

08

DAY 067-298

FRIDAY

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Chapter-3

Yoga as Preventive measure for Lifestyle
Disease1.¹⁰1. Obesity

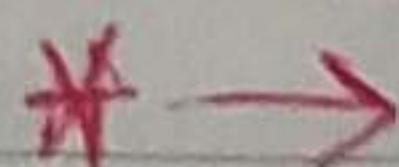
¹ Obesity is the excess accumulation of fats resulting in increased body weight. In this problem the excess fats of body get deposited under the skin, especially in areas like abdomen, chest, shoulder, buttocks and legs.

Symptoms: obesity leads to many health problems like loss of physical efficiency, decline in physical personality, feeling tiredness while performing phy. activity, cardiac problems etc.

⁴ According to WHO the criteria for obesity as per Body Mass Index(BMI) the score is 30 above.*

⁵ Causes: genetically or hereditary, wrong dietary habits, less phy. activity, overeating or eating a lot of fried things, drinking ~~also~~ alcohol, sedentary lifestyle, hormonal variation like - thyroids, imbalance of physical, mental and emotional energies etc.

* Tadasana, Katichakrasana, Pawanmuktasana, Matsyayana, Halasana, Paschimottanasana, Ardha-matsyendrasana, Dhanurasana, Ustrasana, Suryabhedan Pranayama *



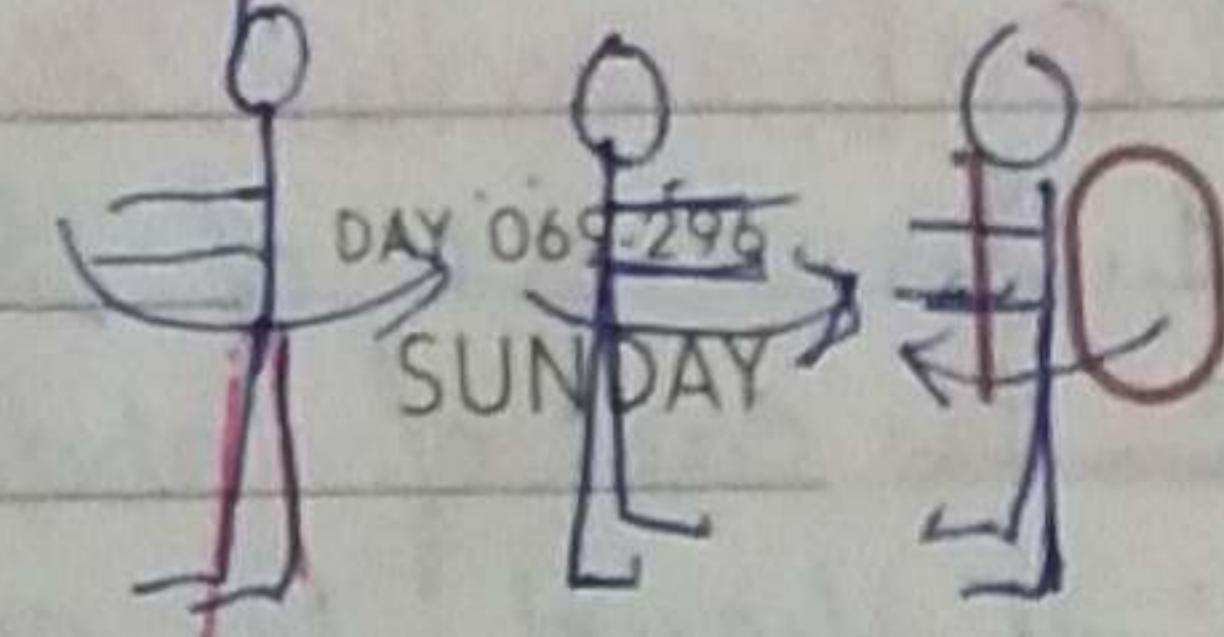
(1) Tadasana (Palm Tree Pose)

Procedure: Stand up in attention position. Lift your arms upwards. Stretch your hands upwards. Raise your heels, and come on your toes. Also pull up your breathe out slowly and come to the previous position. Repeat the same exercise for 10 to 15 times.

benefits:

- (I) Cures Hypertension, Obesity and Back Pain.
- (II) Develops whole body muscles and improves posture
- (III) Increases height in children
- (IV) Relieves leg and ankle pain
- (V) Corrects Postural deformities like kyphosis, Scoliosis, Neck Spondylosis and Flat-foot.
- (VI) This asana improves agility and strengthens the back, hips and legs.

Contraindications: Person suffering with chronic Piles, joint pain at knee or ankle, injury over hamstring and calves muscles, low blood pressure, headache etc.



(2) KatiChakrasana

Procedure:

Stand erect, keep about 2 ft. distance between the feet, hands in front, in line with shoulders and parallel to each other. Now slowly twist maximum to either side with deep inhalation, exhale while you come back. Pause for 2-3 seconds at normal position then twist other side. Repeat

| | | | | | | | |
|---|----|----|----|----|----|----|----|
| 6 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| 7 | 11 | 12 | 13 | 14 | 15 | 16 | 17 |
| 8 | 18 | 19 | 20 | 21 | 22 | 23 | 24 |
| 9 | 25 | 26 | 27 | 28 | | | |
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| | | | | | | | |
| | | | | | | | |

10 times

- Benefits :
 - I. Provides exercise to the waist line.
 - II. Strengthens lower back region.
 - III. It is one the best exercises of yoga for intestines.
 - IV. Improves digestion.
 - V. Due to deep breathing it improves the efficiency of heart & lungs.
 - VI. It helps to de-stress.

The WHO Criteria for Overweight and Obesity by BMI

| Category | BMI | Category | BMI |
|---------------|-------------|---------------------|-----------|
| Under weight | < 18.5 | Obesity Class - I | 30 - 34.9 |
| Normal weight | 18.5 - 24.9 | Obesity Class - II | 35 - 39.9 |
| Overweight | 25 - 29.9 | Obesity Class - III | > 40 |

Contraindications:

of women

1. In case of spinal disorders, it should be avoided.
2. In case of abdominal inflammation, it should be avoided.
3. It should be avoided by women during pregnancy.
4. If you are suffering from hernia, ~~slip~~, slipped disc, avoid this asana.

(3) Pawanmuktasana

Procedure: In this asana, person lie down on back with his/her feet together and arms beside his/her body. Bring his/her knee towards his/her chest and press the thigh on his/her abdomen with clasped hands. Lift his/her head and chest off the floor and touch his/her chin to his/her knees. Deep and long breathing is done. The relaxing asana after this is Shav-asana.

Benefits:

- I. This asana helps in reducing belly fat.
- II. It helps in toning the arms, legs, and buttocks.
- III. It aids weight loss.

Contraindication: I. Doing Pawanmuktasana should be avoided if a person has shoulder, ankle, or knee injuries. A

II. Person suffering with Asthma, Advanced Spondilitis, low blood pressure and migraine patient should not do.

4. Matsyasana



Procedure :

For performing Matsyasana, sit in Padmasana. Then lie down in supine position, and make an arch behind. Hold your toes with the fingers of your hands. Stay for some time in this position.

Benefits :

1. It helps in stretching the muscles between the ribs.
2. It stretches and tones the front of the neck and abdominals.
3. It stretches and stimulates the organs of the belly.
4. This asana improves posture.

Contraindications :

1. Avoid doing matsyasana if you have high or patient low blood pressure, heart problems, ulcers & eye surgery.
2. People suffering from migraine and insomnia should also refrain from performing this asana.
3. Who have neck injury or lower back problems should not perform this asana.

5. Halasana



Procedure :

Lie supine on the ground, keeping feet together raise the legs first 90° then by pressing floor with palms take them backwards and try to touch feet with the floor behind head. Hold it for about one

Benefits:

1. This posture contributes greatly towards losing the belly fat.
2. It helps in correcting bad posture.
3. It helps in keeping insomnia at bay.
4. It also helps in reducing anxiety & insomnia.

Contraindications:

1. Consult a doctor in case of suffering from diseases of back, slip disk, sciatica, pain, cervical, spondylitis, backache, high blood pressure, heart diseases, ulcer etc.
2. Pregnant women should not practice this asana.

7. Ardha - Matsyendrasana (Half Spinal twist Pose)



Procedures:

- 1. It is king of all asanas.
- In this we sit in crossed leg, one leg is placed over the other so that the foot touches the opposite hip joint. The opposite hand (of raised leg) presses the leg inward whereas other hand supports the spine while looking back. The spine is twisted.

at same time erect.

Benefits:

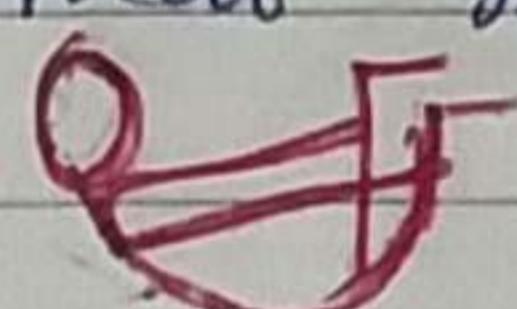
1. Prevents and cures Obesity and Diabetes.
2. Back and abdominal muscles are strengthened and tone up.
3. Increase the glandular functioning.
4. Cures postural deformities like Arthritis, Kyphosis, Lordosis, Scoliosis and Blow-legs.
5. Improves the spinal flexibility.

Contraindication:

Person with severe Back-pain, Disc problem, Hernia, Piles, severe Abdominal problem and pregnant women should not do this.

8. Dhanurasana (Bow Pose)

Dhanurasana is a Sanskrit word that means 'bow pose' in English.



Procedure:

Lie supine on the stomach, bend your knee and hold the ankles keeping knee apart. Now apply force upward, stretch the body up, and balance it at navel. Look up and keep the breathing normal through nose. Try to keep your hands straight.

Benefits:

1. It helps to reduce excess fats around the belly, waist and hips.
2. It reduces the stiffness of muscles, ligaments

- and in the back, arms, legs, shoulders and neck.
3. It improves the strength of your thighs, chest, neck and shoulders.
 4. It strengthens the back and abdominal muscles and improves the digestive process.
 5. It helps in curing diabetes because it gives massage to the liver and pancreas.
 6. It helps in reducing back pain.

Contraindications:

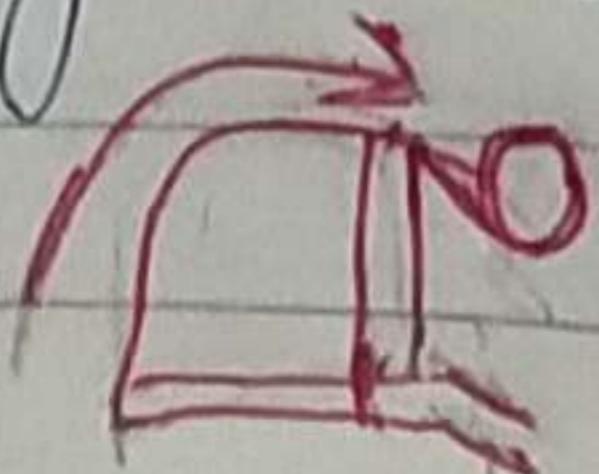
1. Avoid the practice of this asana in case of hernia and high or low blood pressure.
2. Avoid it in case of abdominal surgery in recent period.
3. Who have neck injury, pain in lower back and migraine, should not perform this asana.
4. Pregnancy women should not practice this asana.

9. Ustrasana (Camel Pose)

- This asana is understood to help open the heart chakra (Anahad Chakra).

Procedure:

In this asana, the person sits in Vajrasana and holds the ankles by hands. Person starts raising upper body (chest) the shoulders are raised up and back. Head is bent back while looking back. The preparatory asana is Vajrasana.



Benefits :

1. It helps to strengthen your back muscles, buttocks and back of thighs.
2. It is beneficial in relieving back and neck pain.
3. It is also helpful in reducing fats over the abdomen and hips.
4. It also helpful in various digestive problems and cardio-respiratory disorders.
5. It improves spinal mobility and improves the posture.
6. It stimulates the thyroid glands.
7. Activates the brain cells and makes it function better by improving blood circulation.

Contraindications: 1. Those who are suffering from high or low blood pressure should avoid practising this asana.

2. Those who are suffering from insomnia, migraine, should avoid this asana.
3. Usually, weak back or injured back may not allow you to do the pose!

DAY 083-282

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10. Suryabhedan Pranayama

SUNDAY

The meaning of 'Surya' is sun which refers to right nostril of the nose. It is connected to the Pingala nadi of the body. "Bhedana" means to pierce or pass through. By closing one nostril and forcing the prana to pass through just one side, a warming effect is achieved on the

body which is proper for correcting imbalanced coldness in our body.

Procedure:

10
comfortable in Padmasana or Siddhasana. Keep your head and spine erect with eyes closed. Then focus your attention at the point between your eye brows. Close your left nostril with your ring finger and little finger. Now, start inhalation slowly and deeply through your right nostril.

After that close your right nostril with the thumb of your right hand. Then exhale through your left nostril slowly. This is one cycle. Repeat the same process for 5 to 10 times.

Benefits:

- ✓ 1. It is helpful in reducing anxiety, mental illness and depression.
- ✓ 2. As this pranayama directly influences Surya Nadi, it melts the excess fat deposited in the body thus helps to get rid of obesity. It is mostly used to get rid of those diseases which are common in winter season like common cold, cough, sinusitis, bronchitis and asthma.

Suggestions: Persons suffering from pitta related disorders should do this pranayam in winter season only.

- Contraindications:**
1. People suffering from mild fever, acidity, skin diseases and nose bleed should avoid doing this pranayama.
 2. It should be avoided in summer.
 3. It should not be practised in late night.
 4. It should be avoided higher blood or heart disease patient.

(2) Diabetes

Diabetes is caused by the imbalance in metabolism of various glands such as pancreas, liver, pituitary, adrenal and thyroid. Normally, the sugar-level in blood per 100 cc be 78-110 mg before meals and 110-140 mg after meals. If the blood sugar is more than the required result, it is a condition called diabetes. The main cause of diabetes is lack of insulin is not as for the need of body causing diabetes.

Insulin is a hormone. Its function is to control the quantity of sugar in body. This disease affects the other organs of the body, for example - eyes, kidneys, heart etc. **Symptoms:** feeling thirsty, frequent urination, weak eyesight, delayed healing of injuries, irritation etc.

Diabetes are of two types -

minute keeping breathing normal.

Benefits:

1. It calms down the nervous system,
2. reduce stress and tension.
3. It helps in reducing / preventing obesity.
4. It stimulates the thyroid gland and strengthens the immune system.
5. It improves blood circulation.
6. It helps in increasing height of children.

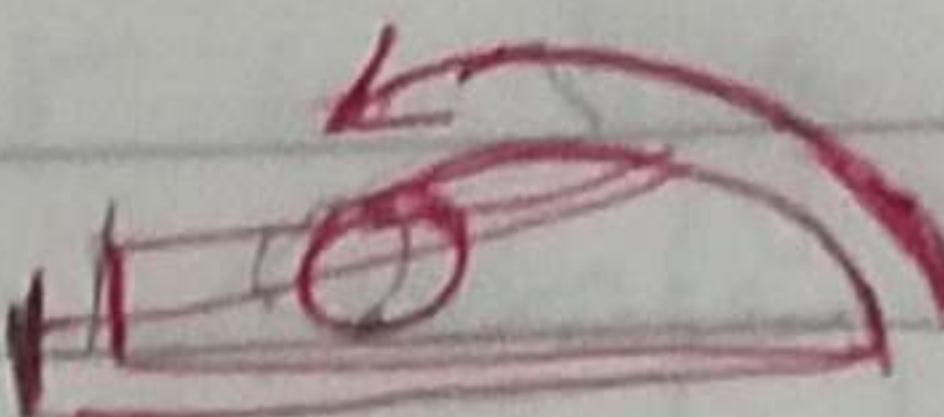
Contraindications:

1. Avoid it in case of sciatica & high blood pressure.
2. Avoid it in case of slipped disc.
3. Avoid this asana if you have any injury in your neck.
4. Women should avoid this asana during pregnancy.

6. Paschimottanasana (West Salute Pose)

Procedure :

It is performed from sitting with straight legs in front. Legs stretched forward and bending forward. Person tries to touch the forehead to the knees. The hands hold the feet without raising knees from floor.



Gaze
fixed at
a point



Arms
raised

Stretch
the body
upwards

Stand on
toes

Figure 3.2 Tadasana

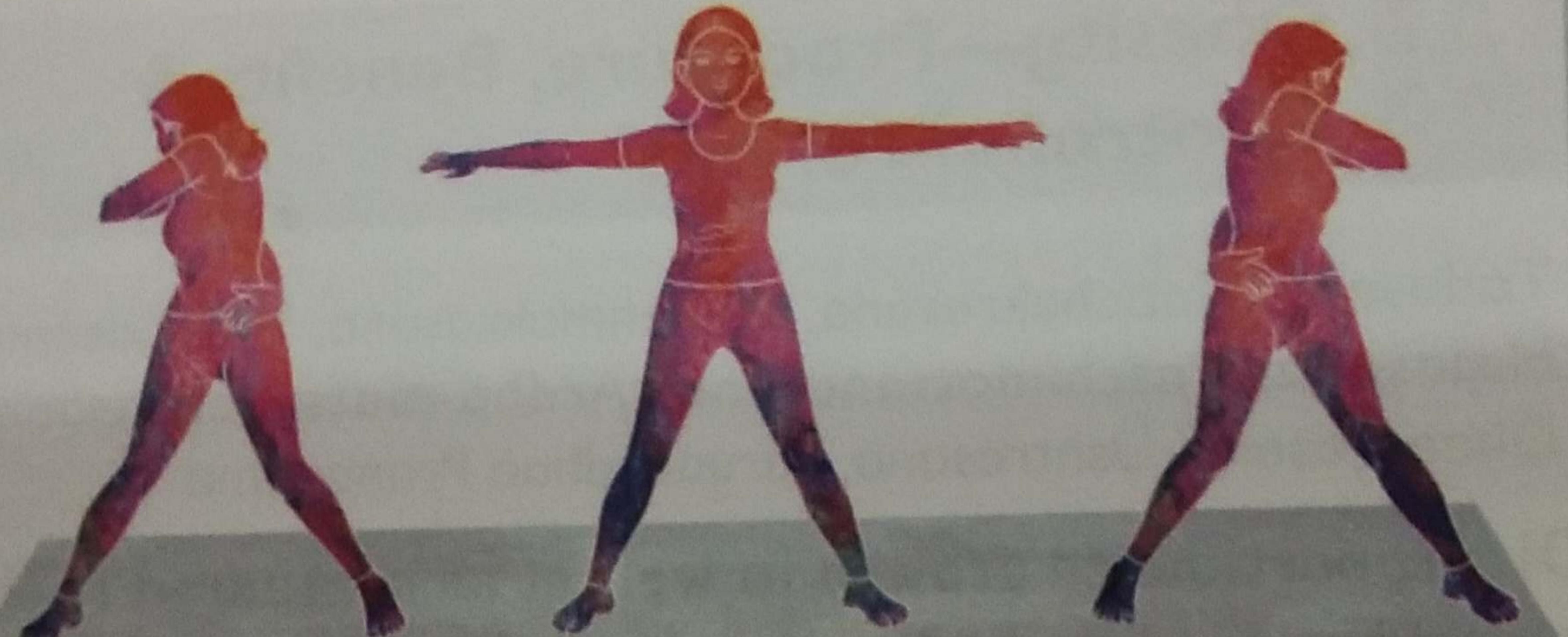


Figure 3.3 Katichakrasana

Knees close to
the chest and
pressing abs

Chin close
to knees

Hand holding
knees

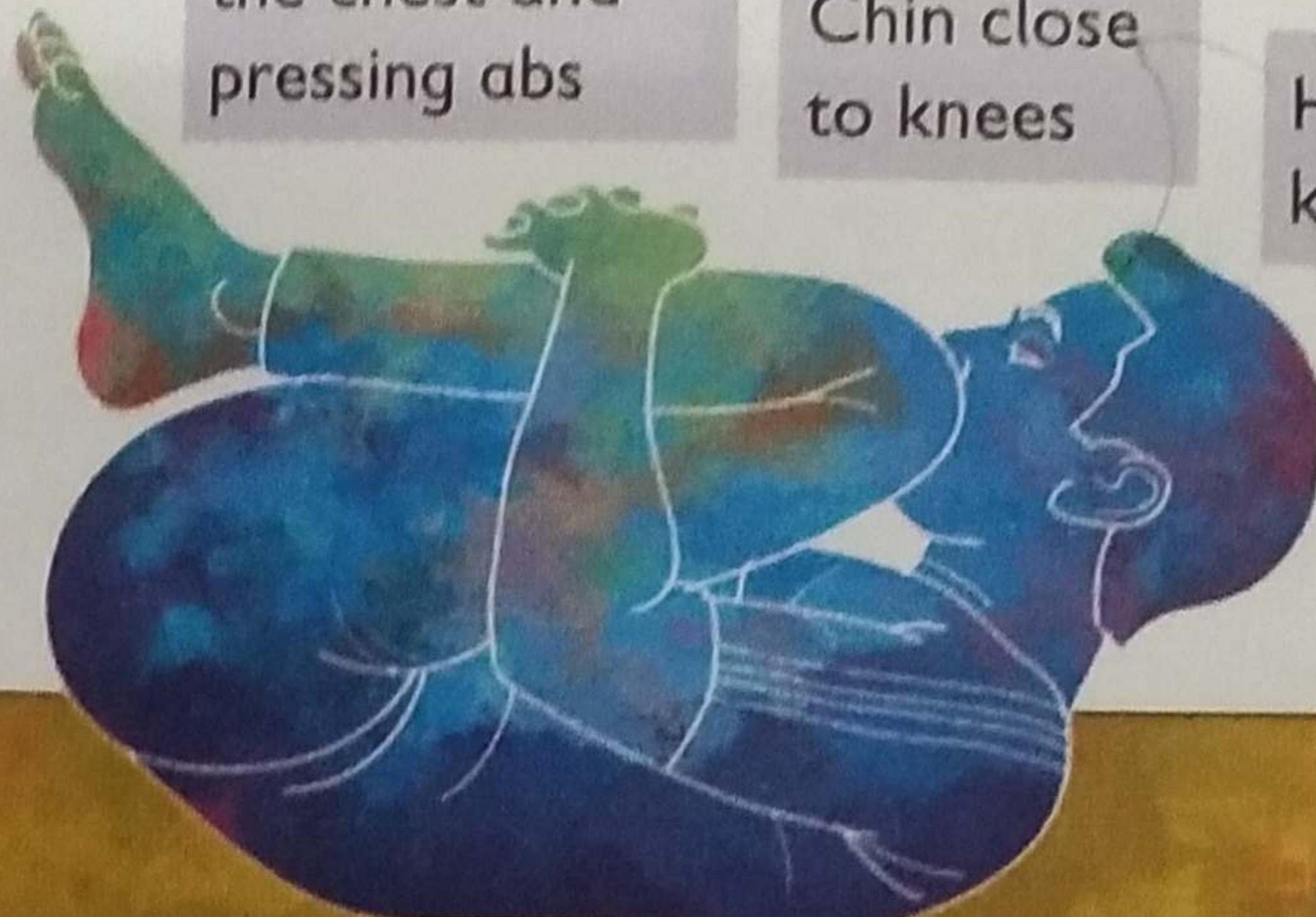


Figure 3.4 Pawanmuktasana

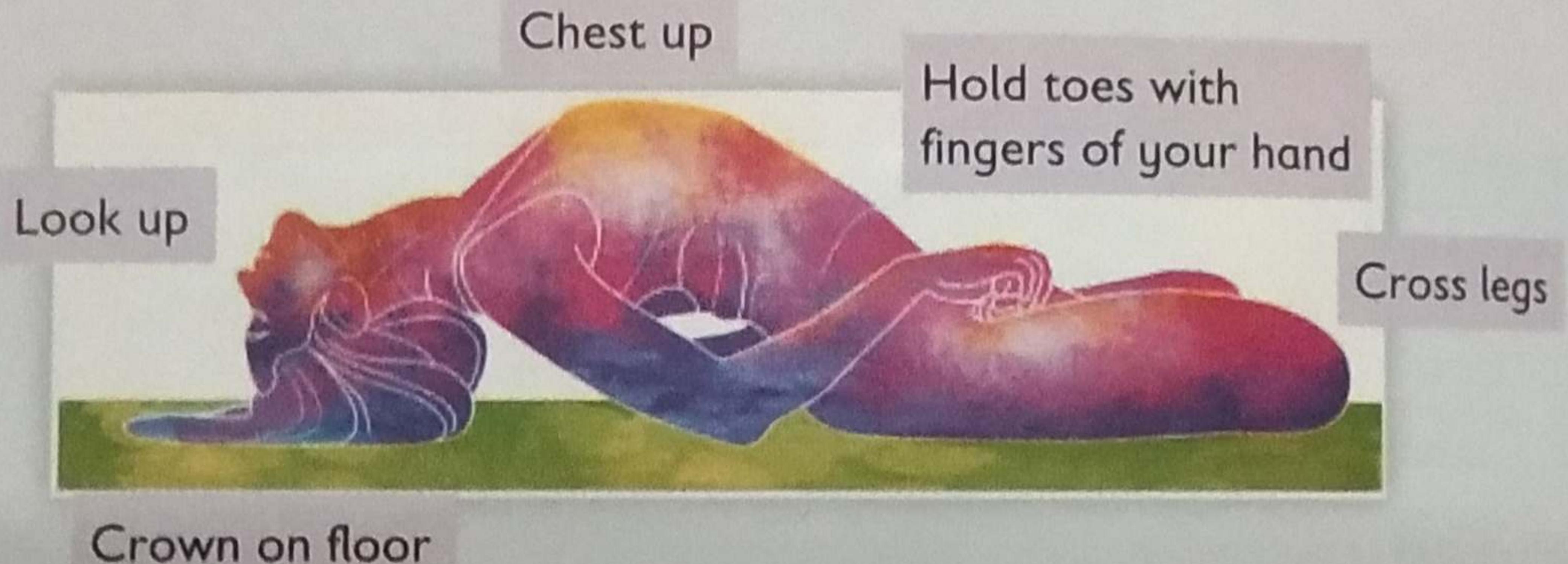


Figure 3.5 Matsyasana



Figure 3.6 Halasana

Hold your toes with your index and middle finger

Head touching the knees

Bend forward

Touch the elbow to the floor

Don't bend your knees



Figure 3.7 Paschimottanasana

Reach up through the crown and chest point

Turn your gaze over
your shoulder in the
direction of the twist

Roll shoulders back
and down

Entire torso revolves
around spine

Anchor down through
bones in the hips

Extend hand and
fingers down

Sole of foot flat
on floor

Leverage the
twist with a slight
elbow pressure
against the knee

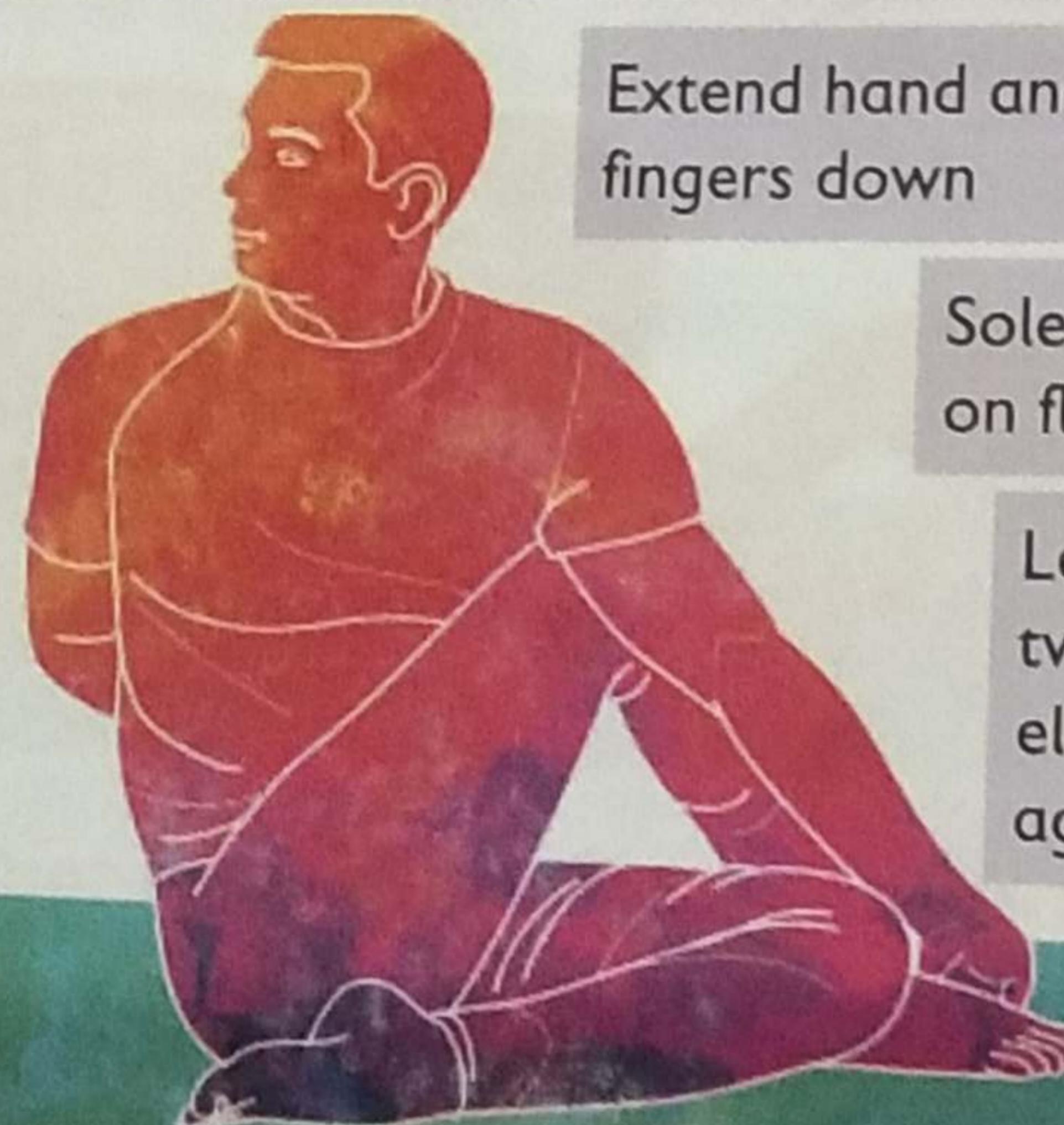


Figure 3.8 Ardha-Matsyendrasana

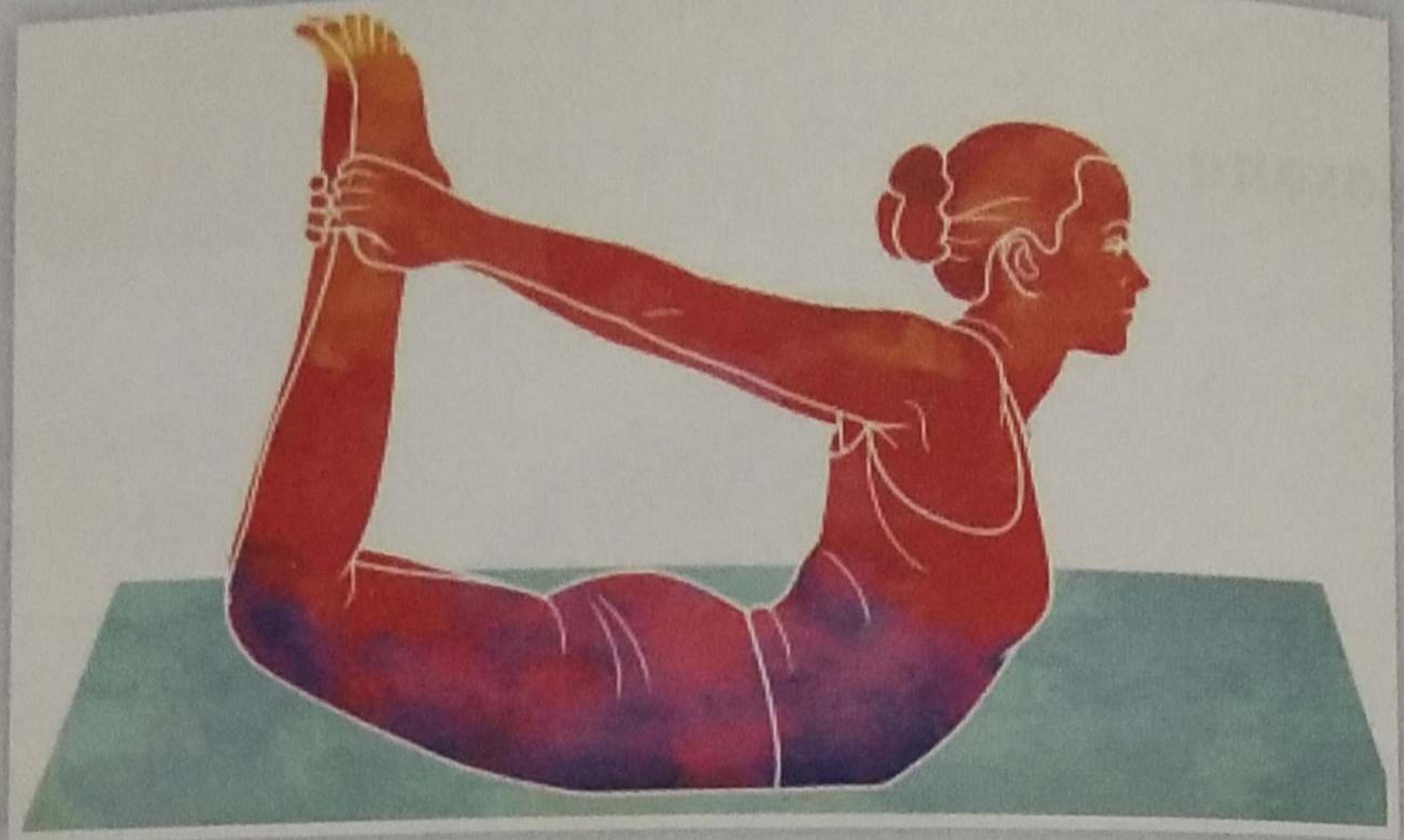


Figure 3.9 Dhanurasana



Figure 3.10 Ushtrasana

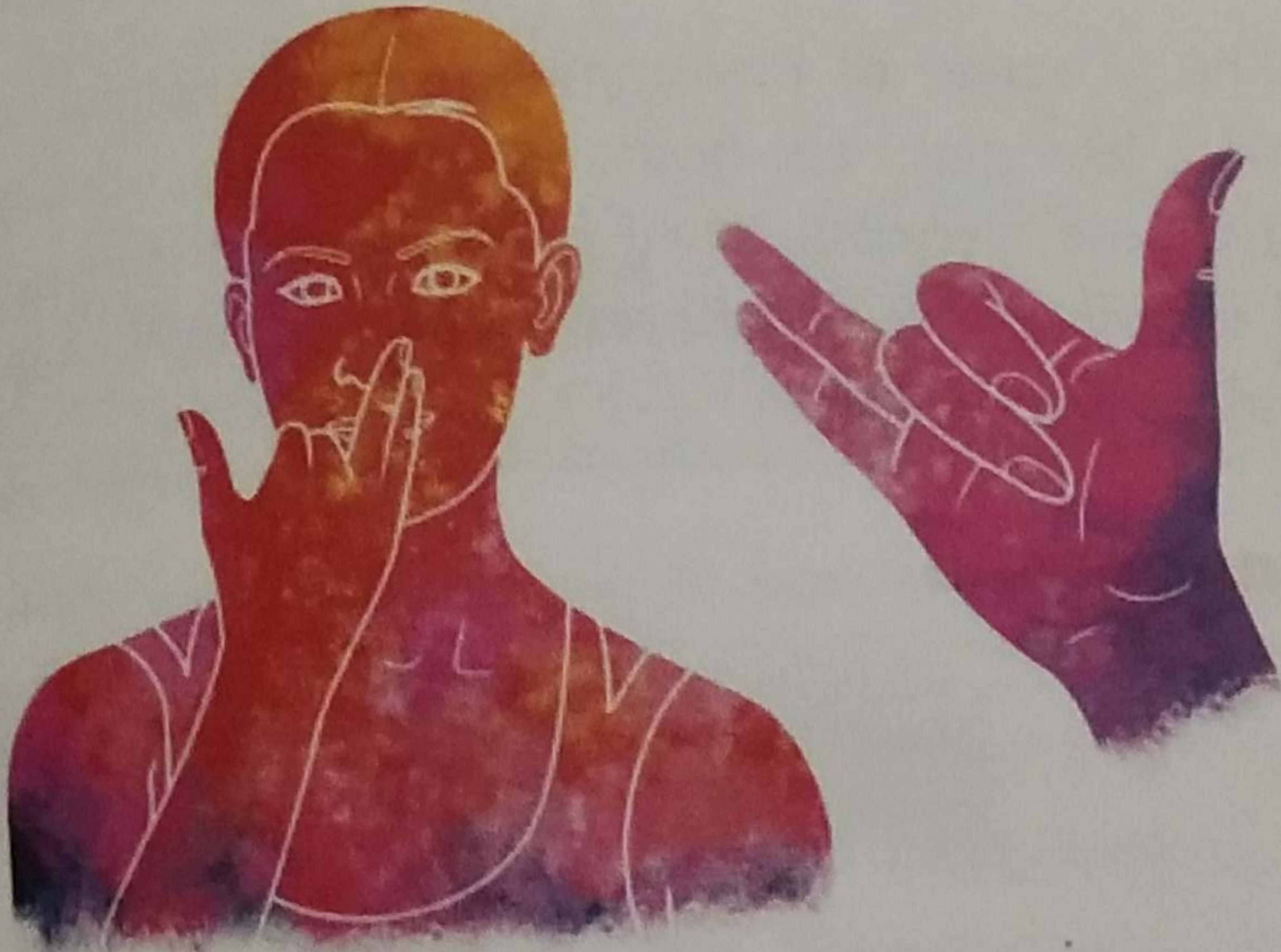


Figure 3.11 Suryabedhan Pranayama