

## Yoga Asanas:

आसनैरव प्राप्नोति । मानवो नाडिशोधमन् ॥  
शरीरलावं तस्मात् । दृढमारोग्यमेवच ॥१॥

Those who do Yoga asana are privileged with

- a. Cleaning of the Body.**
- b. Making the body Lighter.**
- c. Helping to attain Perfect Health.**

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नाडिसंशोधनं कुर्याद्युक्तमार्गेण यत्नतः ॥  
वृथाक्लेशो भवेत्तस्थ तच्छोधनम कुर्वतः ॥२॥

The Body, The Temple of the Human soul, should be cleaned with proper channels. If it is not cleaned properly, it will result into a host of Ailments.

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शुद्धिमेति यदा सर्वं । नाडिचक्रं मलाकुलम् ॥  
तदैव जायते योगी । प्राणसंग्रहणे क्षमः ॥३॥

When the body and blood are cleansed of all the Impurities, Life will be prolonged and you will have freedom from the disease.

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युवा वृद्धोऽति वृद्धो वा । व्याधिष्ठो दुर्बलोऽपि वा ॥  
अभ्यामत्सिद्धिमाप्नोति । प्रोक्तमेवन्मुनीश्वरेः ॥४॥

The young, old, sick, weak will succeed if they persevere, so say the Sages.

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ब्राह्मणः क्षत्रियो वैश्यः । शूद्रो नारी नरस्तथा ॥  
प्रमोत्यारोगतां योगात् । शान्तिं तेजो बलं धृतिम् ॥५॥

Brahmins, Kshatriya, Vaishya, Shudras or Male and Female all can attain sound Health, Contentment, Brightness, Strength, and Courage by doing Yoga asana regularly.

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मधुरं लघुपाकंच । तथा धातुप्रपोषकम् ॥  
मनोभिलषितं भोज्यं । योगी भोजनमाचरेत् ॥६॥

A yogi should eat Light, Sweet (Mellifluous), Easily digestible and Strength giving food in sufficient quantity.

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रुक्षं लवणयुक्तंच । तिक्तमुष्णं तथोत्कटम् ॥  
अत्याम्लंच कदन्नंच । नित्यं योगी विवर्जयेत् ॥७॥

A yogi should always avoid Tasteless, Salted, Bitter, Hot, Pungent, Very Sour or bad, unwholesome food.

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आसनैः शुद्धिमाप्नोति नारी वा नर एव हि ॥  
युवाभवति वृद्धाऽपि सततं योगासाधनात् ॥८ ॥

Both man and woman can cleanse their body with the help of the Asana. By observing the proper practice of Yoga asana and following all the eight limbs of yoga, even an old man can attain the energy and vigor of youth.

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**It is true a Yogi (who lives yogic way of life and not just practices Asana) always attains -**

- \*Thin, elastic, youthful body.
  - \*Brightness of the eyes.
  - \*Luster on the face.
  - \*Calmness of the mind.
  - \*His appetite for knowledge increases and decreases for the food.
  - \*He gets freedom from disease .
- By Living Yogic Life.**



### Classification Of Asanas \_\_\_\_\_

To simplify, we can classify asana under the following categories:

1. Lying on Back.
2. Lying on belly.
3. Sitting.

4. Standing.

5. Relaxing and Resting.

6. For maintenance of Health.

7. Meditative.

#### 1. Lying on Back:

Few of this asana are-

- a. **Ardha Hal asana** or **Half Plough Pose** , also known as **Uttan Pad asana**. This asana is known to reduce body fat and to strengthen anterior abdominal wall.
- b. **Hal asana** or **Plough Pose**.
- c. **Sarvang asana** or **Shoulder Stand** is good for throat and thyroid disorders, varicose veins.
- d. **Matsy asana** or **Fish Pose** is good for kidney, ovarian and spleen diseases.
- e. **Viparita Karani** or **Reverse of Standing**.

#### 2. Lying on Belly:

Few of this asana are-

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- a. **Bhujang asana** or **Cobra Pose** is known to reduce body fat, strengthen the spine, throat complaints.
- b. **Shalabh asana**
- c. **Dhanur asana** or **Bow Pose** is known to improve digestion and to strengthen anterior abdominal wall muscles.

### 3.Sitting:

Few of this asana are-

- a. **Mayur asana** or **Peacock Pose**.
- b. **Parvat asana** or **Mountain Pose** is known to strengthen the spine , to reduce blood pressure and to reduce recurrent colds and asthma.
- c. **Vakr asana** is known to be helpful for Diabetes and strengthen back and spine.

### 4.Standing:

Few of these asanas are-

- a. **Vriksh asana** or **Tree Pose** is known to improve balance and concentration.
- b. **Tal asana** or **Palm Tree Pose**.

### 5.Relaxing and Resting:

Few of this asana are-

- a. **Shav asana** or **Dead Man's Pose**.
- b. **Makar asana** or **Crocodile Pose**.

### 6.For Maintenance of Health:

Few of this asana are-

- a. **Yoga mudra** is known to improve digestion, to reduce constipation, to reduce Blood Pressure, and helpful for Asthma.

### 7.Meditative Asana:

Few of these asana are-

- a. **Swastik asana**.
- b. **Ardha Padm asana** or **Half Lotus Pose**.
- c. **Padm asana** or **Lotus Pose**.
- d. **Siddha asana**.
- e. **Vajra asana**.
- f. **Sukha asana** or **Normal,leisure Sitting**.

## Who Can Do Yoga?

Whether...

1. You are Young
  2. You are Old
  3. You are Sick
  4. You are Lean
  5. Who can discard Laziness
- Gets benefited if they practice Yoga.

*(Hatha Yoga Pradipika Chapter 1 – Chant 66)*

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**Good Places to Practice Yogic Techniques**

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A good Yogi should practice yoga

1. In a small room
2. Place located in solitary area.
3. Around 4 cubic square
4. Free from Stones, Water, Fire and disturbances of all the kind.
5. In a country where there is good Judicial system.
6. Where good people live around
7. Where good food is available in abundance
8. Where the cultivation of the food is easy.

*(Hatha Yoga Pradipika –Chapter 1 chant 12)*

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**Good Places to do Asana Practice**

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1. If it is in closed space, the room should have a small door
2. It should be free from any holes or hollows
3. It should be neither too high or too low
4. It should be well covered with cow-dung
5. It should be free from any sort of dirt, insects and filth or clutter
6. There should be a bower on its outside
7. There should be a raised platform (chabootara) on its outside)
8. There should be a well near by
9. There should be a fencing wall

These characteristics points to a good place for Asana Practice

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**Six Things Useful for Asana Practice**

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- 1.Courage & Enthusiasm ( Utsaha)
- 2.Daring (Sahas)
- 3.Perseverance (Tatwajnana)
- 4.Discriminative knowledge
- 5.Faith & Determination (Nischaya)
- 6.Aloofness from the fame & company or isolation.

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**Six Things to be Avoided for Asana Practice**

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- 1.Over – eating (Atyahaar)
- 2.Exertion (Talkativeness)
- 3.Non-Adhering to the rules like  
Cold bath in the morning  
Eating at night  
Eating only fruits  
Avoidance of company of men  
Avoidance of Unsteadiness

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### **Foods to be Avoided for Yoga Practice**

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- 1.Foods which are heated again
- 2.Foods which are Dry.
- 3.Salty food or too much salt
- 4.Extreme Sour, bitter, hot things
- 5.Certain grains and vegetables, which create burning sensation
- 6.Excessive Fermented food
- 7.Oily food
- 8.Food with excess of sesame seeds or grape seeds
- 9.Intoxicating liquors and drinks
  10. Fish & Meat
  11. Sour Yogurt
  12. Certain Pulses
  13. Oil cake ( the cake remains after squeezing the oil)
  14. Excessive Asafoetida ( Hing)
  15. Garlic and Onion

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### **Things to be Avoided for Yoga Practice**

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As said by Goraksha, one should avoid..

- Company of bad and evil minded people
- Bad Women
- Fire
- Travelling
- Hard fasting
- Over exertion

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### **Effects of Practice**

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Abstemious feeding is that where  $\frac{3}{4}$  hunger is satisfied with food which is well cooked with Ghee and sweets and eaten with the offering of it to the Supreme before you consume (Shiva)

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### **Nadi Cleaning with Yoga Techniques**

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**The Nadi's** or energy channels (parallel to Meridians) needs to be cleaned to detox from the impurities by using the techniques like Mudras. (Which are the practices related to Air and Neuro Muscular locks), Kumbhakas , Asana and other mudras.

By attending closely and regularly to Nada (Anahata Nada) as per mentioned in Yoga a Brahmachari (who is able to control his senses and lust and greed) who follows the following:

- Eat Sparingly
  - Detached from material, worldly pleasures but enjoying the joy and bliss in the heart
  - Devoted himself and follow yogic living
- No doubt attains success within some time.

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### **List of 14 Asanas as per Hatha Yoga Pradipika**

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- 1.Swastikasana**
- 2.Gomukhasana**
- 3.Veerasana**
- 4.Kurmasana**
- 5.Kukkutasana**
- 6.Uttamkurmasana**
- 7.Dhanurasana**
- 8.Matsyasana**
- 9.Paschimottanasana**
- 10.Mayurasana**

**11.Shavasana**

**12.Siddhasana, Vajrasana (king of all),,Guptasana, Muktasana.**

**13.Padmasana**

**14.Bhadrasana**