

# **BHARATHIDASAN UNIVERSITY**

**Tiruchirappalli – 620024**

**Tamil Nadu, India**

**Centre for Differently Abled Persons**

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**Programme: BCA**

**SEMESTER: 3**

**Course Title : YOGA PRACTISES I**

**Course Code : 23UCANMEC01**

**UNIT -V Guidelines of yoga**

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**&**

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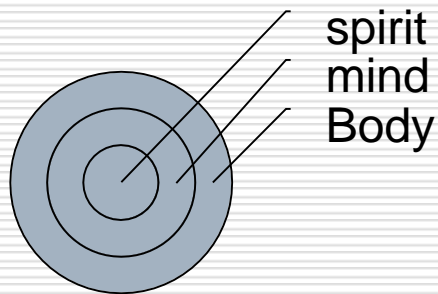
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# The Eight Limbs of Yoga

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- 1.Yama
  - 2.Niyam
  - 3.Asan
  - 4.Pranayam
  - 5.Pratyahar
  - 6.Dharana
  - 7.Dhyan
  - 8.Samadhi
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# Yama

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- ❑ Five ethical guidelines regarding moral behavior towards others
  - ❑ Ahimsa-Nonviolence
  - ❑ Satya-Truthfulness
  - ❑ Asteya-Nonstealing
  - ❑ Brahmacharya-No lust or sexual activity within marriage.
  - ❑ Aparigraha-don't collect things that are not necessary.
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# Niyam

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Five ethical guidelines regarding moral behavior towards others

Sauch-Cleanness

Santosh-Contentment

Tapas-Sustained Practice

Svadyay-Self Study

Ishvara Pranidhan-Surrender to God

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# The Eight Limbs Cont.

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- ❑ Asana-Practice of yoga postures
  - ❑ Pranayam-Practice of breathing exercises
  - ❑ Pratyahara-Withdrawl of the senses, meaning that the exterior world is not a distraction from the interior world within oneself.
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# The Eight Limbs Cont.

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- ❑ Dharana-Concentration, The ability to focus on something uninterrupted by external or internal distraction
  - ❑ Dhyana-Meditation
  - ❑ Samadhi-Bliss. Building upon Dhyana, the transcendence of the self through meditation. The merging of self with the universe.
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# Clinical Relevance

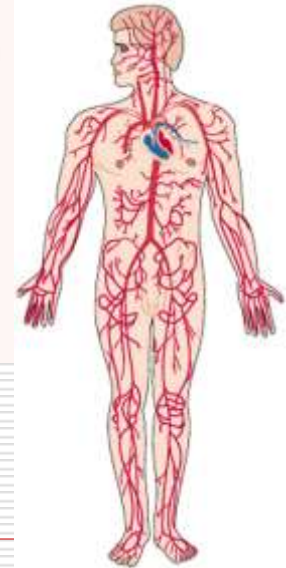
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- Complimentary and Alternative Medicine
  - Mind/body
- Prevention
- General health
- Rehabilitation



# Health Benefits

- ❑ Musculoskeletal System
- ❑ Nervous System
- ❑ Cardiovascular System





# BENEFITS OF SURYA NAMASKAR

Every step of Surya Namaskar has its own benefit,

- It promotes balance and digestion, strengthens the arms and the shoulder muscles, tones the spine, promotes flexibility in back and hips also.
  - It helps in blood circulation, tones abdominal tracts, stretches back and leg muscles, stimulates spinal nerves, and stimulates lymphatic system.
  - It give strength to leg and arm muscles, increases the flexibility in neck and shoulders areas,
  - Stretches arms, shoulder, neck and back muscles, exercises back muscles, releases tension in neck and shoulder.
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### 1. Pranamasana

Stand with your feet together and firmly grounded with equal weight on both feet. Inhale & exhale bring your palms together at the centre of your chest.



### 2. Hastauttanasana

Breathing in, lift the arms up and back, keeping the biceps close to the ears. In this pose, the effort is to stretch the whole body up from the heels to the tips of the fingers.



### 3. Hasta Padasana

Breathing out, bend forward from the waist, keeping the spine erect. As you exhale completely, bring the hands down to the floor, beside the feet.

### 4. Ashwa Sanchalanasana

Breathing in, push your right leg back, as far back as possible. Bring the right knee to the floor and look up.



### 10. Hasta Padasana

Breathing out, bring the left foot forward. Keep the palms on the floor. You may bend the knees, if necessary.

### 12. Tadasana

As you exhale, first straighten the body, then bring the arms down. Relax in this position, observe the sensations in your body.



### 5. Dandasana

As you breathe in, take the left leg back and bring the whole body in a straight line.

### 6. Ashtanga Namaskara

Gently bring your knees down to the floor and exhale. Take the hips back slightly, slide forward, rest your chest and chin on the floor. Raise your posterior a little bit.



### 7. Bhujangasana

Slide forward and raise the chest up into the Cobra posture. You may keep your elbows bent in this pose, the shoulders away from the ears. Look up.



### 8. Parvatasana

Breathing out, lift the hips and the tail bone up, chest downwards in an inverted V (∧) posture.



### 9. Ashwa Sanchalanasana

Breathing in, bring the right foot forward in between the two hands, left knee down to the floor, press the hips down and look up.



### 11. Hasta Padasana

Breathing in, roll the spine up, hands go up and bend backwards a little bit, pushing the hips slightly outward.



# PADMASANA – LOTUS POSTURE

1

2

3

## BENEFITS OF PADMASANA



# TADASANA– PALM TREE POSTURE



## **BENEFITS OF TADASANA**

- Due to deep breathing it provides strength and expansion to the lungs.
  - This is the best exercise to increase the height and develops and activates the nerves of the entire body.
  - It gives strength to vertebral column and heart. Also good for regulating the menstrual cycle in women and Cures the problems related to the indigestion.
  - Give strength to arms and legs and It reduces the problem of flat feet.
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# CHAKRASANA – WHEELPOSTURE



## **BENEFITS OF CHAKRASANA**

Strengthens liver, pancreas and kidneys.

- Good for infertility, asthma and osteoporosis.
- Strengthens arms, shoulders, hands, wrists and legs.
- Stretches the chest, lungs, arms, wrists, legs, buttocks, abdomen, and spine.

# DHANURASANA– BOW POSTURE



1



2



4



## **BENEFITS OF DHANURASANA**

Dhanurasana strengthens the back and the abdomen at the same time.

- Helps us to be active and energetic.
  - It helps improve upon stomach disorders.
  - Bow Pose also helps in reducing fat around belly area.
  - Helps regulate the pancreas and is recommended for people with diabetes.
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# BHUJANGASANA– COBRAPOSE



3



4

## BENEFITS OF BHUJANGASANA

- This Asana helps to stretch muscles in the shoulders, chest and abdomen.
- It decreases stiffness of the lower back, and it strengthens the arms and shoulders.
- It increases flexibility.
- Helps in stress, depression, anxiety management.

# HALASANA– PLOW POSTURE



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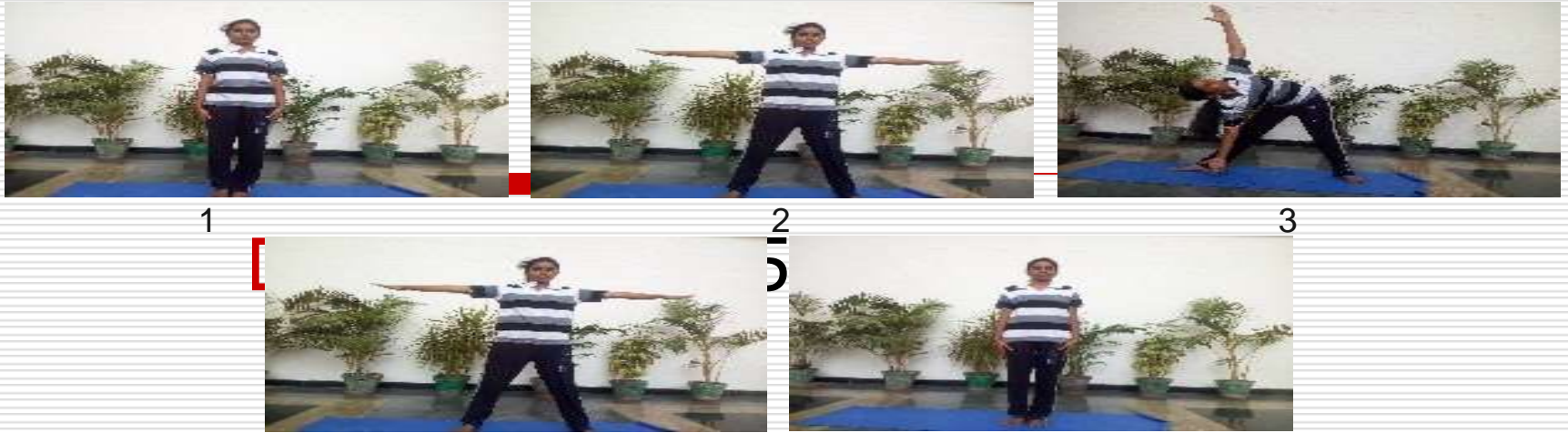
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## BENEFITS OF HALASANA

- Practicing this asana regularly can avoid disease like diabetes, obesity, constipation, stomach disorder, Blood pressure and menstrual disorders.
  - It makes your back bone elastic and flexible.
  - Halasana helps to reduce both belly and body fat.
  - It improves memory power.
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# TRIKONASANA-TRIANGLE POSE



## □ BENEFITS OF TRIKONASANA

- Helps in Stretches hips, back muscles, chest, shoulders and spine.
  - Give Strength to the thighs, calves and buttocks.
  - Stimulates the spinal nerves.
  - It improves the flexibility of the spine, correct alignment of shoulders
  - It relieves from backache, gastritis, indigestion, acidity, flatulence
-

# VAKRASANA – TWISTED POSTURE



4

5

## **BENEFITS OF VAKRASANA**

- Increases the elasticity of the spine and tones the spinal nerves.
- Stretches the muscles and helps to get relief in stiffness of vertebrae.
- Massages the abdominal organs and reduces belly fat.
- Regulates the secretion of digestive juices useful for different digestive disorders.
- ~~Loosens the hip joints, relieves stiffness.~~
- Flab on the lateral side of the abdomen gets reduced.

# SASANKASANA– RABBIT POSTURE



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## BENEFITS OF SASANKASANA

- Relaxing posture.
- Tones the pelvic muscles.
- Stimulates the abdomen organs.
- Massages the abdominal muscles.
- Gives a good relaxing stretch to the spine.

# VAJRASANA – THUNDERBOLT OR DIAMOND POSTURE

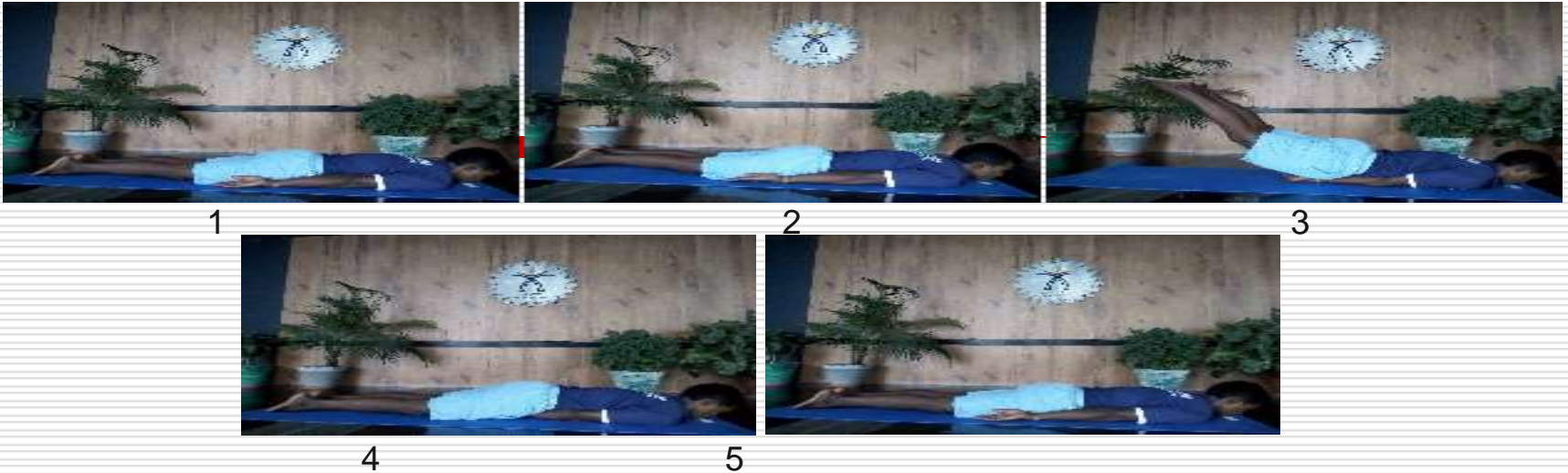


## BENEFITS OF VAJRASANA

- It is a best Asana for meditation and concentration and helps in keeping the mind stable and calm.
  - Cures indigestion, acidity, gas formation and constipation, increases digestion process.
  - Those people who are suffering from gas problems can practice immediately after lunch or dinner.
  - Helps in back pain. And very beneficial in
- stomach disorders.



# SALABHASANA – LOCUST POSTURE



## BENEFITS OF SALABHASANA

- It is beneficial in all the disorders at the lower end of the spine.
  - Most helpful for backache and sciatica pain.
  - Useful for removing unwanted fats around abdomen, waist, hips and thighs.
  - Daily practice of this Asana can cure cervical spondylitis and spinal cord ailments.
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# SARVANGASANA – STANDPOSTURE

# SHOULDER



1



2



3



4



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## **BENEFITS OF SARVANGASANA YOGA POSE**

- Controls and cures the issues related to genital organs.
- Beneficial in constipation disorders.
- Cures varicose veins and hemorrhoids.
- Useful in problems related to Ears, nose and throat.
- Stimulate the circulatory, digestive and respiratory systems.
- Freshen the thyroid gland; because during pose lots of blood flows towards throat.
- Beneficial in Asthma, diabetes, liver and intestinal disorders.
- Controls shrinking of skins and wrinkles in face.

# 15. MAYURASANA –



## **BENEFITS OF MAYURASANA**

- Peacock Pose removes toxins and detoxifies your body.
- Improves the function of digestive system and makes abdomen stronger.
- Peacock Pose is beneficial in piles and diabetic conditions.
- Makes your elbows, wrist, spine and shoulders stronger.
- Mayurasana improves your posture.
- Reduces anxiety and stress and give calmness to mind.
- Increases your focusing power of mind.

# SIRASASANA – HEAD STAND POSTURE (KING OF ALL ASANAS)



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## BENEFITS OF SIRASASANA

- Helpful in stress control and increases the concentration.
- It improves the blood flow to the Eyes.
- Gives strength to arms, shoulders and core muscles.
- Slows down the aging problems.
- Improves the blood circulation to the head and scalp.
- Improves the digestion and excretory systems.
- Reduces fluid build-up in your feet, ankles and legs.



# MAKRASANA

## – CROCODILE



1



2



3

## BENEFITS OF MAKRASANA

- Beneficial in cervical, slip disc, spondylitis, sciatica.
- Beneficial in all spine related problems.
- Very useful in Asthma, knee pain, and other lungs related problems.
- Stretches the muscles of legs and hips.
- This pose is best for relaxing after doing other Asanas.

# SAVASANA – RELAXATION POSTURE



1



2

## BENEFITS OF SAVASANA

- Savasana is easy to do and best relaxation process for high blood pressure, heart diseases, stress, insomnia and depression. Increase the concentration power, and thinking power.
- Performing this pose after other asanas relieves the tiredness of your body in a very short time.
- It gives complete rest to mind, body, brain and soul.
- Calms all the body parts, mind and soul and gives happiness.
- It cures weakness of brain, negative thinking and tiredness.

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Thank You

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