

## Effect of Yogic Practices with Special Reference to Physical Education and Sports

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### Abstract

Sukhasana, like siddhasana and swastikasana is a comfortable and convenient pose for worship, meditation, and concentration. This asana was adopted by great yogi surya Nanda who performed meditation in this pose for many years. In India this asana can be performed by anyone because both children and adults are accustomed to sit cross legged on the ground. It can also remove burning sensation and backache. Chakrasana keeps the spine young and flexible even during old age. It also tones up the sacrum in the spine. It also improves the circulation of blood to the brain. It stretches and tones up the inguinal and pelvic muscles and vessels and tones up the pelvic organs.

**Keywords:** Sukhasana, swastikasana, Chakrasana, siddhasana.

### SUKHASANA (THE AUSPICIOUS POSE)

Sukhasana, like siddhasana and swastikasana is a comfortable and convenient pose for worship, meditation, and concentration. This asana was adopted by great yogi surya Nanda who performed meditation in this pose for many years. In India this asana can be performed by anyone because both children and adults are accustomed to sit cross legged on the ground.

### Technique

Sit on a folded blanket with your legs outstretched fold the right leg from the knee and place the right sole against the left thigh. Likewise fold the left leg at the knee and place the left sole against the right thigh, the toes should be pulled up between the thighs and calves. Keep the head, neck and spine erect. Close your eyes and mouth and have deep and longer breaths. After having 6 longer breaths, retain breath for a couple of seconds, and exhale breath.

### Benefits

Among all cross legged postures this posture is the easiest and the best. It is sometimes called "Sitting tailor fashion". This asana develops mental and physical potential relieves the stiffness and knees, and joints. It helps keep the entire body comfortable and straight without any strain.

### YOGMUDRASANA (THE MUDRA POSE)

Mudra implies a symbolic gesture of the hands which evoke a particular mood or gesture of emotions. Some yogis are of the opinion that mudra are more effective than asanas because they arouse the dormant serpent power (Kundalini) in man. There are

about twenty five mudras discussed in the "Gherandsamhita" which can be practised only under the supervision of a qualified teacher. A mudra is a particular attitude symbolising psyche.

### **Technique**

Sit on a folded blanket in padamasana or sukhasana pose. Relax the whole body and close the eyes. Place the hand behind the back catching hold of the left wrist in the right hand and keeping the spinal column erect. Inhale and exhale slowly, and leaning forward slowly touching the floor with forehead. Stay in this posture for a couple of minutes, and focus your attention on the abdominal region. Then breathe in slowly and rhythmically sit up right and relax.

### **Benefits**

This asana cures diabetes, removes constipation, straightens the abdominal muscles keeps the organs of the body healthy and tones up the entire nervous system.

### **SARVAN GAS AN A (THE COMPLETE POSE)**

In Sanskrit Sarva means all and Anga means limb. Sarvang means the entire body or all the limbs. This is one of the most powerful and popular. In this asana, circulation is directed towards the thyroid and parathyroid glands which play vital role in the promotion of health. The malfunctioning of thyroid gland can harm all other glands. Within a few days of practicing sarvangasana one will be conscious of its invigoration influence on the whole body.

### **Technique**

Spread a blanket on the floor and lie flat on your back. Then slowly raise the legs up lifting the trunk and hips vertically. The hips be supported by both hands. Let the elbows rest on the floor. The chin should be firmly pressed against the chest. In this pose the hinder part of the neck should touch the floor and trunk and legs should remain straight. Remain in this pose for a couple of minutes and breathe slowly and freely and concentrate on the thyroid gland. Which is at the root of the neck. Return to the original position very slowly and relax.

### **Benefits**

This asana has number of benefits. It rejuvenates all the organs of the body, strengthens the spine, stimulates endocrine glands tones up the nervous system and improves circulation of blood. It also improves the functioning of the cervical (neck) vessels and local cords and will improve voice. Experiments have confirmed that it improves the functioning of the liver and digestive system and tones up the nerves and musculature of the head and the trunk. "It is a prophylactic against many diseases". This removes the symptoms of premature old age.

## **SUPT VAJRASANA (THE SPINE STRENGTH POSE)**

This is one of the most common and popular postures in yoga. It has got many therapeutic benefits, and is held in high esteem by many modern yogis.

### **Technique**

Sit on a folded blanket with buttocks on the floor between the heels in vajrasana posture. Exhaling lean back slowly and lower the elbows to the floor. Support the trunk for a couple of sec. on the elbows and the fore arms. Fold and lock the arms above the head. Lie for a couple of seconds in this posture and breathe slowly and deeply. Then sit up again supporting on the elbows and feel relaxed.

### **Benefits**

This asana removes stiffness from the knee joints, ankles and thighs, enlarges rib-box, increase thoracic mobility, stretch the whole body improves circulation of blood, removes unwanted fat from the abdominal region and is extremely beneficial to the glands, reproductive organs and chronic constipation and cures piles, diabetes, arthritis, throat ailments and kidney disorders. By doing this asana, the practitioner experiences stretching sensation in the whole body and the sensation of relaxation is even deeper and more soothing. The stretch on the inguinal muscles and blood vessels exercises a toning effect on the sex organs and the pelvic viscera. It also corrects certain defects of the spine alleviates back ache and tones up the muscles of the spine and its sex centres.

## **MAYURASANA (THE PEACOCKPOSE)**

In Sanskrit Mayur means peacock, when performed well, this asan resembles a peacock spreading its tail. This asan belongs to the advanced group of balancing postures. This asan needs lot of muscular strength and coordination. This asan should not be attempted by those persons who are suffering from Hernia, High blood pressure, Hear-Ailments stomach ulcers and low blood pressure.

### **Technique**

On a folded blanket kneel down. Join the two arms together and rest the hands on the floor, palms down with fingers pointing towards the toes. Keep the hands firm. Bring down the abdomen slowly against the joined elbows. Support your body on your elbows. Then stretch your legs. Inhale and raise the legs together from the floor. Remain in this pose for a couple of seconds. Exhale while raising the body off the floor and inhale while lowering the body.

### **Benefits**

Mayarasana is extremely beneficial for abdominal disorders. Owing to the pressure of the elbows on the stomach, below the navel, the abdominal is compressed and the checked blood is directed toward the digestive organ the live, pancreas, stomach and kidneys, Mayurasan evacuates waste matter from the intestines and bowels and eliminates toxin from the blood. This asan tones adrenal glands and cures diabetes, dyspepsia,

enlargement of spleen and awakens kundalini (the hidden power), and corrects extremities of arms. It also helps increase mental concentration, strengthens nervous digestive and circulatory system. According to patanjali, "Mayurasana soon destroys all diseases and removes abdominal disorders. It also increases, appetite and destroys the most deadly poison."

### **KONAASANA (THE ARCH POSE)**

This asana is called konasana because the whole body is lifted with the support of arms. This asana is popular in many western countries.

#### **Technique**

On a folded blanket, lie on the back. Raise the whole body up with the help of hands and arms at an angle of 45 degree. Maintain balance on the arms and the feet. Inhale breath when the body is raised and retain breath for a couple of seconds and then exhale breath, and relax.

#### **Benefits**

This asana is highly beneficial for the upper vertebrae it stretches and straightens the muscles of the arms neck and the feet. It cures many female disorders and ailments particularly locorrhea and gonadal hormonal blockage.

### **CHAKRASANA (THE WHEEL-POSE)**

Chakra in Sanskrit means a "wheel" or a circle. This asana when displayed well looks like a circle or wheel. This asana has a number of variations. Persons suffering from high blood pressure, heart ailments, deafness, low blood pressure should not do this asana.

#### **Technique**

Lay down on your back, bend the knees and touch the buttocks with heel. The feet should be about one foot apart. Place the palms on the floor with the elbows pointing upwards. The palms and fingers should rest squarely on the floor. Supporting the weight of your body on your hands and raise your hips and abdomen as you can. Let the entire body appear like a wheel with feet and hands touching the floor.

#### **Benefits**

This asana is highly beneficial to the nervous and glandular systems. It strengthens the abdominal muscles, spinal muscles, influences all hormonal secretions, tones up uterus. Improve eye sight brings richness and clarity of voice and cures. Asthma, chronic constipation, insomnia, diabetes, nausea and normalises the menstrual cycle. It can also remove burning sensation and backache. Chakrasana keeps the spine young and flexible even during old age. It also tones up the sex centre in the spine. It also improves the circulation of blood to the brain. It stretches and tones up the inguinal and pelvic muscles and vessels and tones up the pelvic organs.

## **NAUKASANA (THE BOAT POSE)**

This asana belongs to the energy blocking group of asanas. Energy in the form of prana is in every part of the body. It must have free flow. Sometimes due to certain impurities or chemical reactions the free flow is blocked resulting in stiffness rheumatism and muscular tension.

### **Benefits**

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