



# INDIAN TRADITIONAL KNOWLEDGE

III B.Tech V Semester

Department of IT

# Common Yoga Protocol: General Guidelines for Yoga Practice

## Unit-4

## Lecture-31

June was declared as “International Day of Yoga” on Dec 11<sup>th</sup>, 2014.

Yoga is a state of equilibrium and equanimity.

Yoga teaches us to see others the same as ourselves.

Yoga makes us better individuals in thought, action, knowledge and devotion.

Yoga brings about oneness among body and mind.

Yoga helps us to begin to understand ourselves much better.

Yoga leads to a sense of oneness with rest of the universe. (with family, with society, with nature....)

Yoga is the journey from ‘me’ to ‘we’.

Yoga helps to fight stress, and find peace.

Yoga goes beyond boundaries of age, gender, caste, creed, religion and nationality.

Yoga promises restraint, balance, calm, focus, concentration, hope, strength and health.

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Yoga provides a **holistic approach for health and well-being**.

Yoga is known for disease prevention, health promotion and management of many lifestyle related disorders.

### What is Yoga?

The word "Yoga" is derived from the Sanskrit root 'yuj' meaning "to join" or "to unite".

The practice of Yoga leads to the **union of an individual consciousness with universal consciousness**.

One who experiences this oneness of existence is said to be "in Yoga" and is termed as a yogi.

The aim of Yoga practice (sādhanā) is **to overcome all kinds of suffering** and lead to a sense of freedom in every walk of life with holistic health, happiness and harmony.

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### History and development of Yoga

The science of Yoga has its origin thousands of years ago, long before the religion or belief systems were born.

Seers and sages carried this powerful Yogic science to different parts of the world including Asia, the Middle East, northern Africa and South America.

**Rishi**, the saptarishi, who **travelled across the Indian subcontinent**, created a culture around a core Yogic way of life.

Yoga has proven itself to cater to both **material and spiritual upliftment of humanity**.

Though Yoga was being practiced in the pre-Vedic period, the great **Rishi Patanjali** systematised and codified its related knowledge through his **Yoga Sutras**.

Millions of people across the globe have benefitted by the practice of Yoga.

### Fundamentals of Yoga

Yoga works on the level of **one's body, mind, emotion and energy.**

Four broad **classifications of Yoga:**

**Karma Yoga** where we **utilise the body**

**Jñāna Yoga** where we **utilise the lighter mind**

**Bhakti Yoga** where we **utilise the emotion**

**Kriyā Yoga** where we **utilise the energy**

Whichever system of Yoga we practice falls within the gamut of one or more of these categories.

Every individual is a unique combination of these four factors.

Only a Guru (teacher) can advocate the appropriate combination of these fundamental paths as it is necessary for each seeker.

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### Traditional schools of Yoga

different philosophies, traditions, lineages and **Guru-shishya** paramparas led to the emergence of different traditional schools.

These include

Jñāna Yoga, Bhakti Yoga, Karma Yoga, Rājāyoga, Kātañjala Yoga, Kuṇḍalini Yoga, Haṭha Yoga, Vidyāyoga, Mantra Yoga, Laya Yoga, Bhāja Yoga, Jain Yoga, Bouddha Yoga etc.

Each school has its own approach and practices that lead to the ultimate objectives of Yoga.

### Practices for health and wellness

The widely practiced **Yoga sadhanas** are: Yama, Niyama, Āsana, Prāṇāyāma, Dhāraṇā, Dhyāna, Samādhi, Bandhās and Mudrās, Śaṭkarmas, Yukta-japa, Yukta-karma etc.

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**Yamas** are restraints and **Niyamas** are observances. These are considered prerequisites for further Yoga practice.

**Asanas**, capable of bringing about stability of body and mind, involve adopting various psycho-physical body patterns and giving one an ability to maintain a steady position (a stable awareness of one's structural existence) for a considerable length of time.

**Anāyāma** consists of developing awareness of one's breathing followed by a careful regulation of respiration.

It helps in developing awareness of one's mind and helps to establish control over the mind.

In the initial stages, this is done by developing awareness of the "flow of in-breath and out-breath" (**śvāsa-praśvāsa**) through nostrils, mouth and other body openings.

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ough regulated, controlled and monitored inhalation (**śvāsa**) leading awareness of the body space getting filled (**pūraka**), the space(s) remaining in a state (**kumbhaka**), and it getting emptied (**rechaka**) during regulated and monitored exhalation(**praśvāsa**).

**tyāhāra** indicates dissociation of one's consciousness (withdrawal) from the sense organs which connect with the external objects.

**īranā** indicates broad based field of attention (inside the body and outside) which is usually understood as concentration.

**vāna** (meditation) is contemplation (focused attention inside the body and outside) and **Samādhi** (being constant).

**Bandhas and Mūdras** are practices associated with Prāṇāyāma.

They are viewed as the higher yogic practices that mainly adopt certain postures along with control over respiration.



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s further facilitates control over mind and paves the way for a higher attainment.

Practice of **dhyāna**, which moves one towards self-realisation and leads to transcendence, is considered the essence of Yoga Sādhana.

**karmas** are detoxification procedures that are clinical in nature and help to remove the toxins accumulated in the body.

**tāhāra** advocates appropriate food and food habits for healthy living.

**Mantra Japa**: Japa is the meditative repetitions of a mantra or a sacred sound to increase consciousness. Mantra Japa produce positive mental effects, helping one to gradually overcome stress.

**ta-karma** advocates right karmas or actions for a healthy living

### General Guidelines for Yoga Practice

#### **BEFORE THE PRACTICE:**

Cleanliness of surroundings, body and mind

Warm and quiet atmosphere with a relaxed body and mind

Empty stomach or light stomach

Urinary bladder and bowels should be empty

Yoga mat

Light and comfortable cotton clothes

#### **STARTING THE PRACTICE:**

Start with a prayer

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Perform slowly, in a relaxed manner, with awareness of the body and breath

Do not hold the breath unless it is specially mentioned to do so. Breathing should be always through the nostrils unless instructed otherwise.

Do not hold the body tight or give undue jerks to the body. A yoga session should end with meditation/ deep silence.

### **POST-PRACTICE:**

After yoga practice, wait for 20-30 minutes to take bath/food.

**FOR THOUGHT:** Vegetarian diet recommended, and for a person above 30 years, two meals a day should suffice.

### **YOGA CAN HELP**

Yoga is beneficial for physical fitness, musculoskeletal functioning and cardio-vascular health.

Yoga is beneficial in the management of diabetes, respiratory disorders, hypertension, hypotension and many lifestyle related disorders.

Yoga helps to reduce depression, fatigue, anxiety disorders and stress.

Yoga helps to regulate menstrual and menopausal symptoms.

Yoga is a process of creating body and mind to an exuberant and fulfilling life.

### **AJA/CHĀLANA KRIYĀS /LOOSENING PRACTICES**

**BACK BENDING, SHOULDER'S MOVEMENT, TRUNK MOVEMENT, MOVEMENT**

### **ASANAS**

#### **Standing Postures:**

**DĀSANA (Palm Tree Posture):** This āsana brings stability in the body, helps to clear up congestion of the spinal nerves and corrects faulty posture.

**VĪKṢĀSANA (The Tree Posture):** Helps to improve neuro-muscular coordination, balance, endurance, alertness and concentration.

**PADA-HASTĀSANA (The Hands to Feet Posture):** Makes the spine flexible, improves digestion, and helps in overcoming menstrual problems.

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**ARJASANA (The Half Wheel Posture):** Makes the spine flexible and strengthens the spinal nerves and muscles, helps in the management of cervical spondylosis.

**TRIKONĀSANA (The Triangle Posture):** Makes the spine flexible, lengthens calf, thigh and waist muscles and improves lung capacity.

### Other Postures:

**VAHNIŚĀSANA (The Firm/Auspicious Posture):** Helps to keep the body firm and stabilizes the mind, helps during pregnancy, relieves abdominal pain often experienced during menstruation.

**CHANDRĀSANA (Thunderbolt Posture):** This āsana is good for digestion, lengthens thigh muscles and calf muscles.

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**UṢṬRĀSANA (Camel Posture):** Uṣṭrāsana is extremely useful for improving eyesight. This is useful in relieving back and neck pain. It helps to reduce fat over the abdomen and hips. It is helpful for digestive problems and cardio-respiratory disorders.

**ŚAKĀSANA (The Hare Posture):** Helps to reduce stress and anxiety. It tones up reproductive organs, relieves constipation, improves digestion and helps to relieve back pain.

**MĀKRĀSANA (The Spinal Twist Posture):** Helps to increase flexibility of the spine, stimulates pancreas functions and helps in the management of diabetes.

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### ne Postures:

**karāsana (The Crocodile Posture):** Promotes relaxation of the whole body. Helps in recovery of back problems. Counters stress and anxiety.

**jaṅgāsana (The Cobra Posture):** This āsana relieves stress, reduces abdominal fat and relieves constipation. Helps to relieve backache and breathing problems.

**abhāsana (The Locust Posture):** Relieves sciatica and lower back pain. Helps to reduce fat in the thighs and buttocks, good in weight management. Helps to improve lung capacity.

### ine Postures:

**ubandhāsana (The Bridge Posture):** Relieves depression, anxiety. Strengthens lower back muscles. Stretches abdominal organs, improves digestion and helps to relieve constipation.



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**Urdhva Pādāsana (Raised feet posture):** It balances the navel centre (Manipuracakra). It is helpful in relieving abdominal pain, flatulence, indigestion, and diarrhea. It strengthens the abdominal and pelvic floor muscles. Effective in overcoming depression and anxiety.

**Urdhva Muktāsana (The Wind Releasing Posture):** Removes constipation, relieves from flatulence, decreases the bloating sensation in the abdomen, and improves digestion. Generates deep internal pressure, improves stretching of the highly complicated network of muscles, ligaments and tendons in the pelvic region. It tones up the back muscles and spinal nerves.

**Śavāsana (The Corpse/ Dead Body Posture):** Helps to relieve all kinds of tensions and gives rest to both body and mind.

**Prāṇāyāma:** It rejuvenates the whole body, and keeps the face glowing and radiant. It strengthens the nervous system and tones up the digestive organs. It is useful in treating cold, rhinitis, sinusitis, asthma and bronchial infection.

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**vāma:**

**Śīśodhana or anuloma viloma prāṇāyāma** (Alternate Nostril Breathing) reduces tranquillity and helps to improve concentration. Increases vitality and lowers the level of stress and anxiety. It alleviates cough disorders.

**Śīlī Prāṇāyāma:** It has cooling effect on body and mind. It is beneficial for persons suffering from high blood pressure. It satisfies thirst and appetite. It relieves indigestion and disorders caused by phlegm (cough) and asthma. It destroys the disorders of gulma (chronic dyspepsia) and spleen related diseases. It is beneficial for skin and eyes.

**Bhrāmarī Prāṇāyāma (Bhrāmarī Rechaka):** The practice of Bhrāmarī Prāṇāyāma reduces stress and helps in alleviating anxiety, anger and hyperactivity. The resonance of humming sound creates a soothing effect on the nervous system. It is a great tranquiliser.

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**vāna:** Meditation is the most important component of Yoga practice. It helps the practitioner to eliminate negative emotions like fear, anger, depression, anxiety and to develop positive emotions. Keeps the mind calm and increases concentration, memory, clarity of thought and willpower. Rejuvenates the whole body and mind giving them proper rest. Meditation leads to spiritualisation.

**kalpa:** I commit myself to remain in a balanced state of mind all the time. In this state that my development reaches its greatest possibility. I commit to my duty to self, family, at work, to society, and to the world, for the promotion of peace, health and harmony.

**antih pātha:** May All become Happy, May All be Free from Illness. May what is Auspicious, May no one Suffer. Om Shanthi, Shanthi, Shanthi.