

YOGA & LIFE STYLE

Chapter -3



1. Asanaas preventive measures.
2. Obesity: Procedure, Benefits & Contraindications for Vajrasana, Hastasana, Trikonasana, Ardh matsyendrasana.
3. Diabets: Procedure, Benefits & contraindications for bhujangasan, paschimottasan, Pavanmuktasana, Ardhmatsyendrasana.
4. Asthma: Procedure, Benefits & contraindications for sukhasana, chakrasana, gomukhasana, parvatasana ,Bhujangasana, paschimottasana, matsyasana.
5. Hypertension: Tadasana, vajrasana, pavan muktasana, Ardchakrasana, Bhujangasana, shavasana.
6. Back pain: Tadasana, Ardh matsyendrasana, vakrasana, shalabhasana, Bhujangasana.

Asana as preventive Measures :

Asana in a body posture, originally a sitting pose for meditation, and later in Hatha yoga and modern yoga adding standing (Tkionsana), sitting (Padmasana), Reclining (Shavasana), inverted (Shiradasana) Balancing (Paschimotanasana) and Backward (Dhanurasana),

The Yoga sutras of Patanjali define Asana as a position that is steady and comfortable.

As a preventive measure, more recently, studies have provided evidence that asana improve flexibility, strength and balance, to reduce stress and conditions related to it, and specifically to alleviate some diseases such as asthma, and diabetes,. One remarkable aspect of asana is anyone can practice in it. One can adjust the level, the intensity depending on age and capacity. Regular Asana practice create mental clarity and calmness increase body awareness relieves chronic stress pattern, relaxes the mind, centers attention, and sharpens concentration and self awareness, Whenever Individual roll out their yoga mat and twist their bodies in different poses they are also reaping countless health

Benefits as: Benefits of Asana for prevention of disease

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. If a person is having BMI 30 he she would be considered as obese. 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 a disease. Due to obesity, diseases like diabetes, high blood pressure, cancer, arthritis etc. are caused. There are many causes of obesity such as overeating, Lack of physical exercise, thyroid. Genetics, diet high in carbohydrate frequency of eating,

medications, psychological factors, social issues. Hormones changes (pregnancy, Menopause) to remove obesity, these postures should be done.

Asthma

Asthma, a disease associated with the respiratory tract 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 breath.

Common symptoms of asthma are coughing, heavy breathing. Chest tightness, fatigue, pain in hands, feet, shoulders and back. Reasons are dust, smoke, air pollution, pollen grains, animal's skin, hair or feathers etc. are the main reasons.

Asthma may be controlled by sukhasana, chakrasana, Gomukhasana, Bhujangasana, paschimo-ttāsana, mats āsana.

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 numbers 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 āsanas Tadasana, vajrasana, pavanmuktasana, ardha chakrasana, bhujangasana, shavasana.

Back Pain

Back pain is a wide spread 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 regarding right way of exercising, weight lifting, wrong way of sleeping, due to an accident problem can arises.

Back pain can be prevented by doing saunas as. Tadasana, vakrasana, bhujangasana, shalabhasana and ardh matsyendrasana.

Enlist the lifestyle related disceases. How can they be prevented with the help of asana /Yoga?

Lifestyle related diseases are:

(i) Obesity (ii) Diabetes (iii) Asthma (IV) Hypertension (v) Back pain.

Asana plays an important role to prevent the lifestyle related diseases. They are as follows:

1. Maintain Weight: Nowadays, obesity has become a challenging problem for the society. By doing asanas daily, we exercise entire organs of our body. By practicing asanas regularly, it burns the excess fat of the body, and hence maintains healthy weight.
2. Endocrine function normalizes: Diabetes in one of the most common lifestyle related disease. Diabetes occurs due to either the pancreases not producing enough insulin or the cell of the body not responding properly to the insulin produced. The asana like bhujangasana, paschimotan asana, pavanmuktasana, and ardh-matsyendrasana etc, Help to stimumulate and regulate pancrease to produce insuling which helps to maintain glucose level in the body.
3. Respiratory efficiency increases: Asthma is a common lifestyle related disease. It occurs due to narrowing of trachea, due to which oxygen supply to lungs and

body is compromised. Asana help in maintaining the trachea wide open, increase the lungs capacity and blood flow to lungs. Thus oxygen supply is maintained and asthmatic episodes is reduced and respiratory efficiency is increased.

4. Regulates Blood Flow: Yoga/Asana regulate blood flow in the body and help maintain a constant blood pressure. They help the body to relax and thus reduce the high blood pressure. Yoga calm down the body and the mind and thus blood pressure is normalized.

5. Proper Alignment of Spine: Asana, such as Tad asana, Ardhamatsyandrasana, Vakrasana, etc. correct the alignment of spine and thus improve posture and help in reducing back pain. More often back pain occurs due to incorrect posture, in which muscles get the strain and start aching. Correct posture relieves the back pain as spine straightens up

Define obesity. Explain the procedure and Benefits/ contraindications of any two asana which helps to reduce obesity.

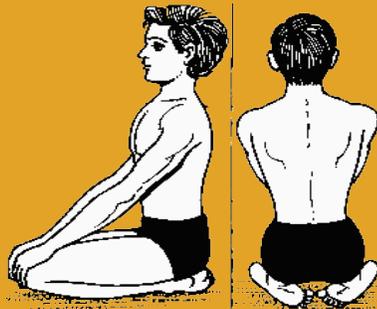
Now a days obesity has become a problem for the whole world. Obesity is a condition in which the amount of fat in the body increases to a very large extent. In other words, we can say obesity is when a person's weight is 20% or more than the ideal weight. There are two main reasons for obesity the bad 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 practice.



1.VAJRASANA: (Thunderbolt Pose) VAJRASANA



- Vajrasana is also called Diamond or thunderbolt pose.
- It is a meditative asana.

PROCEDURE :-

1. Sit on the flat floor in Dandasana.
2. Slowly fold your both legs under the hips.
3. Point the toes of the feet backwards and keep your feet together.
4. Keep your spine and head erect with closed eyes.
5. Keep your knees together
6. Keep your right palm on right knee and left palm on left knee.
7. Hold this position for five minutes.

BENEFITS OF VAJRASANA

1. Best asana for meditation and concentration.
2. Helps in digestion
3. Tones body muscles like hips, thighs and calf muscles.
4. Cures acidity, gas and constipation
5. Helps in keeping the mind stable and calm.
6. Strengthens legs and spine.
7. Improve blood circulation of the body

CONTRAINDICATIONS OF VAJRASANA

1. People suffering from severe joint pain or knee injury should avoid this asana
2. People suffering from spinal problems specially lower vertebrae should not try this asana.
3. Pregnant woman should perform this asana under guidance
4. People having problem in large or small intestine should perform this asana under expert guidance

2.HASTASANA



- Hastasana is also called upward salute or upward hands pose.
- It is a part of suryanamaskar.

PROCEDURE:-

1. Stand straight with your arms by the sides.
2. Inhale and slowly raise your both the arms stretching them over the head towards ceiling.
3. Hands should be parallel to each other with palms facing each other.
4. Keep the head, spine and legs straight
5. Exhale and bring your arms by your side.

BENEFITS OF HASTASANA

1. Helps to stretch arms, shoulders and spine
2. Helps to stretch stomach and enhance digestive system
3. Helps to increase the capacity of lungs.
4. Helps in enhancing the body postures

CONTRAINDICATIONS OF HASTASANA

- People with neck or shoulder injuries should avoid this asana.

3.TRIKONASANA

- Trikonasana is also called triangle pose.

PROCEDURE:-

1. Stand erect. Keep your feet 3 to 4 feet apart.
2. Raise your arms horizontally in line of your shoulder
3. Turn your right feet out by 90 degree and left foot by 15 degree.
4. Ensure that the weight of the body is balanced equally on both feet.

5. Take a deep breathe and as you exhale bend your body towards right side from the waist.
6. Lift your left hand up and let your right hand touch the ground. Both the arms and your head should be in straight line.
7. Ensure that your body is bent towards sideward and not backward or forward.
8. Stretch according to your body limit and breath deeply.
9. To release the pose inhale and come back
10. Bring your arms down to your sides and straighten your feet.
11. Now relax and repeat the same on the left side.

BENEFITS OF TRIKONASANA

1. Improves the flexibility of spin

4.PASCHIMOTTANASANA



- Paschimottanasana is also known as Seated forward bending pose.

PROCEDURE:-

1. Sit in Dandasana Position.
2. Inhale and slowly raise your arms over your head with your palms facing forward.
3. Keep your neck spine and arms in straight line.
4. Exhale and slowly bend forward keeping your spine and knees straight.
5. Your forehead should touch the knees and your elbows should touch the floor.
6. Hold this position for 10 to 30 seconds.

7. Then slowly raise your arms and torso until you are upright once again with your arms stretched over your head.

BENEFITS OF PASCHIMOTTANASANA:-

1. Stretches spine, shoulders and hamstrings and hence improves flexibility
2. Cures indigestion, constipation and other digestive disorders.
3. It helps in controlling weight and prevents diabetes.
4. Calms the mind, removing anxiety, anger, fatigue and irritability.

CONTRAINDICATIONS OF PASCHIMOTTANASANA:-

1. Avoid practicing this asana, if you are suffering from asthma or diarrhea.
2. People having back or spinal problem such as sciatica or slipped disc should avoid this asana.
3. People with abdominal surgeries such as hernia should avoid this asana.
4. Pregnant woman should avoid this asana.

5. PAVANMUKTASANA



- Pawanmuktasana is also known as Wind Relieving Pose.
- It can be done by one leg or both the legs.
- It relieves gas and aids in digestion.
- It also cures digestion.

PROCEDURE:-

1. Lie flat on your back with extended legs.
2. Keep your legs together and place your arms beside your body.
3. Inhale and as you exhale bring your right knee towards your chest.
4. Press your thighs on your abdomen with clasped hands.
5. Breathe in again and as you exhale lift your head and chest off the floor and try to touch your nose to the right knee.
6. Hold this position and take deep long breathes in and out.
7. Note:- Every time you exhale tighten the grip of hands on the knee and increase the pressure on your chest and every time when you inhale loosen the grip.
8. Exhale, and bring your leg back to the beginning position to release the pose and relax.
9. Now breath in again and repeat the same with opposite leg (i.e. Left Leg) and then with both the legs together.
10. You may rock up and down or roll from side to side for about 3 to 5 times to relax your back.

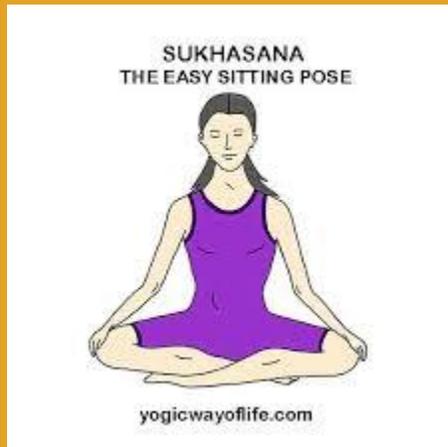
BENEFITS:-

1. helps to release unwanted and toxic gas from digestive system. Thus improves digestive functioning.
2. Prevents and cures diabetes.
3. relieves indigestion,, acidity and constipation.
4. helps to relieve tension in lower back, hips and thighs.
5. Soothes stiffness in spine while toning the abdominal muscles

CONTRAINDICATIONS:-

1. Avoid practicing this asana on a full stomach.
2. People having back or spinal problem such as sciatica or slipped disc should avoid this asana.
3. People with abdominal surgeries such as hernia should avoid this asana.
4. Pregnant woman should avoid this asana

6.SUKHASANA



- Sukhasana is also known as Easy sitting pose or relaxing pose.
- It is best suited for Meditation.

PROCEDURE:-

1. Sit straight with legs stretched out in front of you.
2. Cross your legs such that your right leg is under the left knee and left leg is under the right knee.
3. Place your hands on the knees with palm facing downwards.
4. Close your eyes and breathe normally
5. Relax your whole body and maintain this posture for 5 minutes.

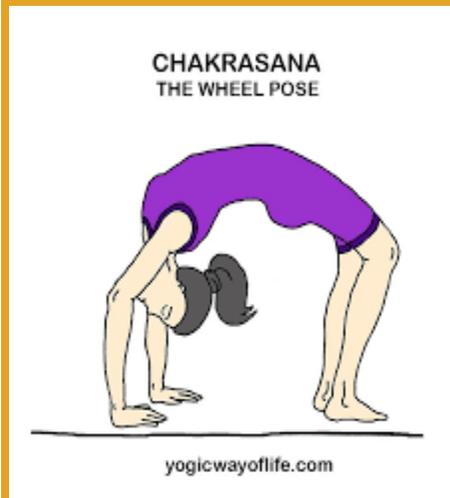
BENEFITS OF SUKHASANA:-

1. Relaxes mind and body.
2. Broadens the chest and color bone and hence fights asthma.
3. improves body posture.
4. Strengthens the spine and back muscles.
5. Helps in reducing fatigue.
6. stretches the ankles and knees.

CONTRAINDICATIONS OF SUKHASANA:-

1. People suffering from hip or knee injuries should avoid this asana.
2. it is also not recommended for people having spinal problems

7.CHAKRASANA



1. Chakrasana or the wheel pose is a backward bending yoga asana.
2. It gives great flexibility to the spine.
3. PROCEDURE:-
4. Lie down on your back with feet apart
5. bend your knees and place your feet on the ground close to your body.
6. Now bring your palms under your shoulders such that the fingers point towards the shoulders and the elbows are shoulder width apart.
7. Inhale and press your palms firmly into the floor.
8. Lift your shoulders and elbow firmly into the floor
9. Your Feet should be pressed firmly into the floor.
10. Inhale and lift your hips up.
11. The spine should be rolled up so that it may seem to resemble a semi circular arch or wheel.
12. Straighten out your arms and legs as much as possible so that the hips and chest maybe pushed up.
13. Hold this pose for at least 15-30 seconds.
14. To go back to original, bend your elbows to lower your head and shoulders to the floor.

15. Then bend your knees and bring your spine and hips back to the ground and relax.

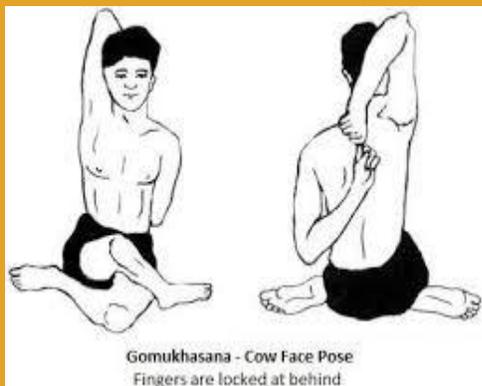
Benefits of Chakrasana

1. Strengthens liver, pancreas and kidneys.
2. Excellent for heart.
3. Good for infertility, asthma and osteoporosis.
4. Strengthens arms, shoulders, hands, wrists and legs.
5. Stretches the chest and lungs
6. Strengthens the arms and wrists, legs, buttocks, abdomen, and spine
7. Stimulates the thyroid and pituitary glands.
8. Increases energy and counteracts depression

CONTRAINDICATIONS:-

1. Do not try this Asana in case of back injury, hernia and High or low blood pressure
2. heart problems, then.
3. don't try this asana If you are suffering from Headache, Diarrhea etc
4. Do not perform this if suffering from any cardiac or spinal problems

8.GOMUKHASANA



- This name comes from the Sanskrit words Go meaning “cow”, Mukha meaning “head” or “mouth” and the Asana meaning “posture” or “seat”.
- This asana stretches several parts of the body simultaneously, including ankles, thighs, hips, chest, neck, arms and hands

PROCEDURE:-

1. Sit erect on the ground with your legs stretched out in front of you.
2. Now gently bend your left leg, and place it under the right hip.
3. Fold your right leg and place it over your left thigh.
4. Gently fold your left arm and place it behind your back.
5. Take your right arm over your right shoulder and stretch it as much as you can until it reaches or catches your left hand.
6. Keep the trunk erect, expand your chest and lean slightly back.
7. Hold this pose for as long as you are comfortable as you breathe slowly and deeply.

BENEFITS OF GOMUKHASANA

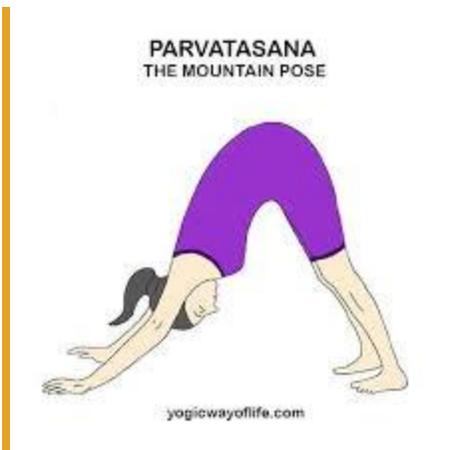
1. It makes body flexible and easy to stretch
2. It helps to cure stiff shoulders and reduces backaches.
3. It also helps in the treatment of sciatica.
4. Tones chest and thigh muscles
5. Reduces stress and anxiety

CONTRAINDICATIONS OF GOMUKHASANA:-

1. This asana should not be practiced in case of neck, knee, hip and shoulder injury.
2. Don't go beyond your limits.

9.PARVATASANA

This asana is also known as mountain pose.



PROCEDURE:-

Sit in vajrasana, sukhasana or padmasana keep the spine and the neck straight.

Close your eyes gently and inhale , raising both hands above the head.

Join the two palms in namaskar mudra.

Elbows should be straight and hands stretched upwards

Breathing should be normal.

Stay this position for sometime and return to normal position while exhaling .

Repeat this for 4 to 5 times

BENEFITS OF PARVATASANA

Since it gives a full body stretches so it improves the blood circulation.

It helps in reducing mental fatigue and also improves the memory and concentration.

It helps in reducing the respiratory problems like asthma.

The regular practice of this pose prevents rheumatic stiffness and arthritis.

CONTRAINDICATIONS OF PARVATASANA:-

Persons suffering from knee problems should not perform this asana.

10.MATSYASANA

**MATSYASANA
THE FISH POSE**



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This asana is pronounced as The fish pose.

It is because if carried out in water, allows the body to float quite easily like that of a fish.

PROCEDURE:-

- Lie on your back. Your feet are together and hands relaxed alongside the body.
- Place the hands underneath the hips, palms facing down. Bring the elbows closer toward each other.
- Breathing in, lift the head and chest up.
- Keeping the chest elevated, lower the head backward and touch the top of the head to the floor.
- With the head lightly touching the floor, press the elbows firmly into the ground, placing the weight on the elbow and not on the head. Lift your chest up from in-between the shoulder blades. Press the thighs and legs to the floor.
- Hold the pose for as long as you comfortably can, taking gentle long breaths in and out. Relax in the posture with every exhalation.
- Now lift the head up, lowering the chest and head to the floor. Bring the hands back along the sides of the body. Relax.

Benefits of the Matsyasana / Fish Pose

1. Stretches the chest and neck
2. Helps relieve tension in the neck and shoulders
3. Provides relief from respiratory disorders by encouraging deep breathing.

Contraindications of the Fish Pose (Matsyasana)

1. Avoid this posture if you have high or low blood pressure.
2. Migraine and insomnia patients should also avoid doing this asana.
3. Those who have had serious lower-back or neck injuries are strongly recommended not to practice this pose.

HYPERTENSION

- Hypertension, also known as high or raised blood pressure.
- It is a condition in which the blood pressure against the walls of arteries is abnormally high as it is pumped by the heart.
- It increase the risk of heart diseases.

Some yoga asanas that are recommended for the people who are suffering from Asthma are as follows

11. TADASANA



Procedure:-

1. Stand straight, keeping the feet together or about 10 cm apart, and the arms by the sides.
2. Make the body firm and distribute the body weight equally on both feet.
3. Raise the arms straight over the head. Interlock the fingers and turn the palms upward. The hands should be raised on the top of the head.
4. Inhale a deep breath and stretch the arms, shoulders and chest in the upward direction.
5. Raise the heels and stand on the toes.

6. Stretch the whole body from top to bottom. Do not lose balance or move the feet.
7. Hold the breath and retain this position for a few seconds.
8. Lower the hands while exhaling and bring the hands down to the sides of your body.
9. Relax and take deep breaths.

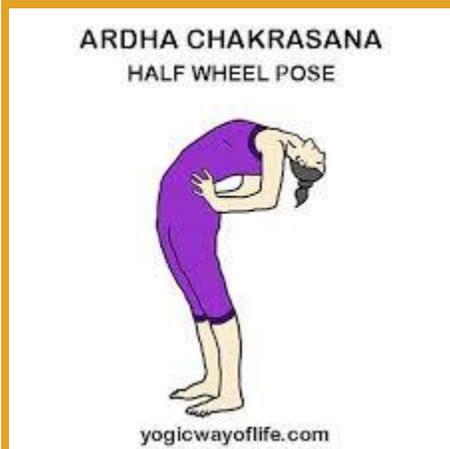
BENEFITS OF TADASANA:-

1. Increases the height and overall growth of the body by stretching the muscles.
2. Strengthens the abdomen as well as the muscles and legs.
3. Helpful in giving relief in sciatica and back pain.
4. Beneficial in reducing flat feet.
5. Improves the physical as well as the mental balance.

CONTRAINDICATIONS OF TADASANA:-

1. Avoid practicing this asana for too long as prolonged standing may cause strain on the muscles of the legs.
2. Don't put too much pressure on the knees as it may cause pain in the knees.
3. People suffering from migraine, insomnia, joint pain or low blood pressure should avoid practicing this asana.

12.ARDH CHAKRASANA



- Ardha Chakrasana is also known as a half wheel, half moon, and standing backward bend pose.
- It is effective to strengthen your back, hands, chest, and stomach.

PROCEDURE :-

1. Stand straight and keep some distance between your feet.
2. Keep arms along sides of the body.
3. Now while inhaling (breathing in) raise your hands up. Keep your hands straight.
4. Now while exhaling (breathing out) bend backward as much you can. Hands, knees, and elbows should be straight.
5. Hold this position for few seconds and keep breathing gently.
6. Now while breathing out and release your pose to come back to the starting position.

BENEFITS OF ARDH CHAKRASANA

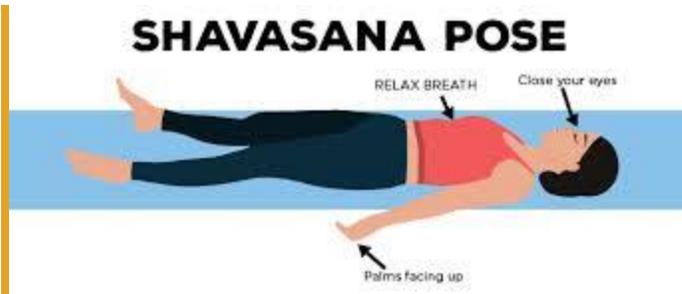
1. Stretches your back, chest, and arms
2. Improves digestion
3. Brings flexibility
4. Good exercise for lungs health
5. Get rid of back pain
6. Effective in curing respiratory disorders
7. Tones your shoulders and arms.

CONTRAINDICATIONS OF ARDH CHAKRASANA:-

It should be avoided if

- Spine problems, Hernia patient, High blood pressure
2. This asana should be avoided by pregnant woman.

13. SHAVASANA



PROCEDURE:-

1. Lie flat on your back, like our sleeping pose. Legs should be separated.
2. Keep your arms at your side and your palms facing up. Just relax.
3. Close your eyes and breathe deeply and slowly through the nostrils.
4. Start concentrating from your head to your feet. This means you are consciously relaxing your each part of the body. Don't move ahead without relaxing particular part of the body.
5. On each inhaling and exhaling (breathing) think that your body is totally relaxed. Let your tension, stress, depression and worry run away on each exhaling.

Benefits of Shavasana – Corpse Pose

1. It relaxes your whole body.
2. Releases stress, fatigue and tension.
3. Improves concentration.
4. Cures insomnia.
5. Relaxes your muscles.
6. Excellent asana for stimulating blood circulation.
7. Beneficial for those suffering from neurological problem, asthma, constipation and diabetes.

14. VAKRASANA

VAKRASANA THE TWISTED POSE



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PROCEDURE:-

1. Sit in dandasana position.
2. Keep your right leg straight and stretched.
3. Bend the left leg from knee and place the left foot beside the right knee and the left knee raised upward.
4. Inhale and raise the arms shoulder high, keeping the elbows straight.
5. Exhaling, twist to the left, place the right arm by the outer side of the left knee and hold the left ankle with the right hand.
6. Take the left hand behind the back keeping the palms on the floor.
7. Look backward towards the left side.
8. Hold on the position as long as comfortable while breathing normally.
9. Then inhale and raise the right arm shoulder high, keeping the elbows straight.
10. Exhaling, release the left twist, place the right hand by the side of right hip and left hand by the side of left hip.
11. Take a deep breath and relax.
12. Repeat the same from the other side.

BENEFITS OF VAKRASANA

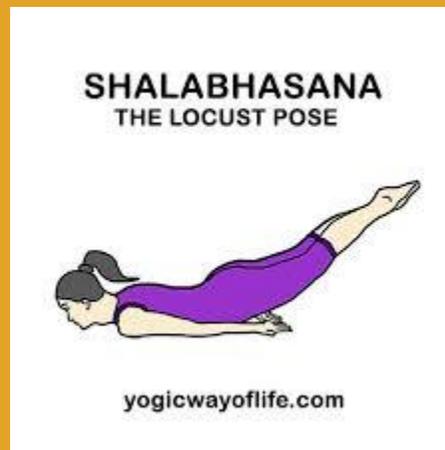
1. Increase hips and spine flexibility.
2. Removes the wastes and improves digestion
3. Relieve fatigue, sciatica, backache and menstrual discomfort.
4. Removes extra fat from the waist hence prevents obesity..

5. Energizes and stretches the backbone.

CONTRAINDICATIONS OF VAKRASANA:-

1. It is recommended to avoid during pregnancy and menstruation due to the strong twist in the abdomen.
2. People with Heart, abdominal or brain surgeries should not practice this asana.
3. People having severe
4. spinal problems should avoid this asana.

15.SHALBHASANA



PROCEDURE:-

1. Lie flat on the stomach with the legs and feet together
2. Place the arms under the body. Keep the hands clenched and the palms downward.
3. Slightly stretch the chin in the forward direction. Rest the chin on the floor.

4. Gently close the eyes, relax the whole body, inhale deeply. This is the starting position.
5. Slowly start raising the legs as high as possible without straining. Don't bend the knees, keep the legs straight and together.
6. The elevated state of the legs is achieved by employing pressure with the arms against the floor while contracting the lower back muscles.
7. Without straining the body, hold the final position for as long as you find it comfortable.
8. Exhale and slowly lower the legs on the ground. Come back to the starting position. Relax the whole body and turn the head to one side, whichever deems comfortable.
9. Let the breathing and heartbeat return to normal.

BENEFITS OF SHALBHASANA

1. Strengthens the lower back and tones the organs of pelvic region.
2. Improves the functioning of stomach, liver and bowels.
3. Relieves from back pain, slipped disc and sciatica but only if the condition is not severe.
4. Enhances the functioning of abdominal organs particularly of the lower abdomen.
5. Strengthens the hips muscles and increases appetite.

CONTRAINDICATIONS OF SHALBHASANA:-

Do not strain the body while performing this asana.

Don't bend the knees or raise the chin above the floor.

This asana is not suitable for people having high blood pressure or a weak heart.

People suffering from abdominal surgeries, spinal injuries or hernia should avoid practicing this asana.

Multiple Choice Questions

Q.1. Choose the odd one. Asana helps to improve:

(a) Blood circulation (b) Depth of respiration

(c) Speed (d) Digestive system

Q.2. According to Yog sutra, Asana means—

(a) Sthira Sukham Asanam (b) Asanam sukh Shira

(c) Sukhan asanam sthira (d) Sitting pose

Q.3. The word 'YOG' is derived from Sanskrit word

(a) Yug (b) Yud (c) Yuj (d) Yum

Q.4. According to Asthanagyog" Asana lies in what place—

(a) Second (b) Third (c) First (d) Fifth

Q.5. What is the excess percentage of the normal weight is called obese:

(a) 15% (b) 20% (c) 25% (d) 30%

Q.6. which of the following Asana (posture) is not used for obesity.

(a) Ardhamatsyendrasana (b) Vajrasana (c) Parvatasana (d) Trikonasana

Q.7. Choose the Asana which is used for obesity:

(a) Sukhasana (b) Savasana (c) Vajrasana (d) Shalabhasana

Q.8. A disease associated with respiratory tracts is known as

(a) Diabetes (b) Obesity (c) Asthma (d) Back pain

Q.9. Choose the asana which helps to control Asthama:

(a) Pavanmuktasana (b) Trikonasana (c) Hastasana (d) Chakrasana

Q.10. Coughing, heavy breathing, chest tightness are the symptoms of:

(a) Asthma (b) Diabetes (c) Obesity (d) Back pain