

## A NOTE OF THANKS

The following pages have been taken from the book

Yoga & Pranayama

Written by:

Ms. Manisha A. Wala

Manishaben has very kindly agreed to the inclusion of the ensuing pages on the NVK Web Site for the benefit of NVK members who are her students.

We thank Manishaben for this kind gesture and hope that the members of NVK would take the full benefit from this.

This file contains excerpts from her book, which should be most beneficial to the members.

If any one is interested in purchase of the book which is also available in Gujarati, then please contact Manishaben at her E-mail address: [manishawala\\_yoga@yahoo.com](mailto:manishawala_yoga@yahoo.com)

If you have any queries about this then please address them to:

NVK secretary Jayantbhai Doshi

E-mail: [jubhai@aol.com](mailto:jubhai@aol.com)

Or

Web Master: Madhusinh Rawji

E-Mail: [mrawji@lineone.net](mailto:mrawji@lineone.net)

## SECTION 1



INFORMATION ON YOGASANAS

## **IMPORTANT DIRECTIONS FOR** **YOGASANAS**

1. Preferably wear clothes with the loose fittings. Ladies may use track suit or Salwar- Kurta. Gents may use track suit or T-shirt & Pajama. This will help in carrying out the Asanas comfortably.
2. Asanas to be carried out within one's capacity to avoid over straining & tiredness.
3. Asanas to be carried out in well ventilated & lighted space. Avoid open space with gusty winds.
4. A carpet of 6'x3' be used with the bedsheet for Asana. This carpet & sheet should be cleaned & be used for one self only.
5. Free from any anxiety Asanas should be carried out with full mental peace.
6. While carrying out the Asanas the change of postures/ positions should not be done in hurry or with jerky movement.
7. Asanas are postures & not the physical exercise, It is a mind and body exercise blended together. If one is exercising with the body with out mental concentration it is likely not to yield the desired results.
8. Asanas comprise of three well demarketed stages. (1) To get in to the posture/ position (2) To retain the posture (3) To revert back to starting or normal position. Understand all the three stages carefully & correctly. There should be "No Hurry" or over trying for attaining the perfection.
9. All stages of the Asanas be attained & maintained

with ease, grace & polse not in hurry or by force.

10. Start with the easy Asanas and gradually move towards the difficut ones.
11. Asanas should be practiced regularly as a matter of routine.
12. Asana to be normally practiced with empty stomach, or half an hour later after taking any liquid or three hours after taking meals.
13. In the begning while learning it may not be necessary to follow the sequence of the various Asanas. But later Asanas be practiced in the sequence only. Quite a few Asanas are complementary to each other, hence doing them in the desired sequence will yield better results.
14. While practicing the Asanas take off your glasses & wrist watch etc. to avoid any hinderence and damage to or by the supervisory staff.
15. Doing the Asanas after the bathing helps improve the blood circulation & reduces the stiffness of the body & joints.
16. During the menstruation period ladies must not do the Asanas for four to six days.
17. Immediately after doing the Asanas do not indulge in any hard or speedy work.
18. Donot practice Yogasans immediately after hard exercises or hard labour.
19. As the age, body capacity & flexibility differ from person to person. Donot try to copy or follow the other one.

20. During the Yogasans the body muscles act in three ways:
- (1) Active muscles i.e. the muscles that participate actively.
  - (2) Supporting muscles i.e. the muscles that support or help the activity.
  - (3) Relax muscles i.e. certain body muscles that are not actively involved.
21. Four virtues are essentially needed for best results of Yogasan practices- Zeal, courage, determination & contunuity.
22. Do not try to practice Yogasans with the help of the books alone in the begining. Suitable supervisor is essential to begin with.
23. In case of any mental or physical problems take your instructor into confidence so that he / she may advice for what Asanas to be practiced and what should not be under taken.
24. Ladies on their "family way" are advised to stop yogasans after 4 months of their pregnancy period. In the cases of normal delivery they may start Yogasans after one month of the delivery and in the case of scissorean delivery after four months. In either cases advice of family doctor & Yoga instractor are must.

## **IMPORTANCE OF DIET IN THE** **YOGASANAS**

1. Take vegetarian, less spicy & less oily diet as far as possible (Satvik Ahar)
2. Take meals twice a day. Avoid talking while taking the meals. Pay attention to the meals while eating.
3. Prioritise your meals not for taste but for health.
4. Avoid over eating & chew your meal well before swallowing.
5. Take water only after half an hour of the meals.
6. Avoid all sorts of liquor. Pure water alone is the elixir of the life. Consuming liquor, smoking & chewing tobacco should be avoided.
7. Observe fasting once in a fortnight & take only water/fruite juice.
8. Avoid bakery products and products made of fine wheat floor (Maida)
9. Observe regulated & fixed hours for going to bed & for getting up in the morning.
10. If possible take dinner before sunset, take light dinner & preferably two hours before going to the bed.

## **SECTION 2**



## **PRANAYAMA**

### **Special information for Pranayama :**

1. Pranayama should be learnt under the guidance of a trained instructor only and should be practised there after only.
2. Back-bone should be kept erect and upright while doing Pranayams.
3. Nothing should be done in hurry and no force should be applied as that may harm instead of doing any good.
4. Practices for the each Asanas, be kept confirmed to five in the begining.
5. Asanas should be practiced in the well vantilated room / place.
6. As far as possible the Asanas should be practiced with empty stomach and empty bladder.
7. Asanas should not be practiced in the following conditions :
  - (a) While feeling uneasy.
  - (b) While not feeling well.
  - (c) In the state of unsound sleep.
  - (d) In the state of fatigue.
  - (e) Immediately after travel.
  - (f) After a couple of minitus of Practice of Asanas, relax in the form of "Savasana". This will lightened the strain.
  - (g) After workout of two-three Asanas "Shavasan" should be repeated for relaxation.
  - (h) Ladies are advised to avoid yogasans practices for four to six days during their menstruation period.

## PRANAYAMA

**(1) OMKAR :**

Take deep breath through both nostrils and exhale slowly with Omkar aalap.

Time : 6 times

Benefit : Omkar Pranayama helps in Depression, tension, Migrane.

**(2) BHASTRIKA :**

Take deep breath through nose and exhale it through nose. Time of inhaling and exhaling should be same.

Time : 2-5 minutes

Benefit : Bhastrika Pranayama relives in heart blockage, throat inflammation. It also helps in Cancer, Parkinson, Depression, T.B., Asthama.

**(3) KAPALBHATI :**

Exhale quickly and forcefully and while exhaling the stomach will go inside.

Time : 5-15 minutes.

Benefit : Kapalbhati Pranayama helps in Diabetese, Obesity, Concentration, Acidity, Constipation. It also helps in Cancer, Tuberclosis etc.

**Note** : Pregnant lady, heart patients, weak person should not do this pranayama. Also woman douing menstrual period should not practice this pranayama.

**(4) BAHAYA (EXTERNAL) :**

Take deep breath them exhale and perform Jalandhar, Uddiyan and mool bandh and wait for 6-10 seconds, them slowly inhale & open the three bandhs.

Time : 3-6 times

Benefit : Bahya Pranayama helps in diseases related to stomach, hernia, urine.

**Note** : Heart patients, pregnant woman, person having blood pressure, ulcer or ladies during M.C. period should not practice this pranayama.

**(5) THREE BANDH :**

Exhale breath completely and after performing three bandhs (Jalandhar, Uddiyana, Mool) push stomach inside for six to seven times, open three bandhas.

Time : 3-11 times

Benefit : Helps in diseases related to stomach and ladies complaints of disorders in ovary.

**(6) ANULOMA-VILOMA :**

Close the right nostril with right thumb and inhale deeply through left nostril. Then close the left nostril and slowly exhale through right nostril.

Time : 5-15 minutes

Ratio : 1 : 2 : 1 : 1

Benefit : Anuloma-Viloma Pranayama helps in blood pressure, migraine, depression, artherities, cholesterol.

**(7) BHRAMARI :**

Close the ear with thumb and put the index finger on forehead and rest of three fingers on eyes. Take deep breath and close the mouth producing Omkar aalap.

Time : 3-6 times

Benefit : Bhramari Pranayama helps in Depression, tension, Mental problems, heart disease. Also helps improving concentration.

**(8) UDDGIDH :**

Take deep breath and exhale humming small O and long M.

Time : 3-6 times

Benefit : Helps in dental problems and eyes. Improves memory. Also helps in diseases related to throat.

**(9) UJJAYI :**

Contract the throat and inhale. Perform Jalandhar bandh and then exhale through right nostril.

Time : 3 times

Benefit : Ujjayi Pranayama helps in Asthama, thyroid, tuberculosis and other diseases related to lungs. Activates digestive respiratory & nervous system.

**(10) SHITALI :**

Protrude the tongue out and curl it like a pipe and breathe. Slowly exhale through both the nostrils.

Time : 2-6 times

Benefit : Shitali Pranayama helps in diseases like tumour, enlargement of spleen, skin diseases fever indigestion and constipation. It quenches thirst and also helps in controlling blood pressure.

**(11) SHITKARI :**

Hold the teeth against each other & inhale with a hissing sound C C C C and exhale through nose.

Time : 2-6 times

Benefit : Shitkari Pranayama helps in enhancing beauty and vigour. Also helpful in all kinds of breathing problems.

## **SECTION 3**



## **FLEXIBLE EXERCISE**

## **FLEXIBLE EXERCISE**

1. Stretch the legs and move the toes and fingers of the feet forward & backward.
2. Move the feet forward and backward as far as stretchable.
3. Lift your leg from the waist downward (knee tightening) and rotate it clockwise and anticlockwise, repeat this practice with the another leg and later with both the legs.
4. Butterfly - while sitting, bring the sole of your feet together in the "Namaskar Mudra". Hold the toes with the hands and shake your legs updown in the fashion of butterfly. Later bent your fore-head as low as possible. And try to touch the ground later. Place your respective palms on respective knees and bring the knees up and down.
5. Movements of rowing the "Boat".
6. Stretch the arms. Hold the palms together by crossing the fingers and move the arms from shoulders in clockwise and anticlockwise directions.
7. Open and close your fingers with strength.
8. Move your wrist (fist) up & down.
9. Rotate the closed wrist clock-wise & anti clock wise.
10. Place your fingers on each of the shoulders and rotate your elbow to clockwise & anticlock wise direction. Later rotate the arms from the shoulder clock-wise & anticlock wise motion.
11. Bend your neck in forward & backward direction and later left & right stretch as far as convenient

and wait for a while. Bend your neck and try to touch the left shoulder with left ear, repeat the motion to the right side also. Then move the head from the neck at around in the clockwise- anti clockwise motion.

12. Carryout the motion of the cycling with the legs.
13. Bend the trunk from the waist forward & backward.
14. Bend from the waist in the left and right sides.
15. While standing, stretch your arms in the level of shoulders from the waist upward turn your body to the left keeping the feet firmly planted. Do like wise to the right direction also.
16. Exercise for vision :

Stretch your arms at the shoulder level on both the sides. Keep the palm stretched and thumb upward at the caution of one take your vision to the right and at the caution of two take the vision to the left hand thumb. Repeat this process ten, ten times.

Rotate your eye balls clockwise & anti clockwise, up and down also.

## SECTION 4



**SURYA NAMASKAR**

## SURYA NAMASKAR

Surya Namaskara is a graceful combined sequence of twelve position. Through this sequence of twelve positions, the whole body is well exercised.

Surya Namaskara should be practised always in an open and clean place. Do not attempt Surya Namaskara when you begin to breathe hard.

While practising Surya Namaskara recite the different names of the Sun god at each position and offer him mental obeisance.

### 1. DAKSHASANA :

#### Technique :

Keep the knees close together, shoulders straight and the hands downwards at the sides of the body.

#### Advantages :

- (1) Helps in skin diseases.
- (2) Very easy method to obtain health and assert personality.
- (3) Increases self confidence.



### 2. NAMASKARANASANA :

#### Technique :

Keep hands folded hands in the posture of Namaskara touching the chest. Push the chest out. Pull the stomach inwards.

#### Advantages :

- (1) It helps in throat troubles, improves



the voice and gives pace to the mind.

### 3. PARVATASANA :

#### Technique :

Stretch the arms up and arch the body backwards from the waist, the eyes to remain open and look at the sky. Bend backwards as far as possible.



#### Advantages :

- (1) It nourishes the shoulders and the alimentary canal. It cures the diseases of the alimentary canal. It improves the eyesight.

### 4. HASTAPADASANA :

#### Technique :

Continue holding the breath and bend down without bending the knees. Then touch the knees with the nose or the forehead without bending the knees and exhale.



#### Advantages :

- (1) It helps in abdominal diseases, strengthens the chest and the hands and the body becomes handsome and radiant.
- (2) It cures the diseases of the toes and invigorates the weak.

### 5. EKAPADAPRASARANASANA :

#### Technique :

Inhale. Take the right leg back and place the knee and the toes on the floor.



Bring the left knee in front of the left armpit. Look up and hold the breath.

**Advantages :**

- (1) It helps in diseases of the liver and constipation.
- (2) This exercise is beneficial to those who have lost their virility.
- (3) It also helps in diseases of the throat such as tonsillitis.

**6. BHUDHARASANA :**

**Technique :**

Retaining the breath, move the other leg backwards. Keep the head, the waist and the elbows in a straight line.



**Advantages :**

- (1) It helps in ailments of the hands, the legs and particularly the knees. It reduces fat around the waist. This position is a sure remedy it helps in for abdominal disorders.

**7. ASHTANGAPRANIPATASANA :**

**Technique :**



Lower the chest so that it touches the ground. Let the chin touch the lower part of the throat. Pull the stomach inwards.

**Advantages :**

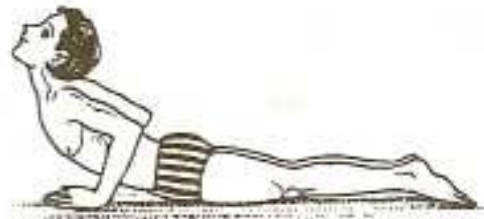
- (1) This asana strengthens the arms.
- (2) If women practise this asana before pregnancy, infants feeding on breast are saved from various disease.

## 8. BHUJANGASANA :

### Technique :

Stretch the arms. Inhale and push the chest forward.

Bend the waist backwards and bend the neck as far back as possible. Look up and hold the breath.



### Advantages :

- (1) Removes paleness of the body.
- (2) It helps in diseases related to the ovary or testicles. It regulates the process of menstruation.
- (3) As this asana stimulates blood circulation the face becomes lustrous.

## 9. BHUDHARASANA :

### Technique :

Retain the breath.

Straighten the waist upwards and without bending the knees

stretch the body back. Let the chin touch the chest. Pull the stomach inwards.



### Advantages :

- (1) It helps in rheumatism, paralysis and hemiplegia.
- (2) It strengthens the legs.

## 10. EKAPADAPRASARANASANA :

### Technique :

Bring the left leg forward. Stretch the right leg backwards with the heels completely on the floor. Look upwards.



**Advantages :**

- (1) Blood circulates rapidly in the legs. One who practises this asana increases his capacity to walk and achieves flexibility in the spine

**11. HASTAPADASANA :**

**Technique :**

Assume the position as shown in Hastapadasana. Pull the stomach inwards. Bring the other leg to its original position. Let the nose or the forehead touch the knees. Exhale.



**Advantages :**

- (1) It has all the advantages of Hastapadasana.
- (2) It cures the diseases of the toes and invigorates the weak.

**12. NAMASKARASANA :**

**Technique :**

Inhale and stand erect as shown in Position 2. The legs and the knees should touch each other and the legs should be straight.



**Advantages :**

- (1) It has all the advantages of Namaskarasana.

## SECTION 5



**DISEASES AND ITS ASANAS**

## DISEASES AND ITS ASANAS

Lungs :	Asanas : Makarasana, U t a n p a d a s a n a , Shalbhasana, Matsyasana, B h u j a n g a s a n a , Dhanurasana, Savasana. Pranayama: Omkar, Kapalbhati, Bhastrika.
Muscles / Joints :	S a n t u l a s a n a , Natarajasana, Utkatasana, Tirthak Tadasana, Urdhvakati Chakrasana, Omkar, Bhastrika, Kapalbhati, Tribaddha.
T.B. :	Matsyasana, Akarna DHanurasana, Viprit Matsyasana, Omkar, Kapalbhati, Ujjai, Udgid.
Knee pain :	Vajrasana, Gomukhasana, Vukhasana, Markatasana, M a k r a s a n a , Paschimottasana, Ekpag U t t a p a d a s a n a , Vrukshasana, Pranayama: Omkar, Kapalbhati, Insomnia : Omkar, Dhyana,

Survival Spondilites:

Padmasana, Shavasana.  
Utapadasana, Matsyasana,  
G o m u k h a s a n a ,  
Markatasana, Kati  
Utanasana, Makarasana,  
B h u j a n g a s a n a ,  
D h a n u r a s a n a ,  
Shalbhasana, Ushtrasana,  
Trikonasana, Konasana,  
Tirthak Tadasana.

Scitica :

Pavan kuktasana,  
G o m u k h a s a n a ,  
Markatasana, Kati  
utanasana, Makarasana,  
Paschimottasana, Akarna  
Dhanurasana, Ushtrasana.

Urine :

G o m u k h a s a n a ,  
Vrukhasana, Dhanurasana,  
P a s c h i m o t t a s a n a ,  
S a r v a g a s a n a ,  
Shalbhasana.

Constipation/Gas :

Omkar, Kapalbhati,  
Tribaddh Pranayama,  
Yogmudrasana, Vajrasana,  
G o m u k h a s a n a ,  
P a s c h i m o t t a s a n a ,

Ardhvakrasana, Akarna  
Dhanurasana,  
Utanpadasana, Halasana,  
Naukasana,  
Pavanmuktasana,  
Matsyasana, Pad  
Hastana, Setu  
Bandhasana,  
Shalbhana,  
Bhujangasana.

Thyroide :

Omkar, Bhastrika,  
Kapalbhati, Anulom-  
Vilom, Udgid, Sinhasana,  
Sarvagana, Halasana,  
Matsyasana, Ushtrasana,  
Supt Vajrasana.

Obesity :

Sarvagana,  
Utanpadasana, Halasana,  
Pavan Muktasana, Supt  
Vajrasana, Shashakasana,  
Vakrasana, Pashu  
Vishramasana,  
Pranayama: Omkar,  
Kapalbhati, Tribaddh.

Backache :

Utanpadasana, Pavan  
Muktasana, Supt

Vajrasana, Ardh  
Matsyendrasana,  
Markatasana,  
Dhanurasana,  
Shalbhasana, Konasana,  
Ardh Vakrasana, Akarna  
Dhanurasana, Halasana,  
Ushtrasana, Pranayama:  
Omkar, Anulom- Vilom,  
Udgid.

**Blood Pressure :**

Omkar, Anulom- Vilom,  
Bharamari, Udgid,  
Vajrasana, Siddhasana,  
Padmasana, Matsyasana,  
Shashakasana,  
Shavasana.

**Low Pressure :**

Omkar, Anulom- Vilom,  
Bharamari, Sarvagasana,  
Halasana, Vajrasana,  
Padmasana,  
Pashchimottasana.

**Diabetise :**

Omkar, Bhastrika,  
Kapalbhati, Tribaddh,  
Yogmudrasana,  
Siddhasana,  
Mandukasana,

J a n u s h i r a s a n a ,  
Pashchimottasana, Akarna  
Dhanurasana, Ardh  
M a t s y e n d r a s a n a ,  
Halasana, Sarvagasana,  
Matsyasana, Shalbhasana,  
Tadasana, Tirthak  
Tadasana, Kati  
Chakrasana.

Menstrual Period :

Trikonasana, Tirthak  
Tadasana, Halasana,  
P a v a n m u k t a s a n a ,  
D h a n u r a s a n a ,  
Mandukasana, Akarna  
D h a n u r a s a n a ,  
U t a n p a d a s a n a ,  
S a r v a g a s a n a ,  
Bhujangasana, Dhyan,  
Omkar, Kapalbhati, Bahya  
Pranayama, Anulom-  
Vilom.