
Related theory of yogic sukshma vyayama

Objectives: At the end of this lesson you shall be able to

- explain purpose of sukshma vyayama
- define of sukshma vyayam
- state benefits of sukshma vyayam
- state precautions of suksham vyayam.

Purpose of sukshma vyayama

This group of 48 exercise is concerned with loosening up the joints of the body. It eliminates energy blockages in the joints and outer extremities of the physical body and works with the pranic and mental level as well.

Definition sukshma vyayam

yogic sukshma vyayam is defined as the series of exercise performed in standing position, concentrating on breathing and various parts of our body from head to toes; that improves health, beauty and strength of different organs and system in the body. sukshma vyayam consists of 48 exercises. They are as follows:

1. Ucharana Sthala Tatha Visudha chakra shudhi

Procedure

With your feet together and body erect, tilt your head slightly backward while keeping your eyes wide open and your mouth closed. The chin must be 2 and 1/2 inch above the cavity at the base of the throat.

Exercise: Let your arms hang normally by the side. Concentrating on your vocal chords. Breathe in and out deeply and rapidly through the nose like the bellows of a blacksmith.

Benefits

- It provides the clarity in pronunciation of the word.
- Diseases like Stammering and speech problem can be cured.
- It is much beneficial for the singer and musician.
- It increases the power of thinking.
- Harsh voice becomes sweet.

2. Prarthana

Procedure

With eyes closed, feet together, the body erect fold your hands with the thumbs on the throat-cavity and the Forearms pressed against the chest.

Exercise: Concentrate your mind on the Supreme Being. As soon as you have attained this mental state, relax the pressure of your forearms and palms.

Benefits

- It increases the power of concentration.
- It provides mental peace.
- It is curable for mental diseases.

3 Buddhi tatha dhrti-sakti-vikasaka

Procedure

With your feet together, the body straight and the mouth closed, tilt your head back as far as it will go and keep the eyes wide open.

Exercise: Concentrating on the crown of your head, inhale and exhale speedily and strongly through the nose with the bellows method.

Benefits

- Memory of the brain is increased.
- Development of positive thinking in every aspect
- Mental defects are cured
- Will power is increased

4 Smarana sakti vikasaka

Procedure

With your feet together, the body erect and the mouth in the normal position and the eyes must focus on a spot of 5 ft. in front of the toes.

Exercise: Concentrate on the Brahma randhra, Breath in and out speedily with internal force .

This exercise is useful for all those whose work cause mental strain and nervous exhaustion.

Benefits

- Brain diseases like illusion, imbalance of brain, low memory etc can be cured.
- No feeling of tiredness.
- Working capacity is enhanced.
- Memory power is gained.

5 Medha sakti-vikasaka-1

Procedure

Close your eyes, keeping your feet together and your back straight. Your chin should be lowered to rest on the sternal notch.

Exercise: According to Yogic science, Concentrate on the depression at the back of the neck. With equal force, breathe in and out with loud voice.

Benefits

- Vocal Glands are refined.
- Laziness in the body, sleeping problem is removed.
- Cough diseases are cured.
- Body becomes active and smart in day to day working.

6 Netra sakti-vikasaka

Procedure

Join the feet together. Keep the portion between feet & shoulders straight. Your head tilted back as far as it will go.

Exercise: Concentrate with all your will, while looking at the spot between your two eyebrows without blinking. Close the eyes before they are watery or are tired. Then open the eyes. Discontinue the exercise and resume it after a short rest. Do again as before 5 minutes.

Benefits

- It improves the muscular Power, balance and coordination of the various muscles moving on eye ball.
- It makes strong internal structure of eyes resulting power of sight increased. and continuous practice for at least 40 days regularly removes spectacles.

7 Kapola Sakthi- Vardhaka

Procedure

With feet close together and standing straight, join the tips of the fingers and close the nostrils with the two

thumbs.

Exercise: Keeping the eyes open and pouting your lips (in the shape of crow's beak), suck in the air strongly through the mouth with a sibilant sound and blow out your cheeks. Now close your eyes and with your chin resting against the cavity of your throat, hold your breath as long as you can. Let the neck return to the normal posture, open your eyes, and exhale through the nose slowly and smoothly.

Benefits

- Cheeks become red and healthy.
- Oral infection would be prevented and cured.
- Teeth become stronger.
- Pyorrhoea, cavities are cured.
- Muscles of the face becomes active.
- Age of the human being is increased
- Acne , boils etc. Stop appearing.

8 Karna sakthi vardhaka

Procedure

With the feet close together and stand straight.

Exercise: Close your mouth, plug your ears with the thumbs and place your index fingers on your eyes which should be kept shut. Your middle and third fingers should encircle the mouth which should pout so as to resemble the beak of a crow. Now suck in the air, blowing out your cheeks and lower your chin to rest on the cavity of your throat. Hold the breath as long as possible. Then let your neck go back to the normal posture and while doing so open your eyes gradually and at the same time breathe out through the nose.

Inhale through mouth and exhale through nose.

Benefits:

- Vibration on ear drum increase the purity of the hearing
- Diseases of the ear is cured

9 Griva-sakthi-vikasaka-1

Procedure

The feet should be kept together. Keep straight the portion between the feet and the shoulders and remain standing.

Exercise

A : Relax your neck, First move your head with a jerk first towards your right shoulders and then towards your left shoulders. At the start, it should be repeated 10 times.

B : Stand your previous position. Provide jerk your head first forward, then backward. At the time of going back it should touch the nape of your neck and chin should touch the sternal notch when forward jerk is given. Keep breathing normally. At the beginning it should be repeat 10 times.

Benefits

- Thickness of neck is reduced and becomes strong
Speech becomes sweet
- Throat diseases like tonsils is cured.

10 Griva-sakthi-vikasaka-2

Procedure

The feet should be join together. Keep straight the portion between the feet and shoulders. Your mouth should be closed and your eyes should be kept open.

Exercise

Touch the chin with sternal notch and rotate the head from left to right and then right to left alternately. Breathe in normal way. Try to make your ear touch your shoulder, taking particular care that shoulder should not be raised during this rotation.

Benefits

- It is effective in throat diseases.
- Speech becomes more clear.

11 Griva-sakthi-vikasaka-3

Procedure

The feet should be joined together. Keep straight the portion between the feet and head.

Exercise

Take breath in and breathe out through the nose (forcibly). During this process, veins of your neck should be visible.

Benefits

- It provides the strength to the neck and makes it beautiful.
- The voice becomes resonant.
- Speech defects like stammering and lisping are completely removed.
- Singers will derive great benefit from it.
- It yields marvellous results in case of dumbness.

12 Skandha tatha bahu mula sakthi vikasaka

Procedure

Stand with your feet close together, your back straight, your fingers compressed into fists. The thumbs of hand should be inside the fists.

Exercise : With your mouth pouting and forming the shape of a crow's mouth, suck in air, blowing out your cheeks and hold your breath with your chin resting on the sternal notch. While holding your back straight move the shoulders forcefully and stiffly up and down, in a pumping motion. The arms should be kept strictly straight at the side. Straighten your neck, open your eyes and exhale gradually through the nose. Repeat the process five times to begin with.

Benefits

- The bones, blood vessels, the muscles and nerves in the shoulder are toned up.
- It makes the shoulder strong.

13 Bhuja bandha sakthi vikasaka

Procedure

Keep your feet close together, your hands formed into fists with the thumbs tucked in. Bend the elbows and raise the forearms at the angles of 90 degrees.

Exercise : Throw your arms forcefully forwards and backwards at shoulder level. The elbows should not go even slightly below the previous position. When pushed, the arms should be parallel to the ground. Breathe normally.

Benefits

- Under developed arms will develop.
- Heavy arms will become slender.
- The elbow joints becomes strong.

14 Vyayama-Kaphoni sakthi vikasaka

Procedure

a) Keeping the feet close together and standing straight, compress your fists with your thumbs tucked in.

Exercise (A): Raise your compressed fists forward to the level of the shoulders with a jerk, holding the upper arm stiff. Then bring them down, go back to your original position.

b) Joint the feet together, your body straight and your palms open and turned front with the fingers close

together.

Exercise (B) : Repeat doing this exercise, the palms must come up to the level of the shoulders and then down straight. The elbows should remain fixed. The palms must not touch the shoulder when going up, nor touch the thighs when coming down.

Benefits

- It cures malformation of the elbows and strengthen the joints.
- The circulation of the blood in the arteries is accelerated that gives fresh strength to the entire length of the forearm starting from elbow.
- Regular practice gives women rounded forearms from elbow and looks beautiful.
- It gets the power to the front portion of the elbow.

15 Bhuja-vallisakthi-vikasaka

Procedure

Joint the Feet together, the body straight, the arms by the sides.

Exercise (A) :Start with your right arms. Take it up and down like feathers of an eagle. While doing this exercise when arms go up straight. The arm must not touch the head when going up, or the thigh when coming down. Palms must be open, with the fingers together.

Exercise (B): Repeat the exercise with your left arm.

Exercise (C): Do this exercise with both arms. Take up both arms together and bring them down together. The arms should not touch the head nor do the hands touch each other.

Benefits

- It provides the power to the hand making arm to be strong.
- Arms and elbow become healthy strong and beautiful.

16 Purna-bhujasakthi-vikasaka

Procedure

Keep the feet together, body erect, the hands compressed into fists with the thumbs tucked in.

Exercise (A) : breathe in through the nose and holding your breath, swing your right arm forward and backward in a circle as many times as you can. When you cannot hold your breath any longer stop with your arm bent at

the elbow and breathe out forcefully while pushing your arm forward at shoulder level.

Exercise (B): Repeat the exercise `A' in reverse, swinging the arm backward and then forward.

Exercise (C): Now repeat the exercise `A' with the left arm.

Exercise (D): Repeat the exercise `B', with the left arm.

Exercise (E): With both hands compressed into fists, let both your arms describe a full upward circle, and breathe out with a hissing sound.

Benefits

- Shoulders become strong.
- Hands get strength.

17 Mani-bandhasakthi- vikasaka

Procedure

Stand with feet close together, with the body straight. Stretch out your two arms straight in front of you at shoulder level, keeping them parallel to the ground.

Exercise `A' : With loosely compressed fists, let your wrists move the fists up and down with force. While bringing your fist up and down, try to touch the forearm. The arms should be kept as stiff as possible. Five times to begin with.

18 Kara-talasakti- vikasaka

Procedure

Keep your feet close together, the body straight. Stretch your arms forward, with the fingers separate as far as possible. The arms should be kept parallel to the ground, at shoulder level.

Exercise `A': From the wrists let your hands move up and down forcefully. While bringing the palms up and down the fingers must try to touch the arm.

Exercise `B' : With the same posture, raise your arms sideways, bent at the elbows, keeping the fingers separately from each other, and move the hands up and down as if the fingers were to touch the arm.

19 Kara-prsthasakthi-vikasaka

Procedure

Keep feet together, the body straight, the arms stretch out in front parallel to the ground, at shoulder level. Palms open and the fingers close together.

Exercise `A` : Move your wrists up and down with force while carry your first up and down, try to touch the forearm. The arms should be kept as stiff as possible.

Exercise `B` : lift the arms, bent at the elbow. Sideways to shoulder level. The wrists should be moved up and down arms folded at the elbows with palms open, fingers jointly.

20 Angulamula- sakthi-vikasaka

Procedure

Keep the feet together and the body relaxed,

raise the arms forward, parallel to the ground, at shoulder level. The hands beyond the wrists should be relaxed and drooping.

Exercise `A`: Apply full force on the hind part of the wrist and make it stiff loosen the front part.

Exercise `B`: Keeping the front portion of the wrist loose as above, bending the elbow, repeat the above step for 5 minutes begin with.

21 Anguli-sakti-vikasaka

Procedure

Join both the feet together and the body erect. Throw out your arms in front, keeping them parallel to the ground at shoulder level.

Exercise `A`

Make the fingers form the shape of the hood of a cobra, taking particular care to stiffen the entire length of the arms from the shoulder-joints to finger-tips. The exercise will not be effective if enough force is not put into it to make the arms tremble. Five minutes to begin with.

Exercise `B`

Stand as in the previous position. Bend your elbow with full force; spread the front portion of fingers like the hood of cobra. Repeat this exercise for five minutes to begin with.

Benefits

(Exercise No 17 to 21)

- Wrist, neck, palm and fingers become well-built and beautiful
- Hand becomes physically fit
- Heart becomes strong.

22 Vakshasthala- Shakti-Vikasaka-1

Procedure

Stand with the feet together, body erect. Arms by your side, palms turned backwards with the fingers should be touching one another.

Exercise: raise the hands from the front side in a circular way and go backwards. While doing this, breathe in through the nose and tilt back as far as possible and remain in that position as long as you can. Breathe out slowly while reverting to the original position. Five times to begin with.

23 Vakshasthala- Shakti-Vikasaka-2

Procedure

Join the feet together, body straight, arms by your side with palms of the hands turned inside.

Exercise: While breathe in though the nose, bend backward from the waist as far as you can go. At the same time raise your arms behind you as high as you can. Maintaining this posture as long as you can, breathe out slowly while resuming your original position. Five times to begin with.

Benefits

- Tuberculosis, bronchitis etc can be tackled more effectively.
- It is helpful in chest diseases
- Back bone becomes strong for long life
- Bones is covered with healthy flesh
- Veins become more effective and smooth for working

24 Udarashathi vikasaka-1

Procedure

Join the feet together, stand straight.

Exercise: breathe in through the nose slowly. While doing so, distend your abdomen as much as you can. After holding the breath in this posture, release it slowly and steadily, while drawing in the abdomen as much as you can, till it becomes empty. This exercise is also known as `Uddiyanabandha`. Practise this exercise frequently. Five times to begin with.

25 Udarashathi vikasaka - 2

Procedure

Stand erect with your feet together and your neck raised

an inch above the normal position.

Exercise

Breathing quickly and deeply through the nose (Bellows effect). Distend abdomen, and while breath out, contract it. (Expand and Hollow). 25 times to begin with. Particular care must be taken to expand and contract the abdomen to the fullest extent; the inhaling and exhaling should be rhythmic.

26 Udarashathi vikasaka - 3

Procedure

Stand erect with your feet together and bend your head as far as it can go backward.

Exercise

Breathe in and out quickly (Bellows effect) while expanding and contracting the stomach. Repeat 25 times to begin with.

27 Udarashathi vikasaka - 4

Procedure

Stand straight with your feet together. Look at spot four to five feet forward toes.

Exercise

Breathe in and out quickly (Bellows effect) while expanding and contracting the stomach. Repeat 25 times to begin with.

28 Udarashathi vikasaka - 5

Procedure

Stand with your feet together and the body erect.

Exercise

Pouting the lips suck in the air and at the same time lower your chin to touch the sterna notch. This exercise is also known as Jalandhara bandha. While holding the breath, close your eyes and cheeks will remain puffed. Breathe out slowly through the nose keeping no sound at all in doing so. Repeat 5 times to begin.

29 Udarashathi vikasaka - 6

Procedure

Stand straight, with your feet together. Bend the upper part of body little forward at an angle of 60 degrees and place your hands on hips in such a way that thumbs

remains in front and four fingers remains behind.

Exercise

Breathe in and breathe out rapidly through the nose (Bellows effect) and take care to expand and contract your abdomen. Repeat 25 times to begin with.

30 Udarashathi vikasaka - 7

Procedure

Join the feet together, stand erect and place hands on hips as in udara satki-vikasaka asana-6. Then bend upper portion to an angle of 90 degree.

Exercise

Breathe in and breathe out rapidly (Bellows effect). While breathe in, the abdomen must expand, while breathe out it must contract. 25 times to begin with.

31 Udarashathi vikasaka- 8

Procedure

As in udara shakti-vikasaka - 6.

Exercise

Breathe out through the nose and without breathing in expand and contract your abdomen in rapid succession. After you have held your breath to the fullest limit of your power, breathe in slowly. Then breathe out and distend and contract your abdomen again. Repeat 5 times to begin with.

32 Udarashathi vikasaka - 9

Procedure

As in Udara shakti vikasaka - 7.

Exercise : As in udara saktivikasaka - 8.

33 Udarashathi vikasaka - 10

Procedure:

With feet two feet apart, place your hands on your knees and bend from the waist to form an angle of 90 degrees.

Exercise

Exhale completely. Then contract your abdomen to the fullest extent. This is called the complete Uddiyana. Try to make circular movements of nauli in both ways left and right. Repeat Five times to begin with.

Benefits

- Stomach disorders are immediately cured.

- Organs working for abdomen become effective.
- Digestion power of the body is increased.
- It provides spiritual power.
- Blood circulation becomes more clear.
- Veins become more effective and smooth for working.

34 Kati-Shaktivikasaka -1

Procedure 'A'

With your feet together, back straight, clench your right hand to form a fist with the thumb folded in . Set the right hand on the back part of the hip. Hold the wrist of the right hand with the left hand.

Exercise -:A

Breathe deeply and slowly through the nose while bending backward as far as possible. Keep this posture for some time, Then, while breathing out through nose ,bend forward and try to touch knees with head. Repeat this exercise again & again. 5 times to begin .

Procedure `B'

As above except that the left hand should be formed into a fist with the right hand on the left wrist.

35 Kati-Shaktivikasaka -2

Procedure

With your legs spread apart as far as possible. Arms on hips, keeping the fingers to the back, and the thumbs in front.

Exercise:

Breath in, bend back from the waist as far as possible. Maintain this posture for some movement. Then, while bending forward to touch the ground with your head, breathe out slowly. Five times to begin with.

36 Kati-Shaktivikasaka- 3

Procedure

Join your feet together, stand straight.

Exercise

Breath in, bend back with a jerk as far as possible . Breath out, bend forward with a jerk trying to touch knees with head. Take care that during this exercise hands do not touch your thighs or knees.

37 Kati-Shaktivikasaka -4

Procedure

With your feet together, stand straight and spread out hands with sideways(like wings)

Exercise

With your arms spread out, bend the waist to your left, as far as possible and return slowly to the normal position. Then bend towards your right. Five times to begin with. Five times to begin with.

38 Kati-Shaktivikasaka -5

Procedure

Stand with your feet 2 feet apart .

Exercise

Breathe in quickly through nose, rotate the portion above the hips along with both the hands slowly in a semi-circle to the right and breathe out . Repeat the process, this time breathing out with the waist, turn to the left.

Benefits

- The above exercise for the back makes it flexible and symmetrical.
- Regular exercise removes all minor problems of the back.
- These exercises enhance the height.

39 Muladhar chakra suddhi

Procedure

Stand erect with feet together, the hips should be pressed together. keep the neck relaxed in normal position.

Exercise

With the buttocks pressed rigidly together, Contract the rectum muscles as if drawing in air through it. Breathe normally . In fact, when this exercise is done, the respiratory movement stops. Five min. to begin with.

Benefits

- Sexual disorders cured.

40 Jangha shakti vikasaka -1

Procedure

Stand erect and join both the feets together. Keep the neck in normal position.

Exercise `A'

Breathe in through the nose and at the same time throw up your arms while jumping up with your feet together and coming down on your toes with feet apart.

While exhaling lower your arms, while jumping up and coming down on your toes with your feet together.

Care should be taken to see that when coming down your arms do not touch thighs, nor should your legs bend at the knees.

Exercise `B'

The same as at `A' but the entire operation being in reverse. In the earlier exercise you breathe in when the arms were thrown up; in this one you should breathe in when bringing them down, and breathe out when throwing them up. 25 times to begin with.

Benefits

- These exercises develop the thighs and makes them shapely.
- Thin limbs acquires healthy flesh.

41 Jangha shakti vikasaka -2

Procedure

Stand erect and join the feet together.

Exercise

Breathe in through the nose. Bend your knees gradually with arms spread out parallel to the ground and try to maintain this position as long as possible. But the heels or the toes should not rise from the ground. The knees must be together. Then begin to rise slowly, while breathing out .

Benefits

- These exercises develop the thighs and makes them in proper shape.
- Thin limbs acquire healthy flesh.

42. Upasth tatha swadhistan chakra shuddhi

Procedure

Stand erect, keeping your feet at a distance of 1.5 feet from each other.

Exercise

With buttocks rigid, contract and draw upward the muscles of the rectum and of the genital organs. Breathing would automatically be stopped and your feet, knees and thighs will begin to tremble. This exercise should be thoroughly understood and done carefully.

Benefits

- Sexual disorders cured.

43 KunUNDALINI SHAKTI VIKASAKA

Procedure

Keeping a distance of two inches between your feet, stand erect.

44 Janu- Sakthi-vikasaka

Procedure

Stand Straight and join the feet together

Exercise :

Raise your foot forward with force of the knee and then raise it backward and repeat while keeping the upper part of your body in the same erect position. After doing this exercise with one leg, repeat it with the other leg. When taking your leg back, the heel must touch the buttock. Ten times to begin with.

Benefits

- It improves blood circulation in the region.
- This exercise is good for rheumatic pain.

45 Pindalishaktivikasaka

Procedure

Join feet together, stand erect , close the fists, keep neck relaxed.

Exercise

Breath in through the nose. Sit on your heels with your arms spreading out in front, keeping them parallel to the ground. Feet should remain on the ground, with knees closed. Go down as far as possible. After passing a little time, rotate the hand in a circular way and bring it in front of chest. Upper arms should be at the height of the shoulder. Then breath out rapidly while expanding the chest and pulling the arms slightly backward.

46 Pada- Mula-sakti vikasaka

Procedure

Stand on your toes, body straight and relaxed.

Exercise `A'

Keep the weight of your body on the toes. Like a spring shake the body up and down but at the time of carrying exercise, it has to be ensured that heels and toes should be joint. Repeat this exercises 25 times to begin with.

Exercise-B '

Keep balancing on the toes and jump up as high as possible during coming down on the toes. During this process the toes should be used to maximum effect. Care should also be taken to maintain the original position of contact between the heels and the toes, and to bring them down on the spot from which you jumped. Repeat 25 times to begin with.

Benefits

- The exercise relieves rheumatism of the ankle and strengthen the toes.
- The sole becomes beautiful well-shaped and strong.
- The calves becomes strong and sturdy.

47 Gulphapada-Prstha-pada-tala-sakti-vikasaka

Procedure

Joint the feet together, stand Straight

Exercise

Stretching forward one foot and holding it about 9 inches off the ground, describe a circle first from right to left, then from left to right, with the ankle. Repeat with the other foot. Ten times to begin with. The exercise relieves rheumatism of the ankles and strengthens the toes and the feet.

Benefits

- The exercise relieves rheumatism of the ankle and strengthen the toes.
- The ankle, toes and feet are strengthened.
- The feet become beautiful, strong and well-shaped.
- All the diseases of the feet are cured.

48 Padangulisakti- vikasaka

Procedure

Stand with the feet together, body straight and relaxed, and arms spread out like eagle.

Exercise

With the toes joined together, keep the entire weight of the body on your tips. Try to maintain your balance in this position as long as possible. Three minutes to begin with.

After completing all the 48 exercises, you must assume the Shavasan for complete rest.

Benefits

- Feet become strong.
- Paws and toes become sturdy.
- The toes become elastic like rubber.

Precautions

- It is essential to practice yogic sukshma vyayama under the guidance of an expert.
- It should not be performed hurriedly or with jerks.
- Each posture must be maintained for sometime.
- Practice yogic sukshma vyayama on a soft mat, folded woolen blanket or dari, facing towards east.
- It is better to do yogic sukshma vyayama in an open space or in a well ventilated room.
- Yogic sukshma vyayama practices should be a part of one's daily life and must be performed for almost 45 minutes a day. It must be like other regular habits like eating and sleeping.
- There should be minimum clothes on the body while doing yogic sukshma vyayama. In winters, one can use light woolen clothes.
- Yogic sukshma vyayama practitioners should drink about 10 to 12 glasses of water every day.
- Female practitioners should avoid yogic sukshma vyayama during menstrual period.

Yogic sthula vyayama

Objectives: At the end of this lesson you shall be able to

- **define purpose of sthula vyayama**
- **explain procedure of sthula vyayama**
- **list the benefits of sthula vyayam**
- **explain the precautions.**

Define purpose of sthula vyayama

Sthula vyayama is meant to keep body posture in well defined shape and its increases concentration power. it is also helpful in reducing weight.

Sthula vyayam are comparatively strenuous exercise than sukshma vyayama. They are five in numbers

- 1 REKHA-GATI
- 2 HRIDAY-GATI
- 3 UTKURDANA
- 4 URDHAVA GATI
- 5 SARVANG PUSHTHI

1 Rekha-Gati

Procedure

With the left foot on the ground, place your right foot in front of it so that the right heel touches the toes of the left foot.

Exercise

Now walk fifty steps ahead with the heel of one foot touching the toes of the other, taking care to see that the entire distance is covered in a straight line. Then walk backward, in the same manner and in a straight line. The eyes must look forward and not at the feet.

2 Hriday-Gati

Procedure

With the feet together and body erect. Bend arm at the elbow as Bhujbandh Shakti Vikasaka.

Exercise

Running 50 small step ahead on your toes. Push your arm forward and backward alternatively in a piston movement. The feet while running must be thrown back from the knee so as to hit the buttocks. When the right leg is moving forward, the right arm must be thrust out and vice versa. Breathing in and out sharply and deeply through the nose while produce hissing sound of an

Enginee. Having gone forward 50 steps, move backward the same distance.

3 Utkurdana

Procedure

Join the feet together and stand straight. Close fists in such a way that thumbs should be inside.

Exercise

Breathe in from the nostrils and rotate both arms at the same time till it completes a circle. As soon as the circle is completed jump up and keep your hands in the same way as in bujbandh shakti vikasaka. Jump in such a manner that while jumping your heels touch your buttocks, then breathe out.

4 Urdhava Gati

Procedure

With feet one foot apart hold one arm bent at the elbow at the angle of 90 degree while the other is straight upwards. The palm of the both hands must remain open. Facing outward with finger together.

Exercise

Bend your left knee and stretch right arm upward. Repeat this process with the right foot and left arm raised. Breathing in and out to synchronize with movement of Limbs. 25 times to begin with.

5 Sarvang pushthi

Procedure

With your feet as wide apart as possible, form fists with thumbs tucked in. Then with one wrist upon the other bend towards the ankle of the right leg.

Exercise

Breathing in through the nose, raise the arms backward and forward describing a circle with the truck and bring them down towards the left ankle. Breathing when coming down and breathout while rising. This exercise is to be done gradually.

Benefits of sthula vyayam

- Rekha gati exercise increases the concentration , reduces depression and also enhances the balancing power of the body.
- Hriday-gati is an unique process through which all the part of the body become healthy and strong. Lungs becomes more effective increasing stemna of the work. Circulation of energy becomes more operative in the body.
- Utkurdana increases height, gives energy and strength to the body, provides proper health and shape to the body, reduces fatigue. It broaden the chest and strengthen the hight.
- Urdhava gati makes the body flexible and healthy. Also keep the organ in proper function. It increase hight and give glow on the face. It also reduces backache.
- Sarvang pusti body becomes supple and strong, stiff backs are cured. The tuberculous can derive great benefit from this exercise.

Explain the precautions

- 1 Ideal time to practice yogic sthula vyayam is at sunrise.
- 2 Sthula vyayam should be done in open air if possible.
- 3 Wearing light loose cloths
- 4 Sthula vyayama should always be performed on mat or blanket.
- 5 The practice can be done at any time provided stomach is empty.
- 6 Do not perform sthula vyayam in following conditions:
 - During menstruation
 - During pregnancy
 - High blood pressure
 - Heart problems
 - Fever etc.

Surya Namaskar

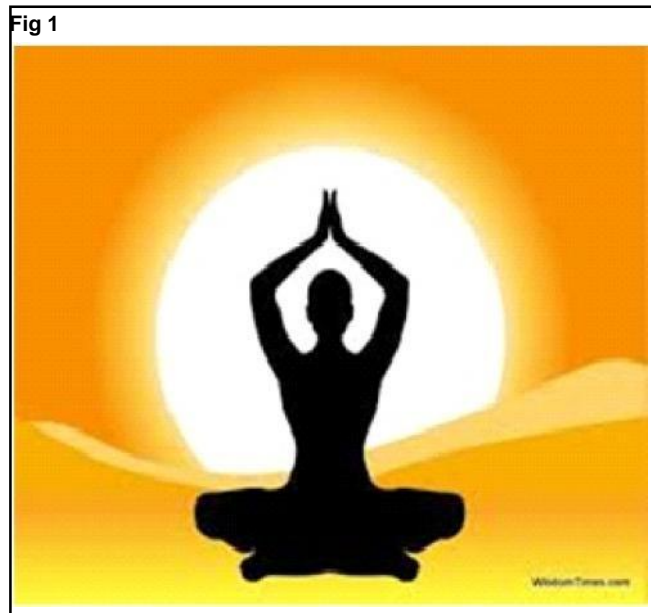
Objectives: At the end of this lesson you shall be able to

- describe surya namaskar
- define purpose of surya namaskar
- explain benefits of surya namaskar
- state do's and don'ts.

Surya namaskar

Surya Namaskar is a Sanskrit word which means obeisance or prostrations (Namaskar) to the sun (Surya). Surya namaskar is a form of sun worship and can trace its origin back to the Vedas. The literal meaning of Surya Namaskar is 'Salutation to the Sun'.

Surya namaskar consists of 12 different postures and is done along with chanting of mantras in every posture. (Fig. 1)

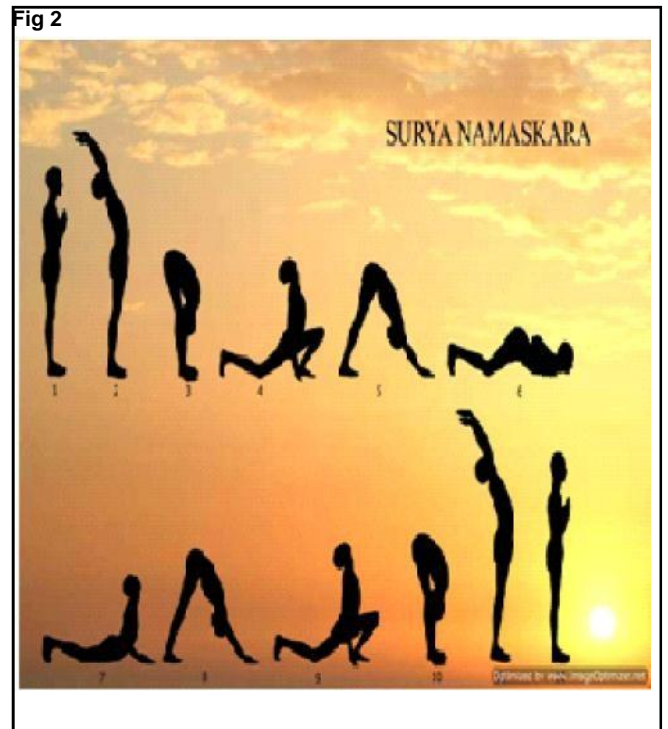


Purpose of surya namaskar

This exercise is good no matter what time you may use it, but it is best done while the stomach is empty, before eating. If performed correctly, this exercise composed of 12 bodily poses does not strain or cause injury. It relieves stiffness, revitalizes your body and refreshes the mind. Do it during the day and it will instantly boost you up. (Fig. 2)

Benefits of surya namaskar

Surya namaskar is traditionally performed on empty stomach at sunrise which is considered the most spiritually favorable time and facing the rising Sun.



- 1 It improves the blood circulation of all the important organs of the body.
- 2 Improves the function of heart and lungs.
- 3 Makes the spine and waist more flexible.
- 4 Improves digestion.
- 5 Improves the concentration.
- 6 Helps to reducing the fat around the abdomen.
- 7 Surya Namaskar practice calms the mind, thus helps to get sound sleep.
- 8 Surya Namaskar practice boosts blood circulation and helps to prevent hair graying, hair fall, and dandruff. It also improves the growth of hair making it long.
- 9 Sun salutation exercise helps to add glow on your face making facial skin radiant and ageless. It is the natural solution to prevent onset of wrinkles.
- 10 Regular practice of sun salutation boosts endurance power. It gives vitality and strength. It also reduces the feeling of restlessness and anxiety.

11 This exercise is useful for every man and women , aged person, child and young.

12 It is beneficial to practice Surya Namaskar early in the morning. The early morning sunrays are rich source of vitamin D that is necessary to get strong bones and clear vision.

Precaution/do's & don'ts

1 Persons suffering from slip-disk, arthritis, heart attack etc including pregnant women are suggested to take medical opinion before they start the practice of Surya Namaskar.

2 During the onset of menstruation, this practice should be avoided.

3 This exercise is good no matter what time you may use it, but it is best done while the stomach is empty, before eating.

4 This yoga practice must be performed empty stomach or after 3-4 hours of having meal.

5 Do not drink water or any other liquid material immediately before performing Surya Namaskar.

6 The best time to perform this yoga practice is in early morning between 5-8 but if one is not able to perform in morning can practice it any other time but the only caring point is not just after having meal.

7 Do not go for bath immediately after performing Surya Namaskar,there must be gap of at least 20-30 min between Surya Namaskar practice and taking Bath.The preferred practice is to first perform the Surya Namaskar then after 30 min go for bath..

8 Having breakfast, lunch, dinner or any other sort of light or heavy meal immediately before performing Surya Namaskar is also prohibited.

9 Always perform it in either in East Or West Direction. North is also considered as a good Direction to perform it. Better to perform it in open space or in words its preferable to perform in oxygen rich environment.
