered and double filtered vegetable oil.
7. Moong dal and mixed dals and food like *Khichdi* where the grains and legumes are mixed give a better quality of protein. Skimmed milk and curd are a very essential part of the diet.
8. Eat whole grain cereals. That would mean that chapati and whole wheat bread would be more nutritious than white bread. Try and eat rice which is unpolished and hand pounded.
9. Try and eat the food of the area in which you live. The vegetables and fruits of that season would also be ideal.
10. Avoid tea and coffee as well as alcoholic and aerated drinks. They stimulate the system.
11. In between the meals have water, lime juice or any fruit juice.
12. Eat plenty of vegetables for roughage, minerals and vitamins.
13. Anaemia could be one of the factors which affect pregnancy. Eat a lot of green vegetables. Dry fruits like apricots, dates and raisins should be taken after washing and boiling in a tablespoon full of water and boiled vegetables with a cup of milk is the ideal dinner.
14. Do not drink water during meals but every meal should have some liquid like milk, buttermilk or soup.

Yoga Recommended during Pregnancy

1. Sukhasana (Throughout Pregnancy)
2. Vajrasana (Throughout Pregnancy)
3. Bhadrasana (Throughout Pregnancy)
4. Padmasana (Throughout Pregnancy)
5. Parvathasana (Throughout Pregnancy)
6. Ardhakatti Chakrasana (Till Seven Months)
7. Ardha Paryankasana (Throughout Pregnancy)
8. Simplified Ushtrasana (Till Six Months if comfortable)
9. Pranayama (Sectional Breathing-without holding the breath)
10. Meditation.

Breathing Techniques during Delivery

First stage of Labour : It lasts from time of onset of labour pains till the membranes gets ruptured. It is advisable to stroll during this stage.

Two types of Breathing recommended.

1. Breathe in for a count of three seconds and breathe out for six counts. You should not hold the breath.
2. You can also take a breath from nose and blow out through the mouth. This relieves anxiety and discomfort.

Second stage of Labour : It is stage of expulsion of the baby. The mother is advised to start pushing down with each contraction. When contractions come take a breath and push down hard as if one is expelling a hard stools. When there is no contraction relax and breathe normally. If you get exhausted inhale from nose and blow out through mouth. Continue blowing till the baby is out.

Third stage of Labour : It is the stage of expulsion of placenta. This is the time to relax and get the mind engaged with pleasant thoughts. Breathe normally. Placenta gets separated slowly and comes out.

Back into shape after the delivery

Yoga helps a woman back into shape after delivery. In Normal Delivery asanas can be gradually introduced after one month. In caesarean sections it should be started after six months.

Asanas recommended:

Post-Natal Asanas

All Pre-Natal Asanas can be done in addition to the following:

1. Trikonasana
2. Paschimottanasana
3. Sarvangasana
4. Salabhasana
5. Halasana
6. Makarasana
7. Pada Hastasana
8. Yogamudrasana

Tips to avoid major crying bouts of the baby:

1. Change the nappies at the right moment.
2. Take care of the nappy pins.
3. Burping the baby after a feed to avoid discomfort.
4. Not allowing the baby to be overstimulated by visitors since this can fatigue the baby.
5. Rocking the fatigued baby gently in the arms relaxes him, however do not make this a habit.

When the baby is crying do not dash and run to the baby. Try and talk if you are near by. If far, make a sound to let the baby know that you are close by. The mother should be associated with her special voice and jingle of bangles, anklets or key chain. Fretful babies need to be comforted during severe crying bouts. Wrapping them snugly in a piece of cloth comforts some babies. Music could prove comforting as well.

Courtesy : Pregnancy Parenthood & Yoga, Yoga Institute, Santacruz

INFERTILITY

FEMALE INFERTILITY

The most common reason for female infertility is failure to release an egg (ovulate)

Failure to ovulate may be caused by:

Hormone imbalance (FSH & LH)

Obesity and weight gain.

Prolonged excessive stress.

Tumour or cyst on the ovary and other ovarian disorders.

Irregular cycle. Weight loss for various reasons.

Various medications.

Asanas Recommended:

Bhadrasana, Dhanurasana, Ekapadha Sirasasana, Shirshasana, Sarvangasana, Paschimottanasana, Baddha Padmasana, Yogamudrasana, Parvathasana, Matsyasana, Veerasana, Ardhamatsyendrasana, Shavasana, Nadi Suddhi Pranayama and Uddiyana Bandha.

MALE INFERTILITY

The common reasons for male infertility are:

1. Low sperm count,
2. Immature or abnormally shaped sperm,
3. A problem with its delivery to the female genital tract.

This may be caused due to:

Psychological: Nervous tension, psychiatric illness.

Endocrine factors: Hypothyroidism

Systemic factors: Ageing over 45 years, severe diabetes mellitus, fatigue, heavy smoking, alcoholism and certain types of medications. High fever, hot environments and excess weight, may raise testicular temperature & decrease fertility.

Asanas Recommended:

Bhadrasana, Dhanurasana, Ekapadha Sirasasana, Shirshasana, Sarvangasana, Ardhamatsyendrasana, Nadi Suddhi Pranayama and Uddiyana Bandha.

Gynaecological Diseases

All the following usual problems occurring in women can be prevented by regular practise of yoga from young age.

I. Menopause:

Menopause is a natural change affecting the human body. Women should accept it and should never fight the situation. Usual symptoms are depression, hot flushes, weak bones, dryness of skin and mucous membrane irritability. These can be avoided with

1. A healthy diet rich in calcium (Maximum of 1500mg of calcium per day is the recommended supplementary dosage).
2. A regular practise of yoga for one hour daily which includes Bhadrasana, Vipareetha Karani, Ardha Halasana, Bhujangasana, Salabhasana, Ardha Chakrasana, Pranayama and Meditation.
3. Good inter-personal relationships and effective support from the member of the family at this time, will help the woman.

II. Dysmenorrhoea:

It is painful menstruation either due to congestion or spasm.

Yoga recommended:

Asanas regularise the blood supply and at the same time relieves congestion. Bhadrasana, Janusirasasana, Utthita Trikonasana, Supta vajrasana.

III. Fibroids of the Uterus:

It is the commonest of all the pelvic tumours. It affects 20% all women over the age of 35. The incidence is greater in women who have not borne children.

Symptoms:

Excessive flow, irregular periods, vaginal discharge, painful menstruation and pressure symptoms on urinary bladder.

Yoga recommended:

Vipareetha karani, Vakrasana, Trikonasana, Sarvangasana, Supta vajrasana, Ekapadha sirasasana.

IV. Prolapse of Uterus:

Causes:

The various causes of prolapse are: 1. Rapid succession of pregnancies; 2. Application of forceps before full dilatation of the cervix; 3. Passage of large babies through the birth canal; 4. Obstetric injuries; 5. Inadequate post-natal rehabilitation; 6. Tumours, obesity and chronic bronchitis. Of all these, post-natal rehabilitation is very important and elementary.

Yoga recommended:

Vipareetha karani with Ashwini mudra, Sarvangasana, Utthita Trikonasana, Maha mudra, Ardha salabhasana, Bhujangasana. If the prolapse is detected early, yoga provides complete correction. Surgery can be avoided.

V. Irregular periods or Scanty periods:

They are due to hormonal disorders.

Yoga recommended:

Pavanamuktasana, Bhadrasana, Ardhakatti Chakrasana, Matsyasana, Vipareetha karani, Virikshasana, Pranayama (Nadi Suddi) and Meditation.

OBESITY

Obesity refers to excess of body fat. It means more fat is being consumed than used up.

Complications of Obesity:

1. Blood pressure increases.
2. Causes block in the coronary arteries and heart diseases
3. Shortens the life span.
4. Causes diabetes.
5. Joints are damaged.
6. Hernia occurs.
7. Indigestion and constipation are common.
8. Causes sexual incapacitisation.
9. The intellect and the mind become dull.

Causes:

1. Wrong food habits.
2. Lack of exercise.
3. Hormonal malfunctions.

Prevention of Obesity:

1. Eat only when hunger occurs.
2. Better to have two principle meals a day with breakfast and a little snack in between.
3. Eat slowly.
4. Finish dinner two hours prior to sleep.
5. Do not eat fatty, fried food.
6. Eat only four times a day.
7. Avoid anything in between those four fixed time.
8. Always eat a little less than what you need.
9. Avoid water while eating.
10. Drink water after the food.
11. Daily do exercise like walking, running, jogging and asanas.

Yoga Recommended:

Shavasana, Vipareetha Karani, Ardha Halasana, Sarvangasana, Bhujangasana, Salabhasana, Santulanasana, Pavanamukthasana, Surya Namaskar, Dhanurasana, Paschimottanasana, Supta Vajrasana, Matsyasana, Vamana Dhauti or Kunjala Kriya, Uddiyana Bandha, Jalandhara Bandha, Pranayama (Sectional Breathing) and Meditation.

Hints:

One should not try to do many *asanas* in the beginning. Do gradually and regularly. Lying down after the meals should be avoided. Sitting in *Vajrasana* for at least 10 minutes after meals is recommended.

Conclusion:

The idea of 'instant' weight loss is wrong. It is a mistaken notion that yoga can reduce excess flab in the system quickly. The practise of yoga is so difficult for the overweight person that they cannot lose fat so easily. Moreover, even with a high intensity programme, a few years are required.

The person who practises yoga regularly finds that they cannot eat heavily as the body rejects it. If the person is already obese, it is easier to shed the excess weight by high intensity workout like weight training and aerobics, and then switch over to yoga in order to prevent further weight gain.

CHRONIC CONSTIPATION

According to Mahatma Gandhiji:

"Health is Wealth and Constipation is the root cause for most of the diseases and so the first step towards health is getting rid of Constipation".

Cause:

Constipation is due to i) Faulty diet containing less roughage ii) Due to mental tension iii) Lack of exercise.

Principles of Yogic Management:

Asanas massage and stretch abdominal organs and stimulate the digestion and excretion. Mental tension is relieved by relaxing techniques.

Diet should contain fresh fruits, vegetables, whole wheat, vegetable salad, plenty of water and green leafy vegetable. Two glasses of warm water with the pinch of salt, first thing in the morning followed by asanas will help in curing constipation.

Yoga recommended:

Pavanamukthasana, Vipareetha Karani, Bhujangasana, Salabhasana, Matsyasana, Vajrasana, Ardha Halasana, Pada Hastasana, Sectional breathing in Pranayama, Agnisara kriya and Uddiyana bandha.

"Yoga is not an ancient myth buried in oblivion. It is the most valuable inheritance of the present. It is the essential need of today and the culture of tomorrow".

Swami Satyananda Saraswati

HYPER ACIDITY OR PEPTIC ULCER

It is the most common stress-induced disorder. Excessive acid secretion by the cells in the stomach is the cause of this condition.

Causes: This may be due to

1. Psychological disturbances.
2. Faulty diet habit like skipping the meal or ingestion of excessive hot and spicy food etc.
3. Smoking.
4. Alcoholism.

Symptoms: Pain in the stomach usually related to food.

Yoga acts in four ways:

1. By reducing mental tension and stress.
2. Improving blood flow.
3. Reduction in acid secretion.
4. Increasing mucus secretion.

Yoga recommended: Vajrasana, Supta vajrasana, Pavanamuktasana, Ardha Halasana, Vipareetha Karani, Sarvangasana, Shavasana, Pranayama (Sectional Breathing), Uddiyana Bandha, Agnisara Kriya and Meditation.

Hints:

1. Adhere to meal times strictly.
2. Ensuring good sleeping hours.
3. Reducing tension in work by delegating work, practising little detachment in work.
4. Taking balanced diet and avoiding tamarind, hot spicy and oily food.
5. Developing positive attitude towards life.
6. By loving everybody and forgiving people who did harm to us.

CHRONIC HEADACHE

Headache is only a symptom. It has become most prevalent in our society with its stress.

Causes: When the nervous system of the individual is strained either due to internal or external causes, one develops headache. Common causes are diabetes, high blood pressure, constipation, indigestion, sinusitis, eye disorders, lack of proper rest, anxiety, tension and fatigue. It may be very rarely due to a tumour in the brain which has to be always ruled out with the help of X - ray and EEG. It may be due to a disease called Migraine.

Migraine: Migraine refers to periodic, throbbing headache accompanied by nausea, dizziness and eye pain. The essential Pathology is a reduction in cerebral blood flow in some areas and an increase in other parts.

Yogic Management: Vipareetha Karani, Shirshasana, Ardha Halasana, Sarvangasana, Janusirasasana and Paschimottanasana with pillows and Shavasana at the end. All the poses are done with the eyes and ears closed by an elastic bandage. This relaxes the facial muscles.

Pranayama - To begin with Ujjayi pranayama and later Nadi Suddhi Pranayama. Cooling pranayama is also practised. Meditation helps in relaxation.

Hints:

1. It is better to find out, underlying pathology if any by means of simple investigations in consultation with a qualified medical practitioner.
2. Majority of the sufferers are unlikely to have a cause that can be pinpointed. Then he has to change his life style with proper diet, sleeping pattern and yogic exercise.

LOW BACK PAIN

Back ache is a common problem. The back is a very delicate area. It has bony structure, vertebra, ligaments, disc, spinal cord nerve roots and muscles.

Causes: Most common causes are Disc prolapse, Spondylitis of spine, Arthritis of hip, Gynaecological conditions or muscle spasm, due to poor posture, Sudden strenuous activities, Lack of exercises, Over weight, Exposure to cold or Tension and Worry.

Yogic Management:

1. Relieving pain is the first step. Rest in bed for a few days or few weeks along with analgesics is most important.
2. It is believed that good health is achieved when there is smooth flow of energy through susuma nadi which is located in the spine. An obstruction in this nadi causes pain. So yoga is directed towards removing these blocks in the spinal region.

Yoga Recommended :

Simple *asanas* like *Pavanamuktasana* with pillows, *Ardha Halasana* with support, *Bharadvajasana* near the wall with the rope, *Shavasana*, *Bhujangasana*, *Salabhasana*, *Pranayama* (Nadi Suddhi Pranayama) and Meditation.

Hints:

1. Patients with back pain should rest on a cot preferably a firm cot which should support and not sag.
2. It is advisable to avoid forward bending.
3. Patients should avoid lifting weights.
4. Patients should continue the yoga without discontinuance.

CHRONIC SINUSITIS

Sinusitis has become common disorder of the day caused by the pollution in cities. Sinusitis is the inflammation and swelling of the mucous membranes lining the sinus cavities.

Causative factors: 1. Allergy 2. Infection 3. Poor Immunity 4. Smoking.

Symptoms

1. Excessive or constant sneezing.
2. Watering of the nose.
3. Blockage of one or both the nostrils.
4. Headache, Worst in early morning.
5. Breathing becomes very difficult and the patient has to struggle for every breath.
6. Altered voice.

Principles of Yogic Management

Yoga works by promoting healthy drainage of secretions and boosting a flow of pure blood to the sinuses, thus flushing and removing stagnant blood.

Yoga recommended : Inverted *asanas* like *Vipareetha Karani*, *Shirshasana*, *Sarvangasana*, *Ardha Halasana* helps in promoting drainage of secretions. Standing *Asanas* like *Utthita Trikonasana* clears the sinus by increasing adrenaline. *Pranayama* (*Nadi Suddhi*) helps in clearance of the air passage and Meditation relieves tension. Operation of sinuses can be avoided definitely.

Hints:

1. The practise of *Sarvangasana* and *Ardha Halasana* on a rolled mat at night before sleep is essential.
2. Avoid smoking.
3. Avoid using perfumes and hair oils with a strong smell.
4. Avoid taking milk at bed time.
5. Avoid playing with pet animals.

CERVICAL SPONDYLITIS

A very common disorder, normally seen in the age group from 35 to 55 years of age.

Causes : This is basically a mechanical disorder. The causes are:

1. Bad Posture.
2. Lack of Exercise.

Commonly found in people:

1. Lying in the bed with several pillows propping up the neck into an unnatural position.
2. Reclining on sofas with the spine hunched.
3. Hunching over the computer for many hours
4. With occupation as writer or painter, who bend forward all the time.
5. Who always lie on the same side during sleep.

Symptoms: The most common symptom is pain in the neck, worsening with exertion and relieved in the early stages, by rest. This pain often radiates to the hand, with the fingers becoming numb due to compression of the nerves. This pain sometimes spreads over both the sides of the shoulders, the back side of the neck, the collar bone and the shoulder joints. Patients also complain of giddiness.

Yogic Management:

1. Neck and shoulder muscles are made flexible.
2. The intervertebral spaces are widened by the pull of the muscles. This is equal to the traction recommended by the allopaths.

Yoga Recommended:

Virikshasana, Trikonasana, Bhujangasana, Shavasana, Sarvangasana with the chair, Halasana, Shirshasana, Dhanurasana, Bharadvajasana with stool, Gomukhasana, Veerasana and Jalandhara Bandha.

BRONCHIAL ASTHMA

Asthma is a Reversible Obstructive Airway Disease.

Causes: Heredity, Allergy, Psychosomatic Factor, Infection.

Symptoms: Cough, wheezing and Breathlessness.

Diagnosis is by clinical examination assisted by Pulmonary function tests.

Principles of yogic management: Yoga is very useful as it primarily works by stimulating autonomous nervous system. Secondly asanas help to ease the congestion in the lungs and promote relaxation of smooth muscles and better oxygenation. Yoga helps in mental relaxation and also in building up the stamina.

Yoga recommended:

1. Kapalabhati Kriya, Jala Neti Kriya.
2. Pranayama: Simple Ujjayi breathing to start with and then Sectional breathing.
3. Meditation.
4. Asanas: Shavasana, Makarasana, Bhujangasana, Ushtrasana, Ardha Chakrasana, Vipareetha Karani, Halasana, Paschimottanasana.

Hints:

1. Avoid direct breeze on the face, as this causes a spasm and production of mucus in the sinuses.
2. Bathe in warm water. Don't go out, right after a bath. This applies especially to children. In fact children should be given their daily bath in the evening, since the morning is already a stressful time for them.
3. When you get out of bed in the morning immediately put on a warm covering.

4. Keep your head covered while sleeping. Rise before the sun does. Sunrise, a time of temperature fluctuation, is a sensitive period for asthmatics and they should be active and not lying down.
5. Food: Saltvic diet is recommended. Avoid too much sweet and starchy foods as they are known to be mucus forming. Avoid irritating and spicy food. Eat at regular intervals. Eat the last meal at least three hours before bedtime so that a heaviness is not experienced.
6. Recreation: It has its value in that it helps in creating newer perspectives and induces a sense of joy and laughter which can be very therapeutic. It also gives a sense of release and creativity which an asthmatic needs often. Activities like gardening, music and singing or any hobby which gives joy could be taken up.
7. Do your asanas regularly.
8. Don't pretend you have no problems. Talk them over with a friend or someone you trust who will listen to you. Sometimes just getting things "off your chest," a significant phrase for the asthmatic, can help.
9. Be sure you get enough rest and sleep. Nerves tend to fray when you're tired. No matter how busy you are, don't compromise on sleep. The more rested you are, the better you can face your world.
10. Attitude: One should develop a positive attitude towards life and avoid stress by proper planning of the work and managing the time properly.
11. At all times accept that there is a higher reality which orchestrates the events of the universe of which we are all an integral and essential part.

Asthma being a chronic disorder requires many years for stabilisation. All the asanas should be done on props to avoid strain.

Courtesy: Yogic life, Yoga Institute, Santacruz.

Essential Hypertension (EHT) or High Blood Pressure

Psychological, physiological and environmental factors are only three of the many factors that lead to high blood pressure. At present the role of the mind in causing high blood pressure is widely accepted.

Symptoms: Usually, essential hypertension has no symptoms and is found on routine examination. The normal blood pressure under resting conditions should be 120 / 80 mm of mercury. Both the systolic and diastolic pressure can be affected. Some people complain of giddiness.

Yogic Management of essential Hypertension:

Yoga is an excellent means of treating high blood pressure. As essential hypertension begins in the mind, yoga is of prime value. However weight loss is essential for yogic management and only dynamic exercises can reduce weight. Yoga can be practised side by side with weight - reducing exercises, as yoga alone can prevent vascular complications due to its massaging effect on the arteries. Asanas make the arteries and capillaries, elastic allowing more blood to flow into various areas, resulting in better relaxation of those tissues. The right approach would be to change the attitude of the patient in day-to-day life, and learn how to relax the neuro-physiological system (which happens in yoga) and thus control the high blood pressure. The steady rhythmic breathing helps to control the autonomic system. As the breathing rate reduces, the stress on the body is reduced. The hibernative state removes the accumulated stress. All this happens over a period of time.

Yoga recommended: Shavasana on bolster; Supta vajrasana, Veerasana, Janu sirasasana, Paschimottanasana with bolster, simple cross-legged position and bending forward; head stand on rope, Sarvangasana on chair, Ardha halasana, Vipareetha karani, Shanmukhi mudra and Pranayama (sectional breathing) and Meditation.

Courtesy: "A Matter of Health", Dr. Krishna Raman & Eastwest Books Pvt. Ltd.

DIABETES MELLITUS

It is the most common metabolic disorder world wide. Normal level of blood sugar is 80 to 120mg% . In diabetes it is more than 180mg% two hours after food.

Type I (IDDM) : This type of Diabetes is Insulin dependent and develops before 40 years of age.

Type II (NIDDM): This type of Diabetes is non-insulin dependent and develops after 40 years and this is more common.

Symptoms are excessive thirst, hunger, sweating and urination.

Complications are 1.Heart attack, 2. Retinopathy, 3.Neuropathy, 4.Skin Infection, 5.Kidney failure, 6.Arthritis, etc. All arise if the blood sugar is not controlled.

Yogic management:

It is important that diabetics undertake yogic therapy in conjunction with qualified medical supervision. Laboratory facilities should be available so that progress in therapy can be assessed with blood and urine sugar levels. Stopping the medicines is not advisable, in the beginning. Anyhow after one month's yoga, the blood tests can be repeated and with the help of qualified specialists, decision could be taken about the reduction of the usual medicines. Constant blood examinations are required for treating diabetics. Even if the sugar comes to normal level, one should not be under the impression that he is totally cured of the disease. Every month blood test should be done to see even a small increase in sugar level so that it should be treated immediately with medicines with the supervision of qualified medical practitioner. Patient education is very important. Firstly a strict dietary regimen is very important. Secondly exercise (like jogging, walking, cycling) is very valuable. Yogic exercise can be either high or low intensity depending on the condition of patient.

Yoga recommended : Sarvangasana, Surya Namaskar, Ardha Halasana, Bhujangasana, Salabhasana, Halasana, Vakrasana, Pavanamuktasana, Vajrasana, Shavasana, Dhanurasana, Nadi Suddhi Pranayama and Meditation.

Yoga plan for total health

The Yoga Plan for Total Health is a carefully conceived 9-point training programme which includes:

1. Helping to establish healthy routines through change in diet, sleep and posture.
2. Self-care through urine testing.
3. The emotional implications of the disease and how to overcome anxiety and apathy, and the consequent swings in blood sugar levels.
4. How to eat, what to eat, when to eat and why not to eat certain foods.
5. Exercising and stretching the spine and various muscles of the body through yogic postural practice.
6. Yogic breathing and concentration through Asanas, Pranayama and Kriyas.
7. Yogic relaxation, mainly Savasana, and Makarasana as de-stressors.
8. Acceptance of the Yogic philosophy and way of life, accomplished by group discussion.
9. A period of *Mauna* (silence) and *Abhyasa* to put learning into practice.

Follow-ups revealed that those who had kept up their practice and changed their basic attitudes towards life seemed to show a marked and consistent improvement in their health status.

In fact, diabetics because they take better care of themselves live longer and are healthier than less health-conscious non-diabetics who wreck their health through wrong habits and ignorance.

Dr. Jayadeva Yogendra

Courtesy :- Yogic life for control of DIABETES
The Yoga institute, Santacruz, Mumbai

ARTHRITIS

Arthritis is the disease of the joints. It may be inflammatory or degenerative.

Symptoms: 1. Pain, 2. Swelling, 3. Redness, 4. Stiffness, 5. Heat in the joints.

Most common types are: 1. Osteoarthritis. 2. Gouty arthritis. 3. Rheumatoid arthritis.

In our country millions of people suffer from this vexing, torturous and disabling disease. It affects both male and female of all age groups. The most disheartening aspect of the disease is that it does not get easily cured through medicine when it is in chronic stage.

Osteoarthritis: Osteoarthritis is a degenerative disorder. Causes are trauma, injury, infection and obesity. Usually occurs in the age of 55 to 65 years.

Gouty arthritis: Gouty arthritis is a metabolic disorder characterised by elevation in the blood level of uric acid and deposits of uric acid crystals in the joints. The joint of the big toe is most commonly affected. The age group usually afflicted is around 30 to 60 years.

Rheumatoid arthritis: Rheumatoid arthritis is a chronic inflammatory condition of all the joints with systematic manifestations. The exact cause is unknown and the possibilities are genetic predisposition, auto-immune disorders and infection.

Yogic Management: The massage to the joint helps to increase blood circulation, drain away products of inflammation from the area, bring in fresh blood for healing. The pain gets reduced. Standing poses are very useful in improving joint mechanics. The arthritis has been shown to be aggravated by psychological stress and yoga plays an important role in stress management.

Yoga Recommended: Santulanasana, Trikonasana, Veerasana, Gomukhasana, Siddhasana, Natrajasana, Savasana, Sarvangasana and head stand, all sitting asanas, Pranayama and Meditation.

ISCHAEMIC HEART DISEASE

Ischaemic Heart Disease (IHD) or Coronary Heart Disease (CHD) is one of the leading causes of morbidity and mortality throughout the world. The main cause of this disease is deposition of cholesterol and fat in the inner smooth lining of the blood vessels (coronary arteries) supplying the heart resulting in their blockages and obstruction to blood flow through them. An atheromatous plaque is formed which decreases the flow of blood, oxygen and nutrients to the heart.

NON-MODIFIABLE RISK FACTORS

- | | |
|-------------|-----------------------------|
| 1) Age | - It is more between 40-55. |
| 2) Sex | - It is more in males. |
| 3) Heredity | - Occurs in families. |

MODIFIABLE RISK FACTORS

High blood cholesterol level, High blood pressure, Diabetes mellitus, Obesity, High blood Triglyceride levels, Low blood HDL levels, Lack of anti-oxidants in the diet, Stress, Smoking, Sedentary lifestyle.

HEART ATTACKS CAN BE PREVENTED BY FOLLOWING THE SIX GOLDEN RULES.

1. Take a proper balanced diet - A High fibre Vegetarian Diet is recommended. Avoid too much salt, sugar, avoid saturated fat like ghee, butter, cream, yolk of egg and meat.
2. Avoid Smoking.
3. Regular medical check-up.
4. Regular exercise for at least half an hour daily like brisk walking.
5. Avoid stress and tension.
6. Follow yogic lifestyle.

IMPORTANCE OF YOGA IN THE TREATMENT OF ISCHAEMIC HEART DISEASE

Yoga and relaxation have been successfully used for the amelioration of high blood pressure and coronary heart disease over the past few decades. Recent researches have proved that this form of treatment not only reduces high blood-pressure but also reduces the serum cholesterol levels, serum tryglycerides levels, serum free fatty acid, blood glucose, body weight and coronary artery disease. No form of medicine is so effective in the treatment of coronary heart disease as in yoga. Moreover this form of therapy has no side effects unlike medical drugs. Yogic practice also improves physical fitness and helps to improve the individual's efficiency.

The enemy of the cardiac patient is not just fatty food or cholesterol, stress or hostility, but materialism, selfishness, egoism, negative emotions and all kinds of excess. Change in lifestyle and change in attitudes are needed for prevention of further blocks.

YOGA RECOMMENDED

Surya Namaskar (Sun Salutation Pose), Tolasana, Padahasthasana, Salabhasana, Vajrasana, Shashankasana, Ardhamatsyendrasana, Bhujangasana, Ardha Halasana, Matsyasana, Sarvangasana, Pavanamuktasana, Pranayama (Nadi Suddhi Pranayama) and Meditation.

YOGA NIDRA

This is an advanced relaxation meditation technique which utilises shavasana, as the basis for deeper and more powerful relaxation. The body is kept motionless and the individual engages in a series of easy mental exercise, such as breath awareness.

Yoga has been successfully used to avoid coronary bypass surgery and to maintain the heart in good working condition.

EPILOGUE

Learn to Live

I usually start and end my classes with the message

"**Learn to Live**". Because Yoga teaches us the art of living. It helps us to accept life, to live in the present, to keep smiling, to be pure, to do good to others and to attain spiritual calmness.

Live in the Present

Living in the present is the Secret of Success. Osler said "Live neither in the past nor in the future, but let each day's work absorb your entire energies and satisfy your widest ambition."

"You take care of today. That will take care of tomorrow" - so said an English scholar. Omar Khayyam said "Yesterday is dead, Tomorrow is yet to be born, why lament when today is full of delight? It is necessary to engage ourselves in the work of the present moment." What the scholars have said in the present century had been discovered by the Indian sages thousands of years ago. We have now forgotten their message. The various set-backs and failures that we experience in life, can be attributed to the neglect of these words of wisdom. Vedic texts says

"Yogis don't regret the events of the past. They don't care for the future. They operate entirely in the world of the present."

Keep Smiling

Life moves; it proceeds through its road - which is always bumpy. It must. It is a route to the top, and as hill-roads always do, it rises and falls. It proceeds through ascents and descents, and yet, if the traveller is facing the peak, in spite of temporary ascents and frequent descents, he is ever progressing. Therefore keep smiling; all falls are a rise in the Total.

How Strange, How True! Yoga, the lives of saints and teachings of spiritual leaders of ancient India have attracted the attention of foreign intellectuals due to their innate strength, though there is no effort for their propagation.

Is it not strange but true that they don't appeal to the youth and educated people of our country? When the Westerners have been fully benefited by yoga by starting many yoga centres in their country, we are not attaching much importance to yoga as they do.

Vision beyond

Swami Vivekananda said "*We want today muscles of iron and nerves of steel*". What he implied was that a weak physique could not contain or uphold powerful thoughts and ideas. The duty of the Youth today is to fight against and overcome poverty, ignorance, disease and threats of war and lead humanity to light. He also proclaimed that message of Yoga would spread throughout the world, at one point or the other. The well known historian Arnold Toynbee made a prediction towards the middle of this century: "*India will conquer her conquerors culturally, not politically*", as Swami Vivekananda has already hinted.

Next Step

So it is the duty of every citizen of India to learn the art of our ancient Yoga and spread its message throughout the country to make it prosperous.

Faith Heals

The Hindu reported in its issue on 26th June 1979 that an experiment had been conducted by Dr. Benson, Boston, America, for forty years. It was a report based on an experimental study of the effect of the doctor's personality, the instructions they give, and the confidence the patients have in them. Physicians have been quite familiar with the phenomenon of confidence affecting cures in the treatment of diseases. The research paper of Dr. Herbert Benson of Beth Israel Hospital, Boston was published in New England Journal of Medicine. The researchers concluded that more than the medicine, it was the doctor's encouragement, assurance, love, concern and sincerity that gave relief to patients. People might be surprised at Dr. Benson's finding that 82% people were cured by faith.

Message to Doctors by Swami Sathyananda Saraswathi.

As doctors you have a major task ahead of you. You are the traditional guides of the community in health matters. People have always looked to you for help, not only in their physical problems but also in their mental, emotional and spiritual ones. You bear an enormous responsibility in shaping community attitudes, ideals and expectations. Your words carry respect in all segments of the community, and this is why it is vital that you become personally familiar with yoga as a way of life, as well as a cure of disease.

You must incorporate it with your other diagnostic, prescribing, healing and educating skills. You are scientists, highly trained in logic and experimental analysis. You must conduct your own experiments - first with yourselves and then with the help of your patients. You must submit yoga to a deep and thorough scrutiny, and only then accept it if you wish. If the healing potential of the yoga techniques is to become known to suffering mankind, then it must become a part of medical therapeutics. You must perform the clinical trials and evaluations which will validate yoga. This is the next step.

Courtesy: Yoga and Cardiovascular Management, Yoga Publications Trust, Munger, Bihar, India.

And Finally...

Swami Sivananda says "An ounce of practise is worth several tons of theory". May all of us practise Yoga and be benefitted immensely by it with the Divine Grace.

Let us all practise Yoga and "Learn to Live" a happy, healthy and harmonious life.

Finis

THEIR EXPERIENCES

1. "Arul Nidhi" Mrs. Jayalakshmi Tulasidoss Ph: 24912550
Social Worker, Jaya nivas 14, 9 Lane Shastri Nagar, Adyar.

Dr. S. Hema is a dedicated lady of virtues. She is doing very much to the women and down trodden. She is simple and modest. In her I see the great poet Barathiyar's "Pudumai penn". Her teachings on yoga are simple and understandable to all. She is very successful in the field of obstetrics and gynaecology, now also in yogatherapy. Also does a lot of spiritual and social service. I wish her a long happy life.

2. Mythili, Headmistress. Ph: 28140153
Saradha Vidyalaya Matriculation Higher Secondary School, T. Nagar,
Dr. S. Hema, Secretary of Old Students Association of our school takes Yoga classes for our school students. Performances of the students taking yoga classes with her are excellent.

3. Mythili, Headmistress. Ph: 26233614
SBOA Matriculation Higher Secondary School, Anna Nagar, Chennai.
I had suffered from severe back pain which interrupted my hectic work. I had Yogatherapy from Dr. S. Hema and got relieved of my pain. Thanks to her.

4. V. Srinivasan, B.E (Elec) Ph: +971 (0) 2 4456 480
Design Engineer, Mobile: +971 (0) 50 5937941
Mott MacDonald, Abu Dhabi - P.O. Box:4336
I was suffering from Allergy for one year. I went around all the Skin specialists. I also tried Homeopathy and Ayurveda. The problem was getting worsened day by day. Luckily I met Dr. Hema and followed her advice and I got cured of my problem

5. Dr. Subbulakshmi, M.D., D.G.O. Ph: 24833088
73/12, Amir John Street, Choolaimedu.
When I was employed in Libya, I developed high Blood Pressure and Hyper-thyroidism. When I came on holidays, I took up yoga classes from Dr. S. Hema. My Blood Pressure came down to normal. Thyroid started functioning normal. I went back happily abroad and continued my services effectively.

6. Dr. Jameela. M.D., D.G.O., Director, J.S. Hospitals
Neelakandan Street, Chennai - 94.
After learning Yoga from Dr. Hema, I could enjoy tranquility

of mind. I wish Dr. Hema, a great success. I recommend my patients to undergo Yogatherapy with Dr. Hema.

7. Chandrasekar, D.Y.T. No. 40/61, Murugappa street, Purasaiwalkam.
I have learnt principles and application of yogatherapy from Dr. Hema. Her classes are very simple and easily understandable. I am very happy when my patients thank me.

8. Srinivasan, D.Y.T.
No: 7, 3rd cross street, Purushotham Nagar, Chromepet.

Dr. Hema has shaped me a very good yoga teacher. I am successfully treating many patients with her guidance which is invaluable.

9. Dr. H.K. Nayak, Ph: 28361980, 28362308
Assistant Director, (ICMR) Ministry of Health Res: 24721246

I learnt Yoga from Dr. Hema, which helped me to come out of my mental depression caused by my illness.

10. Mahesh (Computer Engineer, USA)
e-mail: yes-mahesh @ hotmail.com

Last year, I came to India on the news of sudden death of my father due to heart attack. I could not tolerate the stress and became anxious and suffered with insomnia, palpitation and rise in blood pressure. Yogatherapy gave me immense relief. I went back to USA with peace of mind.

11. Mythili Santhanam, Ph: 24727564
4th street, Saurashtra Nagar, Choolaimedu, Chennai-94.

Sugar in my blood suddenly raised to 250mg in my 60th year of age. With Yogatherapy under the expert guidance of Dr. S. Hema, I got completely cured of diabetes. I am now without any medicines doing yoga daily.

12. Rajam, 1/2, Agraharam, Mangammalpuram, Anbil - 621702.
With yogatherapy my Arthritis in right knee joint is completely cured and now I am able to walk without pain.

13. Radha Kannan, 108, Gill Nagar, Chennai - 94. Ph : 23742771
My eye sight improved after doing yoga and I am able to see without glass now. Best wishes to Dr. S. Hema.

14. M.V. Sarveswaran

Ph: 28593488

(Retried D.S.P.) 85, C.N.K. Road, Triplicane.

I had general debility. After practice of Yoga as per Dr. S. Hema's advice, I feel energetic. My father late M. Varadarajulu Naidu (Retd. Collector) was practising Yoga till his death at 92 years.

15. Raneesa Rawoof 38, 7th Cross Road. Ph: 24731558

(Basket ball player, working in Southern Railway who has played for Country and Railways). I have learnt yoga from Dr. S. Hema. which has helped me to maintain my body in good shape and mental stability.

16. S. John Peter, Director. Ph : 22780090,
St. Joseph I.A.S Accademy, 35, 8th Street, Chennai - 9 Cell: 9840314201
My students who have joined yoga classes of Dr. Hema perform well in the competitive examination after yoga practise.

17. Saroja, 6, Krishna Apartments, 3rd Main Road, Anna Nagar.
I was suffering from gas problem and diabetes and also had stones in kidney and gall stones shown by ultrasonogram. After undergoing yogatherapy with Dr. Hema blood sugar came under control. There were no trace of both kidney stones or gall stones in the check-ultrasonogram. Thanks to Dr. Hema.

18. Sumathi, 40, Kumar Street, Kancheepuram
I was relieved of my neck pain which was troubling me for 2 years. Now I have become yoga teacher with Dr. Hema's advice and I owe a lot of thanks to her for changing my life style.

19. Revathi, Advocate Ph : 24833620
Subiksha flats, Amirjohn Street, Chennai - 600 094. I am very energetic and feel fresh after doing yoga and able to work with concentration.

20. Ramani, No. 40A, 9th Street, Saurashtra Nagar, Choolaimedu.
Due to trouble in the family and stress and strain, I swallowed sleeping tablets. Dr. Hema saved my life and gave me new hopes. Now I engage myself with many social service activities in which Dr. Hema is involved.

21. Sivaraman, 35, 8th Street, Saurashtra Nagar.
My daughter Nivedhitha had deformty due to acute polimylitis attack in childhood. With yogatherapy now she is better.

22. Vidhya,

Ph : 23725416

Maheswari Apartments, 8th Street, Choolaimedu, Chennai-94
I was under weight and had hunch back. Now after yogatherapy I have gained weight and my back became straight. I have obtained Diploma in Yogatherapy from this institute and I am a successful teacher with blessings of my Guru. I am ever grateful to Dr. Hema who helped me channelize and choose the career as Yogatherapist.

23. Mrs. Saradha D.Y.T., ANANDHAA YOGA CENTRE Ph : 55874116,
No. 11, EB Colony Main Road, Jothi Palace, Adambakkam. 32667031.
I had period problem which was cured by yogatherapy with Dr. S. Hema. I had undergone Diploma Course and now treating patients. Dr. Hema acts as my guide and I have a great respect for her.

24. Revathi, 4th Street, Saurashtra Nagar, Choolaimedu. Ph : 24727564
I was suffering from disc prolapse and severe back pain. Dr. S. Hema corrected this with yogatherapy and made me mobile within a week. A lot of thanks to her.

25. Mrs. Kalai Selvi, 33, 8th Street, Sowrastra Nagar
I had mental depression and tried to commit suicide. I was brought to Dr. S. Hema who treated me with her loving words and gave me yogatherapy. Now I am happy with my children and even act in T.V series. Thanks to Dr. S. Hema for saving me and giving me a new life.

26. Alamelu Ragupathy, Ph : 23631364
257, Ammayee Ammal Street, Ayyavu Colony, Aminjikarai, Chennai.
I was suffering from severe back pain, yogatherapy relieved my pain. My Best Wishes to Dr. Hema.

27. Mrs. Mallika, 3/401, Urappakkam Ph : 24835919
I had repeated abortions for almost twelve times in the last 7 years. I almost lost hope of ever having a baby till I met Dr. Hema. It was Dr. Hema's treatment I could conceive and give birth to child. Thanks to Dr. Hema

28. V. Saroja (Retired Teacher), 12/124-A, Indira Nagar, Mettur Dam.
I was suffering from Menopause. Yogatherapy has given me immense relief.

29. **Sujatha**, Lecturer in English, D.G. Vaishnav Collage
5th Street Sowrastra nagar Ph: 24802021
After practising yoga, I reduced my weight by 5 kilos with in a
period of 2 months and I feel fresh.

30. **K. Sujatha**, 23/5, Hanumanth Nagar, Bangalore.
I was having heavy bleeding during periods. Now I am alright
with yogatherapy.

31. **L. Venkatakrishnan** D.Y.T., ANANDHAA YOGA CENTRE,
No. 11, EB Colony Main Road, Jothi Palace, Ph : 55874116,
Adambakkam. 32667031.
I sincerely believe that I am gifted with a guru Dr. Hema due
to my good deeds in my previous birth. With her blessings I
am a successful Yogatherapist.

32. **M. Shobana**, Classical Dancer. Ph : 9444111951
4, 7th Street, Saurashtra Nagar, Choolaimedu.
I was surprised to find my Guru Dr. S. Hema doing certain
asanas which I was not able to do perfectly in spite of being a
dancer. But upon practise I am able to do it perfectly. Yoga
has given me more flexibility.

33. **BHAN. Deepak**. Ph: 25357430
Manager, Jammu and Kashmir Bank.52, Armenian Street, Paris.
I learnt Yoga from Dr. S. Hema and thus acquired mental
peace, spiritual strength and got relieved of my tension due to
stress and strain in the office.

34. **Mrs. James**, World Bible School, Abith Nagar. Ph: 23754364
I am ever indebted to Dr. Hema to have been blessed with a
girl baby Jemima after four years of marriage.

35. **Vasantha**, 23, 6th Street, Choolaimedu.
I did not conceive for ten years after my marrigae. It was with
Dr. Hema's treatment of yoga and medicines, I gave birth to
two healthy children now Bhoominathan and Sriram. I am
ever indebted to Dr. Hema.

36. **Vijayalakshmi C/o Eswari** No: 14, Gangaianman Koil Street.
I am a destitute woman with a seven year old mentally re-
tarded son. With the help of Dr. Hema, who taught me yoga
and trained me to become a yogatherapist, I could earn my
living.

Estd. 1993

INDIAN INSTITUTE OF YOGA (Regd.)

(An Institute of Yoga Research Treatment and Training)

No.25. 8th Street, Sowrashttra Nagar, Choolaimedu,
Chennai - 600 094, India. Ph : 24833809, Cell : 9841221606

Website : www.indianyogatherapy.com

e-mail : drs_hema@hotmail.com

AIM OF THE INSTITUTE

1. To bring the beneficial aspects of yoga to everyone in society.
2. To make yoga a socially relevant science by using scientific research.
3. To provide proper solution to the patients' problems by first studying the condition thoroughly with the help of modern investigations and providing combined treatment of yoga and modern medicines according to the severity of the disease and individual make-up of the patients.

ACTIVITIES OF THE INSTITUTE

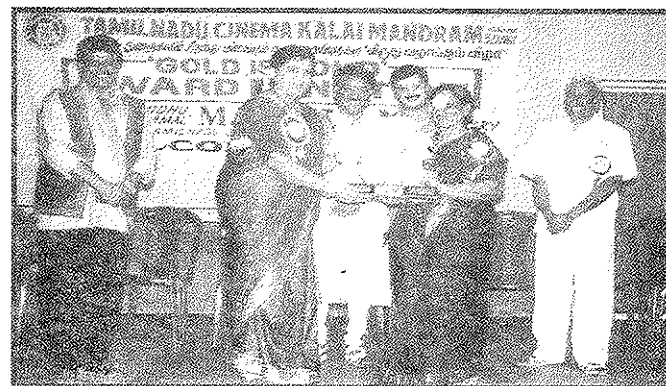
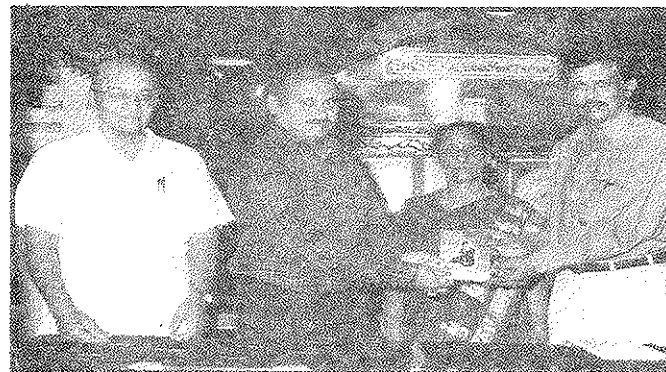
1. We conduct regular yoga classes for general health for all age groups.
2. We are attached to various Hospitals and clinics and give treatment for diseases as an alternative therapy.
3. We conduct camps at various schools, colleges, universities and other teaching institutes, to teach simplified and specially designed course for the students to increase their memory power, concentration and for prevention of common childhood & adolescent mental and physical problems.
4. We conduct free camps for women in co-ordination with all Women Association so that they lead a happy and healthy family-life.
5. We assist various corporate offices and teach yoga for the busy professionals to overcome stress and strain.
6. We train yoga teachers to teach yoga to one and all.
7. We train yoga teachers in yogatherapy with basic knowledge of anatomy, physiology and diagnosis and symptoms of various diseases.
8. We send trained yogatherapists to patients' houses for treatment.

9. We conduct seminars and yoga competitions for school students at various places.
10. We conduct yoga camps for diabetics, pregnant women, hypertensives and asthmatics in association with eminent allopathy doctors in respective fields, where we assess the patients condition before and after the yogatherapy.
11. Courses offered in the institute:
 - i) Yoga Foundation Course (YFC) Duration: One month.
 - ii) Personality Development camp for students.
Duration : 10 days especially during quarterly, half-yearly and summer holidays.
 - iii) Yogatherapy treatment course.
Duration: Two weeks to four weeks.
 - iv) Diploma in yogatherapy (DYT). Duration: Six months.
 - v) Yoga Instructors Course. Duration: Three months.
 - vi) Yoga Advanced Course. Duration: Three months.

**GENERAL SHORT COURSE
FOR HALF-AN HOUR DAILY PRACTICE FOR GENERAL FITNESS**

	Number	Duration in Minutes
Forward-Backward Bending	10 times	2
ASANAS		
Suryanamaskar	3 times	3
Standing :		
1. Ardhakatti Chakrasana (both sides)		2
2. Ardha Chakrasana		1/2
3. Pada Hastasana		2
Sitting :		
1. Yoga Mudra or Shasankasana		2
2. Ustrasana or Supta-Vajrasana		1/2
3. Vakrasana (both sides)		2
Lying Posture :		
1. Bhujangasana		1
2. Sarvangasana		3
3. Matsyasana		1
4. Shavasana		4
PRANAYAMA		
1. Kapalabhati	20 strokes	1
2. Nadi Suddhi or Sectional breathing	5 rounds	2
MEDITATION		
		4
	Total	30

AWARDS AND PUBLICATIONS

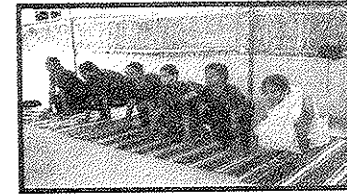
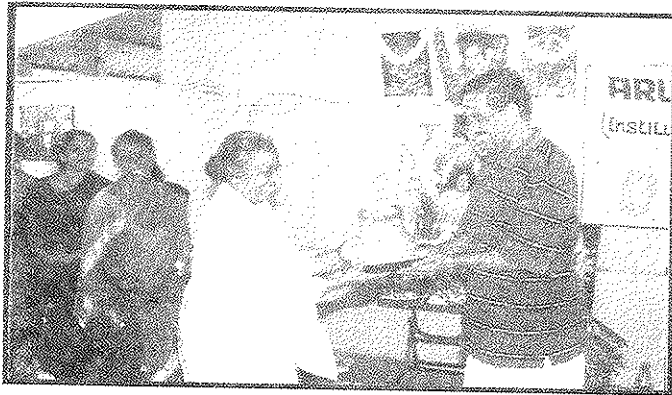
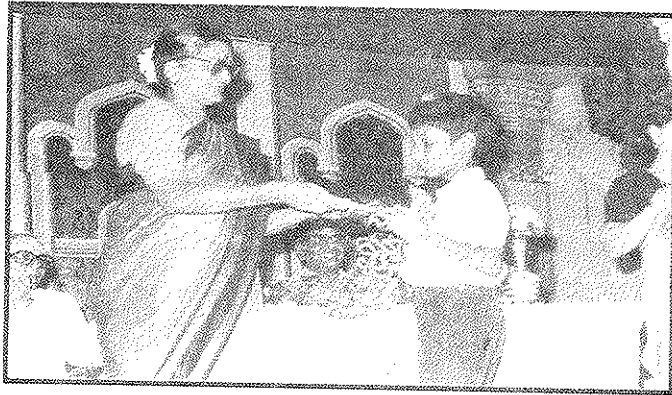




VISITS OF EMINENT PERSONALITIES TO OUR INSTITUTE



STUDENTS IN ACTION



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