

PHYSICAL EDUCATION

CLASS 11

CHAPTER-5

YOGA

Meaning of Yoga

The term 'yoga' is derived from a Sanskrit word 'Yuj' which means join or union. In fact, joining the individual self with the divine or universal spirit is called yoga.

Definition of Yoga

- "Checking the impulses of mind is Yoga" Patanjali
- "Yoga is attaining trance" Maharishi Ved Vyas
- "Skill in actions or efficiency alone is yoga." According to Lord Krishna in Bhagwat Gita

Importance of Yoga

1. **Physical Ailments:** The regular practice of yogic asana can prevent many diseases like constipation, cold, insomnia, asthma, arthritis, diarrhoea, acidity etc.
2. **Postural deformities:** Many asanas can prevent and cure postural deformities. The deformation of spine leads to many postural diseases which can be prevented through regular practice of asanas.
3. **Hygienic values:** Many kriyas like Dhuti, Neti, Nauli etc. clean various internal organs of the body. Dhuti kriya is helpful in cleansing digestive tract. The regular practice of Neti prevents colds.
4. **Mental relaxation:** Mental fatigue is relieved to a great extent through regular practice of Yoga. A person remains free from anger, anxiety and emotional disturbances. It is well explained in Bhagwat Gita that when the mind and body are working together harmoniously due to yogic discipline, we can find peace of mind at every moment.
5. **Will power and confidence:** Through meditation, mind can be trained to concentrate in one direction. All the distractions are eliminated and person gets mental power which is essential requisite of will power and confidence.

Elements of yoga:

Around 147 BC, Patanjali developed a system of yoga that contains eight limbed steps, known as 'Astanga Yoga. The Ashtanga Yoga has been derived from two words 'Ashta' which means eight and 'Anga' means limbs. According to Patanjali, the path of internal purification for revealing the Universal Self consists of the following eight spiritual practices:

1. **Yama (moral codes):** This refers to ethical discipline and has five following parts:
 - i) **Ahimsa:** This means non-violence. It focuses on non killing, even these guides not to pain others. It has been noticed that non-violence arises from fear and weakness. This guides a person to curb anger and lead to non-violent life.
 - ii) **Satya:** It refers to truth. It is stated that if a person that if a person follows the truth, he gets fruitful results. So it gives stress on truthfulness.
 - iii) **Asteya:** This means not to steal anything. A person is told not to lift anything of the person without asking him. So this guides to reduced physical needs.
 - iv) **Brahamacharya:** This leads to celibacy. A yogi is instructed to follow a bachelor's to preserve energy.
 - v) **Aparigrah:** It refers to non-covetousness. This makes people to live simple life and should have no desire of collecting the things.
2. **Niyama (self-purification and study):** They are known as rules of conduct that are applied to individuals, Patanjali listed the following Niyama:
 - i) **Shaucha:** Purity is very essential for well being. So, after practising of asanas lot of toxins and dirt come out of body which must be cleaned by taking bath. This aims to remove all impurities from the body.
 - ii) **Santosh:** Contentment must be induced otherwise it is difficult to concentrate on any kind of work. It is also advised to do yoga in clean air and noise free area. For this purpose, banks of rivers are preferred.
 - iii) **Tapa:** It has been derived from a word tap which means to burn. A person with the help of tap can gain strength, endurance, courage and simplicity.
 - iv) **Swadhyaya:** It is considered as the study of teachings and scriptures. In it , self-study is given preference. It is advised to study divine literature for making life healthy peaceful and happy.
 - v) **Eshwar Pranidhyan:** Workshop and dedication to god is preferred. A person has faith in god never feels sorrow.
3. **Asana (posture):** They are known as posture exercises. They are also known as yogic postures. Mainly 48 postures have been described. All the yogic asanas develop physique of the body. Since mind and body are interdependent, thus the practice of asanas is very essential to develop the body.
4. **Pranayama (breath control):** The word Pranayama comes from Sanskrit. It has two parts i.e. Prana means 'Vital force' and Ayama means the control of the

Prana. Through Pranayama vital forces can be controlled by concentration and breathing. It leads to the control and regulation of breath. The Pranayama has three phases:

i) **Puraka:** It is inhalation of air into the lungs.

ii) **Rechaka:** It is exhalation of air from the lungs.

iii) **Kumbhaka:** It is holding of breath is done. During this, no exhalation and inhalation is done.

5. **Pratyahara (sense control):** It is considered as withdrawal of senses. Since senses pull a person towards external desire of objects, the control on senses play a vital role. After controlling senses, a person attains peace.
6. **Dharana (concentration):** After achieving all above, now a person needs control and must have sense of complete absorption. It is fixing the thinking on internal space.
7. **Dhyana (meditation):** This is meditation. A person gets continuous state of dhyana.
8. **Samadhi (contemplation):** It is when dhayana reaches a state where only the awareness of its meaning remains and even the personal identity is lost.

Introduction to Asanas, Pranayama, Mediation and Yogic Kriyas:

Asanas: Asana can be defined as a physical Yoga posture or position that is physiological functions of the body. Asana helps to develop sportsmen in following ways:

- **Muscular strength:** The yogic asanas develop the muscular strength of athletes almost all the asanas are similar to isometric exercises which develop strength of muscles.
- **Cardio-vascular endurance:** The practice of asanas leads to the development of intercostals muscles and diaphragm due to which endurance of a person increases.
- **Balance:** Holding of body postures in difficult position improves the balancing quality of an individual. Improvement of balance is one of the major benefits of yoga.
- **Peace of mind:** Many meditative asanas lead to development of mental peace .many competitions create fear and stress which can be removed by yoga easily.
- **Agility:** Aasanas develops speed and flexibility which lead to the development of agility. Yoga makes a person flexible that helps to make him agile.

Classification of asanas

Meditative/Dhyanatmak Asanas: These asanas are practiced to enhance man's meditative power.

Example: Padmasana, Gomukhasana, Sukhasana etc.

Relaxative/Vishratmak Asana: By practicing these asanas one gets rid of fatigue and one gets full rest.

Example: Shavasana and Makrasana.

Cultural or corrective asana/Samvardhnatmak asana: These asanas are practiced for physical development and also for the efficient working of all the activities of the body.

Example: Halasana, Shalabhasana, Bhujangasana, Dhanurasana etc.

Pranayama: Pranayama is derived from two Sanskrit words - 'Prana' and 'Ayama'. 'Prana' means 'life force' and 'Ayama' means 'development or control'.

Pranayama is the fourth stage in Patanjali's eight stage of yoga discipline. Therefore Pranayama is the development and control of life force. It is a form of breathing exercise and is very important. In yoga, Pranayama is also known as the "control of breath". Morning is the best time to perform this pranayama which takes 40 to 45 minutes. Pranayama should be done under expert guidance. Pranayama is beneficial in sports as following developments take place with the help and practice of Pranayama:

- It improves blood circulation.
- Keep away the heart-related problems.
- Provide relaxation for body and mind.
- Improves your concentration.
- It relieves Stress, Depression, and Hypertension.
- Cure asthma, headache, migraine, neurological problems, depression and gastric problems.
- Improves blood circulation.
- Releases anxiety.
- Improves the function of reproductive organs.
- Release stress and depression.
- Build up self-confidence.

Types of Pranayama:

Sheetla Pranayama: Sit in Padmasana position. Open the mouth and lips are kept in 'O' formation. The tongue should touch teeth and the shape of tongue must form a shape resembling a curled leaf. Then the tongue is protruded and curled out of the lips at least one inch. Inhale fully and hold it for five seconds, side by side neck is

flexed so that the chin touches sternum (chest bone). Exhale slowly. Lie down in Shavasana.

Sitakari Pranayama: In this technique, the tongue is not curled like leaf and lips are parted. The rest of technique is same as of Sitali Pranayam.

Kapalabhati Pranayama: In this inhalation is slowly done and exhalation is done vigorously. In the end, lie down in Shavasana.

Ujjai Pranayama : After acquiring Padmasana position, the air is inhaled through both nostrils. Hold the breath for at least two seconds. Exhale slowly and deeply till the lungs are empty. This activity is done for five minutes. Lie down in Shavasana pose.

Meditation: Meditation means concentration of mind, resulting in Samadhi.

The meditation has many benefits for sports which are given below:

- Relaxation and Meditation
- Stress and Meditation
- Pain and Meditation
- Premenstrual Syndrome and Meditation
- Respiratory System and Meditation
- Phobias and Meditation

Yogic Kriyas: The kriyas are techniques used for cleansing and purifying the body and mind. These kriyas are also known as Shat Karmas.

The Yogic Kriyas are helpful in cleansing the various internal organs of the body. These are explained below:

A. Kapalabhati

The word Kapalabhati is derived from two words 'kapal' and 'bhati' which means skull and shining respectively. This kriya mainly works for the organs under the skull mainly the brain.

Method:

- Sit comfortably with your spine erect. Place your hands on the knees with palms open to the sky.
- Take a deep breathe in.
- As you exhale pull your stomach. Pull your navel in back towards the spine. Do as much as you comfortably can. You may keep your right hand on the stomach to feel the abdominal muscles contract.
- As you relax the navel and abdomen, the breath flows into your lungs automatically.
- Take 20 such breaths to complete one round of KapalBhati Pranayama.
- After completing the round relaxes with your eyes closed and observes the sensations in your body.
- Do two more rounds of Kapalabhati Pranayama.

B. Basti/vasti

Basti or Vasti is performed by two following techniques:

- (a) **Basti (Jala-Basti):** Jala-basti is a Hatha yoga technique in which water is sucked into the anus with or without the use of a catheter tube for the purpose of cleansing the colon. The term is derived from the Sanskrit, jala, meaning “water,” and basti, which refers to the abdominal region. One of two types of basti, jalabasti is a difficult technique that involves pulling the abdomen in and up. The other type of basti, sthalabasti, involves cleansing the colon by sucking air into the body without a tube, but still using a technique similar to jalabasti. Jalabasti is often referred to in English as a yoga water enema.
- (b) **Sthula - Basti:** Sthala basti is a Hatha yoga cleansing technique that targets the colon by sucking air into the body through the anus. It is a difficult technique that involves pulling the abdomen in and up. Basti is used in the traditional Indian medicine practice of Ayurveda and it is one of the six techniques that comprise shatkarma (also called shatkriya), the yogic body cleansing system.
- A. **Vaman- Dhauti -Vaman-Dhauti or Kunjal Kriya** is meant for purification of the upper digestive tract. Dhauti is one of the six purification methods or Shatkarma of Hatha Yoga. There are various types of Dhauti - for cleaning the mouth, teeth, ears, stomach and intestines. The most common among the Dhauti practices are called Vaman Dhauti or Kunjal Kriya. Vaman Dhauti is meant for cleaning the stomach and the upper digestive tract.
- B. **Jal-Neti:** Jal-Neti is a technique that was used by yogis to stay disease-free, and most importantly to use the breath well for their yogic practices without any blockages. Just how brushing the teeth is dental hygiene, the practice of Jal Neti is nasal hygiene. This technique uses water to purify and clean the nasal path, right from the nostrils to the throat.
- Jal-Neti is one of the six-purification procedures or ‘Shatkarmas’ mentioned in Hatha Yoga Pradeepika.
- C. **Sutra-Neti:** Sutra-neti is a nasal cleansing yoga exercise wherein the nasal area and outer respiratory regions are decongested with the help of soft thread. Initially, the soft thread is inserted through one nostril and tries to bring out through the mouth. The same process should be repeated with another nostril. After having mastery of the process, it can be inserted through one nostril and try to make it out through another nostril. But one thing should be kept in mind that it always should be practiced under the supervision of a yoga expert.
- D. **Trataka:** Tratak can be performed with or without any object. However it is most often performed by placing a candle about three feet in front. Gazing steadily without blinking at the candle. Flame for 20 min is done. These practice activities are tear glands and purifies the vision.

Yoga for concentration and related Asanas (Sukhasana, Tadasana, Padmasana & Shashankasana)

TADASANA

The word Tadasana is derived from the Sanskrit word TADA meaning palm tree. It is the beginning and ending of Surya Namaskar according of Ashtangayog.

Procedure:

- Stand straight on the floor.
- Take a small gap between feet.
- After deep inhalation, raise both the arms.
- Keep arms upward by interlocking fingers.
- Come on the toes by raising heels concurrently.
- Feel the pressure of stretching from toes.
- Try to maintain this pose along with slow and deep breathing.

Benefits:

- Strengthens the legs.
- Activates the nerves of the entire body.
- Improves strength of vertebral column.
- Improves digestion.
- Develops the strengths of arms and less.
- -Reduces the problems of flat foot.

Contradiction:

- People suffering from headaches, low blood pressure and insomnia.
- Avoid this asana during pregnancy.

SUKHASANA: The name of Sukhasana is droved from the Sanskrit word Sukham which means delight or bliss.

Procedure:

- Sit down normally on the floor. Stretch out legs ahead in front.
- After this cross legs and broaden the knees, in order to put both feet under the opposite knee.
- After the bend knee along with folded legs

- Keep feet loose, in order that the external edges lay on the floor and the inner curves are settled beneath the inverse leg.
- The thigh must be with crossed legs ought to frame a little triangle. Keep some space between feet and pelvis.
- Now sit with hips in a neutral position. Attempt to hold a breath and after that gradually bring down back on the floor.
- Keep hands on knees.

Benefits:

- -Broadens collar bones and chest.
- -It calms your mind.
- -Enhance condition of peacefulness.
- -It helps in minimizing anxiety, stress and mental tiredness.
- -It helps in improving body posture.
- -It helps in reducing fatigue.
- -It strengthens back.

Contraindications

- This asana doesn't have excessively numerous contraindications. However individuals who are experiencing backache shouldn't stay in this position for over 5 minutes.
- In case if person is suffering from knee injury is not advised to sit in this position for long time.

PADMASANA

It is derived from Sanskrit word Padma which means lotus. This asana is also known as lotus pose.

Procedure

- Sit down over a mat and stretch out your legs in the front, keeping the spine straight.
- Now bending your right knee, place it on left thigh. Just make sure that sole of your feet points upward and heel is close to abdomen.
- Do the same with the left leg.
- Having both the legs crossed and feet on opposite thighs, place your hands on knees in mudra position.
- Keep your head and spine straight.
- Hold and continue with gentle long breaths.

Benefits

- -Relaxing the mind
- -Fosters physical stability
- -Great for meditative practices
- -Activating the spine, abdomen, bladder and pelvis.
- -Stretching knees and ankles
- -Relieves menstrual problems
- -Eases child birth
- -Adding flexibility to hips
- -Awakening of chakras
- -Makes you more aware
- -Improves posture
- -Aids in digestion
- -Reducing muscular tension
- -Regulates blood pressure.

Contraindications

This asana should not be practiced in case person is suffering from ankle and knee injury.

Padmasana is an advanced pose so it must not be performed without the supervision of experienced yoga instructor.

SHAHANKASANA

Shashankasana is also known as hare pose because this asana resembles like a hare.

Procedure

- Sit in Vajrasana.
- Straighten the back.
- Inhale and slowly raise the arms, keeping them straight.
- Now, exhale and bend forwards.
- The arms, trunk and head should remain in one line.
- The forehead and arms should rest on the floor in front of the knees.
- Relax the whole body.
- Inhale and exhale slowly.
- Inhale and raise your arms up and slowly bring it down.

Benefits

- This asana relaxes the mind and relieves depression.

- It tones the pelvic muscles and relieves sciatica pain.
- It gives a good relaxing stretch to the upper body.
- It increases blood circulation.
- It improves memory and concentration.
- It helps to improve kidney problems.

Contradictions

- It must be avoided in case of leg and back injuries.
- Avoid practice of this pose if you suffer from vertigo, slip disc, hyper tension and heart-related problems.

NAUKASANA

Procedure

- Lie on your back with your feet together and arms beside your body.
- Take a deep breath in and as you, lift your chest and feet off the ground, stretching your arms towards your feet.
- Your eyes, fingers and toes should be in a line.
- Feel the tension in your navel area as the abdominal muscles contract.
- Keep breathing deeply and easily while maintaining the pose.
- As you exhale, come back to the ground slowly and relax.

Benefits

- Tones the leg and arm muscles.
- Useful for people with hernia.

Contradictions

- Do not practice this yoga pose if you have low blood pressure, severe headache, migraine, chronic diseases or spinal disorders in the recent past.
- Asthma and heart patients are advised to avoid this pose.
- Women should avoid doing during pregnancy.

VRIKSHANA

Vrkshasana is taken from a word 'varksh' meaning tree.

Procedure

- The asana is performed by standing in Tadasana pose.
- The right knee is bent so that the right heel is placed at the left thigh.

- Then join the palms and raise that arm straight over the head.
- Like this asana is done with left bending.

Benefits

- This pose leaves you in a state of rejuvenation. It stretches the legs, back and arms.
- It brings balance and equilibrium to your mind.
- It helps improve concentration.
- It makes the legs strong, improves balance and opens the hips.
- Helps those who are suffering from sciatica.

Contradictions

- Avoid doing this posture if you are suffering from migraine, low or high blood pressure.

GARUDASANA

The Garudasana, named after the divine creature ‘Garuda’, the fierce bird and the vehicle of Lord Vishnu has it all- strength, balance, coordination and harmony.

Procedure

- Stand in Tadasana. Firmly ground your right foot onto the floor.
- Gently bend the right knee and cross the left leg over it.
- Tuck the left ankle behind the right calf.
- Stretch the arms straight in front of yours.
- Bend the elbows, keep the forearms perpendicular to the floor and drop the left arm under the right.
- Intertwine the hands so that the palms touch each other and fingers point upwards.
- Try to lengthen the spine and arise through the crown of the head while maintaining the balance.
- Relax the shoulders and gaze at a fixed point in front of yours.
- To exit the pose, unwind the legs and hands and stand in the mountain pose.

Benefits

- Blood circulation is enhanced.
- Balance of the body is increased.
- Wrists, shoulders become flexible.
- The hamstrings, ankles and hips are strengthened

Contradictions

- In ankle and shoulder injury, it should be avoided.
- People suffering with low blood pressure, should not perform this asana.

Relaxation technique for improving concentration- Yog - Nidra

Definition of Yoga- Nidra: Relaxation does not mean sleep. Relaxation means to be blissfully happy: it has no end. Sleep is the other thing. Yoga brings deep rest to the body and mind. It not only rejuvenates your mind but also adds vigour to the body. It's a good idea to end your daily yoga practice with Yoga Nidra or yogic sleep..

Procedure of Yoga-Nidra

Step 1: Lie down on your back in Corpse Pose (Shavasana). Close your eyes and relax. Take a few deep breaths in and out. Remember to take slow and relaxed breaths.

Step 2: Start by gently taking your attention to your right foot. Keep your attention there for a few seconds, while relaxing your foot. Then gently move your attention up to the right knee, right thigh and hip. Become aware of your whole right leg.

Step 3: Gently, repeat this process for the left leg.

Step 4: Take your attention to all parts of the body: genital area, stomach, navel region, and chest.

Step 5: Take your attention to the right shoulder, right arm, palms, and fingers. Repeat this on the left shoulder, left arm, throat, face, and finally the top of the head.

Step 6: Take a deep breath in and observe the sensations in your body. Relax in this state for a few minutes.

Step 7: Slowly becoming aware of your body and surroundings, turn to your right side and keep lying down for a few more minutes. Rolling over to the right side makes the breath flow through the left nostril which helps cool the body.

Step 8: Taking your own time, you may then slowly sit up, and whenever you feel comfortable, slowly and gradually open your eyes.

Advantages of Yoga- Nidra

- **Minimize tension:** Problems like emotional and mental psychological can be finished by practicing Yoga- Nidra.
- **Increases creativity:** It increases the capacity to do work of a person by performing continuously.

- **Reduces stress:** The development in the capacity to face problems and reduces stress by practicing Yoga- Nidra.
- **Relaxes the mind:** It also helps in relaxing the mind.
- **Enhances memory and learning capacity:** By practicing it, both the parts of mind work properly which leads to increase in learning capacity of a person. If a person is not practicing Yoga-Nidra, then only the left part of his mind works.
- **Promoting willpower:** Yoga- Nidra restores the body senses and mind to their natural function and awakens a sub-conscious awareness that allows you to feel no separation.

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