

# YOGIC PRACTICES FOR HEALTHY LIVING



<b>Vrkṣāsana</b>  Helps to improve concentration, strengthens leg muscles and alleviates the rheumatic pain	<b>Hastottānāsana</b>  Helps in the management of postural disorders	<b>SŪRYA NAMASKĀRA</b>  आदित्यस्य नमस्कारान् ये कुर्वन्ति दिने दिने। आयुः प्रज्ञा बलं वीर्यं तेजस्तेषां च जायते ॥ Those who practice Sūrya Namaskāra daily, they gain vitality, power, wisdom, brightness and longevity.	<b>Kati Cakrāsana</b>  Reduces back and neck pain & helps to tone waist muscles	<b>Trikoṇāsana</b>  Makes spine supple and effective in the management of Diabetes Mellitus
<b>Ardha Cakrāsana</b>  Helps to increase flexibility of spine, good in the management of back pain	<b>Pādahastāsana</b>  Helpful in obesity, constipation, dyspepsia and skin disease; prevents sciatica pain		<b>Pārvatāsana</b>  8. PĀRVATĀSANA	<b>Pārvatāsana</b>  5. SANTOLANĀSANA

षट्कर्मणा शोधनं च आसनेन भवेद्दृढम्। मुद्रया स्थिरता चैव प्रत्याहारेण धीरता ॥ प्राणायामाल्लाघवं च ध्यानात्प्रत्यक्षमात्मनः। समाधिना निर्लिप्तं च मुक्तिरेव न संशयः ॥ ॥चे.सं. 1.10.11 ॥  
 The Ṣaṭkarma purify the body; Āsana strengthen (it); Mudrā brings about steadiness; Pratyahāra results in calmness; Prāṇāyāma leads to lightness; Dhyāna gives realization of the Self and Samādhī leads to isolation which is verily liberation.

<b>Padmāsana</b>  Induces mental calmness and tranquility. Helps to improve digestion	<b>Bhadrāsana</b>  Good for strengthening the pelvic floor muscles	<b>Vajrāsana</b>  Good for Meditation. Helps in the management of sciatica and sacral infections	<b>Kāgāsana</b>  Useful posture for Ṣaṭkarma. Good for relieving constipation	<b>Yoga Mudrāsana</b>  Helps to relieve anger and tension, thereby induces tranquility	<b>Uṣṭrāsana</b>  improves flexibility of spine and helps to keep the body supple
<b>Śaśakāsana</b>  Helps to reduce stress and anger. Relieves constipation, back pain and tones up reproductive organs	<b>Uttāna Mandūkāsana</b>  Effectively helps to manage Cervical Spondylosis, Diabetes Mellitus and Respiratory disorders	<b>Gomukhāsana</b>  Very good in the management of Br, Asthma and Cervical Spondylosis	<b>Ardha Matsyendrāsana</b>  Strengthen the spine; beneficial for adrenal glands, liver and spleen; helps in management of diabetes and obesity	<b>Paścimottanāsana</b>  Strengthens the abdominal muscles. Good in the management of obesity and skin diseases	<b>Supta Vajrāsana</b>  Strengthens the abdominal muscles; useful in high BP and sciatica pain
<b>Bhujāṅgāsana</b>  Strengthens the lower back and pelvic organs and helps to relieve backache	<b>Śalabhāsana</b>  Strengthens the lower back and pelvic muscles & organs and help to relieve neck & backache	<b>Dhanurāsana</b>  Good for weight management and prevent respiratory diseases	<b>Pavanamuktāsana</b>  Helps to improve digestion and eliminate constipation	<b>Uttānapādāsana</b>  Helps in balancing naval centre and improve digestion	<b>Ardha Halāsana</b>  Prevent constipation, cardiac disorders and hypertension
<b>Setubandhāsana</b>  Helps in relieving eye or ear ailments, migraine, and stress related headaches. Beneficial in menstrual disorders	<b>Sarvāṅgāsana</b>  Prevents early aging and premature greying of hair; helpful in treatment of Hernia, Piles, Uterine prolapses	<b>Halāsana</b>  Makes spine flexible and improves the functions of Thyroid Glands	<b>Matsyāsana</b>  Effective in throat disorders, helpful in Asthma, Uterine problems and relieve back pain	<b>Śavāsana</b>  Helps in relieving all kinds of tensions and gives complete rest to both body and mind	<b>Uḍḍiyāna Bandha</b>  Good in the prevention of hernia and helps mitigate disorders related to digestive system and prevents cardiac disorders
<b>Jala Neti</b>  Beneficial in overcoming Nasal Allergies and helps improve respiration	<b>Sūtra Neti</b>  Helps overcome migraine and improve eyesight	<b>Kapālabhāti Kriyā</b>  Good for weight management and prevent respiratory diseases	<b>Nāḍīśodhana Prāṇāyāma</b>  Helps maintain positive health and improve vitality and longevity	<b>Bhrāmarī Prāṇāyāma</b>  Helps bring mental calmness and good in the management of stress	<b>Dhyāna</b>  Bring quietness and peace to mind. Helps overcome anger, passion and fear

वपुःकृशत्वं वदने प्रसन्नता नादस्फुटत्वं नयने सुनिर्मले। अरोगता विन्दुजयोऽग्निदीपनं नाडीविशुद्धिर्हठसिद्धि लक्षणम् ॥ ॥ह.प्र. 11.78 ॥  
 Slim body, smiling face, clarity of voice, brightness in eyes, freedom from disease, control over semen, proper digestion and purification of the Nāḍī are the indicators of success in Haṭha Yoga



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