

UNIT - 3

Yoga & Life Style

Key Points :-

- 3.1 Asanas preventive measures.
- 3.2 **Obeisty:** Procedure, Benefits & Contraindications for vajrasana, Hastasana, frikonasana, Ardh matsyendrasana.
- 3.3 **Diabets:** Procedure, Benefits & coutraindications for Bhejan gasana, paschimottasan, Pavan mukltasana, Ardhmatsyendrasana.
- 3.4 **Asthma:** Procedure, Benefits & contriaindications for sukhasana, chakrasana, aomubhana, parvatasana Bhujangasana, paschimottasana, matsyasana.
- 3.5 **Hypertension:** Tadasana, vajrasana, pavan muktasana, Ardchakrasana, Bhujangasana,sharasana.
- 3.6 **Back pain:** Tadasana, Ardh matsyendrasana vakrasana, shalabhjasana, Bhujangasana.

Introduction

1. Brings firmness and flexibility in the body.
2. Have a good effect on 24 hours working organs like Nerves, glands, muscles.
3. Overall development of body.
4. Develop tolerance & self confidence.
5. Positive thoughts will come in mind instead of negative ones.

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6. Body becomes smooth and disease free.
 7. Relief from anxiety.
 8. Increase resistance power.
 9. Increase Hunger & good digestion
 10. Bring spiritual comfort.
 11. Work efficiency increases.
 12. Reduce obesity
 13. Enhances moral values
 14. Keep the body posture right.
 15. Increases physical beauty.
 16. Internal cleanliness of the body.

3.1 Life Style Diseases Control by the Yogasana

Approvement in Cardiovascular Efficiency :- Various types of yoga such as kapabhati vjjanyi are beneficial in increasing agility of cardiovascular functions.

Improvement in Respiratory System :- By yoga we increase the strength of our lungs the air increase the power to spread and shrink lungs yoga can fill more oxygenated air in the lungs and purify the blood.

Prevention from Sports Injuries :- Injuries like hamstring pulls, wrist problems, neck strain, back pain etc are very common among atheles. Adopting we practice of asanas in their training routine help to strength the muscles, tendons and ligaments. It increase the range of motion, there by improving flexibility.

Improve Concentration :- Yoga improve concentration also.

Improvement in Skeletal System :- By doing yoga in a regular form the development of flexion in our joints which increases the flexibility in back bone and avoids back pain.

Prevention of Diseases :- Immunity disease resistance power increases by yoga obesity, diabetes, heart disease hypertension asthma etc. can be treated by point yoga daily.

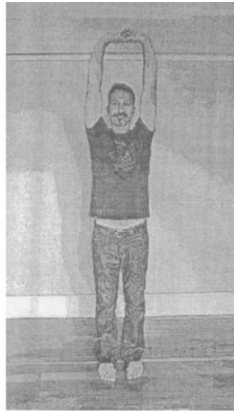
Keep body Posture Perfect :- All type of sedentary defect can be improved by yoga.

3.2 Obesity

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

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

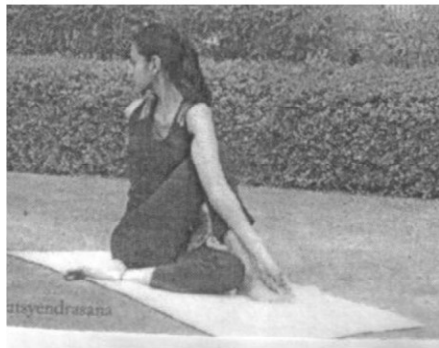
To remove obesity, these postures should be done.



Hastasana



Trikonasana



Ardhamatsyendrasana



Vajrasana

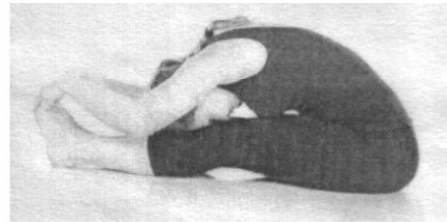
3.3 Diabetes

Diabetes is a dangerous disease, if diabetes is not controlled it is afraid to have kidney failure, reduce the viscosity of the eyes and fear of cardiovascular disease. Diabetes is a disease that increase the level of sugar in our blood. To control the level of sugar in the blood a hormone called insulin is used. Due to diabetes the man has fatigues. Feeling the need to urinate frequently having numbness of hands and feet, blurred vision, emissive weight of the body and no filling of wounds. The main reason for diabetes is that people relinquish exercise

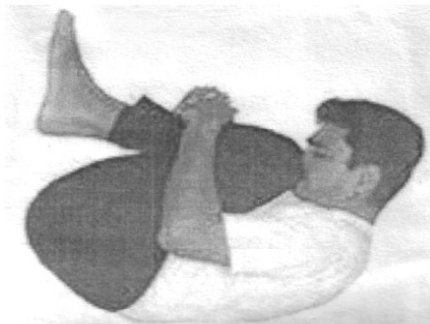
and walk form their lifestyle. By doing bhujangasan, paschimottanasana, powanmutkt asana and ardh matsyandrasana yoga one can get rid of this disease.



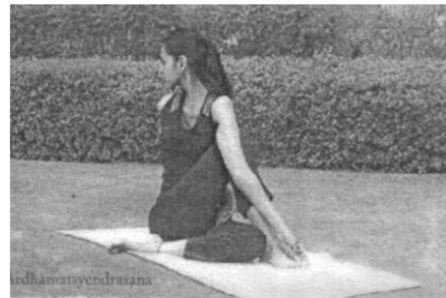
Bhujangasana



Paschimottasana



Pawanmuktasana



Ardhmatsyendrasana

3.4 Asthma

Asthma a disease associated with the respiratory tracts swelling occurs, which makes the tracts very sensitive and makes this process pungent with the touch of any effective thing. These reactions cause contraction in the tubes this reduces the amount of air in the lungs. Due to which it become difficult to breathe.

Common symptoms of astma are coughing, heavy breathing. chest tightness, fatigue, pain in hands feet, shoulders and back. Reasons are dust, smoke, air pollution, genecticism,

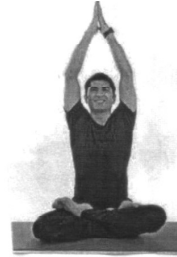
pallengrains, animals skin, hair or feather etc. are the main reasons. Asthma controlled by sukhasana, chakrasana, Gomukhasana, Bhrjangasana, paschimottasana, matsyasana.



Sukhasana
The Easy Sitting Pose



Chakrasana



Parvatasana



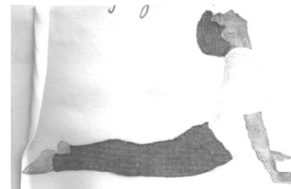
Gomukhasana



Paschimottasana



Matsyasana



Bhujangasana

3.5 Hypertension

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

The main function of the heart is to supply pure blood to the

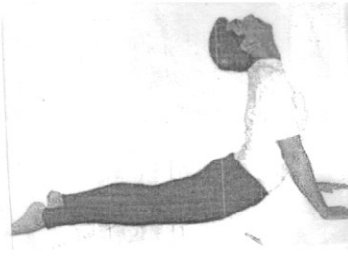
various parts of the body through different arteries when the heart contract it pushes the blood through blood vessels and consequently the blood pressure increase in arteries this pressure is known as systolic blood pressure it is represented by the first number the pressure between two heartbeats is called diastolic blood pressure it is represented by bottom or second number these two number of blood pressure are measured in mm/Hg. Unit means millimeter of mercury. The normal blood pressure of an adult is considered 120.80mm/ Hg. The person whose blood pressure readings are beyond 140/90 mm/Hg are said to be having hypertension. High blood pressure can be controlled by doing the following yoga asanas Tadasana, vajrasana, pavan muktasana, ardha chakrasana, bhujangasana, sharasana.



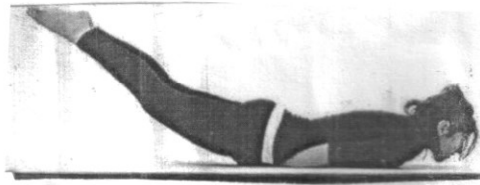
Tadasana



Ardhmatsyendrasana



Bhujangasana



Shalabhasana



Ardhmatsyendrasana

3.6 Back Pain

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

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

Back pain can be prevented by doing yoga if someone is suffering from back pain, even after doing yoga, there will be enough relief in back pain. Tadasana, vakrasana, bhjangasana, shalabhasana and ardh matsyendrasana can be done in back pain.

Very Short Answer type Questions (1 Mark each)

Q.1. What are the benefits of Yoga?

Ans. The biggest advantage of yoga is that they are instinctive and are within reach of everyone. Yoga is a method of exercise in which there is no more expense nor does it require more furnishings.

Q.2. Write down the names of four yoga postures that help in weight loss?

Ans. Hasttotoasan, ardh matseyemdrasan, triokaasan & vajrasan.

Q.3. Name two yogasanas that give the body flexible?

Ans. Tadasan & bhujangasan.

Q.4. Write the names of body parts that require more elasticity.

Ans. Spine, elbows & wrist, knees & ankle.

Q.5. What is obesity?

Ans. Obesity is a condition in which the amount of fat in the body increases to a very large extent.

Q.6. What yogasanas prevent and control asthma?

Ans. Sukhasan, chakrasan, gomukhasan, parvatasan, bhujangasan & paschimottasan.

Q.7. What is diabetics?

Ans. Diabetes melitus is a nutritional disorder. The symptoms of which are abnormal progression of glucose in the blood and excretion of extra glucose by the urine.

Q.8. Write down the Reasons for Back Pain.

Ans. This pain results from living in a passive way, such as staying in front of hours of computer, bad habits related to healthy, lack of physical activity or lack of exercise.

Q.9 Write down the two names of yoga asanas that helps in diabetes and back pain.

Ans. Ardhmatsyendrasana Bhiyangasana.

Q.10 What is the causes of hypertension?

Ans. The main cause of hypertension is wrong lifestyle, smoking tea, coffee, overeating obesity etc.

Q.11 What is yoga?

Ans. Yoga is defined from a word of the sanskrit language. which means adding yoga is a sadhana.

Short Question (Question 3 marks)

Q.1. Explain physiological benefits of yogasana.

Ans. Yoga have physiological benefits yoga keeps the inner and outer organs of the body healthy.

1. Yoga makes the body flexible it give energy to the body.
2. Yoga can be used to purify blood quickly.
3. Yoga increases the ability of shrinking and spreading of the lungs.
4. The spinal cord can be flexible by yoga.
5. Yoga strengthens the heart and increase its efficiency.

Q.2. Vakrasana and shalabhasan helps in reducing back pain Explain the method of vakrasana and shalabhasan.

Ans. Varkrasana is dong while sitting in this asana back bone is twisted that's why it named as vakrasana. This asana increaes the flexibility activeness of back bone.

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

Method :- Sit down stretching your legs forward on the ground.

- Bend your left leg and place it around the right knee.
- Keep spine straight, while exhanling bend towards left.
- Now place the rightarm by the outer side of left knee and pull the left knee towards the body.
- Pull the knee so that it pressures on the stomach.
- While exhaling, return to the initial position.

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- Repeat it from the other side its one complete cycle do it 3 to 5 times.

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

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

Pre Stage :- Lie down on your stomach.

Method :-

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

Benefits :-

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

Q.3. Explain any three asanas which are helpful in curing asthma.

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

Pre stage :- Sit in sukhasana or dandasana pose.

Method :-

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

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

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

Pre Stage :- Sit in padmasana pose on ground.

Method :- Sit in padmasana pose on ground.

- Fingers will have to be locked firmly inhale deeply and stretch your arms and bring the fingers look over head.
- Keep it vertically above your head.
- Turn up your palms over head.

Benefits :- Helpful in curing Asthma diseases chest is extended

lungs also expands its capacity.

Matsyasana :- If this asana is performed in water body can float easily that why it is called matsyasan.

Pre Stage :- Sit in padmasana pose.

Methods :- Sit in padmasana pose.

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

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

Benefits :- This asana is very useful for asthma patients provide relief from indigestion and other digestive problems keep the blood clean. Helps in curing diabetes. Helps in cough and respiratory problems make body and face attractive.

Q.4. What is the role of yoga in preventing life style disease.

Ans. Yoga plays an important role in preventing life style illnesses. Yoga is definitely the means of providing freedom from all forms of bondage, medical research has told about many physical and mental benefits of yoga.

1. Yoga makes nervous system and skeletal system function smoothly.
2. Yoga is beneficial in preventing the various type of diseases like diabetes, respiratory diseases, asthma back pain, hypertension, obesity.

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3. Yoga helps in reducing depression stress etc.
 4. Yoga is also helpful in menstruation women athlete triad.
In simple words, yoga is a activity to correlate body with mind that makes human life happy and tension free.
 - Q.5. Ram is a successful business man. He works very hard to flourish in his business that is why he comes late at night from his office. He gets up late in the morning and without doing any physical activities he leaves for the office. He is becoming weaker due to tension.

Q. A What types of health problem he can face in his present life style?

Ans. Diabetes, hypertension, and back pain etc.

Q. B What type life style you will suggest to Ram?

Ans. Active and healthy life style which includes physical activities and yoga.

Q. C What type of yogic exercise you will suggest to Ram?

Ans. Vajrasana, Sharasana, Tadasana, sukhasana etc.

Long Question Question (5 marks)

Q.1. What do you think of asthma? While Explaining symptoms & reasons of asthma describe two asanas which helps in curing it.

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

These reactions cause contraction in the tubes. This reduces

the amount of air in the lungs. Due to which it become difficult to breathe.

Symptoms :- Common symptoms of asthma are coughing, heavy breathing, chest tightness, fatigue, pain in hands, feet, shoulders and back.

Reasons :- Dust, smoke air pollution, geneticism, pollen grains, animals skin, hair or feather etc. are the main reasons.

Sukhasana :-

Pre Stage :- Keep both feet in frnt and sit straight.

Method :- Sukhasana is simply sitting in the normal form. Keep the left foot folded under the right leg's thigh. Fold right and placed it under the shin. Keep head, neck and waist straight. Keep both hands in the meditation or in the anjali (palms stacked up in lap) posture. You can use it for longer periods of meditation. One Can change feet for sitting.

Benefits :-

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

Precautions :- If there is any injury in the spinal cord, then do not sit for long If there is a problem with knee joints then do not do this asana.

Chakrasana :-

Pre Stage :- Lie down on the waist and make both legs straight.

Method :-

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

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

Precautions :- Effort repeatedly before attaining perfection.

Q.2. Is Back Pain a Problem? If so, how can it be prevented by doing yoga asanas.

Ans. Back pain is a widespread problem. People around the world are suffering from various problems due to changing habitat and changing lifestyle. Back pain is one of them. About 95% of the people who sit in one place and 60% of the rest of the

people are upset with back ache. And number of women are more in them.

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

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

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

Vakrasana :- This yoga is a ram arrow for Back bone. It helps in making the spinal cord flexible and healthy.

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

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

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

completely.

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

Q.3. Explain the causes of high blood pressure. Describe three yoga asana which can be used to control high blood pressure.

Ans. **Meaning of high blood pressure :-** A condition in which the strength of blood against the walls of the artery is very high.

Reasons for high blood pressure :-

1. Increased with age.
2. Genetic, Obesity, lack of physical activity, smoking, alcohol, more intake of salt in food, eating high cholesterol diet or fatty foods, tension or mental stress, diabetes, pregnant women are more prone to high B.P. All these factors can lead to high blood pressure.

High blood pressure can be controlled by doing the following yoga asanas :-

1. Tadasana

Pre Stage :- Stand straight and hand should be hanging alongside your body.

2. Now, take a deep breath, raise both the arms upwards and interlock the fingers.
3. Raise your heels and stand on your toes.
4. Hold this position and while exhaling release your pose to come to the starting position.
5. Repeat it 1 to 5 times.

Benefits :- Increase height.

Regulate the menstrual cycle in women. Helps in high blood pressure.

Precautions :- Should not practice during pregnancy. Those who have suffering from low blood pressure should not practice.

Ardh Chakarasana :-

Pre Stage :- Stand straight and keep your hand close to your body.

Method :- Place your hands on your buttocks. Breathing in gently, bend backwards while keeping the knees straight. Stay for sometime in this position. Come back to starting position.

Benefits :- Waist become flexible.
Strengthen back bone.
High BP comes to normal.
Tones the arms and shoulder muscles.

Precautions :- Keep knees straight while bend backwards.

Shavasana :-

Pre Stage :- Lie flat on your back.

Method :- Keep your arms at your side and your palms facing up. Legs should be separated and just relax.

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

Benefits :- Relax whole body.

Release stress, fatigue, depression & tension.

Calms the mind and improves mental health.

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

Q.4. What do you think of obesity? Which yogaasana preventing the obesity explain.

Ans. Now a days obesity has become a problem for the whole world. Obesity is a condition in which the amount of fat in the body increass to a very large extent. In other words, we can say obesity is when a person's weight is 20% or more than the ideal weight. There are two main reasons for obesity - the bad habits of eating and deterioration of the digestive system. In such a person's life, there is no physical activity at all. Due to many health risks of obesity it has been given the status of disease. Due to obesity, diseases like diabetes, high blood pressure, cancer, arthritis, etc. are caused. There are many causes of obesity such as excessive food, hard work, thyroid, hereditary. To remove obesity, these postures should be done.

Vajarasana :-

Pre Stage :- Sit and keep both leg straight.

Method :- Fold right leg and place it under right butt.
Fold left leg and place it under left butt.
Keep your spine, neck and head straight, interlock your toes,
open your ankle.
Knees should be touching the ground.
Keep both hands on your thighs and look straight.

Benefits :-

This asana is for meditation.
It can be practiced after having food. It enhances digestion
process.
It cures indigestion and improves metabolism.
It gives strength to the thigh muscles.

Hastottanasana :-

Pre Stage :- Standing erect and keep the legs together.

Method :- Locks the fingers together, keeping the palms facing
up.
Raise the arms straight up, keep them close to ears.
While releasing the breath bends the waist to the right, take
breath and come to the central position.
Repeat it to left side also. Be in bended position for 5 to 10
seconds.

Benefits :- Gives rest to whole body.

In children, helps in increasing the height.

Increase flexibility in waist.

Reduce belly fat.

Also helps in reduce constipation.

Trikonasana :-

Pre Stage :- Standing erect and keeps the legs together.

Method :- Maintain 3 or 4 feet distance between both legs.
As inhaling, keep left hand straight & upwards, while touching the ear.

With an exhalation, bend towards right and touches the toe of right leg with right hand.

Do another inhaling, come back to straight position.

Change hand positions and turn to other side.

Benefits :- It improves the flexibility of waist and spine.

Reduces fat.

Give strength to the thighs, calves and buttocks.

Ardhmatsyendrasana :-

Pre Stage :- Sit and keep both legs straight.

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

Keep right knee closed to the chest.

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

Body and head moves towards the left.

Repeat while changing the position of legs.

Benefits :- Helps nervous system and strengthen the back bone.

Controls menstrual cycle in women and brings shine on face.

Also controls secretion from pancreas gland.

Useful for respiratory system.

Reduces fat and helps in controlling obesity.

Q.5. What is the meaning of diabetes? To control diabetes, write any three posture method in detail.

Ans. Diabetes is dangerous disease, if diabetes is not controlled, it is afraid to have kidney failure, reduce the viscosity of the eyes and fear of cardiovascular diseases. Diabetes is a disease that increases the level of sugar in our blood. To control the level of sugar in the blood, a hormone called insulin is used.

Due to diabetes, the man has fatigue, feeling the need to urinate frequently, having numbness of hands and feet, blurred vision, excessive weight of the body, and no filling of wounds. The main reason for diabetes is that people relinquish exercise and walk from their lifestyle.

By doing Bhujangasana, paschimottanasana, pawanmuktasana and ardhmatsyandrasana. Yoga, one can get rid of this disease.

Bhujangasana :-

Pre Stage :- Lie down on your stomach.

Method :- Joint the legs and stretch as much as possible.

Place the palm near the chest facing the ground.

Take a deep breath and lift your upper body upwards. Elbow should be straight.

Move your head and neck backwards as much as possible.

Exhale and slowly bring the body in starting position.

Paschimottanasana :-

Pre Stage :- Sit down with your legs stretching straight in front of you.

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

Pawanmuktasana :-

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

Method :- Inhale slowly and lift the legs and bend the knees. Bring upwards to the chest till your thigh touches the stomach. Hug your knees and lock your fingers.
Keep back, neck and head straight.

Very Short Questions

- Q.1. What is asana.
- Q.2. What is the other name of Ardha matryendra asana.
- Q.3. What is asthma.
- Q.4. What is Back pain.
- Q.5. Mention two benefit of tadasana.
- Q.6. What is the psychological benefit of asana.
- Q.7. What are the contraindications of Gomukhasana.
- Q.8. What is Savasana.
- Q.9. Define hypertensions.

Short Questions

- Q.1. Write down the benefits of vakrasana and shalabhasana.