

# PHYSICAL EDUCATION

## CHAPTER 3: YOGA AND LIFESTYLES



## YOGA AND LIFESTYLES

### Yoga and Lifestyle

#### YOGA AND YOUR LIFE STYLE



both are interrelated. If you do Yoga regularly then you can lead a good lifestyle.

Asanas are the third step of eight elements after Yama and Niyam. Asanas are slow stretching activities, in which holding body postures brings stability of body and poise to mind.

Yoga Asanas are categorized into three parts:

**Cultural Asana:** For overall body fitness.

**Meditative and Relaxative Asana:** For improving mental activities.

**Therapeutic Asana:** For curing various health problem.

These Asanas are performed in standing, sitting and lying or inverted postures. The warming up in Yoga is performed with Surya Namaskar.

Yoga Asanas are slow stretching activities in which heart rate, breathing rate and body temperature remain normal. The effects of Asanas are internally felt and not observable.

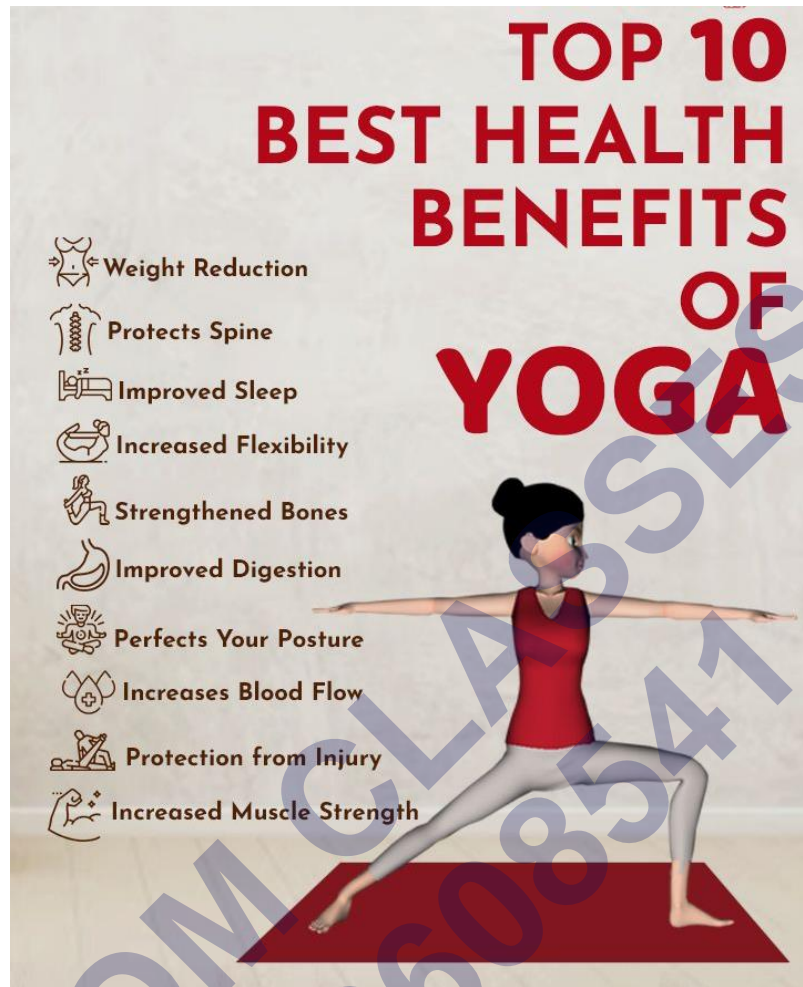
### Yoga Asanas As Preventive Measures:

Yoga Asanas have great curative, preventive and therapeutic effects. Asanas can cure

and prevent many chronic health problems such as:

- **Skeletal or Ortho related problems:** Asanas can prevent and cure many ortho related problems such as Kyphosis, Round Shoulder, Lordosis, Scoliosis, Knock knees, Bowlegs, Flat foot, Neck Spondylitis
- **Digestion related:** Asanas can prevent and cure many digestive related health problems e.g. diabetes, obesity, underweight, constipation, food intolerance, Gastric problem and many more.
- **Concentration related problems:** Asanas prevent and cure stress and tension, control anxiety, stabilize mind and improve memory
- **Immunity related problems:** Asanas can improve the immunity to a great extent, thus prevent cold, cough, viral infection, communicable diseases, asthma etc.
- **Cardiac related:** It also prevent coronary artery disease, heart attack, congestive heart failure, varied blood pressure
- **Nerve related:** It prevents Paralysis, Sciatica, Parkinson, weak muscle cramps.

**Benefits of Yoga Asanas:**



- It improves physical and mental abilities to a great extent.
- It increases the concentration and control behavior.
- Our bones and Joints become strong.
- Increase blood circulation.
- Respiratory organs become strong and efficient.
- Efficiency of digestive system increases.
- Nervous system gets strengthen.
- Glandular activity is stimulated and regulated properly Efficiency of excretory system enhances.
- Immune system gets strengthen.
- Improves cardiovascular system.
- Control over sense organs.
- It gives relaxation from stress and tensions.
- It develops good posture.

- It removes ortho problems.
- It prevents premature aging.

## Obesity



Obesity is a condition in which excess body fat has accumulated to the point that it may have a negative effect on health. The excess fat of the body gets deposited under the skin, especially in areas like the abdomen, chest, shoulder, buttocks, and legs.

Obesity leads to many health problems. Yoga asanas can cure these problems by increasing physical activity and controlling glandular function.

## Vajrasana





- Procedure:
- Sit with flexed legs.
- Hands over the knees.
- Back Straight, toes behind, heels joined.
- Body resting over the ankle.

**Benefits:**

- Controls Obesity.
- Improves leg muscles.
- Cures Gastric problem.

**Contraindications:**

- Avoid if you have severe knee pain.
- Avoid if you had recent surgery of legs.
- If you feel pain in the ankle joint.

**Trikonasana**

**Procedure:**

- Stand with your legs apart
- Raise the arms sideways up to the shoulder level.
- Bend the trunk sideways and raise the right hand upwards.
- Do it on next side.

**Benefits:**

- It strengthens the leg muscles, knees arms and chest.
- Helps in improving, digestion and stimulates all the abdominal organs.
- Increases mental and physical equilibrium.
- Reduces stress anxiety back pain and sciatica

**Contraindications:**

- Avoid doing this Asana if you have.
- Avoid if have diarrhea, low or high blood pressure, back injury or migraine.
- Avoid in case of cervical spondylitis.

**Pada Hastasana**

**Procedure:**

- Bend forward, touch the floor of either side of the feet.
- Keep your knee straight.
- Try to touch the knees with the forehead.

**Benefits:**

- Body become flexible and stretches the back and leg muscles.
- Removes excess belly fat.
- Improves digestion and reduces constipation.

**Contraindications:**

- Individuals who have back pain should avoid this asana. At least, they should not bend forward fully.

**Ardhamatseyendra Asana**



**Procedure**

- The left heel is kept under the right thigh.
- Right leg is crossed over the left thigh.
- Hold the right toe with the left hand and turn your head and back to the right side.
- Perform the same asana in the reversed position.

**Benefits**

- Keeps gallbladder and the prostate gland healthy.
- Enhances the stretchability of back muscles.
- Alleviates digestive ailments.

**Contraindications:**

- Women who are pregnant should avoid this asana.
- Individuals who suffer from peptic ulcer, hernia, should perform this asana only under the expert guidance.

**Diabetes**



- Diabetes occurs when sugar builds up in our bloodstream, instead of being used by the cells in our body.
- Diabetes is a disease in which the body is unable to produce insulin, the hormone that regulates blood sugar levels. This can lead to increased sugar levels in the blood which can affect organs, causing blindness, kidney failure, cardiovascular disease, and impotence.

### Bhujangasana



#### Procedure:

- Lie down on the belly
- Raise the upper part of the body with the support of hands
- Look up

#### Benefits:

- It prevents and cures diabetes

- It Improves digestive functioning
- It cures cold and bronchial problems, Kyphosis, obesity, Neck Spondylitis.
- It provides strength and agility

### Contraindications

- This asana should be avoided by individuals who suffer from hernia, back injuries, headaches, and recent abdomen surgeries
- Pregnant women should not perform this asana

### Paschimottanasana



### Procedure:

- Sit with straight legs in front
- Try to touch the forehead to the knee
- Hold the feet

### Benefits:

- Relieves diabetic patient
- Control weight and prevent obesity
- Back and leg muscles are strengthened and relaxed
- Cure gastric, indigestion and constipation problem

### Contraindications:

- If you are suffering from enlarged liver or spleen or acute appendicitis then you should avoid doing this asana
- Avoid if any respiratory diseases
- If you have any back or spinal problems, make sure that you perform this asana only under the expert guidance

### Pavanamuktasana



#### Procedure

- Lie down on your back
- Feet together and arms beside your body
- Bring your knees towards your chest
- Press the thigh on your abdomen with a clasped hand

#### Benefits

- Prevent and cure diabetes
- Improve digestive functioning
- Cure obesity, neck spondylitis

#### Contraindications

You should avoid this if you have

- Heart problems, slipped disc, hernia
- Pregnancy

- Abdomen surgery

## Ardhmatseyendra Asana



### Procedure

- The left heel is kept under the right thigh
- The right leg is crossed over the left thigh
- Hold the right toe with the left hand and turn your head and back to the right side
- Perform the same asana in the reversed position

### Benefits

- Keeps gallbladder and the prostate gland healthy
- Enhances the stretchability of back muscles
- Alleviates digestive ailments

### Contraindications

- Women who are pregnant should avoid this asana
- Individuals who suffer from peptic ulcer, hernia, should perform this asana only under the expert guidance

## Asthma

## ASTHMA SYMPTOMS



Asthma is an inflammatory respiratory disease. It is characterized by episodes of wheezing, chest tightness, and shortness of breath. These episodes often develop either spontaneously or after exposure to irritants such as tobacco smoke, dust mites, or pollen.

### Sukh Asana



#### Procedure

- Sit with cross leg position
- Hands-on both knees
- Lengthens the back

#### Benefits



- Cures Asthma
- Calms the brain
- Strengthen the back
- Stretches the knees and ankles

### Contraindications

- If your knee and hip are injured avoid this asana
- If you have slip disc problem you should take proper care

### Chakrasana



### Procedure

- Lie down on your back and fix your hands firmly on the ground.
- Then raise the middle portion of your body upward. Raise it as high as possible,
- Then keep your head downwards between your hands

### Benefits

- Cures back pain
- Cures problem related to the kidney
- Helps in reducing obesity
- Prevents the problem of hernia
- Stimulates pituitary and thyroid glands

### Contraindications

- If you're suffering from headache or high blood pressure, do not perform this asana
- Don't perform this asana in case of shoulder impingement
- Do not perform this asana if you have tendonitis in the wrist.

### Gomukh Asana



### Procedure

- Sit down with legs straight
- Fold your legs
- Sit on the left foot
- Keep the right thigh on thigh
- Fold the left arm behind your back over the shoulder and right hand under the right shoulder.
- Hands clasp each other

### Benefits

- It makes leg muscles strong
- It improves the function of lungs
- It also reduces stress and anxiety

**Contraindications**

- Avoid this asana if you suffer from shoulder, knee and back pain.
- You should avoid this asana in case of any knee injury

**Bhujangasana****Procedure**

- Lie down on the belly
- Raise the upper part of the body with the support of hands
- Lookup

**Benefits**

- It prevents and cures diabetes
- It Improves digestive functioning
- It cures cold and bronchial problems, Kyphosis, obesity, Neck Spondylitis.
- It provides strength and agility

**Contraindications**

- This asana should be avoided by individuals who suffer from hernia, back injuries, headaches, and recent abdomen surgeries
- Pregnant women should not perform this asana.

## Paschimottanasana



### Procedure

- Sit straight, legs in front
- Try to touch your forehead to the knee
- Hold the feet

### Benefits

- Relieves diabetic patient
- Control weight and prevent obesity
- Back and leg muscles are strengthened and relaxed
- Cure gastric, indigestion and constipation problem

### Contraindications

- If you are suffering from enlarged liver or spleen or acute appendicitis then you should avoid doing this asana
- Avoid if any respiratory diseases
- If you have any back or spinal problems, make sure that you perform this asana only under the expert guidance.

## Matsayasan



### Procedure

- Sit in padmasana
- 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

- Helpful in curing back pain, knee pain
- It also cures defects of eyes
- Skin disease can be cured
- Good Asana for diabetes

### Contraindications

- If you have high or low blood pressure
- Avoid if you have migraine and Insomnia problem
- Avoid if you have a neck injury and lower back problem

### Hypertension



A person has hypertension when their blood pressure is more than 140/90. This condition can affect the arteries, valves, and other parts of the circulatory system. It's common at any age but it is most commonly found in adults aged 30 to 60 years old or those who are obese.

Hypertension can also be a risk factor for heart disease, stroke, kidney damage, and other diseases. Many people have mild high blood pressure while some people have severe high blood pressure.

## Tadasana

### Procedure

- Come on your toes while keeping the arms upward
- Hold the posture for as long as you can
- Breathing should be normal.

### Benefits

- Better posture
- Cure sciatica
- Improve physical strength
- Stronger thighs, knees, and ankles

### Contraindications

- If you have high blood pressure, you should not do this Asana.
- In case of headache or Insomnia, you should avoid doing this Asana.



## Vajrasana



### Procedure

- Sit with flexed legs
- Hands are over knees
- Back straight
- The body is resting over the ankle

### Benefits

- Controls Obesity
- Improves leg muscles
- Cures Gastric problem

### Contraindications

- Avoid if you have
- Severe knee pain
- Recent surgery of legs or waist
- Feel any pain in the ankles

## Pavanamuktasana



### Procedure

- Lie down on your back
- Feet together and arms beside your body
- Bring your knees towards your chest
- Press the thigh on your abdomen with a clasped hand

### Benefits

- Prevent and cure diabetes
- Improve digestive functioning
- Cure obesity, neck spondylitis

### Contraindications

You should avoid this if you have

- Heart problems, slipped disc, hernia
- Pregnancy
- Abdomen surgery

## Important Questions

### ➤ Multiple Choice Questions:

Question 1. The purpose of Yoga as taught by the ancients is to attain:

(a) Perfect health

- (b) Peace of mind
- (c) Stress relief
- (d) Enlightenment or Self-realization.

Question 2. What do you understand by the term 'Adhi'?

- (a) Physical disorders originated in Annamaya Kosha.
- (b) Mental/Emotional disorders originated in Manomaya Kosha.
- (c) Mental/Emotional disorders originated in Annamaya Kosha.
- (d) Physical disorders originated in Manomaya Kosha.

Question 3. In which disease condition sutraneti is not beneficial according to Hatha Pradeepika?

- (a) Eye related disorder
- (b) Kapāl Shuddhi
- (c) Diseases above the clavicle
- (d) Hyper Acidity

Question 4. How many limbs of Yoga are mentioned in Siddhasiddhant Paddhati'?

- (a) 07
- (b) 08
- (c) 04
- (d) 03

Question 5. "Samadoshah Samagnishch Samadhatu Malakriyah" are the characteristic features of 'Swastha' according to which Acharya of Ayurveda?

- (a) Acharya Charaka
- (b) Acharya Sushruta
- (c) Acharya Kashyapa
- (d) Acharya Vagbhata

Question 6. What is the suppleness called in another words.

- (a) Speed
- (b) Strength
- (c) Endurance
- (d) Flexibility

Question 7. What is the recommended time period for the practice of Kumbhaka (Pranayama) according to Hatha Pradeepika?

- (a) Before sunrise
- (b) After sunset
- (c) Morning and evening both time
- (d) Morning, midday, evening, midnight

Question 8. What is the remedy (upaya) for abolition of sufferings according to Patanjali?

- (a) Samadhi
- (b) Dhyana
- (c) Kriya-yoga
- (d) Viveka-khyati

Question 9. How many Asanas are described in Siddha Siddhanta Paddhati?

- (a) 4
- (b) 3
- (c) 8
- (d) 15

Question 10. Which one of the following is not included in elements of success according to Shiva Samhita?

- (a) Firm belief
- (b) Restraint of sense organs
- (c) Sacrifice
- (d) Mitahara

Question 11. How many 'Adh- aras' are described in 'Siddha Siddhant Paddhati' under 'Pinda-Vichar'?

- (a) 05
- (b) 09
- (c) 16
- (d) 07

Question 12. The ability to overcome resistance is called:

- (a) Muscular strength
- (b) Muscular Endurance

- (c) Flexibility
- (d) Body composition

Question 13. Who has advocated “arya Ashtangika M– arga”?

- (a) Kapil
- (b) Buddha
- (c) Patanjali
- (d) Vashishtha

Question 14. Who is ‘Yaksha’ according to Kenopanishad?

- (a) Indra
- (b) Brahman
- (c) Agni
- (d) Vayu

Question 15. The length of Sutra Neti according to Hatha Pradeepika and Gherand Samhita is

- (a) Two Balishta (Approximate 1 ½ feet)
- (b) One Balishta (Approximate 9 inches)
- (c) Half Balishta (Approximate 4 ½ inches)
- (d) One and Half Balishta (Approximate 13 ½ inches)

### ➤ Very Short Question:

- Q.1. What is Yoga?
- Q.2. Explain Hastasana.
- Q.3. Explain Bhujangasana.
- Q.4. Explain Asthma for Gomukhasana.
- Q.5. Explain Asthma for Parvatasana.
- Q.6. Explain Asthma for Paschimottasana.
- Q.7. Explain Asthma for Matsynasana.

### ➤ Short Questions:

- Q.1. Explain briefly Diabetes.
- Q.2. Write the steps and benefits of Hastasana.
- Q.3. Write steps and benefits of Asthma for Gomukhasana.

Q.4. Explain Back Pain

### ➤ Long Questions:

1. How is Tadasana performed and what are its benefits?
2. Discuss asanas as preventive measure in detail.
3. Briefly state the procedure of Chakrasana.

### ➤ Assertion & Reason Questions:

1. For two statements are given-one labelled Assertion and the other labelled Reason. Select the correct answer to these questions from the codes (a), (b), (c) and (d) as given below.

**Assertion (A):** Human value is like an axle of a wheel and other types of value are around it.

**Reason (R):** The Human values are truthfulness, constructivity, sacrifice, sincerity, self control, anthusim and scientific vision.

- (a) Both (A) and (R) are true and (R) is the correct explanation of (A).
  - (b) Both (A) and (R) are true, but (R) is not the correct explanation of (A).
  - (c) (A) is true, but (R) is false.
  - (d) (A) is false, but (R) is true.
2. For two statements are given-one labelled Assertion and the other labelled Reason. Select the correct answer to these questions from the codes (a), (b), (c) and (d) as given below.

**Assertion (A):** By the practice of pranayama, the mind can attain the capability for Dhāraṇa.

**Reason (R):** Pranayam is a technique of voluntary regulation and control of breathing which enables the mind for practicing Dhāraṇa.

- (a) Both (A) and (R) are true and (R) is the correct explanation of (A).
- (b) Both (A) and (R) are true, but (R) is not the correct explanation of (A).
- (c) (A) is true, but (R) is false.
- (d) (A) is false, but (R) is true.

✓ **Answer Key-**

### ➤ Multiple Choice Answers:

1. (d) Enlightenment or Self-realization.



2. (b) Mental/Emotional disorders originated in Manomaya Kosha.
3. (d) Hyper Acidity
4. (b) 08
5. (b) Acharya Sushruta
6. (d) Flexibility
7. (d) Morning, midday, evening, midnight
8. (d) Viveka-khyati
9. (b) 3
10. (c) Sacrifice
11. (c) 16
12. (b) Muscular Endurance
13. (b) Buddha
14. (b) Brahman
15. (b) One Balishta (Approximate 9 inches)

### ➤ Very Short Answers:

1. The word yoga is derived from Sanskrit word 'Yuj' which means 'to meet'. So yoga is the union of body with soul.
2. Standing poses actually help in maintaining body equilibrium while developing flexibility and strength in the legs. This pose helps in keeping the legs and spine strong and flexible.
3. Bhujangasana is also famous as a cobra pose in yoga. It is an excellent exercise for those suffering from a stomach disorder, spinal cord problem, back pain, respiratory, disorder and obesity.
4. Placing both the feet on the ground by the side of the buttocks and keeping the body steady is Gomukhasana, resembling the mouth of a cow.
5. It is one of the important seat and yoga postures. It is immense benefits and is one among the yoga postures for weight and loss. As the pose resembles a mountain, it is called parvatasana.

6. This asana is commonly known as the forward Bend Pose, involves the whole body stretches all vital parts from head to toe. This particular asana is recommended to many people who have been diagnosed with diabetes.
7. It is one of the beginners yoga pose inbuilt with lot of health benefits. Another name of this yoga pose is 'Fish Pose'. Matsyasana purifies our blood and keeps us healthy. So it called Fish Pose.

### ➤ Short Answer:

1. Yoga postures for diabetes switch back and forth between asanas (poses) that contract specific areas of the abdomen and asanas that relax those areas. This alternation between abdominal contractions and release stimulates the pancreas thus increasing the blood and oxygen supply. As a result, the pancreatic cells, hit by nutrients and fresh blood flow, undergoes a rejuvenation that improves the organ's ability to produce insulin. Yogic breathing practices also work in a similar way to stimulate healthy pancreatic function. In addition to postures, exercising yoga reduces blood sugar levels and helps relieve one of the main symptoms of diabetes i.e. hypoglycemia. Yogic exercise also reduces LDL ("bad") cholesterol and triglyceride levels, both of which are often accompanying symptoms for diabetes.

### 2. Steps:

- Stand upright with feet about hip width apart.
- Inhale and raise hands straight above the head, with palms facing outwards.
- Exhale and bend head and trunk forward from the hip, as far as possible so that the upper arms touch the ears.
- Now exhale and continue to stand in that position and try to reach forward so as to touch the big toes with the fingers.
- Holding out the breath, hold on to the big toes and try and push the forehead into the space between the knees. During this entire process the legs and knees should be held straight.

### Benefits:

- This asana massages and tones the digestive organs, alleviates flatulence, constipation and indigestion.
- All the spinal nerves are stimulated and toned.
- Inverting the trunk increases the blood flow to the brain and improves circulation to the pituitary and thyroid glands.
- Other benefits resulting from this inversion include increased vitality, improved metabolism, increased concentration and the removal of nasal and throat

diseases.

### 3. Steps:

- Lie flat on your stomach. Place your hands on the side and ensure that your toes touch each other.
- Then, move your hands to the front, making sure they are at the shoulder level, and place your palms on the floor.
- Now, placing your body's weight on your palms, inhale and raise your head and trunk.
- Note that your arms should be bend at your elbows at this stage.

### Benefits:

- It is a deep backbend that makes the spine stronger and more flexible.
  - It helps regulate metabolism thus balancing and the weight.
  - It gives the lungs, shoulders, chest and abdomen a good stretch.
  - It also tones the organs that lie in the lower abdomen.
4. The back pain which is felt in the back usually originates from the bones, joints, muscles and nerves etc. It may be in the cervical, thoracic or lumbar region. It may be spontaneous or can be chronic. It can be constant, stay in one place or radiate to other parts such as arms, hips or legs. It may give a feeling or burning sensation. Sometimes numbness may be felt in the legs or arms. Infact, back pain is not only the problem of our country but it is also observed all over the world. As a matter of fact, nine of ten persons experience the back pain at least once in their life. That is why it is said that back pain is a very common complaint or problem throughout the world. Due to this problem the affected persons are not capable to their work smoothly and efficiently.

### ➤ Long Answer:

#### 1. The procedure of Tadasana is as follows:

- 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 body upwards.
- After some time breathe out slowly and come to the previous position.
- Repeat the same exercise for 10 to 15 times.

#### Benefits of Tadasana are as follows:

- It cause constipation.
- Individuals who want to in hence their height could also be benefited by performing this asana regularly.
- It is beneficial in treating hypertension.
- It improves body posture
- Physical and mental balance could be effectively developed.

## 2. Asanas are beneficial in following ways:

- **Immune system is strengthen:** Immune system is strengthened by performing asanas regularly. Hence as a result, an individual become less prone to various communicable diseases.
- **Enhances the efficiency of Digestive system:** Various organs of the digestive system of our body begin to work effectively by performing asanas regularly. Food absorption become efficient and the storage of bile in gall bladder in concentrated form is also enhanced. Moreover, stomach and intestine are also strengthened.
- **Blood circulation becomes normal:** Since cardiac muscles start working more effectively and strongly, the stroke volume as well as cardiac output increases. The level of blood cholesterol reduces. More over the lactic acid and acid phosphate are also excreted from the muscles quickly and easily which reduces fatigue.

## 3. Chakrasana can be performed as follows:

- Lie flat on your back like Shavasana on the ground.
- Bend your knees and bring your heels closer to touch your hips. Keep some distance between your feet.
- Now raise your hands and bring your palms under your shoulders.
- Now while inhaling press your palms and feet on the ground and lift your body up.
- Try to raise your hips as much as you can.
- Hold this position for few seconds (according to your capacity) and keep breathing normally.
- Now release your pose slowly to come to the starting position.
- Repeat once or twice.

## ➤ Assertion and Reason Answers:

1. (a) Both (A) and (R) are true and (R) is the correct explanation of (A).
2. (a) Both (A) and (R) are true and (R) is the correct explanation of (A).

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