

YOGIC PRACTICES FOR HEALTHY LIVING



Vrkṣāsana  Helps to improve concentration, strengthens leg muscles and alleviates the rheumatic pain	Hastottānāsana  Helps in the management of postural disorders	 <p style="text-align: center;">SŪRYA NAMASKĀRA</p> <p style="text-align: center;">11. HASTA UTTĀNĀSANA 2. HASTA UTTĀNĀSANA 1. PRANĀMĀSANA 10. PĀDAHASTĀSANA 3. PĀDAHASTĀSANA 9. AŚVAŚĀNCĀLANĀSANA 4. AŚVAŚĀNCĀLANĀSANA 8. PARVATĀSANA 5. SANTOLANĀSANA 7. BHUJĀNGĀSANA 6. SAŚTĀNGA NAMASKĀRĀSANA</p> <p style="text-align: center;">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.</p>	Kati Cakrāsana  Reduces back and neck pain & helps to tone waist muscles	Trikoṇāsana  Makes spine supple and effective in the management of Diabetes Mellitus
Ardha Cakrāsana  Helps to increase flexibility of spine, good in the management of back pain	Pādahastāsana  Helpful in obesity, constipation, dyspepsia and skin disease; prevents sciatica pain		Pārśvakoṇāsana  Tones the muscles of the heart. Helps to improve digestion and reduce the fat on the waist and hips	Natarājāsana  Helps to improve concentration. Bring balance between body and mind. Prevent calcium to form around the shoulders

षट्कर्मणा शोधनं च आसनेन भवेद्दृढम् । मुद्रया स्थिरता चैव प्रत्याहारेण धीरता ॥ प्राणायामाल्लाघवं च ध्यानात्प्रत्यक्षमात्मनः । समाधिना निर्लिप्तं च मुक्तिरेव न संशयः ॥ ॥ च.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.

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

वपुःकृशत्वं वदने प्रसन्नता नादस्फुटत्वं नयने सुनिर्मले । अरोगता विन्दुजयोऽग्निदीपनं नाडीविशुद्धिर्हठसिद्धि लक्षणम् ॥ ॥ ह. प्र. ॥ १.७८ ॥
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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