

**YOGA – “CHOOSE STRETCHING OVER STRESSING”****Mrs. Jamuna P.P\* & Dr. Darshan Sohi\*\****\*Ph. D Scholar, Himalayan University, Itanagar, Arunachal Pradesh, India.**\*\*Research Supervisor, Himalayan University, Itanagar, Arunachal Pradesh, India.*DOI: <http://doi.org/10.47211/idcij.2021.v08i01.011>**ABSTRACT**

*The yoga is a combination of physical and mental practice of our ancient Indian philosophy. The various styles of yoga are physical postures, breathing practices and relaxation techniques. World Health Organisation*

*(WHO) declared Complementary and Alternative Medicine of yoga to be a beneficial for increasing the immunity promote control over the mind, flexibility to the body and enhance well-being of the individuals.*

**Key words:** *Yoga, stretching, stressing.*

**ABOUT AUTHORS:**

Author, Mrs. Jamuna P.P is a Ph.D. Scholar at Himalayan University, Itanagar, Arunachal Pradesh, India. She has attended various National and International conferences and given extension lectures.



Author, Dr. Darshan Sohi is research supervisor at Himalayan University, Itanagar, Arunachal Pradesh India. She has vast research experience.

**INTRODUCTION:**

The word 'yoga' is coined from the Sanskrit literature of 'yuj' means 'to control' and is called as 'uniting' or 'method of discipline'. The word asana states to posture, it aids to raise the stamina, physical power and as well as projected to purify the blood. The asana helps to open the many channels of the body exclusively the spine, promotes energy flow to all over body makes to increases concentration of our breath, which aids to connect the body-mind.

**Different yogasanas:****1. SITTING VAJRASANA – THREE OM CHANTING**

- Fold the right leg and bring the right heel under the buttocks.
- Sitting on the right heel, fold the left leg and bring the left heel under the left buttock.
- Sit erect comfortably with the buttocks resting on both the heels and palms resting on the thighs.
- Three OM chanting.

**2. STANDING****a. Neck exercises-  
up & down**

- Stand erect. Then slowly try your lower chin touch your chest.
- Slowly raise the head back, looking up to the ceiling. Do not force or strain.
- Return to normal position. Repeat 10 times.

**Sideways**

- Stand erect. Then, by keeping your back straight slowly turn your head to the right as far as possible.
- Hold your position to the count of 5 and then return to the normal position. Repeat this procedure to opposite side. Repeat 10 times.

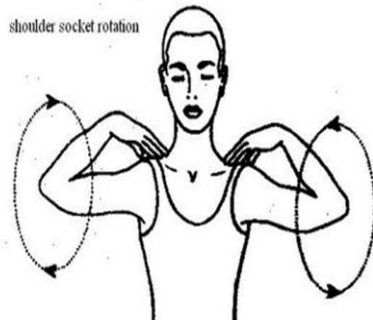


**Side bending**

- Stand erect. Then slowly bend your head to the side bringing the left ear to the left shoulder.
- Return to normal position and repeat to opposite side. Repeat 10 times.

**b. Shoulder exercises- clockwise and anticlockwise (10 times)**

- Shoulder socket rotation: Place fingers of left hand on left shoulder and fingers of right hand on right shoulder. Fully rotate both the elbows at the same time in a large circle.
- Try to touch the elbows in front of the chest on the forward movement and touch the ears while moving up. Stretch the arms back in the backward movement and touch the sides of the trunk while coming down.
- Inhale on upward stroke and exhale on downward stroke.
- Practice slowly 10 times clockwise, then 10 times anticlockwise.

**c. Hands-in-out breathing (10 times)**

- Stretch out your arms in front, in level with your shoulder and bring the palms together.
- Inhaling spread your arms sideways in horizontal plane.
- While exhaling bring the arms forward with palms touching each other.
- Repeat 10 times, making your arms movement, continuous and synchronizing with the breath flowing in and out rhythmically.

**Relax in *tadasana*** – stand erect with legs slightly apart, hands hanging freely by the side of the body with the shoulders collapsed. Make sure that the body is completely relaxed. Gently close the eyes.

- Feel the changes in the breath and the body, especially the arms, shoulders and the back of the neck.



**d. Hands stretch breathing- 3 types (each 6 times)**

- Stand erect with feet together (heel together and toes 4 to 6 inches apart) relaxed by the side of the body.
- Gently bring your hands in front of the chest.
- Interlock the fingers and place the palms on the chest.
- Collapse and relax your shoulders
- Close your eyes

**Stage I: (Horizontal)**

- While inhaling, stretch the arms straight out in front of your body so that the arms are at shoulder level.
- At the same time twist the hands so that the palms face outwards.
- Fully stretch the arms, but do not strain.
- Now, while exhaling, reverse the process and bring the palms back on to the chest. Collapse the shoulders again
- This is one round. Repeat 5 times.

**Stage II: At ( $135^{\circ}$ )**

- Repeat the same movements now stretching the arms above the forehead at an angle of  $135^{\circ}$ .
- Repeat 5 times.

**Stage III: (Vertical)**

- Again repeat the same movements; this time stretching the arms vertically above the head.
- while moving up and down the palms close to the nose tip.
- Repeat 5 times.
- Relax in Tadasana



**e. Ardachakrasana breathing (5-6 times)**

- Support the back at the waist by the palms, fingers pointing forwards.
- Inhale and bend backwards from the lumbar region. Drop the head backwards, stretching the muscles of the neck.
- Maintain for a minute with normal breathing.
- Return to sthiti.
- Relax in Tadasana.



**f. Tadasana breathing (standing on the toes 7 times)**

- Open the eyes and fix your gaze on a point on the wall ahead. Place the palms on front of your thighs.
- While inhaling, raise your hands and stretch the ankles. Feel yourself growing taller and firm.
- As you exhale, bring your hands and heels down.
- Repeat 5 times keeping the movement on hands and ankles continuous, breathing in synchronization. Feel the stretch from your ankles up to finger tips as you reach upwards.
- Relax in standing position, hands by the side of the thighs. Observe your breath and enjoy the stability for a few seconds.



**3. SITTING****g. Aramasana – sitting and relaxing**

- Sit with legs stretched apart and relax.
- Slightly incline the trunk backwards, supporting the body by placing the hands behind.
- Fingers point backwards.
- Let the head, hand freely behind or rest on either side of the shoulder.
- Gently close the eyes.

**h. Butterfly exercise**

- Bring the soles of the feet together, with the heels as close to the body as possible.
- Place the hands on the feet and push the knees down and up.

**i. Vakrasana**

- Bend the right leg at the knee and place it beside the left knee.
- Straighten and twist the waist towards the right as you exhale. Bring the left arm around the knee and catch the right big toe.
- Take the right arm back and keep the palm on the ground in such a way that the trunk is kept erect with a proper twist.
- After maintaining for about a minute with normal breathing to sthiti and relax for a while.
- Repeat the same on the other side.

**4. LYING ON SHAVASANA: RELAX FOR HALF A MINUTE**

- Lie supine on the ground with hands and feet apart.
- Slightly stretch the body and allow the whole body to relax completely with eyes gently closed.
- Become aware of different parts of the body starting from the toes to head. Feel the spread of relaxation in all parts of the body progressively.
- With regular practice, the relaxation will become deeper, natural and spontaneous. Then the whole body is relaxed to the extent that one forgets the body. The mind experiences alertful rest.



**j. Straight leg raising – (Ekapada Uthithasana) Raising one leg- left and right (10 times each)**

- While inhaling slowly raise the right leg without bending the knee, as far as comfortable (upto  $90^{\circ}$ , if possible).
- While exhaling return the leg to the floor as slowly as possible.
- Repeat the practice with the left leg.
- Perform 6 times.



**k. Side lumbar stretch**

- Lie down on the left side, with the head resting on the folded left arm.
- Support the back of the neck with the left hand.
- Place the right hand on the right thigh or in front of your chest.
- Keep the whole body as straight as possible.
- While inhaling, slowly raise the right leg without bending the knee. Raise the leg as high as possible. Stretch out the toes.
- While exhaling, slowly lower the right leg. This is one round. Repeat 5 times.
- Repeat the same practice 5 times on the left side.



**l. Spinal exercises (10 times)**

- Lie down on your back with legs together and hands spread sideways at shoulder level.
- Palms are placed firmly pressed on the ground except that here both legs are folded at the knees and the heels are placed on the floor and as close to the buttocks as possible, inhale.
- While exhaling, lower both the knees together to the right towards the floor as far as is comfortable and simultaneously turn the head to the left.
- Then, while inhaling, raise the knees up and bring the head to the centre.
- Now while exhaling, lower both knees to the left towards the floor and turn the head to the right.
- While inhaling brings the knees and the head back to the starting position. This is one round. Repeat 10 rounds.



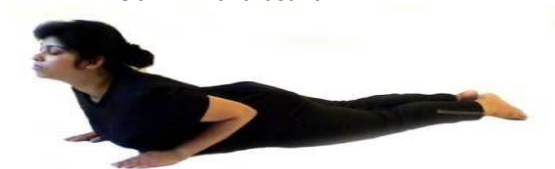
#### 5. LYING ON THE ABDOMEN: RELAX IN MAKARASANA

- Lie down on the abdomen with feet wide apart, heels touching the ground and facing each other.
- Bend both the elbows and place the right palm on the left shoulder and the left palm on the right shoulder.
- Rest the chin at the point where the forearms cross each other.
- Gently close the eyes.



#### m. Bhujangasana breathing – Cobra posture (7 times)

- Bend the arms at the elbows and place the palms beside the lower chest at the level of the last rib exerting least pressure on the palms.
- Keep the elbows close to each other and let them not spread out.
- Inhale and come up.
- Arch the dorsal spine and neck backwards as far as you can.
- Keep the body below the navel in touch with the ground.
- Maintain the final position with normal breathing for one minute with least pressure on the palms.
- While exhaling come back to shithi position.
- Relax in Makarasana.



#### n. Ekapada Shalabhasana breathing- each leg (7 times)

- Make fists of your palms with the thumbs tucked in and place them under the thighs, with back of the hands towards the ground.
- While inhaling, raise the right leg comfortably without bending the knees.
- Maintain this position for about one minute with normal breathing.
- Come back to sthiti position while exhaling.
- Repeat the same practice on the left side.
- Relax in Makarasana.



#### 6. DEEP RELAXATION TECHNIQUES: 5-7 MINUTES

Gently move your whole body, make yourself comfortable and relax completely.

##### Phase I:

- Bring awareness to the tip of the toes. Gently move the toes and relax. Sensitize the soles of feet,



loosen the ankle joints, relax the calf muscles, gently pull up the knee caps release and relax, relax the thigh muscles, buttock muscles, loosen the hip joints, relax the pelvic region and the waist region. Totally relax your lower part of the body.

**Phase II:**

- Gently bring awareness to the abdominal region and observe the abdominal movement for a while, relax the abdominal muscles and relax the chest muscles. Gently bring awareness to lower back, relax lower back and loosen all the vertebral joints one by one. Relax the muscles and the nerves around the back bones. Relax middle back, shoulder blades and upper back muscles, totally relax.
- Relax the fingers one by one. Relax the palms, loosen the wrist joints, relax the forearms, loosen the elbow joints, relax the hind arms- triceps, biceps and relax the shoulders. Shift awareness to the neck, slowly turn the head to the right and left, again bring back to the center. Relax the muscles and nerves of the neck. Relax the middle part of the body, totally relax.

**Phase III:**

- Gently bring awareness to the head region. Relax the chin, lower jaw and upper jaw, lower and upper gums, lower and upper teeth and relax tongue.
- Shift the awareness to nose, observe the nostrils and feel the warm air touching the walls of the nostrils as you exhale and feel the cool air touching the walls of the nostrils as you inhale. Relax the cheek muscles, relax the eye ball muscles, relax the eye lids, eyebrows, relax the forehead, temple muscles, ears, sides of the head, back of the head. Relax totally.

**Phase IV:**

Observe the whole body from the toes to the head and relax, chant an AUM in a single breath. Feel the resonance throughout the body.

**Phase V:**

Slowly come out of the body consciousness and visualize the body lying on the ground completely collapsed.

**Phase VI:**

Imagine the vast beautiful blue sky. The limitless blue sky. Expand the awareness as vast as the blue sky. Merge into the blue sky. Enjoy the infinite bliss E...N...J...O...Y the blissful state of silence and all pervasive awareness.

**Phase VII:**

Slowly come back to body consciousness. Inhale deeply. Chant an 'AUM- kara'. Feel the resonance throughout the body. The soothing and massaging effects from toes to head.

**Phase VIII:**

Gently move your whole body a little. Feel the lightness, alertness and movement of energy throughout the body. Slowly bring your legs together and the hands by the side of the body. Turn over to the left or the right side and come up when you are ready.

**7. SHAVASANA**

Lie supine on the ground with hands and feet apart.

Slightly stretch the body and allow the whole body to relax completely with eyes gently closed.

Become aware of different parts of the body starting from the toes to the head.

Feel the spread of relaxation in all parts of the body progressively.

With regular practice, the relaxation will become deeper, natural and spontaneous. Then the whole body is relaxed to the extent that one forgets the body. The mind experiences alertful rest.



**8. PRANAYAMA: SITTING**

- o. Chandranuloma Pranayama (left nostril breathing) -21 times**

- Adopt Nasika Mudra with your right hand.
- Close the right nostril with the tip of the thumb.
- Inhale and exhale slowly through the left nostril only.
- Keep the right nostril closed all the time during practice.
- One cycle of inhalation and exhalation forms one round.



**p. Nadishudhi Pranayama (alternate nostril breathing) -21 rounds**

- Sit in any meditative posture.
- Adopt Nasika Mudra.
- Close the right nostril with the right thumb and exhale.
- Inhale and exhale slowly through the right nostril only. Then inhale deeply through the left nostril.
- Close the left nostril with your ring finger and little finger of the Nasika Mudra, release the right nostril. Now exhale slowly and completely through the right nostril.
- Inhale deeply through the same (right) nostril. Then close the right nostril and exhale through the left nostril. This is one round of Nadisuddhi Pranayama.
- Repeat 21 rounds.



**9. MEDITATION ON “OM”: 5-10 MINUTES**



**10. END: THREE OM CHANTING  
CONCLUSION:**

Yoga therapy acts both as curative and preventive therapy for the minor ailments. Yoga boosts immunity, reduces stress, enhances health and also contributes for longevity. Regular practicing yoga makes the life to be protective and augment overall wellbeing of the individuals.

## REFERENCES:

1. E medicine health, experts for everyday emergencies. Home page in the internet. Available in [http://www.emedicinehealth.com/yoga-health/article\\_em.htm](http://www.emedicinehealth.com/yoga-health/article_em.htm).
2. FalkenbergR, Eising CM, Peters ML. Yoga and immune system functioning: systematic review of randomized controlled trials. *Journal of Behavioural Medicine* 41(4)2018.DOI:10.1007/s10865-018-9914-yoga and its Benefits.
3. shonil A.Bhagwat.yoga and sustainability. *The journal of yoga*.2008:7;1Available in <http://www.journalofyoga.org/yogaandsustain.pdf>.