

UNIT - 3

Yog & Life Style

UNIT - 3

Yog & Life Style

Key Points :-

- 3.1 Asanaas preventive measures.
- 3.2 **Obesity:** Procedure, Benefits & Contraindications for Vajrasana, Hastasana, Trikonasana, Ardh matsyendrasana.
- 3.3 **Diabets:** Procedure, Benefits & contraindications for bhujangasan, paschimottasan, Pavanmuktasana, Ardhmatsyendrasana.
- 3.4 **Asthma:** Procedure, Benefits & contraindications for sukhasana, chakrasana, gomukhasana, parvatasana Bhujangasana, paschimottasana, matsyasana.
- 3.5 **Hypertension:** Tadasana, vajrasana, pavan muktasana, Ardchakrasana, Bhujangasana, shavasana.
- 3.6 **Back pain:** Tadasana, Ardh matsyendrasana, vakrasana, shalabhasana, Bhujangasana.

Asana as preventive Measures :

Asana in a body posture, originally a sitting pose for meditation, and later in Hatha yoga and modern yoga adding standing (Tkionsana), sitting (Padmasana), Reclining (Shavasana), invented (Shirasasana) Balancing (KUKut forward bend) (Paschimotasana) and Backward (Dhanurasana), The Yog sutras of Patanjali define Asana as a position that in steady and comfortable.

As a preventive measure, more recently, studies have provided evidence that asana improve flexibility, strenght and balance, to reduce stress and conditions related to it, and specifically to alleviate some diseases such as asthma, and diabetes,. One remarkable aspect of asana is anyone can practice in it. One can adjust the level, the intensity depending on age and capacity.

Regular Asana practice create mental clarity and clamness increase body awarness relieves chonic stress pattern, relaxes the mind, centers attention, and sharpens concentration and self awareness, Whenever Individual roll out their yoga mat and twist their bodies in different poses they are aslo reaping countless health benefits as :

Benifits of Asana for prevention of dieseae

Benefit

Physiological	Psychological	Bio-chemical
<ul style="list-style-type: none"> • Bloodd pressure decrease. 	<ul style="list-style-type: none"> • Mood improves and subjective well being increa- ses 	<ul style="list-style-type: none"> • Total white blood cell count decrease.
<ul style="list-style-type: none"> • Musculo-skeleteal flexibility and joint rate of motion incre- ases. 	<ul style="list-style-type: none"> • Self-acceptance and self-actuali- sation increases. 	<ul style="list-style-type: none"> • Sodium decreases. • Glulose decreases. • Triglycerides decreases.
<ul style="list-style-type: none"> • Stable autonomic neruous system equilibirum. 	<ul style="list-style-type: none"> • Self-acceptance and self-actuali- sation increases. 	<ul style="list-style-type: none"> • Total cholestrol • HDL/good Cholestrol increa- ses.
<ul style="list-style-type: none"> • Pulse rate decreases. 	<ul style="list-style-type: none"> • Social adjustment increases. 	<ul style="list-style-type: none"> • Total cholestrol decreases.
<ul style="list-style-type: none"> • Cardiovascular efficiency increases. 	<ul style="list-style-type: none"> • Anxiety and depression decreases. 	<ul style="list-style-type: none"> • LDL/bad cholestrol decreases.

- Gastrointestinal function normalizes
- Endocrine function improve.
- Dexterity skills improve.
- Eye-hand co-ordination improves.
- Dexterity skills improve
- Reaction time improves.
Energy level increases.
- Weight normalises.
- Sleep improves.
- Immunity increases.
- Pain decreases.
- Depth perception improves.
- Integrated functioning of body parts improves.
- Concentration improves.
- Memory improves.
- Attention improves.
- Learning efficiency improves.
- VLDL cholesterol decreases.
- Haemoglobin decreases.
- Thyroxin increases.
- Vitamin C increases.
- Total serum protein increases.

Multiple Choice Questions (1 Marks)

Q.1. Choose the odd one. Asana helps to improve :

- (a) Blood circulation
- (b) Depth of respiration
- (c) **Speed**
- (d) Digestive system

Q.2. According to Yog sutra, Asana means—

- (a) **Sthira Sukham Asanam** (b) Asanan sukh Shira
(c) Sukhan asanam sthira (d) Sitting pose

Q.3. The word 'YOG' is derived from sanskrit word

- (a) **Yug** (b) Yud
(c) Yuj (d) Yum

Q.4. According to Asthanagyog" Asana lies in what place—

- (a) Second (b) **Third**
(c) First (d) Fifth

Short Answer type Questions (3 Mark each)

Q.1. Elaborate the role of Yoga in preventing life style disease?

Ans. The basic Yogic principles useful in the management of lifestyle disorders are discussed including psychological reconditioning and development of appropriate attitudes, stress management normalization of metabolism, and relaxation, visualization and contemplative practices. The holistic art and science of Yoga in best life style even designed and is effective in managing prevalent lifestyle disorders such as diabetes and hypertension.

Long Answer type Questions (5 Mark each)

Q.1. Enlist the lifestyle related diseases. How can they be prevented with the help of asana /Yoga?

Ans. Lifestyle related diseases are :

- (i) Obesity (ii) Diabetes (iii) Asthma (iv) Hypertension (v) Backpain.

Asana plays an important role to prevent the lifestyle related diseases. They are as follows : :

- 1. Maintain Weight :** Nowadays, obesity has become a challenging problem for the society. By doing asanas daily, we exercise entire organs of our body. By practising asanas regularly, it burns the excess fat of the body, and hence maintains healthy weight.
- 2. Endocrine function normalize :** Diabetes is one of the most common lifestyle related disease. Diabetes occurs due to either the pancreas not producing enough insulin or the cells of the body not responding properly to the insulin produced. The asanas like bhujangasana, paschimotan asana, pawanmuktasana, ardh-matsyendrasana etc, help to stimulate and regulate pancreas to produce insulin which helps to maintain glucose level in the body.
- 3. Respiratory efficiency increases :** Asthma is a common lifestyle related disease. It occurs due to narrowing of trachea, due to which oxygen supply to lungs and body is compromised. Asanas help in maintaining the trachea wide open, increase the lungs capacity and blood flow to lungs. Thus oxygen supply is maintained and asthmatic episodes are reduced and respiratory efficiency is increased.
- 4. Regulates Blood Flow :** Yoga/Asanas regulate blood flow in the body and help maintain a constant blood pressure. They help the body to relax and thus reduce the

high blood pressure. Yoga calm down the body and the mind and thus blood pressure is normalised.

5. **Proper Alignment of Spine** : Asana, such as Tadasana, Ardhamatsyndrasana, Vakrasana, etc. correct the alignment of spine and thus improve posture and help in reducing backpain. More often backpain occurs due to incorrect posture, in which muscles get the strain and start aching. Correct posture relieves the backpain as spine straightens up.

3.2 Obesity

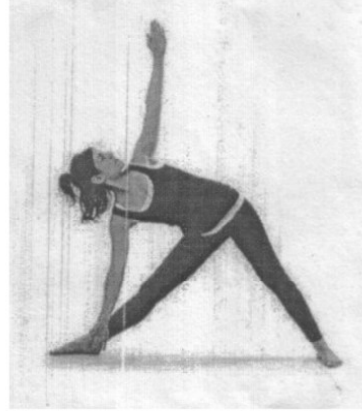
Now A days obesity has become a problem for the whole world obesity is a condition in which the amount of fat in the body increase to a very large extent. If a person is having $BMI \geq 30$ he/she would be considered as obese. In other words, we can say obesity is when a person's weight is 20% or more than the ideal weight. There are two main reasons for obesity the bad habits of eating and deterioration of the digestive system. In such a persons life, there is no physical activity at all.

Due to many health risks of obesity it has been given the status of a disease. Due to obesity, diseases like diabetes, high blood pressure, cancer, arthritis etc. are caused. There are many causes of obesity such as overeating, Lack of physical exercise, thyroid. Geneties, diet high in carbohydrate frequency of eating, medications, psychological factors, social issues. hormones changes (pregnancy, Menopaus)

To remove obesity, these postures should be done.



Hastasana



Trikonasana



Ardhmatsyendrasana



Vajrasana

Multiple Choice Questions (1 Marks)

Q.1. BMI of a obese person in : _____

- (a) 19 to 25
- (b) Less than 28
- (c) **Greater than 30**
- (d) Less than 30

Q.2. Obesity means : _____

- (a) Less insuline production
- (b) **Accumulation of fat**
- (c) Burning of fat
- (d) Enlargyment of heart

Q.3. What is the excess percentage of the normal weight is called obese : _____

- (a) 15% (b) **20%**
(c) 25% (d) 30%

Q.4. Which of the following Asana (posture) is not used for obesity.

- (a) Ardhamatsyendrasana (b) Vajrasana
(c) **Parvatasana** (d) Trikonasana

Q.5. Choose the Asana which is used for obesity :

- (a) Sukhasana (b) Savasana
(c) **Vajrasana** (d) Shalabhasana

Multiple Choice Questions (1 Marks)

Q.1. Define obesity. Explain the procedure and Benefits/contraindications of any two asana which helps to reduce obesity.

Ans. Now a days obesity has become a problem for the whole world. Obesity is a condition in which the amount of fat in the body increases to a very large extent. In other words, we can say obesity is when a person's weight is 20% or more than the ideal weight. There are two main reasons for obesity the bad habits of eating and deterioration of the digestive system. In such a person's life, there is no physical activity at all.

Due to many health risks of obesity it has been given the status of disease. Due to obesity, diseases like diabetes, high blood pressure, cancer, arthritis, etc. are caused. There are many causes of obesity such as excessive food, hard work, thyroid, hereditary.

To remove obesity, these postures should be practice.

Vajarasana : (Thunderbolt Pose)

1. Procedure : Sit and keep both leg straight.

Fold right leg and place it under right butt.

Fold left leg and place it under left butt.

Keep your spine, neck and head straight, interlock your toes, open your ankle and sit on it.

Knees should be touching the ground with each other.

Keep both hands on your knees and look straight.

Benefits :

This asana is for meditation.

- Strengthens pelvic muscles.
- It can be practiced after having food. It enhance digestion process.
- Stabilizes mind and body.
- Helps in sciatica
- It cures indigestion and improves metabolism.
- Improves flexibility in ankles.
- It gives strength to the tight muscles.
- Improve blood circulation.

Contraindications :

1. Vajrasana should not be practiced by the people who have severe arthritis of the knees.
2. Runners should avoid this if they have injury in their hamstrings or the calves.

3. This pose may bring unwanted pressure to the intestine so those suffering from Hernia or ulcers should avoid it.
4. This pose should not be practiced if one is suffering from injured ligament at the ankles or knee.

2. **Hastottanasana : (Urdhva Hastasana)**

Procedure : Standing erect and keep the legs together.

Locks the fingers together, keeping the palms facing up.

Raise the arms straight up, keep them close to ears.

While releasing the breath bend the waist to the right, exhale and come to the central position.

Repeat it to left side also. Be in bended position for 5 to 10 seconds.

Benefits : Gives rest to whole body.

- In children, helps in increasing the height.
- Increase flexibility in waist.
- Reduce belly fat.
- Also helps in reducing constipation.
- Improve pulmonary functions
- Stimulates nervous system.

Contraindications :

1. One should avoid this pose if having neck pain.
2. One should avoid this pose if having shoulder pain.
3. One should avoid this pose if having spinal injury or pain.

3. **Trikonasan (Triangle pose)**

- While inhaling stretch your right hand towards sky, arm should touch the ear.
- Bend left side slowly while exhaling, till it comes horizontal to the earth.
- Left hand should touch the ground or touch the left leg, knee should be straight.
- Inhale, come back to starting position.
- Change hand position and repeat it from another side.

Benefits.

1. Trikonasana helps in digestions.
2. Therapeutics for stress, anxiety, infertility, neck pain, sciatica.
3. Heals Backache (in initial stage)
4. Help women during their menstrual cycle.
5. Improve flexibility of chest and spine.

Contraindication :

1. Avoid if having low or high blood pressure.
2. Avoid this pose if having any kind of neck injury.
3. Avoid if having back injury.
4. Avoid if an athlete having hamstring injury.

4. **Ardhmatsyendrasana : (Half Lord of the fishes pose)**

Procedure : Sit and keep both legs straight.

Bending the knee of right feet and put right heel below the left hip. Bend left leg and placed the left foot to the right side of the right knee.

Kee Left knee closed to the chest.

Exhale from the right nostril and turns towards the left, and touches the toe of left leg from the right hand.

Body and head moves towards the left.

Repeat while changing the position of legs.

Benefits : Helps nervous system and strengthen the back bone, stretching improves flexibility and tones of muscles.

- Controls menstrual cycle in women and brings shine on face.
- Also controls secretion from pancrease gland.
- Reduces fat and helps in controlling obesity.
- This pose flexes the lower part of the body making the hip stronger and toned.
- Releases excess heat toxins from organs and tissues.

Contraindications :

1. Avoid while suffering from severe back or neck pain.
2. Avoid this pose completely, if having slip disc problem.
3. Those with internal organ issues may find this pose difficult and painful.
4. It should be avoided while pregnancy. (Exaplination of any two asan)

Practice Questions :

- Q.1 Write any two asana for obesity and briefly explain the procedure and benefits of any one of them. $1 + 2 = 3$
- Q.2 Define obesity. Explain the procedure of any two asana which helps ot reduce obesity. $1 + 2 = 3$

Q.3 “Ardhmatsyendrasana and Vajrasana helps to reduce obesity”

Discuss in details.

$2\frac{1}{2} + 2\frac{1}{2} = 5$

Diabetes

Diabetes is commonly known as metabolic disorder characterized by high blood sugar level over a prolonged period. Diabetes is due to either the pancreas not producing enough insulin or the cell of the body not responding properly to the insulin produced,. Due to diabetes the individual has fatigue, frequent urination, increased thirst and increased Hunger. It may cause blurred vision. Kidney failure, cardio vascular disease, loss of weight etc.

The main reason for diabetes is sedentary lifestyle. By doing bhujangasana, paschimottanasana, pavanmuktasana and ardh matsyandrasana, one can get rid of this disease.

Symptoms of Diabetes

- Fatigue
- Increased Thirst
- Increased Hungers
- Blurred Vision
- Kidney Failure
- Cardio vascular Disease
- Loss of Weight
- Frequent Urination

Causes of Diabetes

- Sedentary life style
- Disease

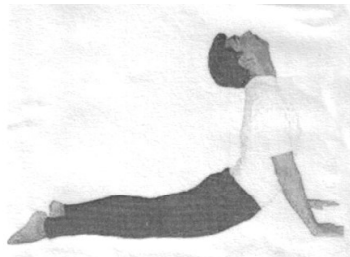
- Over weight
- Obesity
- Stress & Tension

Diabetes is a metabolic disorder in which the level of sugar in the blood rises from its normal reference value.

Types of Diabetes :

(a) **Type I Diabetes** : In that type of diabetes blood sugar level rises very high due to non secretion of insulin hormone by pancreas. In that of diabetes effected person has to take artificial insulin through injection.

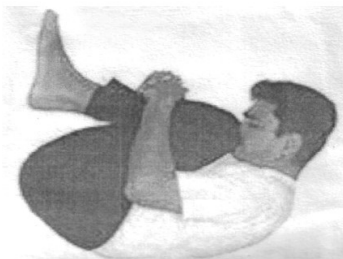
(b) **Type II Diabetes** : In that type of diabetes blood sugar level rises but not as such as high in type I diabetes. In that type of diabetes our pancreas secreting the insulin hormone but it may be insufficient to control the blood sugar level normal or body cell are not able to respond insulin properly.



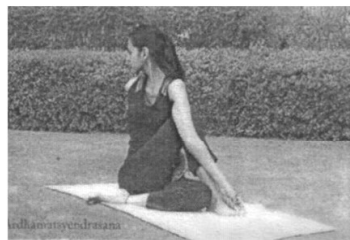
Bhujangasana



Paschimottasana



Pawanmuktasana



Ardhamatsyendrasana

Objectives/Multiple Choice Questions (1 Marks)

Q.1. Choose the asana for diabetes :

- (a) Trikonasana (b) Vajrasana
(c) **Ardhmatsyendrasana** (d) Shalabhasana

Q.2. If pancreas not producing enough insulin. It may lead to : _____

- (a) Migrane (b) Obesity
(c) **Diabetes** (d) Hypertension

Long Answer Type Questions (5 Marks)

Q.1. Define diabetes. Briefly explain any two asana which helps to control diabetes. (5)

Ans. Diabetes : Diabetes is commonly known as metabolic disorder characterized by high blood sugar level over a prolonged period. Diabetes is due to either the pancreas not producing enough insulin or the cell of the body not responding properly to the insulin produced.

Following are the asanas to control diabetes :

- 1. Ardhanatsyendra Procedure :** Sit and keep both legs straight
 - Bending the knee of the right feet and put right heel below the left hip. Bend left leg and placed the left foot to the right side of the right knee.
 - Keep left knee closed to the chest.
 - Exhale from the right nostril and turns towards left and touch the toe of the left leg from the right hand.
 - Body and head moves towards the left.
 - Repeat while changing the position of legs.

Benefits :

- Help nervous system and strengthen the back bone, stretching improves flexibility and tones the muscles.
- Controls Menstrual cycle in women and brings shine on face.
- Also controls secretion from pancreas gland.
- Reduces fat and helps in controlling obesity.
- This pose flexes the lower part of the body making the hip stronger and toned.

2. Paschimottanasana :

Procedure : Sit down with your legs stretching straight in front of you.

Keep your head, neck and spine erect and stretch hands upwards with a deep breath. Now, exhale and bend your head and trunk slowly forward to catch the toes with the thumb. Try to touch head, chest and stomach to the legs and elbows to the floor.

Benefits :

- It Improves digestive system and much blocked gas get released.
- Improves the respiratory system.
- Improve the alignment of the vertebral column.
- Helps as a therapy for diabetic patient, with weak liver and kidney.
- Benefits women during menstrual disorder.

Contraindications :

- Avoid of having slip disc problem.
- Someone who is suffering from hernia should avoid this pose.
- Pregnant women should avoid this pose.
- Person having spondylitis, should avoid this pose.

3. Pavanmuktasana :

Pre Stage : Lie flat on your back and keep the legs straight.

Method : Inhale slowly and lift the legs and bend the knees.

Bring knee upwards to the chest till your thigh touches the stomach. Hug your knees and lock your fingers, touch your chin to the knee while exhaling. Repeat it with another leg.

Benefits :

- Strengthen the back and abdominal muscle, leg and hip.
- Intestine get massaged, also bring fresh blood to lower abdomen.
- Helps in spondylitis.
- Remove excess fat around the lower abdomen..
- Release excess heat, toxins from organs and tissues.

Contraindications:

1. Avoid while suffering from severe back or neck pain.

2. Avoid this pose completely, if having slip disc problem.
3. Those with internal organs issues may find this pose difficult and painful.
4. It should be avoided while pregnancy.

4. Bhujangasana : (Cobra position)

Procedure : Lie down on your stomach.

Joint the legs and stretch as much as possible.

Place the palm near the chest facing the ground.

Take a deep Breath and lift your upper body upwards. Elbow should be slightly, touch the ground, weight should be on pelvicregion

Move your head and neck backwards as much as possible. Exhale and slightly bring the body in starting position.

Benefits :

1. By doing this, digestion improve.
2. A sluggish liver is also taken care of
3. Thyroid gland improves.
4. Kidney function improves.
5. Tones the ovaries which help to remove any disorder in connection with uterus.
6. Therapeutic benefits : Relieves back ache, neck pain, stress, purifies blood, relieves constipations and addresses gynecological disorder.

Contraindications :

1. Avoid if spinal problem
2. Avoid if neck problem
3. Do not do if having ulcer
4. Pregnant women should avoid.
5. Avoid if having asthma
6. Activate pancreas to produce insulin.
7. Cure acidity, digestive problem, diabetes, blood pressure, hypertension, cervical spondylosis.

Contraindications :

- Anyone with severe migraine should not try this.
- Avoid if having low or high blood pressure.
- Avoid if having slip disc problem.
- Avoid if suffering from spondolysis.
- Avoid if having internal organ problem.

Practice Questions :

Q.1 Explain the procedure and benefits of pavanmuktasan in detail.

$$1\frac{1}{2} + 1\frac{1}{2} = 3$$

Q.2 What are the benefits and contraindications of Paschimottanasana and Bhujangasana.

$$1\frac{1}{2} + 1\frac{1}{2} = 3$$

Q.3 Describe the procedure, Benefits & contraindications of ardhmatseyndrasan.

$$1 \times 3 = 3$$

4. Diabetes is common life style discase. How it can be prevented through practicing of different asanas. $1 \times 5 = 5$
5. More than 7% of Indians populations suffering from diabetes. Explain two asana in detail, which can help to control diabetes. $2\frac{1}{2} + 2\frac{1}{2} = 5$
6. Enlist the asanas which are used to control diabetes. Briefly discuss two of them to control diabetes. $1 + 2 + 2 = 5$

3.4 Asthma

Asthma, a disease associated with the respiratory tract swelling occurs, which makes the tracts very sensitive and makes this process pungent with the touch of any effective thing.

These reactions cause contraction in the tubes this reduces the amount of air in the lungs. Due to which it become difficult to breath.

Common symptoms of asthma are coughing, heavy breathing. chest tightness, fatigue, pain in hands, feet, shoulders and back. Reasons are dust, smoke, air pollution, pollengrains, animals skin, hair or feather etc. are the main reasons. Asthma may be controlled by sukhasana, chakrasana, Gomukhasana, Bhujangasana, paschimo-ttasana, matsyasana.



Sukhasana
The Easy Sitting Pose



Chakrasana



Parvatasana



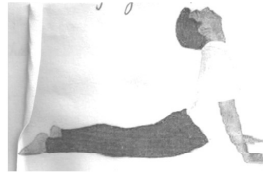
Gomukhasana



Paschimottasana



Matsyasana



Bhujangasana

Objective Multiple Choice Questions (1 Marks)

Q.1. A disease associated with respiratory tracts is known as

- (a) Diabetes
- (b) Obesity
- (c) **Asthma**
- (d) Back pain

Q.2. Choose the asana which helps to control Asthama :

- (a) Pavanmuktasana
- (b) Trikonasana
- (c) Hastasana
- (d) **Chakrasana**

Q.3. Coughing, heavy breathing, chest tightness are the symptoms of:

- (a) **Asthma**
- (b) Diabetes
- (c) Obesity
- (d) Back pain

Long Answer Type Question (5 Marks)

**Q.1. Enlist the asanas which are used to control Asthma.
Explain any two asana in detail. 1 + 2 + 2 = 5**

Ans. List of asana which helps to control asthma :

1. Sukhasana
2. Chakrasana
3. Parvatasana
4. Paschimotanasan
5. Gomukhasana
6. Bhujangasana

1. Gomukhasana : This asana gets its name because while doing this asana body resembles a cow face pose. In English it is called the cow face pose.

Procedure :

- Sit in sukhasana or dandasana pose.
- Place the ankle of left leg near right but under the anus.
- Place the right leg over the left leg so that knees should place over left knee.
- Sweep your left hand behind your back, facing palms upwards.
- Sweep your right hand over the right shoulder, bend your elbow and place it behind your back.
- Now inter lock fingers of both hands behind your back.
- Now stretch both hands in their respective directions. Look straight.

- Repeat with changing leg position.

Benefits : Helps in curing Asthma, reduce weight makes body flexible and attractive.

- It helps to make spine strong and erect.
- Helps to make abdominal organ function well.
- Helps to reduce obesity.
- Diaphragm improves and keep away from all kinds of intoxication.
- Upper body becomes flexible and strong.
- It helps to circulate blood to the entire body.

Contraindications :

- Person having stiff shoulder should avoid this.
- Any kind of hip problem or knee, hamstring and quadricep should be avoided.
- If one has to sciatica problem, one should avoid this pose.
- Avoid if any neck or shoulder injury.
- Avoid to perform or practice during pregnancy.

2. **Parvatasana :** While performing this asana body resembles like a mountain that's why its named as parvatasana. It is a very easy asana.

Procedure : Sit in padmasana pose on ground.

- Raise both hands by side ward while inhaling and joint together upward above the head.
- Exhale and come at intial position.

Benefits:

- It help to spinal problem.
- Strengthness the muscles of arms.
- If increase the blood flow to the brain.

Contrain dications :

- It should not be practised if one has wrist, hip or ankle injury.
- It should not be practice while spinal injury.

3. **Matsyasana :** If this asana is performed in water body can float easily thats why it is called matsyasan.

Procedure : Sit in padmasana pose.

Take support of your elbow and lie on your back bend your neck with support of your hands, and try to touch your fore head to the ground.

- Hold toes of the feet firmly with both hands and touch the ground with the elbows.
- Stretch the stomach as up as possible.

Benefit : This asana is very useful for asthma patients provide relief from indigestion and other disgestive problems, keep the blood clean. Helps is curing diabetes. Helps in cough and respiratory problems, makes body and face attractive.

Contraindication of Matsyasana :

1. Avoid this posture if any kind of neck injury.
2. Any kind of blood pressure.
3. If having migrane.
4. If having spondylits, neck or back pain.
5. If pregnancy is there.

4. Sukhasana :

Pre Stage : Keep both feet in front and sit straight.

Method : Sukhasana is simply sitting in the normal form.

Keep the left foot folded under the right leg's thigh.

Fold right and placed it under the Left thigh.

Keep head, neck and waist straight. Keep both hands in the meditation (palms stacked up in lap) posture.

You can use it for longer periods of meditation.

One Can change feet for sitting.

Benefits:

1. This posture can be used for a long time during mediation and study, etc.
2. Straightening the waist gives strength in the legs. Pain is removed and person can perform other postures like Ardh Padmasan and Padmasana.

Contraindications :

1. Avoid if arthritis
2. Avoid if backache.
3. Avoid if spinal disc problem.
4. Do not practice if migrane or Anxiety occures.
5. Do not practice if week digestive system.

5. Chakrasana :

Procedure : Lie down on the back an make both leg straight.

1. Bend your knees so that the soles of your feet are on the floor.
2. Your hands must be placed behind your shoulders and fingers pointed towards your shoulders.
3. Then, press your feet and palms, and lift your entire body off the mat.
4. Hands and feet are half feet apart. Head hang gently between hands.
5. Make the body stretch towards the top so that it becomes circle shape.

Benefits: It affects the whole body, which gives flexibility in muscles and bones & increases blood circulation, Relieve waist pain. Increases the supply of oxygen in the lungs. The overall functioning of the body increases.

Contraindication :

1. Avoid to practice if any back injury.
2. Someone having heart problem should not do this pose.
3. If having high/ low blood pressure, do not try this
4. Someone undergone with cataract surgery, avoid this Asana.
5. Do not practice if any cervical injury.

Practice Questions :

1. Define Asthama. Write the procedure and benefits of Chakrasana which helps in curing Asthma. 1 + 2 = 3
2. Enlist two asana for Asthma. Write the procedure and contraindication of any one of them. 1 + 2 = 3

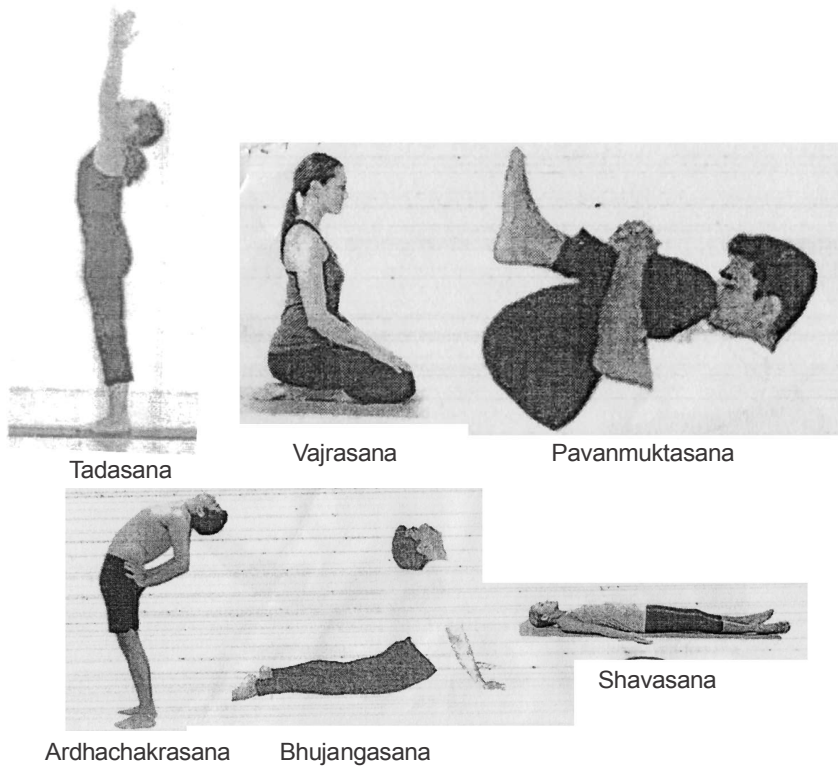
3. Gomukhasana and Sukhasana play an important role to cure the one of life style disease "Asthma". Discuss in detail. $1\frac{1}{2} + 1\frac{1}{2} = 3$
4. Elaborate the importance of Paschimotanasan and matsyasana to cure Asthma. $2\frac{1}{2} + 2\frac{1}{2} = 5$

Hypertension

High blood pressure. A condition in which the strength of blood against the walls of the artery is very high. Reasons for high blood pressure increased with age, Genetic, obesity, lack of physical activity, smoking, alcohol, more intake of salt in food, tension or mental stress, diabetes, pregnant women are more prone to high B.P. All these factors can lead to high blood pressure.

The main function of the heart is to supply pure blood to the various parts of the body through different arteries when the heart contract it pushes the blood through blood vessels and consequently the blood pressure increase in arteries this pressure is known as systolic blood pressure it is represented by the first number the pressure between two heartbeats is called diastolic blood pressure it is represented by bottom or second number these two number of blood pressure are measured in mm/Hg. Unit means millimeter of mercury. The normal blood pressure of an adult is considered 120/80mm/Hg. The person whose blood pressure readings are beyond 140/90 mm/Hg are said to be having hypertension.

High blood pressure can be controlled by doing the following yoga asanas Tadasana, vajrasana, pavanmuktasana, ardha chakrasana, bhujangasana, shavasana.



Objectives/Multiple Choice Questions (1 Marks)

Q.1. The pressure of blood increase on the wall of aorta is known as _____

- (a) Back pain
- (b) Obesity
- (c) **Hypertension**
- (d) Asthma

Q.2. Select the asana which helps to reduce hypertension

- (a) Tikonasana
- (b) Chakrasana
- (c) **Shavasana**
- (d) Sukhasana

Q.3. Which asana is not practised in hypertension :

- (a) **Vakrasana**
- (b) Vajrasana
- (c) Tadasana
- (d) Ardhchakrasana

Short Answer Type Questions (3 Marks)

Q.1. Elaborate the role of Ardhchakrasana and Shavasana in preventive the hypertension.

Ans. Asana plays an important role to prevent the various life style disease. Following are the role of ardhchakrasan and Shavasana:

1. Ardh Chakarasana :

Procedure : Stand straight and keep your hand close to your body.

Place your hands on your buttocks.

Breathing gently, bend backwards while keeping the knees straight.

Stay for sometime in this position.

Come back to starting position.

Benefits : Waist become flexible.

Strengthen back bone.

High BP comes to normal.

Tones the arms and shoulder muscles.

Precautions : Keep knees straight while bend backwards.

Shavasana : Lie flat on your back.

Keep your arms at your side and your palms facing up.

Legs should be separated and just relax.

Start concentrating from your head to your feet and relax each part of your body and feels that you are just like a dead body.

Benefits : Relax whole body.

Release stress, fatigue, depression & tension.

Calms the mind and improves mental health.

Precautions : Place where Shavasana is performed should be peaceful with no noise at all.

Practice Questions.

- Q.1. Elucidate “Hypertension”. How Parvatasana and Shavasana helps to reduce hypertension.**
- Q.2. Write about tadasana and ArdhaChakrasana how they help to prevent the hypertension.**
- Q.3. Enlist the asana which helps to reduce hypertension. Briefly explain the procedure of any one of them.**
- Q.4. Briefly explain the three asana for “hypertension”.**
- Q.5. Define “Hypertension”, enlist the asanas used for hypertension. Briefly explain any two asanas used for hypertension.**

3.6 Back Pain

Back pain is a wide spread problem people around the world are suffering from various problems due to changing habitat and changing lifestyle. Back pain is one of them about 95% of the people who sit in one place and 60% of the rest of the people are upset with back pain and number of women are more in them.

The main reasons for this are long sittings, the habit of modern equipment, being more fashionable, lack of knowledge regarding right way of exercising, weight lifting, wrong way of sleeping, due to an accident problem can arise.

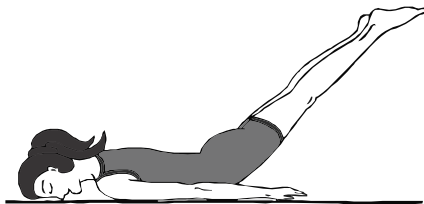
Back pain can be prevented by doing asanas as— Tadasana, vakrasana, bhujangasana, shalabhasana and ardh matsyendrasana.



Tadasana



Vakrasana



Shalabhasana



Bhujangasan



Ardhmatsyendrasana

Objectives/ Multiple Choice Questions (3 Marks)

Q.1. Stretching of spinal muscles associated with—

- (a) **Obesity** (b) Diabetes
(c) Back pain (d) Hypertension

Q.2. Simple spine twist is known as

- (a) Salabhasana (b) Bhujangasana
(c) **Vakrasana** (d) Tadasana

Q.3. Which asana is used for back pain

- (a) Trikonasana (b) Paschimotasana
(c) Chakrasana (d) **Shalabhasana**

Q.4. Which asana is not used for “Back pain”.

- (a) **Pavanmuktasana** (b) Vakrasana
(c) Bhujangasana (d) Ardhamatsyendhasana

Short Answer Type Questions (3 Marks)

**Q.1. “Vakrasana and Shalabhasana helps in reducing pain”.
Justify.**

Ans. Vakrasana is done while sitting: In this asana back bone is twisted, that's why it named as vakrasana. This asana increases the flexibility, activeness to back bone

Procedure:

- Keep both feet in front and sit straight.
- Sit down stretching your legs forward on the ground.
- Bend your left leg and place it around the right knee.
- Keep spine straight, while exhaling bend towards left.
- Now place the right arm by the outer side of left knee and pull the left knee towards the body.

- Pull the knee so that it pressures on the stomach.
- While exhaling, return to the initial position.
- Repeat it from the other side its one complete cycle do it 3 to 5 times.

Benefits : It brings flexibility in back bone and make it healthy. Relieves stiffness from the back. Help in relieving back pain.

Shalabhasana : Shalabh means Locust in Sankrit in the end stage of the asana body shapes like a locust that's why it is named as Locust.

Pre Stage : Lie down on your stomach.

Method :

Lie on your stomach.

- Place your palms under you things keep ankles close to one another.
- Breath in and lift your legs upwards, while doing so your chin should rest on the ground.
- Hold this position for some time after that exhale and take down your legs in initial position.
- Repeat this for 3 to 5 times.

Benefits :

- This asana is very helpful in back pain. Increase flexibility reducing fat, helps in curing sciatica.

Long Answer type Questions (5 Mark each)

Q.1. Back pain is very common life style disease now a days. Which asana you will suggest to reduce "Back pain".

Ans. Back pain is a widespread problem. People around the world are suffering from various problems due to changing habits and changing lifestyle. Back pain is one of them. About 95%

of the people who sit in one place and 60% of the rest of the people are upset with back ache. And number of women are more in them.

The main reasons for this in long sittings, the habit of modern equipment, being more fashionable, lack of knowledge of the right way of exercising, weight lifting, wrong way of sleeping, due to an accident and mental stress backache problem can arise. A person suffering from this problem can not do any work correctly. This is not a very serious problem but it is a very painful problem.

Back pain can be prevented by doing yoga. If someone is suffering from back pain, even after doing yoga, there will be enough relief in back pain.

Tadasana, vakrasana, bhujangasana, shalabhasana & ardh matsyendrasana can be done in back pain.

Vakrasana : This asana is best for Back bone. It helps in making the spinal cord flexible and healthy.

Tadasana : This posture is very beneficial for back pain. If it is practiced in the right way, than back pain can be relieved completely in it, you drag yourself towards the top and feel the strain where there is pain.

Shalabhasana : Shalabhasana strengthens the waist and back. It enhances the flexibility of the back. Thereby reducing the back pain.

Bhujangasana : Bhujangasana is also called cobra pose. Because in this, the next part of the body is raised like a cobra. Doing this asana gives relief in back pain. If it is practiced continuously then back pain can be relieved completely.

Ardh Matsyendrasana : This Asana named after yogi matsyendra nath. It helps in strengthening the back bone muscles and make them flexible. This posture is very beneficial for back pain.

Practice Questions.

- Q.1. Explain the procedure of Shalabhasana and Ardhmatsyendrasana. $1\frac{1}{2} + 1\frac{1}{2} = 3$**
- Q.2. Explain any three asanas which is used to reduce the back-pain. $1 \times 3 = 3$**
- Q.3. "Back pain can be reduced by practicing Asanas regularly". Justify. $1 \times 3 = 3$**

Mislianeous Practice Questions :

- Q.1. Match the following asana with life style disease.**

- | | |
|-----------------|------------------------|
| 1. Diabets | (a) Chakrasana |
| 2. Obesity | (b) Ardhmatsyendrasana |
| 3. Asthma | (c) Shavasana |
| 4. Hypertension | (d) Hastasana |

- Q.2. Match the following disease with related cause.**

- | | |
|-----------------|-------------------------|
| 1. Diabets | (a) Accumulation of fat |
| 2. Hypertension | (b) Insuline |
| 3. Asthma | (c) Blood pressure |
| 4. Obesity | (d) Respiratory tracts |

- Q.3. Pick the correct one life style disease :**

- | | |
|-----------------|------------|
| (a) Tuberclosis | (b) Cancer |
| (c) Back pain | (d) HIV |

- Q.4. Enlist the life style related disease. Write the procedure of Vajrasana and vakrasana. 1 + 2 = 3**
- Q.5. Diabetes and obesity is most common life style diseases in modern era. Write procedure, Benefits and contraindication for any one asana for each disease.**
- Q.6. Asana plays an important role to prevent life style diseas, Justify. How hypertension and back pain can be minimise by practicing Asana.**