

CHAPTER

03

Yoga as Preventive Measures for Lifestyle Disease

Yoga

The word 'yoga' is derived from Sanskrit word yuj which means 'to join'. Patanjali has described the word yuj as to 'stabilise the mind for the union of soul (*atma*) and God (*parmatma*)'.

It is practiced since ancient time (approx 5000 years), but it became popular among people in last few decades. It is considered as a spritual science by the experts.

It simply refers to the unity of body, mind and spirit. It is like uniting the individual self with the universal self. The power of yoga is in its simplicity, diversity, and flexibility.

According to Bhagavad Gita, "Through constant practice of yoga, one can overcome all difficulties and eradicate all weaknesses. Pain can be transmited into bliss, sorrow into joy, failure into success and sickness into perfect health. Determination, patience, persistence lead us towards our goal."

Yoga teaches to balance the mental urge to push, control and be assertive with the impulse to yield, submit and be passive. There are eight elements of yoga. They are Yama, Niyama, Asana, Pranayama, Pratyahara, Dharana, Dhyana and Samadhi.

CHAPTER CHECKLIST

- Yoga
 - Obesity
 - Diabetes
 - Asthma
 - Hypertension
-

Importance of Yoga

- Yoga gives relief from physical and mental ailments.
- Regular practice of yoga relieves mental fatigue. Yoga makes a person free from anger, anxiety and emotional disturbances.

- Cold, cough, insomnia, asthma, constipation, arthritis, acidity, diarrhoea etc. can be prevented with the regular practice of yogic asanas/exercises.
- Yoga helps in boosting concentrative power and reduces mental stress.
- Postural deformities can be prevented by the regular practice of yoga.

Obesity

Obesity is referred to a medical condition in which excess body fat is accumulated to the extent that it has a negative effect on health.

Generally, people are considered obese when their Body Mass Index (BMI) is more than 30. Body Mass Index is obtained by dividing a person's weight by the square of the person's height.

Obesity is not a disease in itself but the condition of obesity leads to various diseases like diabetes, hypertension, cardiovascular diseases, osteo-arthritis and depression. This is because due to the excess body fat, the organs inside the body are not able to function properly.

Causes

- Excess consumption of fats, sugar and calorie-rich foods.
- Improper functioning of certain glands such as endocrine gland system.
- Lack of exercises, less physical activities and sedentary lifestyle.

Symptoms

- Increase in weight constantly.
- Increase in laziness and rise in intake of food.
- Retardness in mental and emotional activities.
- Frustration and depression.

Preventions

- Take food which contain less fat, fibre-rich vegetables and fruits.
- Reduce the consumption of fats, sweets and junk foods.
- Stop addictions of smoking, drinking and other drugs.
- Increase physical activities, doing regular exercises.

Asanas for Obesity

Obesity can be prevented as well as cured by performing various asanas like Tadasana, Katichakrasana,

Tadasana (Mountain Pose)

Procedure

- This is done in standing position.
- Stand straight and join the feet together.
- Toes must touch each other and heels may be slightly apart.
- With deep inhalation, raise up both the arms and then interlock the fingers.
- Stretch your shoulders and chest upward.
- Hold for 4 to 8 breaths.
- Exhale and drop the shoulders down.



Tadasana

Benefits

- It improves body posture and reduces flat feet problem.
- Knees, thighs and ankles become stronger.
- Buttocks and abdomen get toned.
- It helps to alleviate sciatica.
- It also makes spine more agile.
- It helps in increasing height and improves balance.
- It regulates digestive, nervous and respiratory systems.

Contraindications

- Avoid during headaches or insomnia.
- Avoid during low blood pressure.

Katichakrasana

Procedure

- Stand up straight with your feet together.

- Stretch your hands to the front, palms facing each other.
- Your hands should be in line with the shoulders.
- First inhale and then while exhaling twist from the waist to the right and look back over the right.
- Keep your breath out and stay in this position as long as possible.
- Inhale and slowly come back to the center.
- Exhale and twist from the waist to the left and look back over the left.
- Keep your breath out.
- Stay in this final posture as long as possible.
- Come back to the center and relax.
- In the twisted position if you want to stay for longer then you need slowly keep on breathing.
- This is the complete cycle of this posture.
- Practice can be repeated 10 to 20 times or even more than that as per the convenience.

Benefits

- It helps to remove lethargy.
- It improves the flexibility of the spine and waist.
- It strengthens the spine and waist.
- It is good for relieving constipation.
- It opens up the neck and shoulders.
- It provides a stretch in different muscles of arm, abdomen and legs.
- It helps to relieve back pain.

Contraindications

- Katichakrasana should not be practised by those who have recently undergone any abdomen or spinal surgery.
- It should be avoided by persons suffering from hernia, slip disc or any abdominal inflammation.
- It should be avoided during pregnancy.



Pavanamuktasana

Procedure

- This is done in lying position.
- Lie flat on the back, keep the legs straight and relax your body.
- Inhale slowly and lift the legs and bend on the knees. Bring upwards to the chest till the thigh touches the stomach.
- Hug the knees and lock the fingers.
- Place the nose tip between the knees.
- Exhale slowly and come back to the original position.



Pavanamuktasana

Benefits

- It cures acidity, indigestion and constipation.
- It is helpful for those suffering from gastrointestinal problems, arthritis, heart problems and waist and back pain.
- This is very beneficial for stomach abs. The results are very impressive.
- It strengthens back muscle and cures back pain.
- It is very beneficial for reproductive organs and for menstruation disorder.

Contraindications

- Those who are suffering from high blood pressure, hernia, heart problems and ulcer should avoid.
- During pregnancy and menstruation, women should avoid it.

Matsyasana (Fish Pose)

Procedure

- This asana is done in lying pose.
- Lift your hips and tuck your hands slightly beneath your buttocks, palms facing down. Draw your forearms and elbows in towards your body.

- Firm your shoulder blades into your back and lift your chest higher towards the ceiling, elongate your spine.
- Bring the crown of your head down on the floor, placing a minimal amount of weight on your head.
- Remain here with your knees bent, or, if it feels uncomfortable, extend both legs straight down on the mat in front of you with your muscles strongly engaged.
- Stay in the pose anywhere from 5 to 10 deep breaths.



Matsyasana

Benefits

- It stretches the neck muscles and shoulders.
- This pose provides relief from respiratory disorders by encouraging deep breathing, as this pose increases lung capacity to a great extent.
- There is an increased supply of blood to the cervical and thoracic regions of the back that helps tone the parathyroid, pituitary and pineal glands.
- This pose helps to regulate emotions and stress.
- The practice of Matsyasana brings down the tension and the stiffness at the neck and the shoulders.

Contraindications

- Individuals suffering from high or low blood pressure should avoid this posture.
- Women who are pregnant should not attempt this yoga pose.
- Injury in neck or any part of the lower back or middle back can make it difficult to practice this fish pose and hence should be avoided.

Halasana (Plow Pose)

Procedure

- Lie on the yoga mat or carpet and join the legs together.
- Raise your legs to make an angle of 90 degrees.
- Thrust the palms, raise the waist and legs, bending forward to touch the knees with the hands.

- Try to place the big toe on the floor and keep the legs straight.
- Balance the whole weight on the shoulder blade, shift both the hands over the head, join the fingers and hold the head with it and relax the elbows on the floor.
- Try to remain in the position till the count of 100.
- Then release the fingers above the head, pressing the palms on the floor taking back thumb toe gently bring the body and legs to the floor.
- Relax in corpse pose and practice for 2 more rounds.

Benefits

- Practicing this asana regularly can avoid disease like diabetes, obesity, constipation, stomach disorder, blood pressure and menstrual disorders.
- It makes your backbone elastic and flexible.
- It helps to reduce both belly and body fat.
- It improves memory power.

Contraindications

- It should be avoided by those having neck pain, spondylosis, and high blood pressure should not practice this yoga pose.
- It should be avoided by pregnant women.



Halasana (Plow Pose)

Paschimottanasana

Procedure

- This is done in sitting posture.
- Sit on the floor with the legs stretched out.
- Sit straight, raise both arms above your head and stretch up.
- Bend forwards and hold the big toes with the middle and index fingers.
- Then, exhale out slowly and try to touch the knees



Paschimottasana

Benefits

- It stretches hamstrings, spine, shoulders and hip joints.
- It enhances secretion of insulin from pancreas and improves digestion.
- It relieves menstrual discomfort and enhances fertility.
- It reduces headache, anxiety, insomnia and sinusitis.
- It reduces abdominal fats and increases metabolism.
- It helps in controlling constipation.

Contraindications

- Pregnant women should avoid this asana.
- It should be avoided by person suffering from respiratory and spinal problem.
- Ulcer patient should also avoid this asana.

Ardha Matsyendrasana

(Half Spinal Twist Pose)

Procedure

- This is done in sitting posture.
- Sit with legs straight and stretched in front of you.
- Bend the left leg and bring it close to the body. Place it under the right buttocks.
- Then, place the right leg next to the left knee by taking it over the knee.
- Twist your waist, neck and shoulders over your right shoulder. While doing it, keep your spine straight.
- Place the right hand behind and the left hand on the right knee.
- Breathe normally and slowly in this position.
- Repeat with the other leg.



Benefits

- It is one of the best poses to improve the flexibility of the spine. It energises the spine.
- It improves functioning of liver and kidneys.
- It stretches the shoulders, hips and neck.
- It stimulates the digestive enzymes in the belly.
- It relieves menstrual discomfort, fatigue, sciatica and backache. It is therapeutic for asthma and infertility.

Contraindications

- Avoid during pregnancy and menstruation due to the strong twist in the abdomen.
- People with heart, abdominal or brain surgeries should avoid this asana.
- Those who are having peptic ulcer or hernia should avoid it.
- Those with severe spinal problems should avoid it.
- People with severe slip disc problem should avoid it.

Dhanurasana (Bow Pose)

Procedure

- Lie on your stomach.
- Hold your both feet with your hands making a back bend and positioning like a bow.
- Pull your both feet slowly – slowly, as much as you can.
- Look straight ahead with a smile in your face .
- Keep the pose stable while paying attention to your breath.
- After 1-20 seconds as you exhale, gently bring your legs and chest to the ground and relax.

Benefits

- Dhanurasana strengthens the back and the abdomen at the same time.
- It helps improve upon stomach disorders.
- It also helps in reducing fat around belly area.
- It is beneficial specifically to women as it improves reproductive system and helps improve menstrual disorders.
- It helps to regulate the pancreas and is recommended for people with diabetes.
- It expands the thoracic region of the chest.

Contraindications

- It should not be practiced by those suffering from high blood pressure, backpain, headache, migraine or abdomen surgery.
- It should not be practiced by women during pregnancy.



Dhanurasana (Bow Pose)

Ushtrasana (Camel Pose)

- Sit on the floor stretching your leg and keeping your spine erect keeping palms on the ground side by the buttocks.
- Bend your leg by the knees and sit on your heels placing the buttocks between the heels, the right big toe overlapping the left.
- Kneel on floor keeping your knees in line with the shoulders and sole of the feet facing the ceiling.
- Keep your hand on thighs.
- Inhale and arch your back and place your palms on the heels of the feet.
- Keep your arms straight.
- Do not strain your neck keep it neutral. Let your neck be free.
- Stay in this final position for couple of breaths or as much longer as you can.
- Breathe out and slowly come to the normal position withdrawing your hands from the feet.



Benefits

- Ushtrasana stretches the anterior muscles of the body.
- It improves flexibility of spine and strengthens it.
- It improves digestion.
- It gives relaxation to the lower back.
- It is useful as an initial practice for back bending.
- It reduces abdomen fat.

Contraindications

It should not be practiced by people suffering from severe back and neck injury, high or low blood pressure, migraine or other severe headache.

Surya Bhedana Pranayama

- Sit comfortably in Padmasana or Siddhasana.
- Keep your head and spine erect with eye closed.
- Shut your left nostril with your ring finger and little finger.
- Now breathe in (inhale) slowly and deeply through your right nadi.
- After that, shut your right nadi with the thumb of your right hand.
- Then exhale through your left nostril, along with keeping your right nostril closed.
- This is one cycle is completed.
- Repeat this process around 5 – 10 times.

Benefits

- It activates the body functions.
- It is very helpful for increasing the digestive fire.
- It cures all diseases that are caused by the insufficiency of oxygen in the blood.
- It destroys intestinal worms.
- It is the best breathing exercise for cold and cough, or other respiratory problems.
- It is a best and simple method in low blood pressure.

Contraindications

Surya Bhedana Pranayama should not be practiced in case of blocked nostril, hypertension, heart problem, hyperthyroid, anxiety, anger, epilepsy, peptic ulcer or when suffering from external heat boils, fever or constipation.

Diabetes

Diabetes is a disease in which the pancreas fail to produce insulin or is unable to use the insulin produced in an effective manner.

Insulin is a hormone produced by the pancreas that helps glucose, present in the blood, to enter the cells in our body and provide energy.

Insufficient secretion of insulin by pancreas results in excess glucose (sugar level) in the blood stream. This causes diabetes and damages the organs.

It is of two types viz. Type I and Type II. In Type I diabetes, the body is unable to produce insulin and in Type II diabetes, body produces insulin, but unable to use it effectively.

It can lead to renal failure, loss of vision, amputation of limbs and cardiovascular diseases.

Causes

- Overweight, obesity and lack of physical activities.
- Genes and family history or hereditary factors.
- Gestational diabetes occur when the pancreas can't make enough insulin.
- Type I diabetes occurs when your immune system attacks and destroys the insulin.
- Type II diabetes is caused by several factors, including lifestyle factors and genes.

Symptoms

- Increase in thirst and hunger.
- Frequent urination.
- Fatigue.
- Blurred vision.
- Numbness or tingling in feet and hands.

Preventions

- Eat whole grains like brown rice, oatmeal, millets, lightly cooked fresh vegetables, and fresh fruits.
- Avoid white bread, white rice, processed food, sugary drinks, jam, jelly, canned vegetables and fruits.
- Do regular exercises and other physical activities.

Asanas for Diabetes

Asanas like *Katichakrasana*, *Pavanamuktasana*, *Bhujangasana*, *Shalabhasana*, *Dhanurasana*, *Supta Vajrasana*, *Paschimottasana*, *Ardha Matsyendrasana*, *Mandukasana*, *Gomukhasana*, *Yoga Mudrasana*, *Ushtrasana* and *Kapalabhati* can help in preventing and curing diabetes. These are follows

Note *Katichakrasana*, *Pavanamuktasana*, *Dhanurasana*, *Paschimottasana*, *Ardha Matsyendrasana* and *Ushtrasana* are already described previously in the chapter.

Bhujangasana (The Cobra Pose)

Procedure

- This is done in lying posture.
- Lie on the stomach and rest forehead on the floor.
- Keep the feet and toes together and touch the ground.
- Place the hands at shoulder level and palms on floor.
- Inhale and lift the head, chest, abdomen up towards roof and keep the navel on the floor.
- Pull your torso back and off the floor with support of your hands.

Benefits

- It improves the blood circulation in body.
- It decreases menstrual irregularities in females.
- It strengthens muscles of chest, shoulders, arms and abdomen.
- It is effective in urine disorder.
- It improves the functioning of reproductive organ.
- It improves the function of liver, kidney, pancreas and gall bladder.
- It helps to lose weight.



Bhujangasana

Contraindications

- Avoid during pregnancy.
- People having a hernia problem and backache should not do this asana.
- It should be avoided by persons who are suffering from ulcer, heart problem or any surgeries of spine.

Shalabhasana

Procedure

- This is done in lying position. Lie down on the stomach; place both hands underneath the thighs.
- Breathe in (inhale) and lift both the legs upward without bending the knees.
- The chin should rest on the ground.
- Maintain this position for 2-3 minutes for better results.
- Do not put much strain in leg.
- Bring down both legs back to starting position.

Benefits

- It is beneficial for spinal problems.
- It is helpful for backache and sciatica pain.
- It removes unwanted fats around abdomen, waist, hips and thighs.
- It cures cervical spondylitis and spinal cord ailments.
- It helps in strengthening the wrists, hips, thighs, legs, buttocks, lower abdomen and diaphragm.
- It gives flexibility to the back muscles and spine.
- It strengthens the shoulders and neck muscles.

Contraindications

- It should be avoided during headache and serious back injury.
- Person suffering from hernia should avoid it.



Shalabhasana

Gomukhasana (Cow Face Pose)

- Fold right leg at the knee and place it on the ground by the side of the left buttock.
- Bringing the left leg from above the right leg, place it on the ground by the side of the right buttock.
- Fold your left arm and place it behind your back. Then, take your right hand over your right shoulder, and stretch it as much as you can until it reaches your left hand.
- After sometime, return to the original position.
- Change the position of the legs *i.e.* by placing the right knee above and the left knee down and repeat this as much as you can.



Gomukhasana

Benefits

- It helps in stretching and strengthen the muscles of the ankles, hips and thighs, shoulders, triceps, inner armpits and chest.
- It is helpful in curing of sciatica.
- It improves the functioning of lungs.
- Regular practice can reduce stress and anxiety.

Contraindications

- Those who are suffering from shoulder, knee or back pain should avoid it.
- Pregnant women should avoid it.

Supta Vajrasana (Reclined Thunderbolt Pose)

- Sit comfortably in Vajrasana.
- Keeping your palms on the floor beside the buttocks, your fingers pointing to the front.
- Slowly bend back, putting the proper forearm and also the elbow on the bottom so the left.
- Slowly bring down your head to the ground while arching the back. Place your hands on the thighs.

- Make certain that you simply don't seem to be overstraining the muscles and ligaments of the legs.
- Close the eyes and relax the body.
- Breathe deeply and slowly within the final position.
- Release within the reverse order, inhaling and taking the support of the elbows and also the arms raise the top higher than the bottom.
- Then shift the weight on the left arm and elbow by slipping the body, then slowly returning to the beginning position.
- Never leave the ultimate position by straightening the legs first; it's going to dislocate the knee joints.
- Repeat this process for 3 to 5 times and once you master it increase the time for 8 to 10 times.

Benefits

- It tones the spinal nerves, makes the rear versatile and realigns rounded shoulders.
- It enhances courage and confidence level within the temperament.
- It is useful for those stricken by respiratory disorder and different respiratory organ ailments.
- It regulates the functioning of the adrenal glands.
- It helps to alleviate disorders of male and feminine procreative organs.
- It helps to eliminate anger, aggression and relax the mind.

Contraindications

People having heart issues, such as blocked arteries, angina or recovering from the bypass surgery should avoid this asana.



Supta Vajrasana
(Reclined Thunderbolt Pose)

Mandukasana (Frog Pose)

- Comfortably sit in Vajrasana (thunderbolt pose).
- Close the fists of both hands.

- While pressing the navel with your both fists exhale and bend forward.
- Hold the breath when you are in the position of bend forward and keep looking straight.
- Stay in this position for some time (hold the position as much as you can), inhale, and come back to the starting position (Vajrasana).
- Repeat this three to four times.



Mandukasana (Frog Pose)

Benefits

- Mandukasana increases the quantity of insulin so it is beneficial for curing diabetes.
- It cures the problems related to stomach.
- It is beneficial in cardiovascular diseases.
- It is useful for flexibility of thighs and legs.
- It reduces extra fat from thighs and hips.
- It improves the functioning of the digestive system and excretory system.
- It cures the pain of ankles, knees and back.

Contraindications

- It should be avoided by pregnant women due to pressure at the lower abdomen.
- It should be avoided by those having any kind of ulcer in the body.

Yoga Mudrasana

Procedure

- Sit in Padmasana that is, with your legs crossed and soles facing upward close to the navel, inhale deeply.
- As you exhale, stretch your left arm backward and around your right hip. Grasp the big toe of your left foot with this hand.
- Now repeat by swinging your right arm backward

- Inhale deeply and exhale.
- Bend your trunk forward till your forehead rests against the floor.



Yoga Mudrasana

Benefits

- It stretches the posterior muscles of the trunk and the neck.
- It improves muscle tone and venous circulation of the spinal column.
- It has favourable effects on the viscera due to deep intra-abdominal compression.
- Its lateral stretch stimulates vital areas of the colon.

Contraindications

- Yoga Mudrasana should be avoided by persons with injury of the neck, shoulders, hips, knee, pelvic girdle and ankles.
- It should be avoided by the persons with back issues related to injury, surgery or pain.

Kapalabhati

Kapala means skull (head) and Bhati means to shine. Because this practice makes the skull (head) shine, therefore it is called Kapalabhati. In other words, it rejuvenates the skull (head) and the mental functions.

Procedure

- Sit in a meditative posture, eyes closed and the whole body relaxed.
- Inhale deeply through both nostrils expanding the abdomen and exhale with a forceful contraction of the abdominal muscles.
- The breathing must be of the 'bellows' type and perform 30-40 strokes in one round. Start from 10 strokes.
- At the end of practice, deep exhale and relax.

Benefits

- It purifies the frontal air sinuses and stimulates the brain.
- Massages abdominal organs and improves digestion.
- It increases the capacity of lungs.
- It is useful in treating cold, rhinitis (inflammation of the mucus membrane of the nose), sinusitis and bronchial infections.

Contraindications

- Stroke should be in rhythmic manner.
- Active exhalation and passive inhalation.
- Don't strain the facial muscles during the practice.
- Avoid performing the practice in the case of high blood pressure, heart diseases and gastric ulcers.

Asthma

Asthma is a condition in which a person's airways in the lungs become narrow. Due to narrowness, air flow is obstructed. It creates breathing problem in a person.

It is a long-term inflammatory disease. In this disease, the airways also swell up and produce extra mucus, which enhances breathing problem.

The coughing usually occurs at night or early in the morning. It is more complex from other diseases, as it cannot be cured or treated but its symptoms can be controlled.

Causes

- Allergy from airborne substances like pollen grains, dust mites, molds, spores etc.
- Air pollutants and irritants like smoke suspended in the air.
- Respiratory infections like common cold.
- It can also occur due to genetic factors.

Symptoms

- Shortness of breath
- Coughing/sneezing too much
- Frequent respiratory infections
- Chest tightness
- Wheezing

Preventions

- Keep the room, bed, pillows dust free.
- Avoid asthma-triggers like pollens, mole, cold air to prevent asthma attacks.
- Follow prescribed medication.

Asanas for Asthma

Asanas which can cure or help in managing asthma includes *Tadasana, Urdhva, Hastasana, Uttana Mandukasana, Bhujangasana, Dhanurasana, Ushtrasana, Vakrasana, Kapalabhati, Gomukhasana, Matsyendrasana and Anuloma Viloma.*

Note *Tadasana, Bhujangasana, Dhanurasana, Ushtrasana, Kapalabhati, Gomukhasana and Matsyendrasana are already discussed in the chapter previously.*

Urdhva Hastasana

Procedure

- Stand in a Tadasana (Mountain pose). Then, gently raise your hand upward.
- Bring the arms parallel to one another and then without bending the shoulders, bring your arms together over your head.
- Expand the elbows completely and reach upwards. Then slightly slant your head backwards and look at the thumbs.
- Shoulder blades must be pressed firmly on your back.
- Bring your buttock inward by compressing them.
- Keep your feet together and press your heel firmly against the ground.

Benefits

- It stretches the complete body and provides a good massage to the arms, spine, upper and lower back, ankles, hands, shoulders, calf muscles and thighs.
- It enhances the functioning of digestive system and increases the capacity of the lungs.
- This asana helps in improving the blood circulation of the body.
- It helps in enhancing the body postures.
- It helps in alleviating nervousness and sadness along with providing a sense of achievement.

Contraindications

- Avoid in case of shoulder or neck injuries.
- Avoid if experiencing dizziness while staring upwards and in case of any other medical concerns.



Urdhva Hastasana

Uttana Mandukasana

Procedure

- Sit in Vajrasana.
- Spread both the knees wide apart while toes remaining together.
- Raise your right arm, fold it and take it backward from above the right shoulder and place the palm below the left shoulder.
- Now fold the left arm similarly and place the palm from above below the right shoulder.
- Maintain the position. While coming back, slowly remove the left arm and then right arm; bring the knees together as in the initial position.

Benefits

- It gives stretch to the throat muscles and nerves and relieves throat pain.
- It gives good stretch to the upper and lower back muscles, makes back muscles flexible and relieves back pain and strain.
- It stretches the elbow joints and hence good for elbow health.
- It strengthens the spine, strengthens all cervical, thoracic and lumbar regions.
- It also stretches the diaphragm effectively and also the

Contraindications

- It should be avoided by persons suffering from arthritis, hernia, chronic and severe back problems, knee problems, elbow pain and severe shoulder pain, spinal cord deformities and disabilities of hip joints.
- Women should not practice this asana during pregnancy or during menstruation.



Uttana Mandukasana

Vakrasana (Half Spinal Twist Pose)

Procedure

- This is done in sitting position. It is simplified form of Ardha Matsyendrasana.
- Sit and stretch the legs straight.
- Fold the right leg. Heel of right leg should touch the left leg's knee.
- Take the right hand to back of the waist by twisting the trunk.
- Bring the left hand close to right knee and place it near the right feet.
- Twist the head and shoulder to right side and look straight to the right shoulder's side.
- Turn the head to the front and return to original position.



Benefits

- It reduces belly fat.
- It improves the function of both spinal cord and nervous system.
- It controls diabetes and strengthens kidneys.
- It helps adrenal gland to function properly.
- It helps to control waist, back pain and chronic back pain.

Contraindications

- It should be avoided by persons suffering from ulcer and enlargement of liver.
- It should be avoided by persons suffering from severe back pain and hernia.

Anuloma Viloma/Nadishodhana Pranayama

Nadishodhana means to purify the nadis. Nadishodhana pranayama is also known as anuloma viloma. Viloma means produced in the reverse order. This variety gets its name from the fact that the nostrils are alternatively used during each inhalation and exhalation in this pranayama.

Procedure

- Sit in any comfortable meditative posture.
- Keep the head and spine erect.
- Close the eyes.
- Pay attention to the breath.
- Place the hands on their respective knees.
- Adopt nasagran mudra of the right hand and jnana mudra of the left hand.
- Close the right nostril with the thumb.
- Inhale through the left nostril and exhale through the right nostril, keeping the respiration rate slow, deep and silent.
- Inhale through the right nostril again.
- Exhale through the left nostril, keeping the respiration rate slow, deep and silent.

Benefits

- Calms and steadies the mind, improves focus and concentration.
- Improves blood supply to the brain.

- Balances the left and right hemispheres and promotes clear thinking.
- Benefits in following conditions-asthma, allergies, high or low blood pressure, stress-related heart conditions, hyperactivity, insomnia, chronic pain, endocrine imbalances and psychological conditions as anxiety, stress, etc.

Contraindications

- Keep the ratio of 1:1 between inhalation and exhalation.
- Avoid producing any sound from the nose.
- Avoid pressing hard on the nostrils.



Anuloma Viloma/Nadishodhana

Hypertension

Hypertension is also known as high blood pressure. In hypertension, the blood pressure of body goes beyond 140/90 mm/Hg. The normal body pressure of an adult person is considered as 120/80 mm/Hg.

The situation of hypertension arises when heart pumps more blood than normal situation and arteries become narrower.

Earlier, it was considered as a middle-age problem but now-a-days, youngsters also suffer from this problem due to their faulty lifestyle. Hypertension is a primary risk factor for cardiovascular disease, including stroke, heart attack, heart failure and aneurysm.

Causes

- Sedentary lifestyle (little or no physical activity) is one of most important reasons behind hypertension.

Symptoms

- Severe headaches.
- Nose bleeds frequently.
- Shortness of breath and severe anxiety.
- Spells of frequent anger and irritation.

Preventions

- Avoid canned foods, fatty foods, processed foods and reduce the salt intake to just 2,300 milligrams per day.
- Eat more fruits, vegetables, nuts, legumes, lean meat and poultry.
- Increase physical activities and reduce weight.

Asanas of Hypertension

To prevent and cure hypertension, perform various asanas that reduce stress and rejuvenate mind and body such as *Tadasana, Katichakrasana, Uttana Padasana, Ardha Halasana, Sarala Matsyasana, Gomukhasana, Uttana Mandukasana, Vakrasana, Bhujangasana, Makrasana, Shevasana, Nadi-Shodhana, Pranayama and Sitali Pranayama.*

Note *Tadasana, Katichakrasana, Gomukhasana, Uttana Mandukasana, Vakrasana, Bhujangasana and Sitali Pranayama are already discussed previously in the chapter.*

Uttana Padasana

- Lie on the floor, facing the ceiling.
- Keep legs stretched, feet close to each other, tightly at the arches, toes facing upwards towards the ceiling.
- Keep upper limbs by the side of your body, close to it, palms down.
- Inhale
- Lift both legs in air as you inhale. While doing this keep the torso on the floor. Allow the lower back to arch slightly.
- Tuck your chin towards neck. Squeeze the thighs together and tuck your stomach in. Reach out with your toes such that the toes point the ceiling.
- The legs are approximately at an angle of 30 degrees from the floor. This is good at beginner level. If you get comfortable in the pose gradually and when you feel your body is flexible enough you can extend the angle to 45 or even 60 degrees.

Benefits

- It opens up the chest, contracts the abdomen and stretches the arms and legs simultaneously.
- It increases flexibility of internal and external muscles.
- It relieves stiffness in the lower back, back ache, pain in hips and joints.
- It strengthens abdominal muscles, nerves, spinal cord and reproductive system.
- It enhances blood circulation to heart and neck.
- It cures digestive and intestinal disorders.

Contraindications

- It should be avoided by persons suffering from high blood pressure, back, hip, knee or leg injury and abdominal surgery.
- It should be avoided by women during pregnancy and menstruation.



Uttana Padasana

Ardha Halasana

Procedure

- Lie down in Shavasana (supine position).
- Join the both legs and keep your hand with the thighs.
- Slowly breathe in and raise the leg perpendicular to the ground keeping the knee straight.
- Hold in the breathe and stay in this position as long as possible.
- Breathe out and bring back your legs.
- Come back to the normal position and relax for a while.
- Repeat the same for 3 to 5 times.

- The above mentioned technique can also be performed only with a single one after the other.

Benefits

- It improves digestion and appetite.
- It improve blood circulation.
- It strengthens the thigh muscles and calf muscles.
- It is helpful to reduce abdomen fat and lose weight.
- It stimulates the abdominal organs.

Contraindications

It should be avoided by people suffering from any cardiac problem, back pain, high blood pressure.



Ardha Halasana

Sarala Matsyasana

Procedure

- Lay flat on the back.
- With the support of your hands keep the top of your head on the mat.
- Neck, upper back and shoulders will be lifted from the ground.
- Relax your hands at the side of your body.
- Breathe normally and keep your toes stretched out.
- Hold the position for 30 seconds and relax.

Benefits

- It improves the digestion system.
- It helps to cure irritable bowel syndrome.
- It helps to get rid of abdominal-related issues.

Contraindications

It should be avoided by persons with cervical spondylitis and frozen shoulder.



Sarala Matsyasana

Makrasana

Procedure

- Lie down straight on your stomach.
- Now join your elbows, making a stand and place your palms under the chin.
- Lift your chest up.
- Keep your elbows and legs together.
- During inhaling, first, fold your one leg at a time and then both the legs together.
- During folding, your ankles should touch the hips.
- While exhaling, your feet should be straight and keep your head steady.
- Repeat this for 20 to 25 times.

Benefits

- It is beneficial in cervical, slip disc, spondylitis, sciatica.
- It is beneficial in all spine related problems.
- It stretches the muscles of legs and hips.
- It is best for relaxing after doing other asanas.

Contraindications

- It should be avoided by persons suffering from back injury, neck injury and psychological issues.
- It should be avoided by women during pregnancy.



Shavasana (Corpse Pose)

Procedure

- This is done in lying position.
- Lie flat on the back, like in sleeping pose and separate the legs.
- Keep the arms at side and palms facing up and relax.
- Close the eyes and breathe deeply and slowly through the nostrils.
- Start concentrating from the head to feet. Feel relaxation in each part of the body.
- On each inhaling and exhaling (breathing), body should be relaxed.
- Stay in this pose for 10 to 15 minutes.

Benefits

- It relaxes the whole body.
- It releases stress, fatigue, depression and tension.
- It improves concentration and cures insomnia.
- It helps to calm the mind and improves mental health.
- It regulates blood circulation.
- It gives new vigour to both mind and body simultaneously.



Shavasana

Contraindication

Usually, there is no contraindication of this asana, except where the doctor has advised not to lie on back.

Sitali Pranayama

Procedure

- Sit in front of yoga mat at any meditative posture like Padmasana, Sukhasana or in Vajrasana with head, neck, and spine erect in one line. Also, to make practice more effective, you can make Gyan Mudra with your hands.

- Breathe in deeply 2-3 times with your mouth open, and exhale from the nose to prepare for the sitali breathing.
- Bring out your tongue while curling it on sides towards the center to form a tube-like shape.
- Now inhale through the tube-form tongue and towards the end of inhalation, lower your chin to the chest in 'Jalandhara Bandha'. At this point, hold your breath for 6-8 secs.
- Before exhaling, lift up your chin, withdraw your tongue & close your mouth. Now exhale completely through your nostrils. This completes one round sitali breathing.

Benefits

- It relieves stress and anxiety through its soothing and relaxing effect.
- It also helps reduce fever by bringing down body temperature.
- It helps calm down hunger and thirst in an emergency situation.

- It also helps in lowering blood pressure.
- It is very useful for people suffering from insomnia.
- It is very helpful for people suffering from a sleep disorder.

Contraindications

Sitali Pranayama should be avoided by persons with low blood pressure, respiratory disorders and chronic constipation.



Sitali Pranayama

CHAPTER PRACTICE

OBJECTIVE TYPE QUESTIONS

Multiple Choice Questions (MCQs)

1 Which one of the following is not part or element of yoga?

- (a) Yama (b) Samta
(c) Niyama (d) Dhyana

Ans (b) Samta

2 The symptoms of obesity includes

- (a) Gaining weight (b) Retardness
(c) Laziness (d) All of these

Ans (d) All of these

3 Which one of the following asanas is not a remedial asana for treating obesity? CBSE 2020

- (a) Vajrasana
(b) Tadasana
(c) Trikonasana
(d) Ardha Matsyendrasana

Ans (b) Tadasana

4 Trikonasana helps to cure which lifestyle disease?

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

Ans (d) Obesity

5 Which hormone is related with the problem of diabetes?

- (a) Insulin (b) Calcitonin
(c) Oxytocin (d) Estrogens

Ans (a) Insulin

6 Assertion (A) Person suffering from slipdisc can practice Katichakrasana.

Reason (R) Katichakrasana helps to relieve back pain.

Codes

- (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

Ans (d) A is false, but R is true

7 Assertion (A) Everyone should do yoga daily. Reason (R) Yoga helps in avoiding various lifestyle disease such as diabetes, obesity and cardiovascular disease.

Codes

- (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

Ans (a) Both A and R are true and R is the correct explanation of A

Fill in the Blanks

8 There are elements of yoga.

Ans 8

9 The normal blood pressure of an adult is considered as mm/Hg.

Ans 120/80

10 Type I and Type II are the two types of

Ans Diabetes

11 A person suffering from hypertension should perform

Ans Tadasana

12 is the condition of body in which the amount of fat increases to extreme level.

Ans Obesity

State True or False

13 Yoga is panacea for disease developed due to modern day lifestyle.

Ans True

14 Halasana is also known as frog pose.

Ans False. Halasana is also known as plow pose.

15 Severe anxiety and shortness of breath are symptoms of hypertension.

Ans True

Match the Following

16

List I (Disease)	List II (Asana)
A Obesity	(i) Pavanamuktasana
B Diabetes	(ii) Makrasana
C Asthama	(iii) Ushtrasana
D Hypertension	(iv) Uttana Mandukasana

Codes

	A	B	C	D
(a)	(iii)	(i)	(iv)	(ii)
(b)	(i)	(iv)	(ii)	(iii)
(c)	(ii)	(iv)	(i)	(iii)
(d)	(iv)	(i)	(iii)	(ii)

Ans (a)

VERY SHORT ANSWER TYPE QUESTIONS

17 Define yoga.

Ans Yoga refers to the unity of body, mind and spirit.

18 Explain the contraindications of Hastasana.

Ans The contraindications of Hastasana are
(i) Avoid in case of shoulder or neck injuries.
(ii) Avoid if experiencing dizziness while staring upwards and in case of any other medical concerns.

19 Explain any two benefits of Ardha Matsyendrasana. CBSE SQP 2021 Term II

Ans Benefits of Ardha Matsyendrasana are
(i) It loses extra fat and makes the body beautiful and strong.
(ii) It makes the liver, spleen and pancreas healthy.

20 State two benefits of Kapalabhati.

Ans Two benefits of Kapalabhati are as follows
• It purifies the frontal air sinuses and stimulates the brain.
• Massages abdominal organs and improves digestion.

21 Discuss any two benefits of Paschimottasana

Ans Two benefits of Paschimottasana are as follows
(i) It stretches hamstrings, spine, shoulders and hip-joints.

(ii) It relieves menstrual discomfort and enhances fertility.

22 Write any two benefits of Pavanamuktasana.

Ans Two benefits of Pavanamuktasana are as follows
(i) It helps to strengthen the back.
(ii) It helps in digestion.

23 Write any two benefits of the Gomukhasana.

Ans The two benefits of Gomukhasana are as follows
(i) It is helpful in curing sciatica.
(ii) It enhances the functioning of the kidneys by stimulating it, thus helping those suffering from diabetes.

24 State the contraindications of Tadasana.

Ans The two contraindications of Tadasana are as follows
(i) Avoid during insomnia.
(ii) Avoid during low blood pressure.

25 What do you mean by diabetes?

Ans Diabetes is a disease in which the pancreas fail to produce insulin or is unable to use the insulin produced in body in an effective manner.

26 Which asanas are beneficial for curing asthma?

Ans The asanas beneficial for curing asthma are Tadasana, Bhujangasana, Dhanurasana, Ustrasana, Vakrasana, etc.

27 Performing Bhujangasana everyday can cure which diseases?

Ans Performing Bhujangasana daily can cure diabetes, asthma and hypertension.

28 What is hypertension?

Ans Hypertension or high blood pressure is a situation when blood pressure of body goes beyond 140/90 mm/Hg.

29 What is the main physiological cause of Asthma?

CBSE 2018

Ans The physiological cause of asthma is narrowing of airways and a subsequent obstruction in air

C SHORT ANSWER TYPE QUESTIONS

30 What is obesity? Is it a disease? Explain your answer.

Ans Obesity is referred to medical condition in which excess body fat is accumulated to the extent that it has a negative effect on health. Obesity in itself is not a disease but the condition of obesity leads to many diseases.

This is because a person becomes extremely fat and the organs, glands, organ systems cannot function properly.

When the body does not function properly, then it gives birth to many diseases like diabetes, hypertension, cardiovascular diseases etc.

31 Write ways to prevent diabetes.

Ans The ways to prevent diabetes are

- Reduce the consumption of white bread, rice, processed food, sugary drinks, jam, jelly etc.
- Eat whole grains like brown rice, oatmeal, millets, vegetables and fruits.
- Do physical exercises that include asanas like Katichakrasana, Yog. Mudrasana and Kapalbhathi.

32 Explain the procedures of Paschimottasana.

Ans The procedure of doing this asana is as follows

- This is done in sitting posture.
- Sit on the floor with the outstretched legs.
- Sit straight, raise both arms above your head and stretch up.
- Bend forwards and hold the big toes with the middle and index fingers.
- Then, exhale out slowly and try to touch the knees with your forehead.
- Stay in this position for five deep breaths and relax the muscles while exhale.

33 What is the role of yoga in preventing lifestyle diseases? CBSE 2019

Ans Yoga plays prominent role in preventing lifestyle diseases as

- Yoga gives relief from physical and mental ailments.
- Regular practice of yoga relieves mental fatigue. Yoga makes a person free from anger, anxiety and emotional disturbances.

- Cold, cough, insomnia, asthma, constipation, arthritis, acidity, diarrhoea etc. can be prevented with the regular practice of yogic asanas.

- Yoga helps in boosting concentrative power and reduces mental stress.
- Postural deformities can be prevented by the regular practice of yoga.

34 Explain about the procedure and advantages of 'Bhujangasana'. CBSE 2019

Ans The procedure of Bhujangasana is

- This is done in lying posture.
- Lie on the stomach and rest forehead on the floor.
- Keep the feet and toes together and touch the ground.
- Place the hands at shoulder level and palms on floor.
- Inhale and lift the head, chest, abdomen up towards roof and keep the navel on the floor.
- Pull your torso back and off the floor with support of your hands.

The advantages of Bhujangasana are

- It improves the blood circulation in body.
- It decreases menstrual irregularities in females.
- It strengthens muscles of chest, shoulders, arms and abdomen.
- It is effective in urine disorder.
- It improves the functioning of reproductive organ.
- It improves the function of liver, kidney, pancreas and gall bladder.
- It helps to lose weight.

35 Explain the procedure and benefits of any one asana used to cure diabetes. CBSE 2020

Ans Pavanamuktasana help in curing diabetes.

Procedure of Pavanamuktasana is

- This is done in lying position.
- Lie flat on the back, keep the legs straight and relax your body.
- Inhale slowly and lift the legs and bend on the knees. Bring upwards to the chest till the thigh touches the stomach.
- Hug the knees and lock the fingers.
- Place the nose tip between the knees.

Benefits of Pavanamuktasana are

- It cures acidity, indigestion and constipation.
- It is helpful for those suffering from gastrointestinal problems, arthritis, heart problems and waist and back pain.
- This is very beneficial for stomach abs. The results are very impressive.
- It strengthens back muscle and cures back pain.
- It is very beneficial for reproductive organs and for menstruation disorder.

36 State the contraindications of Gomukhasana and benefits of Shavasana.

Ans There are following contraindications of Gomukhasana

- Those who are suffering from shoulder, knee or back pain should avoid it.
- Pregnant women should avoid it.

There are following benefits of Shavasana

- It relaxes the whole body.
- It releases stress, fatigue, depression and tension.
- It improves concentration and cures insomnia.
- It helps to calm the mind and improves mental health.
- It regulates blood circulation.

37 Identify the below given asanas and write the name.



Ans. (a) Katichakrasana (b) Vakrasana
(c) Urdhva Hastasana (d) Makrasana

38 Neeti along with her father was regular at

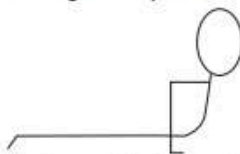
physical education teacher and the principal of the school. School decided to organise awareness rally for the neighbourhood.

- (i) Obesity causes
(a) underweight (b) diabetes
(c) hypertension (d) Both (b) and (c)
- (ii) Which of the following Asana (posture) is not used for curing obesity?
(a) Ardha Matsyendrasana
(b) Dhanurasana
(c) Sitali Pranayam
(d) Matsyasana
- (iii) Choose the Asana which is used for curing obesity.

- (a) Sukhasana (b) Shavasana
(c) Ushtrasana (d) None of these

Ans (i) (d) Both (b) and (c)
(ii) (c) Sitali Pranayam
(iii) (c) Ushtrasana

39 Mr. Shyam aged 50 years is recommended to practice the below asana as a therapeutic measure. He is a software engineer by occupation and spends lot of time sitting at one place. He developed certain symptoms like frequent urge for urination, tiredness, excessive weight gain along with being anxious and gets easily irritated.



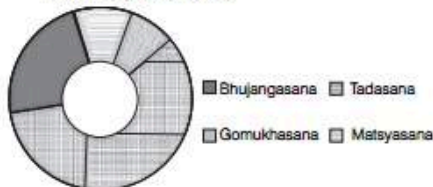
- (i) From the shape of the body in the given pose, it can identified as
(a) Gomukhasana (b) Bhujangasana
(c) Tadasana (d) Vajrasana
- (ii) Mr Shyam is diagnosed with
(a) only diabetes
(b) both diabetes and hypertension
(c) only hypertension
(d) asthma
- (iii) Blood sugar levels are controlled by hormone.
(a) thyroxin
(b) insulin
(c) nitritary

40 Geetha, the yoga teacher does regular yoga activities in her house with family. It helps to improve her family health. One day her neighbour, Sheela came to her house with her daughter. Sheela's daughter is 14-year old, but has short height. Geetha advised her to do some asanas regularly to increase her height.

- (i) Which asana can be advised by Geetha?
 (a) Tadasana (b) Bhujangasana
 (c) Sukhasana (d) Both (a) and (b)
- (ii) Vajrasana helps to relieve from
 (a) Back pain (b) Constipation
 (c) Headache (d) Both (a) and (b)
- (iii) Which asana can be used to cure obesity?
 (a) Kapalabhati (b) Shalabhasana
 (c) Shavasana (d) Halasana

Ans (i) (a) Tadasana
 (ii) (d) Both (a) and (b)
 (iii) (d) Halasana

41 Shruti, a yoga instructor at XYZ school conducted a survey on which is the favourite asana of students. She was able to make a pie chart on the basis of the data. On the basis of the chart answer the following questions.



- (i) Which is the most famous asana?
 (a) Bhujangasana (b) Tadasana
 (c) Gomukhasana (d) Matsyasana
- (ii) Which amongst these is a lying asana?
 (a) Tadasana
 (b) Bhujangasana
 (c) Matsyasana
 (d) Gomukhasana
- (iii) Which amongst these is used to prevent Diabetes?
 (a) Bhujangasana
 (b) Gomukhasana
 (c) Matsyasana

LONG ANSWER TYPE QUESTIONS

42 Explain the contraindications of Halasana, Ardha Matsyendrasana and Urdhva Hastasana.

- Ans** Contraindications of Halasana are
- It should be avoided by those having neck pain, spondylosis, and high blood pressure should not practice this yoga pose.
 - It should be avoided by pregnant women.
- Contraindications of Ardha Matsyendrasana are
- Avoid during pregnancy and menstruation due to the strong twist in the abdomen.
 - People with heart, abdominal or brain surgeries should avoid this asana.
 - Those who are having peptic ulcer or hernia should avoid it.
 - Those with severe spinal problems should avoid.
 - Those with mild slipped disc can do it but in severe cases it should be avoided.
- Contraindications of Urdhva Hastasana are
- Avoid in case of shoulder or neck injuries.
 - Avoid, if experiencing dizziness while staring upwards and in case of any other medical concerns.

43 Briefly explain the administration of Pawanmuktasana along with its contraindications and draw stick diagram.
CBSE SQP 2021 Term II

- Ans** The administration of Pawanmuktasana is
- Lie on your back with your feet together and arms besides your body and relax, breathing deeply.
 - With a deep inhalation raise your legs to 90° and completely exhale.
 - Now with another inhalation bring both the knees close to your chest and press on the lower abdomen, holding the knees with your hands. Exhale completely.
 - Remain with bent knees for a few breaths. With every exhalation press the thighs and knees on the abdomen and hold them with your hands.
 - With a deep breath raise your head, neck and chest and bring them close to your knees.

- Try to maintain the balance while breathing slowly and keeping the body relaxed.
- Now with an inhalation, release the neck and head and exhale completely. With another inhalation straighten the legs and bring them back to 90° and as you exhale release the leg from 90° to the relaxed posture. With complete exhalation, bring the legs stretched out on the floor and relax the neck.
- Take a few breaths, and then continue with the next round. The longer you hold in this posture the faster the muscles around the abdomen loosen.
- Contraindications of Pawanmuktasana is that it is to be avoided by those who are suffering from severe migraine, high or low blood pressure, asthma, slip disc, advanced stages of spondylitis, etc.



Pawanmuktasana

44 The modern lifestyle is the root cause of many diseases. Justify the statement.

Ans It is true that modern lifestyle is the root cause of many diseases. This type of lifestyle promotes more of sedantary work.

In the absence of proper amount of physical activities, the body tends to gain weight that gives rise to obesity.

Obesity causes improper functioning of the organs and organ systems. It also increases lethargyness and reduces the rate of metabolism. Consuming excess amount of fat and not burning enough calories causes various diseases like hypertension and diabetes.

Air pollution and irritants like smoke, lead which are suspended in the air causes respiratory infections and asthma.

The air pollution is also a result of modern lifestyle as it is caused by burning of fossil fuels.

Another result of modern lifestyle is the rise in eating of processed foods, canned foods, sugar drinks, that have high calories.

These foods are not fully digested and absorbed by the body. This increases the level of fat thereby making the body unhealthy.

Hence, we can say that modern lifestyle is the root cause of many diseases.

45 Anubhav takes yoga classes. Mrs. Sharma with a BMI of 33.2 asked to show him yogic asanas to reduce obesity. Is Mrs. Sharma obese? What are the reasons for obesity? Which asanas help in reducing obesity? Explain the procedure of any one asana.

Ans Yes, Mrs Sharma is obese.

The reasons for obesity are as follows

- Excess consumption of fats, sugar and calorie-rich foods.
- Improper functioning of certain glands such as endocrine gland system.
- Lack of exercises, less physical activities and sedentary lifestyle.

Obesity can be prevented as well as cured by performing various asanas like *Halasana*, *Tadasana* *Ushtrasana* and *Ardha Matsyendrasana*.

The procedure of Ushtrasana is

- Sit on the floor stretching your leg and keeping your spine erect keeping palms on the ground side by the buttocks.
- Bend your leg by the keens and sit on your heels placing the buttocks between the heels, the right big toe overlapping the left.
- Kneel on floor keeping your knees in line with the shoulders and sole of the feet facing the ceiling.
- Keep your hand on thighs.
- Inhale and arch your back and place your palms on the heels of the feet.
- Keep your arms straight.
- Do not strain your neck keep it neutral. Let your neck be free.
- Stay in this final position for couple of breaths or as much longer as you can.
- Breathe out and slowly come to the normal position withdrawing your hands from the feet.

SELF ASSESSMENT

OBJECTIVE ANSWER TYPE QUESTIONS

- The word Yoga is derived from
(a) Yog (b) Yuj (c) Yug (d) Yoj
- Yoga means
(a) Union of Atma and Parmatma (b) Disease free life
(c) Tension free life (d) Performing asanas
- Obesity is result of which of the following factor?
(a) Underweight (b) Excess fat is body (c) Diabetes (d) Asthama
- What is the main reason behind the disease asthma?
(a) Narrowness is airways (b) Dilation in airways (c) Ulcer in airways (d) None of these
- An adult with a BMI more than or equal to is usually considered to overweight.
- Dhaya is one of the elements of yoga. State true or false.
- Bhujangasana is done in standing position. State true or false.

VERY SHORT ANSWER TYPE QUESTIONS

- What is the normal range for blood pressure?
- Which asana does not have any contraindication?

SHORT ANSWER TYPE QUESTIONS

- Explain how obesity is determined.
- How obesity can be prevented through yoga?
- Discuss the procedure of Ushtrasana in brief.
- Explain the procedure of Urdhva Hastasana.

LONG ANSWER TYPE QUESTIONS

- Explain the condition of asthma. Write two symptoms and two measures of preventing it.
- Describe an asana that can cure diabetes. Also mention the contraindication of that asana.
- Explain the procedure, benefits and contraindications of Ardha Matsyendrasana.