

Class XII

UNIT-1

INTRODUCTION TO YOGA AND YOGIC PRACTICES – II

1.1 Shatkarma Meaning, Purpose and their Significance in Yoga Sadhna

Meaning

Shatkarma are cleansing techniques (shuddhi kriyas). They are prescribed to be done to set up the body for yoga practises. They are named shatkarma in view of fact that they are six in number. In short: these techniques are done to clean digestion and excretory system of our body. These system mean eyes, respiratory system, stomach related system and excretory system. If there is any imbalance in these systems of the body, it leads to diseases. Yoga recommends six purification processes to get and keep the equilibrium of these tridoshas. They are known as **Shat** kriyas (six purification processes) which are given as under:-

1. Kaphalabhati - Purification of frontal lobes and lungs.
2. Trataka - Blinkless gazing.
3. Neti - Nasal cleansing.
4. Dhauti - Cleaning of digestive track and stomach.
5. Nauli - Abdominal massage.
6. Basti - Colon cleaning.

The shatkarmas should always be learned and practiced under the supervision of an experienced teacher.

Purpose and Significance :

- To maintain balance between tri-dosh Vata, Pitta & Kapha
- Bring chemical functional of the body and mind.

Balance prana stream in Ida (left nostril) and Pingala Nadi (right nostril). From that point reviving the course through Sushumna Nadi (both the nostrils).

- To eliminate toxins from our body.
- To purify our body from inside & keep our body healthy.
- Contribute strength to our internal systems like respiratory system, blood circulation, digestion, & immunity.

These six cleansing processes are excellent practices designed to purify the whole body, and to get good health

A. KAPHALABHATI

Kapal Means Skull and Bhati means shining. In this practice, the breath is forcefully exhaled through the nostrils by firmly concentrate in the abdominal muscles after which the inhalation happens naturally. This is repeated 20 times in quick, rhythmic process. This Kriya or cleansing process which cleanses the impurity of the Kapal region and make it shine with purity, so it is called as Kapal Bhati.

BENEFITS

- This is a great cleanser for the respiratory passages including the sinuses.
- It improves respiratory function and promotes circulation.
- Improves balance.
- It removes acidity and gas related problems.
- It cures sinus, asthma, and hair loss.

PRECAUTIONS

- a. Slipped disc patients, and asthma patients should avoid it.
- b. It should not be performed during menstruation

B. TRATAKA

It is still-gazing based technique for eyes. In this purifying method, you place a light source like a flame at a manageable distance from yourself. Then look at the point of the flame without blinking your eyes until tears start to flow.

BENEFITS

- It improves the eyesight and tones up the visual mechanism.
- It also helps in concentration.
- It helps to calm the mind and remove distractions.

PRECAUTIONS

- a. People suffering with epilepsy should not practice trataka on candle.
Kids should avoid practicing trataka.

C. NETI:

A nasal cleansing procedure which purifies the nasal passages and prevent the onset of sinuses. It can be performed in two ways: either using a neti pot to purify the passages with salt called Jala Neti, or using a thread passed through the nostrils and out from the mouth called Sutra Neti.

TECHNIQUE OF JALA NETI

- In a feeding cup or a small pot having a nuzzle, take tepid water with a little salt added to it.
- Insert the nozzle in one of the nostrils.
- Bend the head a little sideward and pour water slowly into the nostril.
- Then repeat the same procedure with other with the other nostril. Thus, the nasal cavity is cleansed with water.

BENEFITS

- a. Jal Neti removes excess mucus and impurities in the nose.
- b. It reduces inflammatory conditions and builds up resistance in the atmosphere.
- c. Helps in preventing cold and cough.
- d. If practiced daily, can cure headache and migraine.

D. DHAUTI:-

It is a cleansing process for the alimentary canal, including the mouth, the oesophagus, , the stomach, intestines and rectum.

BENEFITS

- a. It removes all the contents of the stomach including excess secretions of the stomach and undigested food.
- b. It removes gas, acidity and indigestion.
- c. It helps to cure cough and sore throat.

E. NAULI:-

It is cleansing practice of abdominal muscles to massage & clean stomach and small intestine. This is one of the difficult techniques to master. Nauli can be performed by Pachima nauli, Madhyama nauli & Vama nauli.

BENEFITS

- It gives massages and tones the entire abdominal area, including the muscles, nerves, intestines, reproductive, urinary and excretory organs.
- It is a training of the internal organs such as the stomach, liver, spleen, urinary bladder, pancreas, gall bladder, and large and small intestine.
- It helps to remove the toxic materials from the digestive tract.

F. BASTI:-

It is a method for purifying the large intestine either with or without water.

Benefits

- Basti helps in gastric troubles, indigestion and purification of the large intestine that nourishes almost all tissues of body.

1.2 Introduction to Yogasanas: Meaning,Principals and their Health Benefits

Yoga is a spiritual discipline dating back to some 5000 years in the history of Indian philosophy. It's purpose is mainly to unleash spiritual and mental powers of an individual. However, in recent times yoga has been extremely popular in the context of fighting stress, anxiety and depression in these times of industrialization and our super-fast lifestyles.

While yoga may look like just a couple of body-bending exercises to the normal eye, a lot goes on under the skin when the limbs are twisted and are left to consciously breathe.

Also, yoga is not just a set of asanas that one performs on the mat, but rather a way of life. With a healthy body and calm mind, one is bound to live a happier and stress-free life.

ASANAS: MEANING, PROCEDURE, PRECAUTIONS AND THEIR HEALTH BENEFITS

Means a state of being, in which one can remain steady, calm, quiet and comfortable, both physically and mentally. According to the Yoga Sutras of Patanjali "Sthiram

sukham asanam” means position which is comfortable and steady. So, it cannot be wrong to say that yoga asanas are practiced to improve the practitioner’s ability to sit comfortably in one position for an extended period of time, as it is necessary during meditation. Nowadays, a particular asana is explained in various ways by different teachers that make students confused. Therefore, it is necessary for the practitioners to know why they do practice with a particular technique. Before we explain the importance of the particular techniques for particular asanas, we should first understand the importance of asanas from the point of view of physical health.

Human body is made with various organs and those organs are made up of tissues. So, it can be said that the health of the human body depends on the health of the tissues.

Physiologically speaking, there are three conditions on which the human body remains healthy: They are –

- I. Constant supply of adequate nourishment to the endocrine glands and other tissues.
- II. Effective removal of waste products.
- III. Proper functioning of all the nerve connections.

Cultural poses are fully capable of fulfilling these conditions. (I, II) Elements necessary for the nourishment of tissues are carried to them through blood. This supply of nourishment depends not only on the quality and quantity of the food, but also on the power of the digestion and absorption of the digestive system. In that way, the circulatory system and digestive system are interconnected. This system can be kept in a disciplined manner through cultural poses. The smooth muscles of our digestive track need a gentle and automatic massage for proper functioning. When these abdominal muscles become strong and elastic, they can become more effective. Asanas like Bhujangasana, Salbhasana, Paschimatanasana, Ardha-matsyendrasana, yoga-mudra etc., help to keep our digestive function normal by making the abdominal muscles stronger and more elastic, keeping all the organs in their respective places and the removal of waste products properly.

Human health depends not only on the adequate supply of nourishments but also on the secretions of the endocrine glands. Yogic exercises have been observed to be outstanding exercises for the endocrine glands’ functions.

The most important element of nourishment is Oxygen. By practicing asanas, we can keep our respiratory system in a well-organized condition. For proper breathing activity, the health of lungs and the respiratory muscles should be in a good condition. Salbhasana helps to keep them more strong and elastic. The practice of anulom-vilom pranayama helps to improve our lung volume capacity.

The third condition of the healthy body is the healthy functioning of the nerve connections. All the organs and tissues are regulated by the nervous system.

Mainly because of the nerve-connections, every organ and tissue can perform their proper function. Asanas are found to be capable of preserving the health of the brain and spinal cord. That means asanas have beneficial effects on autonomic as well as the peripheral nervous system which spreads throughout the body.

Asanas can be categorized into Meditative and Cultural poses. Cultural poses can be divided into physical poses and relaxation poses.

Practice of yogic asanas, inattentively, may cause several injuries. Therefore, some important points to be kept in mind while performing yogic asanas are as follows:

1. Asanas should not be done by only following books, it should be under the guidance of an experienced teacher.
2. Asanas should not be performed with jerks, but slowly and step by step, gradually up till the final pose on the condition that counter poses are also done.
3. The final posture should be held for some time, but not beyond one's capacity. In case of injuries or illness, the teacher should be consulted and followed.
4. The place should be clean and ventilated.
5. Always breathe through the nose, unless any specific instructions are given to the contrary.
6. Do not practice beyond your limitation.

7. Concentrate on the effects of the asanas on the mind and the body.
8. Shavasana may be performed at any point of time during asana practice, especially when feeling physically and mentally tired.
9. After completing shatkarma, asana should be performed, followed by pranayamas.

Regarding asanas, there are a few aspects that need to be taken care of, such as the perfect time, place, duration of an asana and the condition in which the practice should be done. The aspects that need to be taken care of, are as follows:

Time

Early morning is the best time for practicing asanas. It should be kept in mind that after taking lunch up to 4 hours, no asanas, mudras or pranayamas should be done.

Place

Practicing yoga asanas in a well-ventilated place or open air place is recommended. We should avoid artificial air.

Duration of asanas

It depends on the availability of the time. Normally, a healthy man should practice asanas for 45 minutes every day, and pranayamas for 15 to 20 minutes. If kriyas are to be performed, 30 minutes can be given for them.

Restricted conditions

After going through a major surgery, one should be recommended to perform asanas within 6 months. One can restart the practice under the guidance of the teacher after 6 months or so, when the affected parts and muscles become strong enough to bear the pressure of the performance.

Limitation for women

Normally women during first 3 months of pregnancy should avoid all the asanas which create abdominal pressure. During menstruation cycle, they should also avoid all the asanas.

TYPES OF ASANAS

Various categories of asanas are: -

- **Supine Line Asanas** – These prepare you to proceed further in yoga and bring consistency in the development of physical and mental pliability. Examples of such Asanas are Sarvangasana, Ardha Halasana, Chakrasana & Pawanmuktasana.
- **Prone Line Asanas** – These bring physical and mental, sharpness and alertness. The postures are the opposite of forward bends as are the effects. In prone line asana, the posterior spine is extended, bringing constituency and mental peace. Such Asanas are Bhujangasana, Salbhasana, Dhanurasana & Naukasana.
- **Sitting Asanas** – Sitting upright in supine extending positions, and sadaka help prepare physically and mentally for pranayama. Some of them are Padmasana, SuptaVajrasana, Paschimottanasana, Ardh-matsyendrasana & Yogamudra.
- **Standing Asanas** – Beginners should start with these as they bring elasticity in the joints and muscles, in addition to building up stamina and physical ability. These constitute the most basic of trainings in the early stage of yoga practice. Some basic standing poses are utkatasana Tadasana, Trikonaasana, and Hanumanasana.

NOTE: PROCEDURE AND HEALTH BENEFITS OF EACH ASANAS WILL BE DESCRIBED IN PRACTICAL AND DEMONSTRATION CHAPTER.

1.3 INTRODUCTION OF PRANAYAMA AND DHYANA AND THEIR HEALTH BENEFITS

PRANAYAMA MEANING, PROCEDURE, PRECAUTIONS AND BENEFITS

Pranayama forms an important component of Yogic Practice. Pranayama is a science which helps to regularize vital energies through the regulation of breathing. The main purpose of Pranayama is to gain control over the Autonomous Nervous System and mental functions.

Pranayama practice involves slow deep inhalation (Puraka), holding breath (Kumbhaka) and near complete exhalation (Rechaka).

The flow of Prana or vital energy to all the vital parts of the body is regulated by these breath-regulating practices.

Regular practice of Pranayama can modulate the sensitivity of chemo-receptors and can also make the mind calm and quiet.

These are the Pranayama mentioned in the Hatha Yoga Texts.

- (a) Anulom-vilom
- (b) Suryabhedana,
- (c) Ujjayi,
- (d) Bhramari,
- (e) Sheetkari,
- (d) Sheetali,

Nadishodhan or Anulom-vilom, Suryabhedan, Ujjayi, Sheetli, Bhramari, Pranayama are important pranayamas to be practiced.

Before doing the above pranayamas, one must follow the essentials for practicing them as stated below:

- 1. External environment:** - Any place that is well-ventilated and free from noise, insects and flies should be preferred to practice pranayamas.

2. *Right season to begin the practice of Pranayama:*

- One should start to practice Pranayama in spring season i.e. March-April and autumn season i.e. Sept-Oct. One who is already in practice should continue its practice.

3. Right time: - Morning is the best suited time to practice Pranayamas.

4. Seat or Asana: - The seat should be soft, thick and comfortable.

5. Asana: - Asanas such as Padamasana, Siddhasana, Vajrasana and Sukhasana are considered the most suitable postures for the practice of pranayama.

NOTE: PROCEDURE AND HEALTH BENEFITS OF EACH PRANAYAMAS WILL BE DESCRIBED IN PRACTICAL AND DEMONSTRATION CHAPTER.

1.3 (MEDITATION) DHYANA AND THEIR HEALTH BENEFITS

MEDITATION

Meditation (Dhyan) is a state of pure consciousness, which transcends the inner and outer senses. Meditation can be an effective form of stress reduction and has the potential to improve quality of life and decrease health care costs. Meditation involves achieving a state of “thoughtless awareness” in which the excessive stress producing activity of the mind is neutralized without reducing alertness and effectiveness. Authentic meditation enables one to focus on

the present moment rather than dwell on the unchangeable past or undetermined future.

Meditation is the art of focusing 100% of your attention in one area. The practice comes with a myriad of well-publicized health benefits including increased concentration, decreased anxiety, and a general feeling of happiness. Although a great number of people try meditation at some point in their lives, a small percentage actually sticks with it for the long-term. This is unfortunate, and a possible reason is that many beginners do not begin with a mindset needed to make the practice sustainable. Meditation is an absolutely wonderful practice, but can be very difficult in the beginning.

Types of Meditation (Dhyan)

Mindfulness Meditation: The most well-known type of meditation, mindfulness meditation, is about being aware of the sounds and activities happening around you. It's almost a flow-like type of meditation, because you literally just let your mind be fluid and flow from one thought to the next, not really focusing on one particular thing. For instance, if you live in a noisy city, you don't have to block out the outside sirens and screaming children, you let your mind be aware of the sounds without becoming too focused.

Spiritual Meditation: This type of meditation is for those who regularly participate in prayer, as it's based on communicating with God. Just like the other styles, you must be calm and quiet and then begin to focus on a question or problem you might have. This style of meditation can not only be relaxing, but rewarding as well.

Focused Meditation: If the idea of clearing your mind of all thoughts stresses you out, focused meditation is great because you can focus on a sound, object, mantra, or thought. The key here is to just focus on one of these things and stay committed to that one thought or object. This is when relaxation music comes in handy. Even though you're

essentially using your mind, you'll be amazed at how rejuvenated you feel afterwards. In our day to day lives, our minds really are in 10 different places at once!

Movement Meditation: Movement meditation may seem intimidating, but if you're by yourself and you really get into it, it can be extremely uplifting and relaxing at the same time. Sitting with your eyes closed, simply focus on your breath and try out different gentle, repetitive flowing movements. Rather than focus on a sound, object, or thought, just turn your attention to your movement. A slow left and right swaying motion can be therapeutic, or you could try moving your entire upper body in a slow circular motion.

Mantra Meditation: Mantras are words that are chanted loudly during meditation. It may seem odd to be making loud noises during a meditation session, but it's actually the sounds that become the object being focused on. In yoga, the mantra Om is regularly used since it delivers a deep vibration that makes it easy for the mind to concentrate on that particular sound.

Benefits of Meditation (Dhyan)

- ❖ A feeling of tranquility and freedom in daily life.
- ❖ Reduction in psychological disorders like anxiety, tiredness and depression etc.
- ❖ Relief from various pains, such as headache, joint pains etc.
- ❖ Very beneficial in insomnia.
- ❖ Infinite patience, and increase in affection and sympathy for others.
- ❖ Growth in devotion and belief in the Supreme Being.
- ❖ A stronger urge and aptitude for service and cooperation in social life.

1.4 Identify career opportunities in Yoga

- ❖ To accredit the studentS to become competent and committed professionals willing to perform as yoga Instructor, Yoga teacher, Yoga therapist, Resource officer in yoga, Yoga instructor and Naturopathy Doctor
- ❖ To accredit the student to have good health, To practice mental hygiene, To possess emotional stability, To integrate moral values, To attain higher level of conscious.
- ❖ To acquaint student with the theory & practical knowledge of yogasana, Bandhas, Mudras and pranayama.

- ❖ To enable student to prepare the yoga programme, yoga demonstrator etc.

Study Material