



NATIONAL AYUSH MISSION KERALA

YOGA HANDBOOK FOR AHWC YOGA INSTRUCTORS





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Swasthya
AYUSH HEALTH AND WELLNESS CENTRE

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MESSAGE



AYUSH Health and Wellness Centers (AHWCs) play a crucial role in preventive and wellness aspects in public Health Administration. Swasthya, the focal theme of Kerala AHWC gives emphasis on wellness of pregnant women, geriatric, and adolescent age groups. Yoga being an integral component of AHWC, it can holistically compliment the wellness activities at AYUSH centres. This handbook would act as a SOP for Yoga instructors through the relevant themes like yoga for pregnant woman, geriatric yoga and yoga for de-addiction which include a standard protocol of different yoga postures and its effects in preventing the diseases and disorders. Hope this “Yoga Handbook for AHWC Yoga instructors” would serve as a tool for creating more awareness on 'Yoga as a preventive treatment modality' among the general public.

Dr. D. Sajith Babu IAS
State Mission Director
National AYUSH Mission



MESSAGE

National AYUSH Mission has been doing exemplary activities in promoting various health projects across the state. A positive initiative among which is providing yoga services in AYUSH Health and Wellness Centers (AHWCs) which is a remarkable achievement. It is well known that Yoga has gained global recognition for its numerous health benefits. Regular practice of Yoga is proved to prevent lifestyle disorders and promote mental as well as physical health. This handbook can assist the yoga instructors to actively involve and improve the health of the society. Wishing all success to this effort.

A handwritten signature in blue ink, appearing to read 'Preeya K.S.' with a stylized flourish at the end.

Dr. Preeya K.S

Director

Dept. of Indian Systems of Medicine



MESSAGE

National AYUSH Mission is committed to improve the quality of health care provided across AYUSH health services. AHWCs impart quality health care and uniformity throughout AYUSH public healthcare. In addition to its physical and mental health benefits, Yoga has also been found to have positive impacts on overall well-being. This hand book for yoga instructors shall hopefully help in bringing out uniformity and quality of yoga services provided through AHWCs.

A handwritten signature in blue ink, appearing to read 'Vijayambika' with a horizontal line underneath.

Dr. M. N. Vijayambika
Director
Dept. of Homoeopathy



NATIONAL AYUSH MISSION KERALA

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NATIONAL AYUSH MISSION (NAM)



India is blessed with an unparalleled medical heritage represented by traditional medical systems such as Ayurveda, Yoga & Naturopathy, Unani, Siddha and Homeopathy. It is the treasure of knowledge for the Protection of health and disease preventive measures. AYUSH Department has been formed for the work and promotion of Ayurveda, Yoga, Unani, Siddha and Homeopathy.

The National AYUSH Mission (NAM), a centralized program under the Ministry of AYUSH, was launched in 2014 during the twelfth Five Year Plan. National AYUSH Mission started its activities in 2015. NAM's main objectives are to mainstream AYUSH treatment systems in the field of health care, to develop evidence-based AYUSH treatment approaches based on scientific documentation, and to ensure quality AYUSH services. It also aims to provide necessary support to the Departments in the fields of AYUSH Therapeutics. National AYUSH Mission aims to promote the medicinal sector and medicinal plant cultivation through the State Medicinal Plants Board.

Various projects related to conservation of wildlife are being carried out in AYUSH streams and institutions under AYUSH department which are being supported in various ways.




Strengthen the institutional capacity of AYUSH at the state level by modernizing District AYUSH hospitals and AYUSH educational institutes, establishing 50-bed integrated AYUSH hospitals, implement AYUSH multi-generational programs which is comprehensively based on AYUSH principles and initiatives to empower people of care against disease prevalence and health care. Establishment of 'AYUSH Health Wellness Centers' to provide services on health model etc. are in the announced aims of National AYUSH Mission. Upgrading AYUSH hospitals and dispensaries can definitely increase the availability of AYUSH facilities.

Mission also aims to support state governments' efforts on health protection by making AYUSH care councils available in vulnerable and remote areas.

The expected outcomes of the Regional AYUSH Mission are as follows:

1. Better access to medical facilities, availability of medical drugs and trained manpower through AYUSH councils.
2. Advancement in AYUSH Education by the setting up of AYUSH Education Institutions.
3. Focus on the control of infectious/non-infectious diseases with help of specific public health projects.



AYUSH Health and Wellness Centers (AYUSH HWC)

The WHO's Policy on Traditional Medicines 2014-23 and the Regional Health Policy 2017 highlight the importance of systems of medicine in Ayush and emphasizes the importance of these traditional medicine systems. The efforts of the National Ayush Mission to bring this sector to the forefront by developing innovative projects, improving service facilities, reforming the Ayush educational sector, increasing the quality and improving the facilities of the institutions.

All over the world, the notion has shifted from cure to state of being. Health Centers were considered as centers for treatment only. No efforts were made to create and maintain the harmonious well-being of individuals. As a result, the disease prevalence increased leading to an increase in the number of patients and this ultimately became a burden to society. It became unaffordable to the existing public health systems to carry out the treatment of this increased number of patients at the cost to meet the treatments. Formerly less than 40% of the people in Kerala society availed the public medical facilities. The rest of the population were relying upon private health sector. But as a result of the modernization of treatment, there has been a huge increase in the cost of treatment. They are in dire straits as no section of the population can afford the treatment.

Primary care centers should be transformed from centers for the treatment of diseases to centers for the prevention of diseases and maintenance of self-well-being (wellness health centers). And by achieving this it will be

possible to significantly reduce the prevalence of diseases in the society and thus reduce the financial burden to meet the treatment requirements.

As far as Kerala is concerned, the existing government AYUSH dispensaries have been set up as AYUSH Health and Wellness Centers. These institutions are changing from the existing centralized mode of operation to a mode of operation including field activities reaching into the society adhering on certain guidelines. To achieve this purpose following implementations need to be done, such as, to increase the basic facilities of these institutions, expand the existing facilities, training to health care providers for increasing their productivity, to make use of information technology and also effective gathering of information related to health.

There are mainly three components to achieve this aim.

1. Prevention of diseases and maintenance of good health status to protect oneself from ailments.
2. Creating awareness of herbal medicine.
3. Activities based on the following 12 elements that are: - pregnancy, Childbirth, Neonatal Health Care, Child and Adolescent Health Care, Family Planning, Sexual Health Enhancement, Communicable Disease Control, Mild Health Problems, Vital Health Care, Oral Health Care, Geriatric Care, palliative care and mental health care, are to be done.



GENERAL YOGA PROTOCOL



The AYUSH Department through Department of Indian systems of Medicine, Department of Homoeopathy, along National AYUSH Mission is having our hands widely stretched for familiarizing Yoga in every nook and corner of Kerala State.

It has been observed that the General Yoga handled by the Yoga professionals from different schools adopt varying methodologies and protocols, which in turn created confusions in the beneficiaries.

General Yoga protocol is designed along with the lesson planning for the common group, with the duration of training of 30 days, which is nutshell and easy to follow up the practice to maintain and promote positive health.

1st to 5th day

1. Neck exercise – forward and backward bending – 5 rounds
2. Neck exercise – sideward bending – 5 rounds
3. Single Shoulder rotation – clockwise 5 rounds. Anticlockwise – 5 rounds
4. Bilateral Shoulder rotation - clockwise 5 rounds. Anticlockwise – 5 rounds
5. Springy slow forward and backward bending (backward bending with hand support to hip)- 5 rounds
6. Relaxation in standing position
7. Spinal twisting with hands adducted – 5 rounds
8. Relaxation in standing position
9. Hip Rotation - clockwise 5 rounds. Anticlockwise – 5 rounds
10. Knee chest exercise – 5 rounds
11. Relaxation in standing position
12. Lifting the thighs with support and free knee movement – 5 rounds
13. Ankle up and down movement – 5 rounds
14. Ankle rotation – clockwise 5 rounds. Anticlockwise – 5 rounds

6th to 12th days

1. Neck exercise – forward and backward bending – 5 rounds
2. Neck exercise – sideward bending – 5 rounds
3. Single Shoulder rotation – clockwise 5 rounds. Anticlockwise – 5 rounds
4. Bilateral Shoulder rotation - clockwise 5 rounds. Anticlockwise – 5 rounds
5. Springy slow forward and backward bending (backward bending with hand support to hip)- 5 rounds
6. Relaxation in standing position
7. Spinal twisting with hands adducted – 5 rounds
8. Relaxation in standing position
9. Hip Rotation - clockwise 5 rounds. Anticlockwise – 5 rounds
10. Knee chest exercise – 5 rounds
11. Relaxation in standing position
12. Lifting the thighs with support and free knee movement – 5 rounds
13. Ankle up and down movement – 5 rounds
14. Ankle rotation – clockwise 5 rounds. Anticlockwise – 5 rounds
15. Relaxation
16. Suryanamaskara – 3 to 5 rounds
17. Shavasana

13th to 15th days

1. Suryanamsakara
2. Shavasana
3. Tadasana
4. Parshawachakrasana
5. Relaxation in standing position
6. Vakrasana
7. Thithali asana (with or without movement)
8. Vajrasana
9. Relaxation in sitting posture
10. Bhujangasana (hands near chest and rise till navel area)
11. Ekapada Shalabhasana
12. Relaxation in Makarasana
13. Ekapada uttanasana
14. Eka pada pavanamukthasana
15. Shavasana
16. Kaphalabhathi – very slow : 20 strokes per minute (not for hypertension, epilepsy, and COPD Patients etc)
17. Anuloma viloma (Without Kumbhaka)

16th to 18th day

1. Suryanamsakara
2. Shavasana
3. Tadasana
4. Parshawachakrasana
5. Padahasthasana
6. Ardhakatichakrasana (backward bending)
7. Vrikshasana
8. Relaxation in standing position
9. Vakrasana
10. Januseerasana
11. Thithali asana (with or without movement)
12. Vajrasana
13. Shashankasana
14. Relaxation in sitting posture
15. Bhujangasana (hands near chest and rise till navel area)
16. Ekapada Shalabhasana
17. Shalabhasana
18. Relaxation in Makarasana
19. Ekapada uttanasana
20. Padauttanasana
21. Pavanamukthasana
22. Mathsyasana (straight leg)
23. Shavasana
24. Kaphalabhathi – very slow : 20 strokes per minute (not for hypertension, epilepsy, and COPD Patients etc)
25. Anuloma viloma (Without Kumbhaka)
26. Bhramari Pranayama (Without Shanmukhi mudra)

19th to 30th Day

1. Suryanamsakara
2. Shavasana
3. Tadasana
4. Parshawachakrasana
5. Padahasthasana
6. Ardhakatichakrasana (backward bending)
7. Trikonasana
8. Vrikshasana
9. Relaxation in standing position
10. Vakrasana
11. Januseerasana
12. Thithali asana (with or without movement)
13. Vajrasana

14. Shashankasana
15. Relaxation in sitting posture
16. Bhujangasana (hands near chest and rise till navel area)
17. Ekapada Shalabhasana
18. Shalabhasana
19. Relaxation in Makarasana
20. Ekapada uttanasana
21. Padauttanasana
22. Pavanamukthasana
23. Vipareetha karni (only for those who can)
24. Mathsyasana (straight leg)
25. Sethubandhasana (non classical)
26. Shavasana
27. Kaphalabhathi – very slow : 20 strokes per minute (not for hypertension, epilepsy, and COPD Patients etc)
28. Anuloma viloma (Without Kumbhaka)
29. Bhramari Pranayama (Without Shanmukhi mudra)



Yoga during Pregnancy

Prenatal yoga



Pregnancy is a very precious and important event in a woman's life where the complete care of both mother and child is utmost important. As the baby grows and develops, mothers need to adjust both physically and emotionally. From the moment of conception, the mother's body begins to transform in many ways to accommodate the new life nurturing within her. Human pregnancy is somewhat arbitrarily divided into three trimester periods as a means to simplify reference to the different stages of prenatal development. The first trimester carries the highest risk of miscarriage (natural death of embryo or fetus). During the second trimester, the development of the fetus is more easily monitored. The beginning of the third trimester often approximates the point of viability, or the ability of the fetus to survive, with or without medical help, outside of the uterus. Pregnancy related discomforts due to anatomical and physiological changes can be stressful to women.

They have to understand and recognize that these symptoms in the motherhood stage are temporary and that there are ways to cope with them. Failing to understand this basic fact may affect the development of the fetus and henceforth the total health of the child. During the later stages of pregnancy, a mother has to prepare for labor and childbirth. And after the baby arrives, a mother has to begin the transition to life as a parent of the newborn.

Simple steps like regular medical check-up, regular exercise, healthy eating can be helpful for mothers in maintaining good health. Apart from biological intervention, social and psychological support is equally important. At this juncture, Yoga is recognized as one of the effective systems of healthcare to manage the motherhood problems. Women's health during pregnancy also includes prevention of obesity, which also helps to avoid problems like cardiac diseases, diabetes, cancer, osteoarthritis,

sleep disturbances, infectious diseases, malnutrition etc.

Pregnancy experiences a crucial state of changes in a woman's physical, mental and emotional levels as they face different kinds of problems at this stage like mental irritation, distress, vomiting, nausea, lower backache and so on. A sound positive effect upon the baby may be seen with the baby if the mother undergoes regular Yogic practices.

How Yoga helps in Pregnancy

During pregnancy, the body undergoes various changes, which create stress on mental as well as physical levels. Yoga practices help to maintain a healthy mind and body in pregnancy. Yogic practices for pregnant women, to increase strength, flexibility and endurance of pelvic floor muscles needed for childbirth. It also helps to develop proper breathing and more comfortable labor.

During pregnancy, the body undergoes various changes, which create stress on mental as well as physical levels. Yoga practices help to maintain a healthy mind and body in pregnancy. Yogic practices for pregnant women, to increase strength, flexibility and endurance of pelvic floor muscles needed for childbirth. It also helps to develop proper breathing and more comfortable labor.

Yogic practices help to:

1. Reduces stress level
2. Improves the quality of sleep
3. Increases the strength, flexibility and endurance of muscles around the pelvic region
4. Decreases lower back pain
5. Decreases nausea
6. Decreases headaches
7. Reduces risk of preterm labor
8. Lower risk of intrauterine growth restriction (IUGR)

Precautions and Preparations

- More attention should be paid to pelvic floor awareness in all asanas and pranayama practice.
- Tune the body with the growing baby with slow rhythmic breathing and relaxation poses during the Yoga practice.
- Focus on stability and strength, rather than flexibility and endurance.
- Avoid asanas compressing the uterus (e.g. forward bendings or closed twists) or asanas overstretching the abdominal muscles (e.g. backbends).
- Do practice open twists by moving from the head to the waist only.
- Restorative poses, such as Supported Bridge with pillows and Reclining Butterfly with pillow, generally offer similar but less demanding backbends.

- Avoid inverted asanas, like shoulder/hand/headstand; compressing the abdomen in twisted standing poses.
- No lying on your prone series of asanas.
- Avoid lying flat on your back if you feel dizzy, sweaty, nauseous or short of breath. Avoid raising the hands above your head if dizzy when standing.
- Avoid Kapalabhati kriya or any such straining cleansing practices.
- In pranayama avoid Bhastrika and Kumbhaka (retention of breath). Practice slow breathing techniques, such as the Yogic deep breathing, Anuloma Viloma, Ujjayi and Bhramari to bring focus, reduce stress, anxiety and preparation for childbirth.

Yoga For Pregnant Ladies (First Trimester)

S.NO.	YOGA PRACTICES	ROUNDS	DURATION
1	<p>LOOSENING EXERCISES.</p> <p>Neck Movements:</p> <ul style="list-style-type: none"> - Forward and Backward bending - Right and Left bending - Right and Left Twisting - Neck Rotation (Clockwise & Anti clockwise) <p>-Shoulder Movements</p> <ul style="list-style-type: none"> - Shoulder Stretch - Shoulder Rotation (Forward & <p>- Knee Movement</p> <p>- Ankle Movement</p> <ul style="list-style-type: none"> - Ankle Rotation (Clockwise & Anti clockwise) 	3 rounds	8 Minutes
2	<p>YOGASANAS STANDING POSTURES</p> <ul style="list-style-type: none"> - Tadasana - Vrikshasana <p>SITTING POSTURES</p> <ul style="list-style-type: none"> - Dandasana 		10 Min

	<ul style="list-style-type: none"> - Sukhasana <p>SUPINE POSTURES</p> <ul style="list-style-type: none"> -Shavasana 		
3	<p>BREATHING PRACTICES AND PRANAYAMAS</p> <ul style="list-style-type: none"> - Sectional Breathing: Abdominal, Thoracic and Clavicular breathing - Nadi Sodhana Pranayama - Bhramari Pranayama - Sitali pranayama 	5 rounds each	20 minutes

Yoga for Pregnant Ladies (Second Trimester)

S. NO.	YOGA PRACTICES	ROUNDS	DURATION
1	<p>LOOSENING EXERCISES.</p> <p>Neck Movements:</p> <ul style="list-style-type: none"> - Forward and Backward bending - Right and Left bending - Right and Left Twisting - Neck Rotation (Clockwise & Anti clockwise) - Shoulder Movements - Shoulder Stretch - Shoulder Rotation (Forward & Backward) 	3 rounds each	5 Minutes
2	<p>YOGASANAS</p> <p>STANDING POSTURES</p> <ul style="list-style-type: none"> - Tadasana - Vrikshasana - Trikonasana - Katichakrasana - Veerbhadradasana <p>SITTING POSTURES</p> <ul style="list-style-type: none"> - Dandasana - Sukhasana - Badhakonasana - Shashankasana - Marjariasana (with breathing) <p>SUPINE POSTURES</p>		15 minutes

	<ul style="list-style-type: none"> - Viparitakarani with wall support - Shavasana PRONE POSTURES <ul style="list-style-type: none"> - Balasana 4. PRANAYAMA: 10 Minutes - Nadi Sodhana Pranayama 		
3	PRANAYAMA – <ul style="list-style-type: none"> - Nadi Sodhana Pranayama -Sitali pranayama 	5 rounds	10 Min

Yoga for pregnant ladies (Third Trimester)

S.NO.	YOGA PRACTICES	ROUNDS	DURATION
1	LOOSENING EXERCISES Neck Movements: <ul style="list-style-type: none"> - Forward and Backward bending - Right and Left bending - Right and Left Twisting - Neck Rotation (Clockwise & Anti clockwise) - Shoulder Movements - Shoulder Stretch - Shoulder Rotation (Forward & Backward) - Ankle Movement - Ankle Rotation (Clockwise & Anti clockwise) 	3 Rounds	5 Minutes
2	YOGASANAS STANDING POSTURES <ul style="list-style-type: none"> - Tadasana - Trikonasana SITTNG POSTURES <ul style="list-style-type: none"> - Dandasana - Sukhasana 		15 Minutes



	SUPINE POSTURES - Shavasana		
3	PRANAYAMA - Nadi Sodhana Pranayama - Bhramari Pranayama - Sitali pranayama	5 Rounds each	8 Minutes

In all these trimesters Dhyana(meditation) can be practised.

Yogic practices help a lot during pregnancy as well as throughout labour and on birth outcomes. It improves neuro-muscular coordination, sleep, quality of life, reduces stress, anxiety. It also has an effect in strengthening muscles and its flexibility during childbirth.

Post Natal Yoga



Focuses on recovery and restoration and can alleviate stress and depression after giving birth. It is a modified low intensity yoga practice that is designed to help our body to recover which offers the most benefit during the first 3 months after child birth. It can also balance our energy, lower B.P and reduce stress and anxiety. Helps to reduce muscle tension restores hormonal balance

SL NO	YOGA PRACTICES	ROUNDS	DURATION
1	Head and neck movements	5 rounds	15MIN
	Shoulder rotation		
	Spinal twist		
	Hip rotation		
	Knee rotation		
	Ankle rotation and stretch		
	Toe stretch		
	ASANAS		
2.	STANDING ASANAS	DURATION- 30 SECONDS	20MINUTES
	Padahasthasana		
	Tadasana		
	SITTING ASANAS		
	Padmasana		
	Vajrasana		
	Ushtrasana		
	PRONE ASANA		
	Bhujangasana		

	Salabhasana		
	SUPINE ASANAS		
	Savasana		
	Viparitarani		
	Sethubandasana		
3.	BREATHING EXERCISES	5 to 10 times	5 to 10 minutes
	Hands in and out breathing		
	Hand stretch breathing		
	Sasankasana breathing		
4.	PRANAYAMA		
	Nadishudhi pranayama	5roundseach	5 minutes
	Cooling pranayama		
5.	RELAXATION TECHNIQUE	1 time	5 to 10 minutes
	Deep relaxation technique		

IMPORTANT NOTE

It is always important to consult a doctor or qualified professional before taking up yoga in both prenatal and postnatal care. As the condition may vary from one to another so exact needful should be given to them accordingly. Improper methods can lead to major issues.



Adolescent Care through Yoga

One of the most important stages of human life is adolescence. It involves physical, mental and psychological development of fast pace. This stage requires a balance to be developed between mind and body so that the person comes out as well developed to contribute society and nation.

Objective of Yoga for adolescence

- Enhances flexibility
- Good postural development
- Enhances self image ad confidence
- Relives daily stress
- Maintain hormonal balance
- Resistance against ailments like asthma and diabetics
- Weight maintenance
- Promote mental clarity
- Improve memory and concentration
- Promote rejuvenation

Age group – 13-15 year old Adolescence

SI No	Yoga	Repeat	Maintenance
1	Sukshma Vyayama <ol style="list-style-type: none"> 1. Neck movements <ol style="list-style-type: none"> a. Forward and backward bending b. Right and left bending c. Right and left twisting 2. Shoulder movements <ol style="list-style-type: none"> a. Shoulder stretch b. Shoulder rotaion (forward and backward) 3. Hip rotation 	5 times	

	4. Knee Flexion extension 5. Sit ups 6. Ankle movements 7. Ankle stretch 8. Ankle rotation		
2.	Yoga Asana Standing Postures 1. Tadasana 2. Vrikshasana 3. Padahasthasana 4. Trikonasana 5. Garudasana Sitting Postures 1. Padmasana 2. Vajrasana 3. Ushrasana 4. Sasankasana 5. Gomukhasana 6. Bhadrasana 7. Marjariasana Supine Postures 1. Shavasana 2. Sethu bandhasana 3 Sarvangasana 4 Pawanamuktasana Prone Postures 1. Makarasana 2. Bhujangasana 3. Shalabhasana 4. Dhanurasana		
3	Pranayama <ul style="list-style-type: none"> • Nadishodhana pranayama • Bhramari pranayama • Sitali pranayama • Kapalabhati pranayama 		
4.	Relaxation technique Instant relaxation technique		

Age group – 15- 18 year old Adolescence

SI No	Yoga	Repeat	Maintenance
1	Sukshma Vyayama I Neck movements	5 times	

	<ul style="list-style-type: none"> • Forward and backward bending • Right and left bending • Right and left twisting <p>II Shoulder movements</p> <ul style="list-style-type: none"> • Shoulder stretch • Shoulder rotation • (forward and backward) <p>III Hip rotation</p> <p>IV Knee Flexion extension</p> <p>V Sit ups</p> <p>VI Ankle movements</p> <ul style="list-style-type: none"> • Ankle stretch • Ankle rotation 		
2	Suryanamaskara	3 rounds	3 breath
3	<p><u>YOGA ASANAS</u></p> <p>Standing Postures</p> <ul style="list-style-type: none"> • Tadasana • Vrikshasana • Padahasthasana • Trikonasana <p>Sitting Postures</p> <ul style="list-style-type: none"> • Vajrasana • Ushrasana • Sasankasana • Gomukhasana • vakrasana <p>Supine Postures</p> <ul style="list-style-type: none"> • Shavasana • naukasana • Sarvangasana • Setubhendasana • Pawanamuktasanas <p>Prone Postures</p> <ul style="list-style-type: none"> • Makarasana • Bhujangasana • Shalabhasana • Dhanurasana 	1 round	10 breath
3	Pranayama	9 rounds	

	<ul style="list-style-type: none"> • Nadishodhana pranayama • Bhramari pranayama • Sitali pranayama • Kapalabhati pranayama 		
4.	Relaxation technique Instant relaxation technique	1 round	1 min



Geriatric Care through Yoga



It aims to promote health by preventing and treating diseases and disabilities in older age citizen (above 60).

Significant diseases:

- Insomnia
- Dementia
- Arthritis`
- Osteoporosis
- Parkinson's disease
- Atherosclerosis
- Diabetes mellitus
- Heart diseases
- High blood pressure
- High cholesterol
- Difficult in respiration etc

Ageing is a natural process that cannot be prevented and is characterised by declining physical performance that impairs different facets of the life and wellbeing

Guidelines for physical activity

- The nature of exercise should not bring undue pressure on muscles and heart.
- Vigorous and jerky movements should be avoided to reduced danger of accidents
- Practises requiring holding of breath should be avoided
- Abrupt stretching of muscles, Excessive twisting and holding breath when working out should be avoided
- Breathing out consciously is more important
- Daily exercise is better than intermittent practice

Yoga for 60-70 year old senior citizen

SI no	Yoga practices	Repeat	Maintenance
1	Sukshma Vyayama Neck movements <ul style="list-style-type: none"> • Forward and backward bending • Right and left bending • Right and left twisting • Neck Rotation (clockwise and Anti clock wise) Shoulder movements	5 times	No
	<ul style="list-style-type: none"> • Shoulder stretch • Shoulder rotation (forward and backward) Hip joint movements Knee joint movements Ankle movements <ul style="list-style-type: none"> • Ankle stretch • Ankle rotation 		
2	Chair suryanamaskara	1	5 breath
3	Yogasanas		
	Standing Postures <ul style="list-style-type: none"> • Tadasana • Triyaka Tadasana • Katichakrasana • Ardha chakrasana • Trikonasana • Samakonasa 		
	Sitting postures <ul style="list-style-type: none"> • Pachimothanasana • Marjari asana • Vakrasana 		
	Supine postures <ul style="list-style-type: none"> • Savasana • Shavaudarakarshanasana • Utanapadasana 		
	Prone postures <ul style="list-style-type: none"> • Makarasana • Advasana • Jyestikasana • Matsya kridasana 		

	Pranayama <ul style="list-style-type: none"> • Nadishodhana pranayama • Bhramari pranayama • Seetkari pranayama 		
	Deep relaxation technique		

Yoga for 70 to 80 year old senior citizen

SI no	Yoga practices	Repeat	Maintenane
1	Sukshma Vyayama Neck movements <ul style="list-style-type: none"> • Forward and backward bending • Right and left bending • Right and left twisting • Neck Rotation (clockwise and Anti clock wise) Shoulder movements <ul style="list-style-type: none"> • Shoulder stretch • Shoulder rotation (forward and backward) Hip joint movements Knee joint movements Ankle movements <ul style="list-style-type: none"> • Ankle stretch • Ankle rotation 	5 times	No
2	Breathing exercise		
	<ul style="list-style-type: none"> • Hand stretch breathing exercise (90,135,180) • Hand in and out breathing 	3 times	5 breath
3	Chair Yogasanas		
	<ul style="list-style-type: none"> • Tadasana • Katichakrasana • Ardha katichakrasana • Adrachakrasana 		
	<ul style="list-style-type: none"> • Pachimothanasana • Vakrasana 		
	<ul style="list-style-type: none"> • Utanapadasana • pavanamuktasana 		
	Pranayama <ul style="list-style-type: none"> • suryanulomaviloma pranayama • chandranuloma viloma pranayama • Bhramari pranayama 		
	Deep relaxation technique		

Yoga for 80 year and above senior citizen

SI no	Yoga practices	Repeat	Maintenane
1	Sukshma Vyayama Neck movements <ul style="list-style-type: none"> • Forward and backward bending • Right and left bending • Right and left twisting • Neck Rotation (clockwise and Anti clock wise) Shoulder movements <ul style="list-style-type: none"> • Shoulder stretch • Shoulder rotation (forward and backward) Hip joint movements Knee joint movements Ankle movements <ul style="list-style-type: none"> • Ankle stretch • Ankle rotation 	5 times	No
2	Breathing exercise		
	<ul style="list-style-type: none"> • Hand stretch breathing exercise (90,135,180) • Hand in and out breathing 	3 times	5 breath
	Pranayama <ul style="list-style-type: none"> • Anulomaviloma pranayama • Bhramari pranayama 		
	Deep relaxation technique		

Yoga for De-addiction



1. Neck Movement with breathing

A. Forward and Backward

DESCRIPTION

- Stand upright with your feet together and your hands on your hips. This is your starting position.
- Gently tilt the head to the forward, creating a stretch in the back of the neck.
- Gently tilt the head back, creating a stretch in the front of the neck.
- Practice 10 times

BREATHING

- Inhale on the backward movement
- Exhale on the forward movement

B. Sideward

DESCRIPTION

- Stand upright with your feet together and your hands on your hips
- Slowly move the head to the right, bringing the right ear close to the right shoulder without raising the shoulders.
- Move the head to the left side and bring the left ear close to the left shoulder.
- Do not strain; touching the shoulder is not necessary.
- This is one round. Practice 10 rounds.

BREATHING

- Inhale on the upward movement
- Exhale on the downward movement
- Practice 10 times each side

C. Rotation- clock & anticlockwise

DESCRIPTION

- Keep the head upright and the eyes closed.
- Slowly rotate the head downward, to the right, backward and then to the left side in a relaxed, smooth, rhythmic, Circular movement.
- Feel the shifting stretch around the neck and the loosening up of the joints and muscles of the neck.
- Practise 5 times clockwise and then 5 times anti-clockwise.

BREATHING

- Inhale while turning to the front
- Exhale while turning to the side

BENEFITS OF NECK MOVEMENT

- Release tension Heaviness and stiffness in the head, neck shoulder region.
- Ease pain and improve your flexibility
- Stretching exercise that relaxes and stretches the neck muscles and the cervical spine. This exercise can help alleviate any discomfort or stiffness associated with neck strain and can help prevent neck injuries and pain.

2. Shoulder Rotation with breathing

A. Clockwise and Anti clockwise

DESCRIPTION

- Place the fingers of the left hand on the left shoulder and the fingers of the right hand on the right shoulder.
- Fully rotate both 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.
- Practise slowly 5 times clockwise and then 5 times anti-clockwise

BREATHING

- Inhale on the upward stroke
- Exhale on the downward stroke

BENEFITS OF SHOULDER ROTATION

- The shoulder rotations relieve the strain and also help relieve the pressure in cervical spondylitis and frozen shoulder.
- To maintain the shape of the shoulders and chest.

3. VRIKSHASANA

DESCRIPTION

- First stand properly and straight, place your feet together keep your knees completely straight.
- Choose a point in front of you and maintain your gaze on it throughout the practice. This helps to maintain the balance.
- Bend your right leg and transfer the weight of your body on the left leg.
- Using your hand, place the right foot on the left inner thigh bringing the right heel at the root of the left thigh. Keep the toes pointing downwards.
- The foot presses against the thigh and the thigh against the foot.
- Once you secure the balance, slowly raise your arms over the head and join both of your palms. Keep the arms straight, elbows slightly bent and stretch your body in the upward direction
- Relax in the pose .Feel each and every breath coming in and going out of the body.
- Stay in the position for 5 breath
- To come out of the pose separate the palms and lower the arms .Next, gently take the right foot away from the thigh. Straighten the right leg and come back to starting position.
- Repeat the pose with your other leg

BREATHING

- Inhale while raising your arm up to shoulder level
- Turn the palm upward and exhale
- Maintain normal breath during asana, Inhale while returning to the starting position.

BENEFITS

- Tones and strengthens the muscles of the leg
- Develops a sense of balance and coordination.
- Warms up the whole body by stretching it from head to toe.
- Improve concentration and calms the mind.
- Since it stretches the leg muscles, it is found to give relief in sciatica
- It relaxes the spine muscle and relieves the spinal compression

4. TRIKONASANA

DESCRIPTION

- Stand erect with the feet more than shoulder width apart. Turn the right foot to the right side.
- Stretch the arms sideways and raise them to shoulder level so that they are in one straight line.
- Bend to the right, taking care not to bring the body forward. Simultaneously bend the right knee slightly.
- Place the right hand on the right foot, keeping the two arms in line with each other. Turn the left palm forward.
- Look up at the left hand in the final position. Return to the upright position with the arms in a straight line.
- Stay in the position for 5 breath
- Repeat on the other side, bending the left knee slightly. This completes one round.
- Practice 5 to 10 rounds.

BREATHING

- Inhale while raising the arms. Exhale while bending.
- Hold the breath for a few seconds in the final position.
- Inhale while raising the body to the vertical position

BENEFITS

- It stimulates the nervous system and alleviates nervous depression.
- It improves digestion. It also strengthens the pelvic area and tones the reproductive organs.
- Regular practice will help to reduce waistline fat.

5. DHANDASANA

DESCRIPTION

- Sit straight on the yoga mat and extend your legs forward and straight, in front of your body. Keep your both feet touching each other.
- Your thighs should be flat and touching the floor.
- Now keep your palms by your both sides, touching on the floor.
- Don't bend your spine or head and just look straight. Try to bend your feet's fingers inwards; towards the side of your body. You'll notice the pressure on your legs, back, and wrists when doing this.

- Take deep breaths & hold this position 20 to 30 seconds.

BENEFITS

- Dandasana lengthens your spine
- Helps in improving posture
- It strengthens your back muscles and thighs
- Relieves problems related to reproductive organs
- Broadens and stretches your chest and shoulders
- Stretches your spine, arms, and legs
- Helps in better functioning of your digestive organs
- Opens up your chest area
- Helps in relieving stress
- Gives a mild stretch to your hamstrings

6. VAKRASANA

DESCRIPTION

- Sit with the legs stretched out in front of the body. Bend the left leg and bring the foot around to the right buttock.
- The outside edge of the foot should be in contact with the floor.
- Pass the left arm through the space between the chest and the right knee, and place it against the outside of the right leg.
- Hold the right foot or ankle with the left hand so that the right knee is close to the left armpit. Sit up as straight as possible.
- Raise the right arm in front of the body and gaze at the fingertips. Slowly twist to the right, simultaneously moving the arm, trunk and head.
- Use the left arm as a lever against the right leg to twist the trunk as far as possible without using the back muscles.
- Follow the tips of the fingers of the right hand with the gaze and look over the right shoulder. Bend the right elbow and place the hand around the back of the waist.
- The back of the right hand should wrap around the left side of the waist. Alternatively, it can be placed as high as possible between the shoulder blades with the fingers pointing up
- Stay in the position for 3 breaths
- Reverse the movements to come out of the posture and repeat on the other side.

BREATHING

- Inhale in the forward position.
- Exhale while twisting the trunk.
- Breathe deeply and slowly without strain in the final position.
- Inhale while returning to the starting position.

BENEFITS

- This asana simultaneously stretches the muscles on one side of the back and abdomen while contracting the muscles on the other side.
- It tones the nerves of the spine, makes the back muscles supple, relieves lumbago and muscular spasms, and reduces the tendency of adjoining vertebrae to develop inflammatory problems and calcium deposits.
- It massages the abdominal organs, alleviating digestive ailments.
- It regulates the secretions of the adrenal gland, liver and pancreas, and is beneficial for the kidneys.

7. VAJRASANA

DESCRIPTION

- Kneel on the floor with the knees close together.
- Bring the big toes together and separate the heels.
- Lower the buttocks onto the inside surface of the feet with the heels touching the sides of the hips.
- Place the hands on the knees, palms down.
- The back and head should be straight but not tense.
- Avoid excessive backward arching of the spine.
- Close the eyes, relax the arms and the whole body.
- Breathe normally and fix the attention on the flow of air passing in and out of the nostrils.

BENEFITS

- Vajrasana alters the flow of blood and nervous impulses in the pelvic region and strengthens the pelvic muscles.
- It is a preventative measure against hernia and also helps to relieve piles.
- It reduces the blood flow to the genitals and massages the nerve fibres which feed them making it useful in dilated veins of the testicles and hydrocele in men.
- It alleviates menstrual disorders.
- It increases the efficiency of the entire digestive system, relieving stomach ailments such as hyperacidity and peptic ulcer.
- Vajrasana is a very important meditation posture because
- the body becomes upright and straight with no effort.
- It is the best meditation asana for people suffering from sciatica.

8. SHASHANKASANA

DESCRIPTION

- Sit in vajrasana, placing the palms on the thighs just above the knees.
- Close the eyes and relax, keeping the spine and head straight.
- While inhaling, raise the arms above the head, keeping them straight and shoulder width apart.
- Exhale while bending the trunk forward from the hips, keeping the arms and head straight and in line with the trunk.
- At the end of the movement, the hands and forehead should rest on the floor in front of the knees.

- If possible, the arms and forehead should touch the floor at the same time.
- Bend the arms slightly so that they are fully relaxed and let the elbows rest on the floor.
- Retain the breath for up to 5 seconds in the final position.
- Then simultaneously inhale and slowly raise the arms and trunk to the vertical position. Keep the arms and head in line with the trunk.
- Breathe out while lowering the hands to the knees.
- This is one round.
- Practise 3 to 5 rounds.

BENEFITS

- This asana stretches and strengthens the back muscles and separates the individual vertebrae from each other, releasing pressure on the discs.
- Often nerve connections emanating from the spinal cord are squeezed by these discs, giving rise to various forms of backache.
- This posture helps to relieve this problem in some cases and encourages the discs to resume their correct position.
- It also regulates the functioning of the adrenal glands.
- It tones the pelvic muscles and the sciatic nerves and is beneficial for both the male and female reproductive organs.
- Regular practice relieves constipation.

9. SHAVASANA

DESCRIPTION

- Lie flat on the back with the arms about 15 cm away from the body, palms facing upward.
- Let the fingers curl up slightly. Move the feet slightly apart to a comfortable position and close the eyes.
- The head and spine should be in a straight line.
- Make sure the head does not fall to one side or the other.
- Relax the whole body and stop all physical movement.
- Become aware of the natural breath and allow it to become rhythmic and relaxed.
- Later some time, again become aware of the body and surroundings, and gently and smoothly release the posture.

BREATHING

- Natural and relaxed, or begin to count the breaths from number 27 backwards to zero.

BENEFITS

- This asana relaxes the whole psycho-physiological system.
- It develops body awareness. When the body is completely relaxed, awareness of the mind increases, developing pratyahara.

INSTANT RELAXATION TECHNIQUE

DESCRIPTION

- Lie flat on the back with the arms about 15 cm away from the body, palms facing upward.
- Let the fingers curl up slightly. Move the feet slightly apart to a comfortable position and close the eyes.
- The head and spine should be in a straight line.
- First have to focus on our whole body, then slowly tighten our toes, tighten our calf muscle, knee joint, tighten our thigh muscles, contract pelvic muscle, contract abdominal muscle, chest muscle, contract hands, make fist on your fingers, contract neck muscles, squeeze your face, clench your teeth hold it for 30 sec, and release

DURATION- 1 to 2min

BENEFITS

- Slowing heart rate
- Lowering blood pressure
- Slowing breathing rate
- Reducing activity of stress hormones
- Increasing blood flow to major muscles
- Reducing muscle tension and chronic pain
- Improving sleep quality
- Lowering fatigue
- Reducing anger and frustration

10. VIPAREETHAKARANI ASANA

DESCRIPTION

- Lie flat on the back
- Keep both legs and arms together
- Be in normal Breath, then slowly inhale and raise your both legs together up to 90degree ,be in normal breath
- Maintain for 3 breaths ,then slowly exhale and bring the legs down .
- Relax your body by separating legs and arms

BREATHING

- Inhale in the starting position.
- Retain the breath inside while assuming the final pose.
- Practise slow, deep abdominal breathing in the final pose.
- Retain the breath inside while lowering the body to the floor.

BENEFITS

- Good for tired leg muscles and works on removing any strain due to sciatica.
- Soothes Nervous System
- This further reduces the stiffness around the muscles near the sacrum.
- Relaxes Neck and Shoulders
- Helpful for women during menstrual cycle or premenstrual symptoms to relieve cramps, relax the abdomen, and give comfort to the lower back.
- The fresh blood to the abdomen works to improve digestion and helps in the toning of the abdominal area.
- The reverse flow of blood helps prevent varicose veins in the legs due to extended sitting.

11. SETHUBANDASANA

DESCRIPTION

- Lie flat on the back.
- Bend the knees, placing the soles of the feet flat on the floor with the heels touching the buttocks.
- The feet and knees may be hip width apart.
- Keep the arms in Floor.
- Raise the buttocks and arch the back upward.
- Raise the chest and navel as high as possible without straining, pushing the chest up towards the chin and head, but without moving the position of the feet or shoulders.
- Keep the feet flat on the floor.
- In the final position, the body is supported by the head, neck, shoulders, arms and feet.
- Keep the pose for as long as is comfortable and then lower the body to the starting position.
- Release the ankles and relax with the legs outstretched.
- Maintain the pose for 5 breaths .

BREATHING

- Inhale deeply in the starting position.
- Retain the breath inside while raising and holding the final position.
- Alternatively, breathe slowly and deeply in the final position. Exhale while lowering to the starting position

BENEFITS

- Helps in improving your digestion.
- Calms down your brain, reducing anxiety and stress.
- Strengthens your back muscles.
- Helps in pumping more air to your lungs and improves the overall performance of the body.
- Helpful in high blood pressure and asthma

12. PAVANAMUKTASANA

DESCRIPTION

- Bend both knees and bring the thighs to the chest.
- Interlock the fingers and clasp the hands on the shin bones just below the knees.

- Inhale deeply.
- Exhaling, raise the head and shoulders and try to place the nose in the space between the two knees.
- Hold the raised position for a few seconds, counting mentally.
- Slowly lower the head, shoulders and legs while inhaling.
- Maintain the breath for 5 breaths.

BREATHING

- Inhale while straightening the legs.
- Exhale while bending the legs to the chest.

BENEFITS

- Pawanmuktasana strengthens the lower back muscles and loosens the spinal vertebrae.
- It massages the abdomen and the digestive organs and is therefore very effective in removing wind and constipation.
- By massaging the pelvic muscles and reproductive organs, it is also useful for impotence, sterility and menstrual problems

13. MAKRASANA

DESCRIPTION

- Lie flat on the stomach.
- Raise the head and shoulders and rest the chin in the palms of the hands with the elbows on the floor.
- Keep the elbows together for a more pronounced arch to the spine. Separate the elbows slightly to relieve excess pressure on the neck.
- In makarasana the effect is felt at two points: the neck and the lower back. If the elbows are too far in front, tension will be felt in the neck; if they are drawn too close to the chest, tension will be felt more in the lower back.
- Adjust the position of the elbows so that these two points are equally balanced. The ideal position is when the whole spine is equally relaxed.
- Relax the whole body and close the eyes.
- After some time, again become aware of the body and surroundings, and gently and smoothly release the posture.

BREATHING

- Natural an rhythmic

BENEFITS

- This asana is very effective for people suffering from slipped disc, sciatica, and certain types of lower back pain.
- They should remain in this asana for extended periods of time as it encourages the vertebral column to resume its normal shape and releases compression of the spinal nerves.
- Asthmatics and people who have any other lung ailments should practise this simple asana regularly with breath awareness as it allows more air to enter the lungs

14. BHUJANGASANA

DESCRIPTION

- Lie flat on the stomach with the legs straight, feet together and the soles of the feet uppermost.
- Place the palms of the hands flat on the floor, below and slightly to the side of the shoulders, with the fingers together and pointing forward.
- Position the arms so that the elbows point backward and are close to the sides of the body.
- Rest the forehead on the floor and close the eyes.
- Relax the whole body, especially the lower back.
- Slowly raise the head.
- Gently tilt the head backward, so that the chin points forward and the back of the neck is compressed, then raise the neck and then the shoulders.
- Straighten the elbows, using the back muscles first, then the arm muscles to raise the trunk further and arch the back.
- In the final position, the pubic bone remains in contact with the floor and the navel is raised a maximum of 3 cm.
- If the navel is raised too high, the bend tends to be in the knees and not in the back.
- The arms may or may not be straight; this will depend on the flexibility of the back.
- Hold the final position for 3 breaths.
- To return to the starting position, slowly release the upper back by bending the arms, lower the navel, chest, shoulders and finally the forehead to the floor.

BREATHING

- Inhale while raising the torso.
- Breathe normally in the final position or retain the breath if the pose is held for a short time.
- Exhale while lowering the torso

BENEFITS

- This asana improves and deepens breathing.
- It can help to remove backache and keep the spine supple and healthy.
- It tones the ovaries and uterus, and helps in menstrual and some other gynaecological disorders.
- It stimulates the appetite, alleviates constipation and is beneficial for all the abdominal organs, especially the liver and kidneys.

15. EKAPADASHALABHASANA

DESCRIPTION

- Lie flat on the stomach with the hands under the thighs, palms downwards or hands clenched.
- Keep both the legs straight throughout the practice.
- Place the chin on the floor, slightly stretched forward, to give the best possible stretch to the neck muscles and nerves.
- Using the back muscles, raise the left leg as high as possible, keeping the other leg straight, relaxed and in contact with the floor.
- Retain the position 2 breaths ,without strain.
- Do not tilt or twist the pelvis.
- Lower the leg to the floor.
- Repeat the same movement with the right leg.
- This is one round.

BREATHING

- Inhale in the starting position.
- Retain the breath inside while raising the leg and in the final position.
- Exhale while lowering the leg to the starting position.

BENEFITS

- Eka padhashalabhasana is an excellent asana for the back and pelvic organs.
- It can release tension in the pelvic area.

16. SHAVASANA

QUICK RELAXATION TECHNIQUE

DESCRIPTION

- Bring your attention to the abdomen, without changing anything . Observe the movement of the abdomen and divide the abdomen into upper , lower and middle abdomen,
- Now observe the synchronization of breathing with the movements of the abdominal wall, now inhale deeply and bulge the abdomen up, while exhaling drop down the abdomen.
- While counting increase the range of movement of abdomen, suck the abdomen when you exhale
- Then slowly inhale ,while exhale chant A' kara ,then again inhale and exhale and chant U' kara , and repeat the same for M' kara
- Together chant AUM 'kara loudly
- DURATION - 5 min

BENEFITS

- Relaxes the various muscles around the abdomen
- The practice of QRT ensures all the muscles come to relax with the awareness of the breathing and the awareness of the body movement.
- Calms the mind faster
- QRT generates positivity releasing the tensions and maintaining the calmness in the mind.

17. CHANDRANADI PRANAYAMA

Hand position:

A. Nasagra Mudra (nose tip position)

- Hold the fingers of the right hand in front of the face. Rest the index and middle fingers gently on the eyebrow center.
- Both fingers should be relaxed. The thumb is above the right nostril and the ring finger above the left.
- These two digits control the flow of breath in the nostrils by alternately pressing on one nostril, blocking the flow of breath, and then the other.
- The little finger is comfortably folded

B. Chin Mudra

- Begin in a comfortable sitting position, which allows you to keep your spine straight.
- Place your hands on your thighs, palms facing up.
- Keep your fingers open, but relaxed.
- Now bend the index finger and touch the tip to the tip of the thumb.
- Keep other fingers open.

C. Jnana Mudra

- Begin in a comfortable sitting position, which allows you to keep your spine straight.
- Place your hands on your thighs, palms facing down
- Keep your fingers straight, but relaxed.
- Now bend the index finger and touch the tip to the tip of the thumb.
Keep other fingers straight

DESCRIPTION

- Assume a comfortable meditation asana.
- Place the hands on the knees in either chin or jnana mudra. Close the eyes and relax the whole body.
- When the body is comfortable and still, watch the breath until it spontaneously becomes slow and deep.

- Adopt nasagra mudra.
- Close the right nostril with the thumb and inhale slowly and deeply through the left nostril.
- Exhale slowly through the right nostril, keeping the left nostril closed with the ring finger.
- This is one round. Practice for 3 rounds

BENEFITS

- Reduces heat in the body
- Relieves heartburn
- Refreshes and energises the mind and body
- Reduces high blood pressure
- Reduces fever
- Decreases the flow of bile from the gallbladder
- Reduces tension, stress and other mental burdens
- Daily practice can help to steady the mind

18. SHEETALI PRANAYAMA

DESCRIPTION

- Sit in any comfortable meditation posture with the hands on the knees in chin or njana mudra.
- Close the eyes and relax the whole body.
- Extend the tongue outside the mouth as far as possible without strain.
- Roll the sides of the tongue up so that it forms a tube. Inhale and draw the breath in through this tube. At the end of inhalation, draw the tongue in, close the mouth and exhale through the nose.
- Practice normal breathing throughout the practice. The breath should produce a noise similar to rushing wind.
- A feeling of icy coldness will be experienced on the tongue and the roof of the mouth.
- This is one round. Practice 3 rounds.

BENEFITS

- This practice cools the body and the mind as well. It affects important brain centers associated with biological drives and temperature regulation.
- It cools and reduces mental and emotional excitation.
- It induces muscular relaxation, mental tranquillity and may be used as a tranquillizer before sleep.
- It gives control over hunger and thirst, and generates a feeling of satisfaction.
- It helps reduce blood pressure and acid stomach

19. SADANTHA

DESCRIPTION

- Sit in any comfortable meditation posture.
- Close the eyes and relax the whole body. Hold the teeth lightly together. Separate the lips, exposing the teeth.
- The tongue may be kept flat or folded against the soft palate
- Breathe in slowly and deeply through the teeth. At the end of the inhalation, close the mouth, keeping the tongue either flat or folded against the soft palate. Breathe out slowly through the nose, in a controlled manner.
- This is one round.
- Practice 3 rounds.

BENEFITS

- This practice cools the body and the mind as well. It affects important brain centers associated with biological drives and temperature regulation.
- It cools and reduces mental and emotional excitation.
- It induces muscular relaxation, mental tranquillity and may be used as a tranquillizer before sleep.
- It gives control over hunger and thirst, and generates a feeling of satisfaction.
- It helps reduce blood pressure and acid stomach.
- it keeps the teeth and gums healthy

20. ANULOMA VILOMA

DESCRIPTION

- Assume a comfortable meditation asana.
- Place the hands on the knees in either chin or jnana mudra. Close the eyes and relax the whole body.
- When the body is comfortable and still, watch the breath until it spontaneously becomes slow and deep.
- Adopt nasagra mudra.
- Close the right nostril with the thumb and inhale through the left nostril. At the same time focus on breathing
- At the end of inhalation ,close the left nostril with the ring finger, release the pressure of the thumb on the right nostril and slowly exhale
- And ,Inhale through the right nostril ,at the end of inhalation close the right nostril, open the left nostril and exhale through the left nostril
- This is one round
- Practice 5 rounds

BENEFITS

- It helps to cure mental problems like Depression, Anxiety, Stress, Tension, etc.
- Most beneficial for breathing-related problems like ; Bronchitis, Asthma ...
- Improve the working of the lungs.
- Best breathing technique for boosting your memory
- Makes your brain sharper
- Improves your immune system, so it cures general issues like cough & cold.
- Improves lung capacity

21. BRAHMARI PRANAYAMA

DESCRIPTION

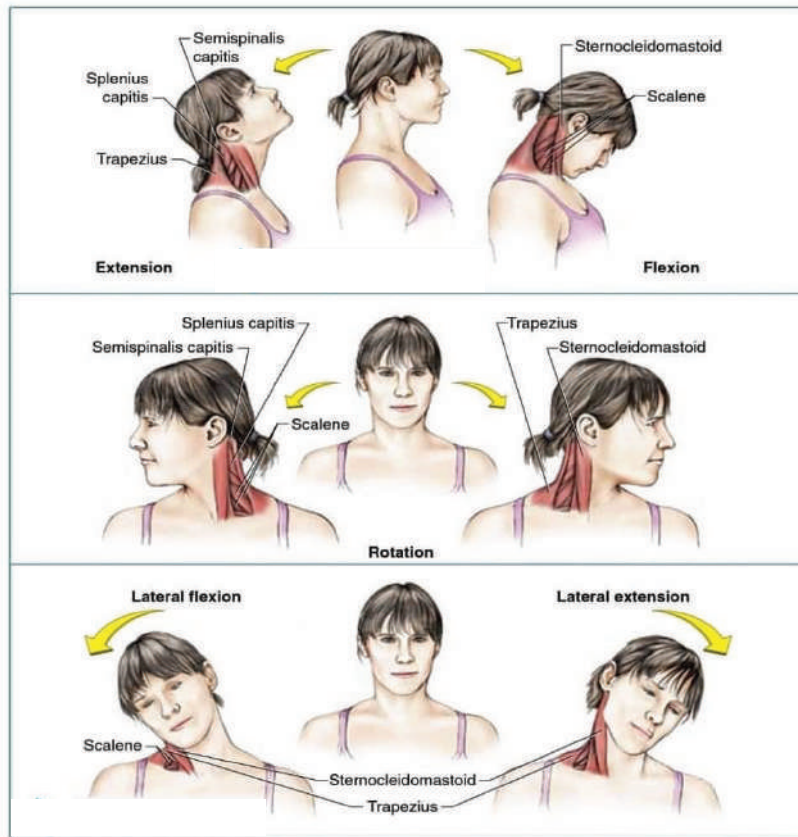
- Sit in a comfortable position ,with the hands resting on the knees in Njana or chin mudra.
- Close the eyes and relax the whole body.
- The lips should remain gently closed with the teeth slightly separated throughout the practice.
- This allows the sound vibration to be heard and felt more distinctly.
- Raise the arms sideways and bend the elbows, bringing the hands to the ears.
- Use the index or middle finger to plug the ears or the flaps of the ears may be pressed without inserting the fingers.
- Bring the awareness to the centre of the head and keep the body absolutely still.
- Inhale through the nose.
- Exhale slowly and in a controlled manner while making a deep, steady humming sound like that of the black bee.
- The humming should be smooth, even and continuous for the duration of the exhalation.
- The sound should be soft , making the front of the skull reverberate
- At the end of exhalation, the hands can be kept steady or returned to the knee and then raised again for the next round.
- The inhalation and exhalation should be smooth and controlled.
- This is one round.
- Practice for 3 rounds

BENEFITS

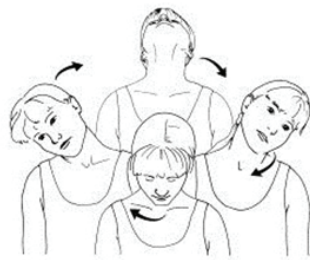
- Bhramari relieves stress and cerebral tension, and also helps in alleviating anger, anxiety and insomnia
 - Increasing the healing capacity of the body.
 - It strengthens and improves the voice.
 - Bhramari induces a meditative state by harmonizing the mind and directing the awareness inward.
 - The vibration of the humming sound creates a soothing effect on the mind and nervous system.
 - Relieving mild headache or migraine symptoms
-

Annexure

Loosening exercise



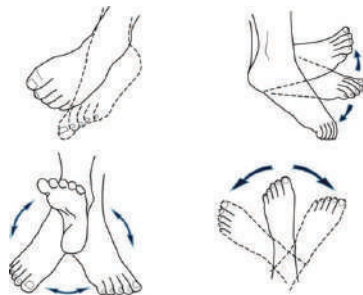
Neck movements- forward and backwards bending



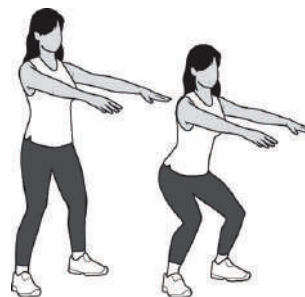
Neck rotation



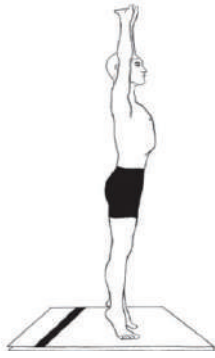
shoulder stretch



Ankle movements



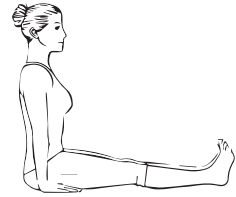
knee movements



Tadasana



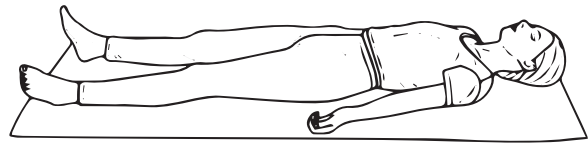
Vrikshasana



Dandasana



Sukhasana



Shavasana



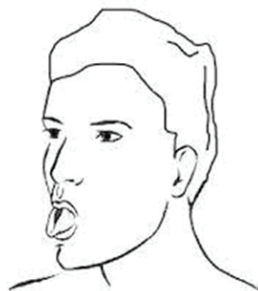
Sectional breathing



Nadisodhana



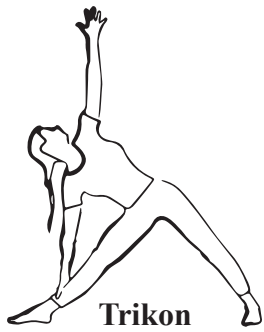
Bhramari Pranayama



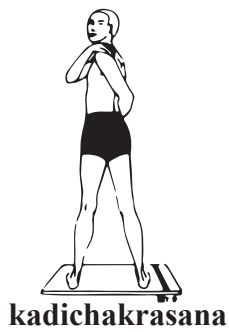
Sitali Pranayama



YOG FOR PREGNANT LADIES SECOND TRIMESTER



Trikon



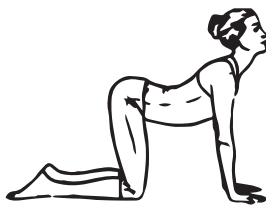
kadichakrasana



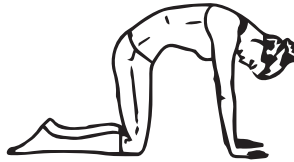
Veerabhadrasna



Badhakonasana



Marjarasana



Balasana

YOGA FOR ADOLESCENCE



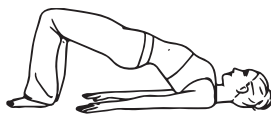
Ushtrasna



Gomukhasna



Bhadrasna



Sethubandhasana



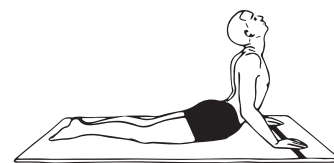
Pawanamuktasana



Dhanurasana



Salabhasana



Bhujangasana

YOGA FOR GERIATRIC



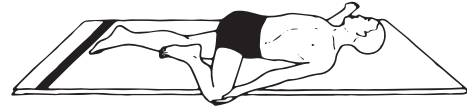
Reverse Corpse Pose Advasana



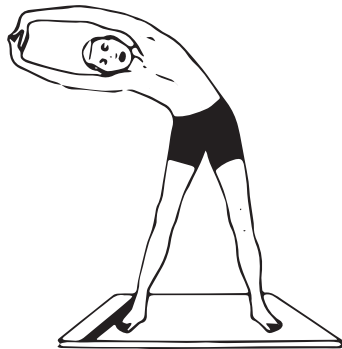
Jyestikasana



Matsyakridasana



Shava Udarakarshanasana



Triyaka Tadasana

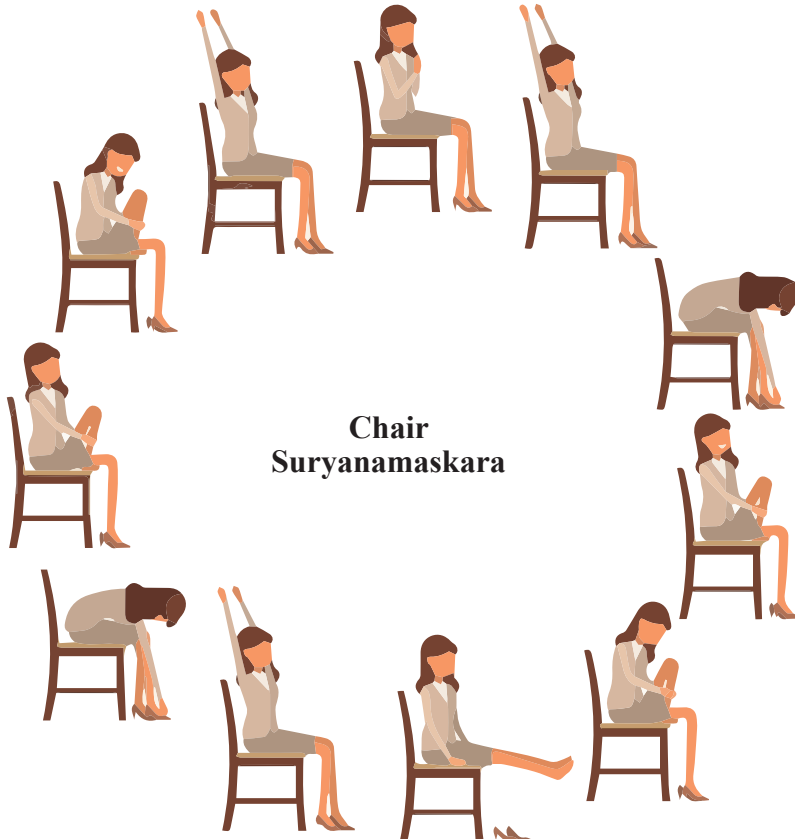


Ardhachakrasana

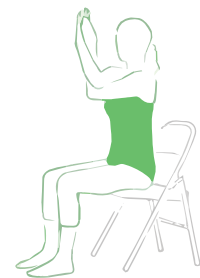


Pachimotanasana

CHAIR ASANAS



Chair
Suryanamaskara



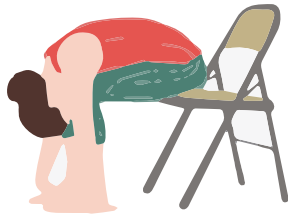
Garudasana



Vakrasana



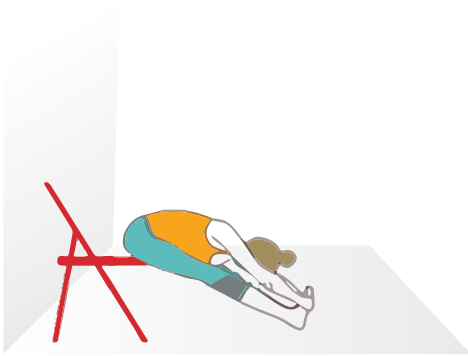
Tadasana on chair



Padahasthasana on chair



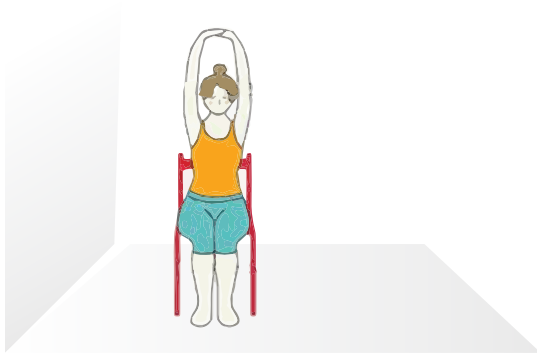
Marjarasana on chair



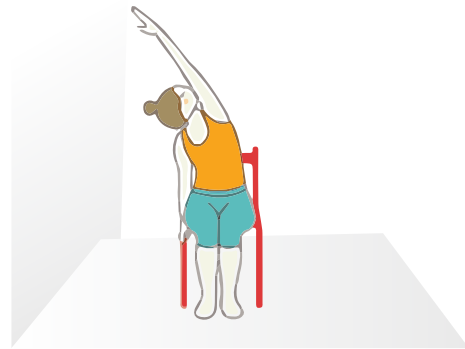
Pachimothanasana on chair



Vakrasana variation



Tadasana



Ardhakatichakrasana



Pawanamuktasana

**ASANAS FOR
STRENGTHEN LOWER BACK**

		
Vakrasana	Hastapadangusthasana	
		
Pavanamuktasana	Bhujangasana	Shalabhasana
		
Yoga Mudra	Konasana	
		
Hastapadasana	Sukhasana	Nishpand Bhava

Low Back Pain Exercises



Standing hamstring stretch



Cat and camel



Pelvic tilt



Quadruped arm/leg raise



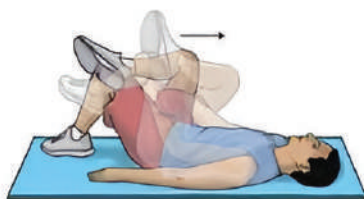
Partial curl



Extension exercise



Side plank



Gluteal stretch

EXERCISE THERAPY FOR FROZEN SHOULDER



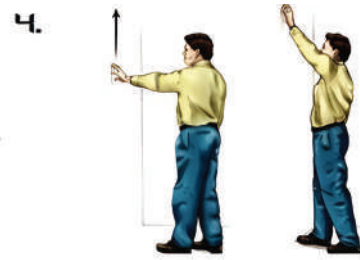
Wand exercise: Flexion



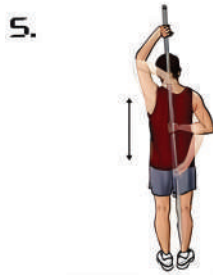
Wand exercise: Extension



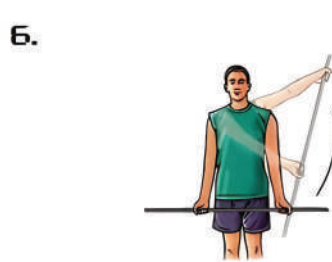
Wand exercise: External rotation



Active ROM Exercise: Flexion



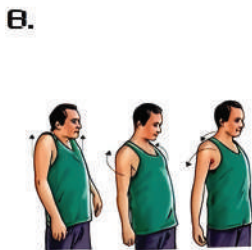
Wand exercise: Internal rotation



Wand exercise: Shoulder abduction and adduction



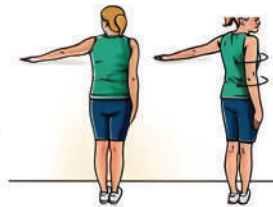
Pendular exercises



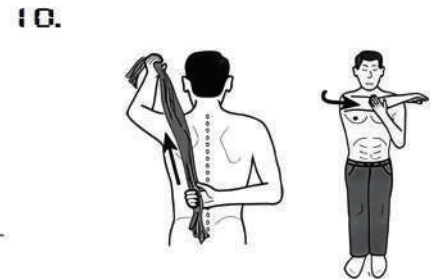
Scapular active range of motion



Pectoralis stretch



Biceps stretch





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