



# YOGA MODULE

For

## GERIATRIC LOW BACKACHE



Edited By

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# Yoga module

## For

# Geriatric Low Backache



**In collaboration**

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DEPARTMENT OF ANAESTHESIA & INTENSIVE CARE  
PGIMER, CHANDIGARH**

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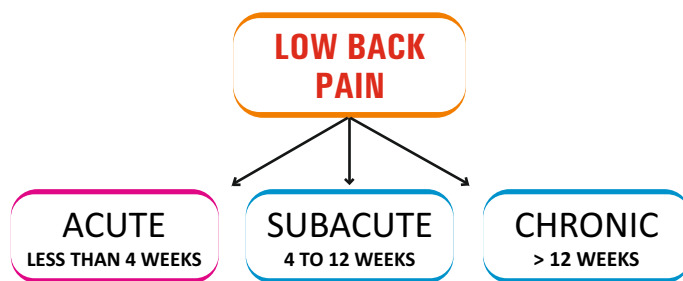
# INTRODUCTION

## Low back pain

Back discomfort or pain between the lower border of the ribs and the buttock is referred to as low back pain (LBP). In the past ten years, the prevalence of low back pain in adults has become more than doubled, and still rising sharply among the ageing population. It has been found that 55-60% people of 60 years or older suffer from low back pain. The LBP substantially limits elderly people's daily activities, functionality, and physical capacity, and has been associated with anxiety, depression, and poor quality of life. The management of LBP is also challenging in the elderly due to altered pharmacokinetics or associated co-morbid conditions.

## Types

LBP can be acute, subacute, or chronic depending on the duration of pain.



## Symptoms

Symptoms of LBP include dull aching sensation to a shooting, burning, or stabbing sensation at the area of lower back. The pain may radiate down the thighs, one or both low legs and feet. Sometimes it causes weakness, numbness or tingling in the legs.



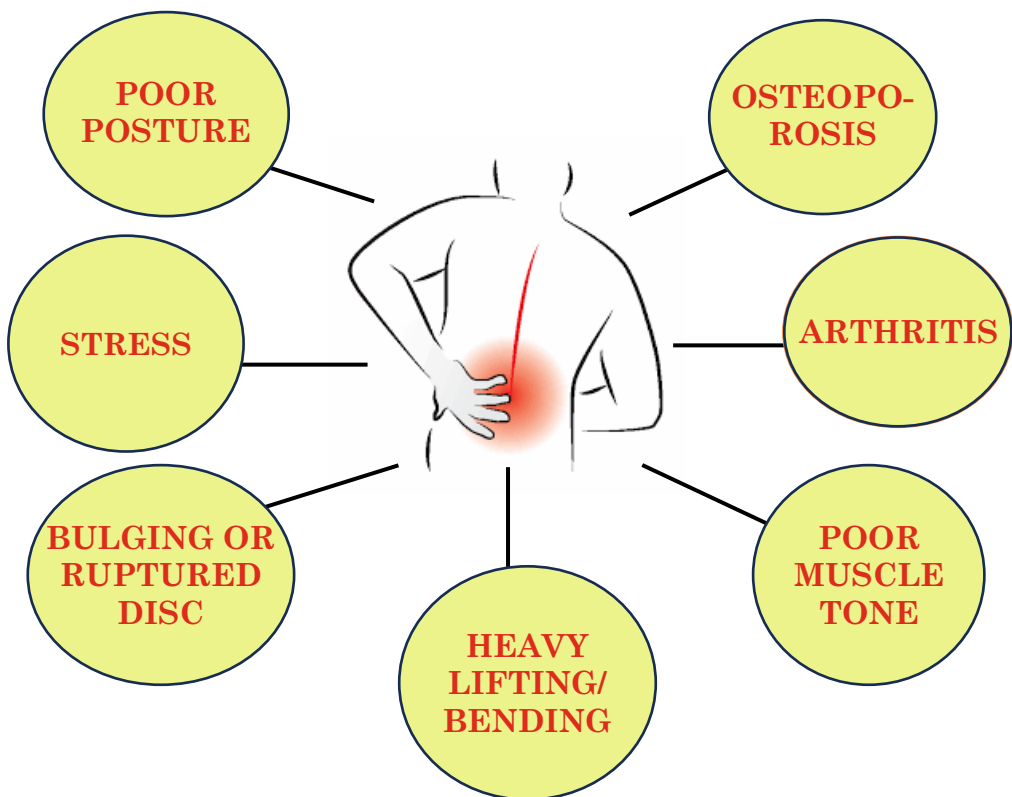
# RISK FACTORS

Multiple factors play a role in the development of LBP including age, psychosocial factors, occupational factors, obesity, etc. People who smoke, drink alcohol excessively also have a higher risk of back pain.



# CAUSES OF LOW BACK PAIN

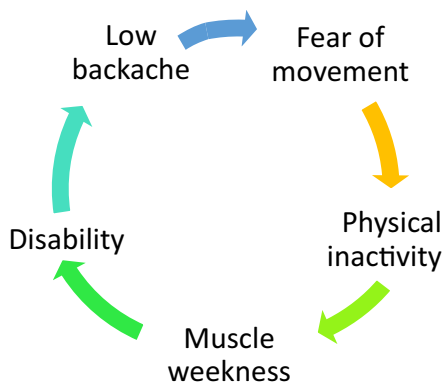
Increasing age, osteoarthritis, prolonged wrong posture leading to wasting and weakening of muscles are the common causes for LBP and disability in elderly.



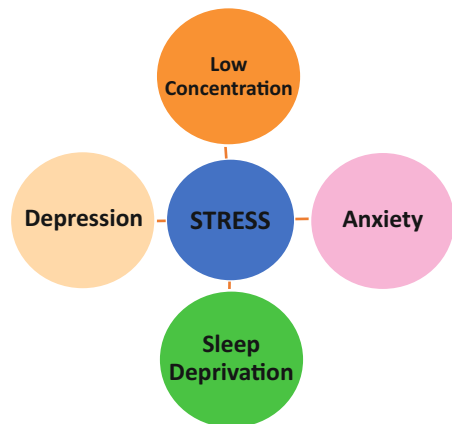
# EFFECTS OF LOW BACK PAIN

LBP can lead to anxiety of movement leading to movement avoidance (fear avoidance beliefs), which may lead to further increasing problems with activity of daily living and work ability leading to poor quality of life.

Chronic LBP can also lead to several mental health issues including difficulty in sleeping, anxiety, depression, and unhealthy weight gain etc. It can limit productivity at work due to difficulty in concentrating and can deteriorate self-esteem.



EFFECTS ON PHYSICAL HEALTH



EFFECTS ON MENTAL HEALTH

# YOGA AS TOOL FOR CLBP

Yoga is ancient science originated from India, came from the word 'Yuj, which means combining oneself with divine Power through body mind and soul. Yogic Practices include asana (body Posture), Pranayama (breathing techniques), Kaiya's (cleansing technique) relaxation and Meditation.

Yoga is helpful in low back pain as it relaxes, stretches and strengthens the muscles, improves blood circulation and promotes a neutral spinal alignment. The synchronized breathing and passive stretching might help in improving flexibility and muscular strength to relieve pain and disability.



**Benefits of Yoga**

Yoga is especially helpful in elderly in managing several chronic lifestyle-related diseases such as osteoarthritis, essential hypertension, diabetes, coronary artery disease, and depression. It also helps with aging-related problems like sleeplessness and constipation, and improves mental health by increasing cognition, memory, executive skills and attention leading to better quality of life.

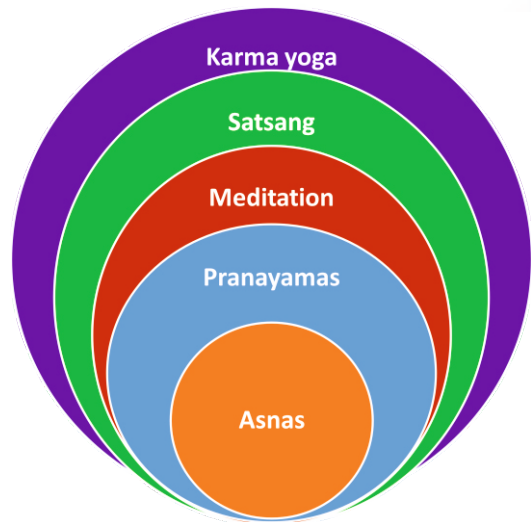
## INTEGRATED APPROACH OF YOGA THERAPY

The integrated approach to yoga therapy (IAYT) model refers to an integrated approach of yogic therapeutics relying on evidence-based scientifically proven methods for specific clinical benefits in various disease states. IAYT slows down the loop of uncontrolled speed of thoughts (stress) through several techniques that use the principle of “successive stimulations followed by progressive

relaxation and the rest” to correct imbalances, promote “mastery over the mind” and harmonize the disturbances at each of five levels (Pancha Kosha).

IAYT is an integrated approach of Yoga with flow-restorative interventions synchronized with breathing and passive stretching helps in improving flexibility and muscular strength to relieve pain and disability. This comprehensive approach ensures that yoga therapy is tailored to meet the specific needs of individuals, addressing their unique physical, mental, and emotional challenges with goal to achieve optimal health and wellness.

IAYT offers a wide range of benefits for elders on a physical and psychological level. This model has been utilized effectively to relieve distress and improve cognitive response and neuromuscular coordination in elderly. When incorporated into the daily routine, IAYT addresses important health issues like anxiety, memory loss, pain, joint tension, imbalance, osteoarthritis, and other physical restrictions.



# 1. SUPTA UDARAKARSHANASANA

(Folded Leg Lumbar Stretch Pose)

**Stithi (Position):** Supine

## Procedure

- From supine position bend both knee and place both feet on the ground with heels comfortably close to the hips.
- Interlock fingers from both hands, place the palm under the head with elbows touching the ground or as close as possible.
- Take a breath in and with exhalation start lowering both legs to the right side, bringing down knee closer to the ground and simultaneously turning the head to the opposite direction (Left Side).
- Observe the stretch throughout the entire spine and again while breathing in raise both legs and bring the knee back to the centre.
- Repeat the same movement mentioned above to the left side with head going in the opposite side to complete one round.



## Key Points

- Elbows and hands should be in touch with the ground throughout the practice.
- Legs should be together with both knee and feet touching each other.

## Contraindication

- Not to be practiced by those who have undergone any recent spinal or abdominal surgery.

## Benefits

- It keeps the spinal cord healthy and gives a good twist to the whole spinal region.
- It helps relieve the lower back pain and stiffness.
- It tones up the abdominal organs.
- It can help improve digestion and relieve constipation.
- When performed with proper breathing it assists in calming down the mind.

## 2. SHAVA UDARAKARSHANASANA

(Crossed Leg Lumbar Stretch)

**Stithi:** Supine

### Procedure

- From starting position bend the right leg at the knee and place the right foot on the ground
- Place the right hand perpendicular to the body with palm facing down.
- Place the left palm over the right knee.
- Take a breath in and while exhaling gently with hand support lower the right knee towards the ground to the left side.
- Turn the head to the opposite direction (right side).
- Observe the stretch throughout the entire spine and again while breathing in bring the leg back to the starting position.
- Release the left palm and come back to starting position.
- Repeat the same movement mentioned above to the left side to complete one round.





### **Key Points**

- Hand, shoulder and upper back should be in touch with the ground throughout the practice
- Leg which is kept straight should be active.

### **Contraindication**

- Not to be practiced by those who have undergone any recent spinal or abdominal surgery.
- Those with acute back pain should consult with experienced yoga instructors before practicing this asana.

### **Benefits**

- It keeps the spinal cord healthy and gives a good twist to the whole spinal region.
- It helps relieve the lower back pain and stiffness.
- It tones up the abdominal organs.
- It can help improve digestion and relieve constipation.
- It helps to realign hip joint.
- When performed with proper breathing it assists in calming down the mind.



### 3. PAVANMUKTASANA

(Wind Releasing Pose)

**Stithi:** Supine

***Pawanmuktasana with one leg***

#### **Procedure**

- From starting position with both legs straight bring the right knee towards chest.
- Interlock the fingers and clasp the leg at the shin bone below the knee.
- Take a breath in and while breathing out bring the nose comfortably close to the knee.
- Hold the pose for some time and then exhale and come to the starting position.
- Relax for a few breaths and continue the practice in similar way with left leg.



#### **Key Point**

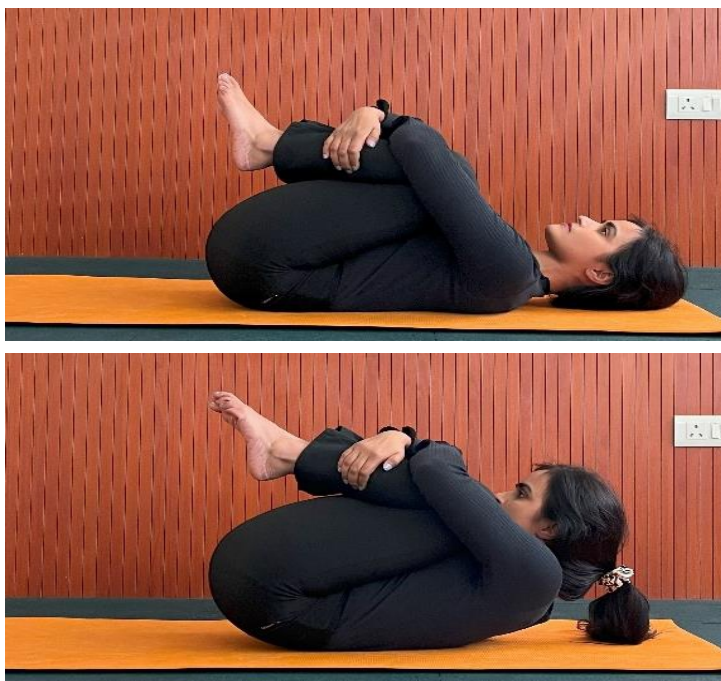
- When practicing with one leg make sure that leg which is straight should be active and on the ground throughout the practice.

#### **Contraindication**

- Those who have high Blood Pressure, acute back pain or have a serious back condition such as sciatica or slip disc should avoid this practice.

### ***Pawanmuktasana with both legs Procedure***

- Bend both the knee together.
- Hold the legs at shin bone.
- Take a breath in and while breathing out raise your head and shoulder up and bring the head closer to the knees and at the same time by pressing the knee towards chest, and try to bring the nose comfortably close to the knee.
- Hold for a sometime with normal breathing and then relax in shavasana.



### **Benefits**

- It is beneficial for the digestive system and assist in improving digestion.
- It can help relieve constipation.
- It strengthens the lower back muscles.
- It gives deep massage to the intestines and abdominal organs and helps in expulsion of the intestinal flatus.

## 4. SETUBANDHASANA BREATHING

(Bridge Pose Breathing)

**Stithi:** Supine

### Procedure

- Starting from supine position.
- Bend both legs with feet on the ground about hip distance apart, keep the knee in line with the ankles.
- Keep the arms by the side of the body with palms facing downward and fingers closer to the heels.
- Now breathing in slowly lift the hips, lower back, middle back and upper back of the ground and raising the chest up towards the chin, bringing the thighs parallel to each other.
- Hold the for 3 normal breaths then go down while breathing out and continue this for 3 rounds.



### **Key Points**

- As a breathing practice it should be done gently with comfort without any jerky movements.

### **Contraindications**

- Those with neck, shoulder and back injury should avoid this asana.

### **Benefits**

- It provides strength to the back muscles.
- Relieves stiffness and tiredness from the lower back immediately.
- It opens up the chest and help enhance the respiratory system and lung capacity.
- It also strengthens the leg muscles when asana is held for an extended period of time.
- When practiced with complete awareness on breath it can help enhance relaxation and reduce mental stress.

## 5. INSTANT RELAXATION TECHNIQUE

**Stithi:** Supine

### Procedure

- Lying on the back in supine position relax the whole body.
- Keep the legs together and hands by the side of the body with a gentle smile on the face.
- Be aware of the toes and stretch them forward, tighten the ankles, tighten the calves.
- Tighten the knee, tighten thighs and hips, breathe out and tighten the abdomen muscles. Make a fist of the palm with thumb inside and tighten the arms.
- Inhale and tighten the shoulders, stretch the neck muscles and contract the facial muscles.
- Tightening the whole body hold for 3 seconds then release and relax, legs will go apart, hands apart, palms facing the roof and come to shavasana.



### Benefits

- It can be practiced anytime on an empty stomach
- It instantly relaxes the whole body and can be practiced before and after asana practice or when the body is tired.
- It reduced muscular tension and helps the body to go deep into relaxation.
- It helps in relaxing the mind and reducing stress and calms down the restless mind.

## 6. SHASHANKASANA BREATHING

(Moon Pose)

**Stithi:** Dandasana

### Procedure

- Sitting with legs stretched out, hands by the side of the hips fingers pointing forward, now fold the legs one by one and sit in vajrasana with palms rested over the knees.
- Breathing in raise both hands straight above the head and with exhalation bend forward and touch the forehead on the ground with arms parallel and well rested on the floor.
- Gently come back up with arms above the head while breathing in and continue the practice,
- Practice 5 rounds. Then come back to vajrasana, release the legs one by one and stretch them forward. Relax in Dandasana.



**Vajrasana**



**Dandasana**



### **Key Points**

- If facing difficulty in bending forward practitioner can keep the knee apart while sitting in Vajrasana.

### **Contraindication**

- It should be avoided by those with high blood pressure, glaucoma.
- It should also be avoided in gastritis or peptic ulcers.

### **Benefits**

- It improves blood circulation towards head.
- It makes the ankle and knee joint flexible.
- It improves deep breathing as it opens up the chest muscles.
- It induces physical relaxation and has a calming effect on the mind.

## 7. BHUJANGASANA

(Serpent pose)

**Stithi:** Prone

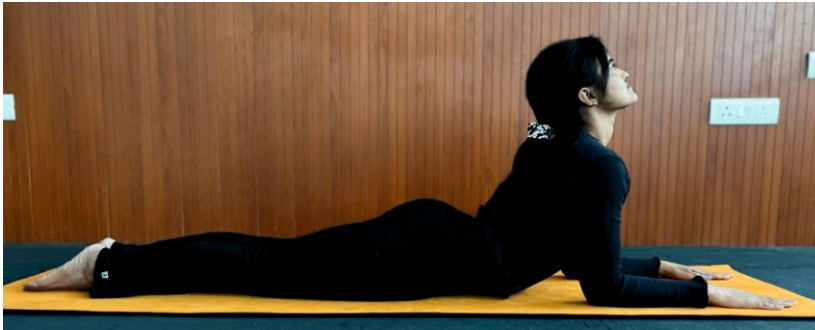
### Practice

- Relax the body in prone posture by adopting Makarasana (Crocodile pose).
- (Bring the arms above the head on the ground with palm facing down and legs together with toes pointing back.
- Slowly drag the palms along the ground and place them by the side of the chest below the shoulder with elbows parallel to each other.
- Breathing in and raise the head, shoulder and chest up till the naval with the support of the hands having equal pressure on both hands, with eyes gazing upward and legs on the ground.
- Hold the posture comfortably with normal breathing for 3 shallow breaths.
- Then gently with hand support bring the body down to the ground while breathing out and relax in makarasana.
- Same procedure can be repeated 3 times.



**Makarasana**





### **Key Points**

- Avoid jerky movement when going up and coming down.
- Keep the feet together throughout the practice.

### **Contraindication**

- Those who had any recent abdominal surgery should avoid this practice.
- It should be avoided by those suffering from peptic ulcers, hernia and intestinal tuberculosis.
- To be avoided in Pregnancy.

### **Benefits**

- It improves deep breathing as it opens up the chest muscles.
- It keeps the spine supple and healthy.
- It can relieve stiffness and mild lower back pain.
- It tones up the ovaries and uterus and helps with menstrual disorders.
- It stimulates the digestive system, increase appetite and improves dyspepsia.

## 8. SHALABHASANA BREATHING

(Locust pose)

**Stithi:** Prone

*Shalabhasana with one leg*

### Procedure

- Start from relaxing the body in makarasana.
- Slowly bring the palms under the thighs and make a fist to support legs in the asana.
- Chin placed on the ground slightly stretched to give a gentle stretch to the neck muscles.
- Lift up the left leg straight without bending the knee and hold for 3 breaths with normal breathing.
- Then bring the left leg down while breathing out. Raise the right leg up after breathing in and repeat the procedure.
- Practice up to 5 times with each leg.



### Key Points

- Legs should be straight throughout the practice
- Chin should be on the ground all the times.

### ***Shalabhasana with both leg Practice***

- Lie down on the stomach and relax the body in *makrasana*.
- Bring the palms under the thighs and make a fist to support legs in the asana.
- Chin placed on the ground slightly stretched to give a gentle stretch to the neck muscles.
- While breathing in Raise both legs up with the help of lower back support and while breathing out bring down the legs.
- Repeat for 5 times.



### **Contraindication**

- *Shalabhasana* requires a lot of strength and should be avoided by those having high blood pressure
- Those undergone an injury of neck, back or shoulders recently should avoid this practice.

### **Benefits**

- It helps improve lower back pain.
- It strengthens the back muscles.
- It Improves the blood circulation in the abdominal area and give benefits to the functioning of digestive system. It also improves the core strength of the abdominal muscles
- Regular practice can help in improving the sciatica pain.

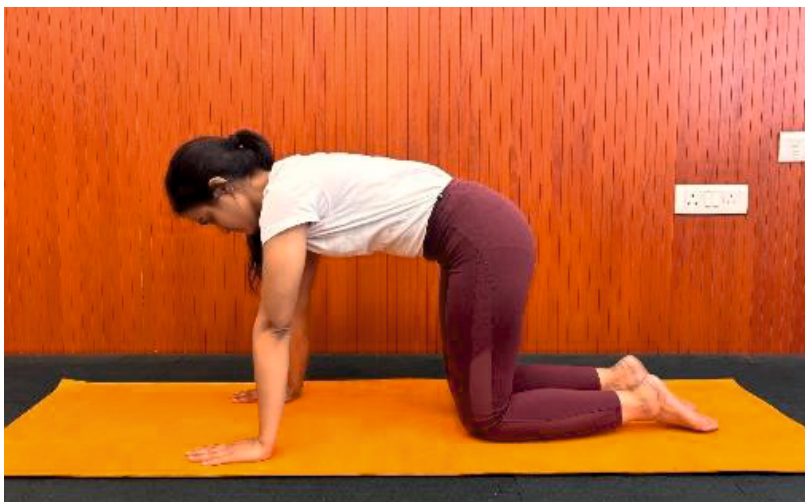
## 9. VYAGHRASANA

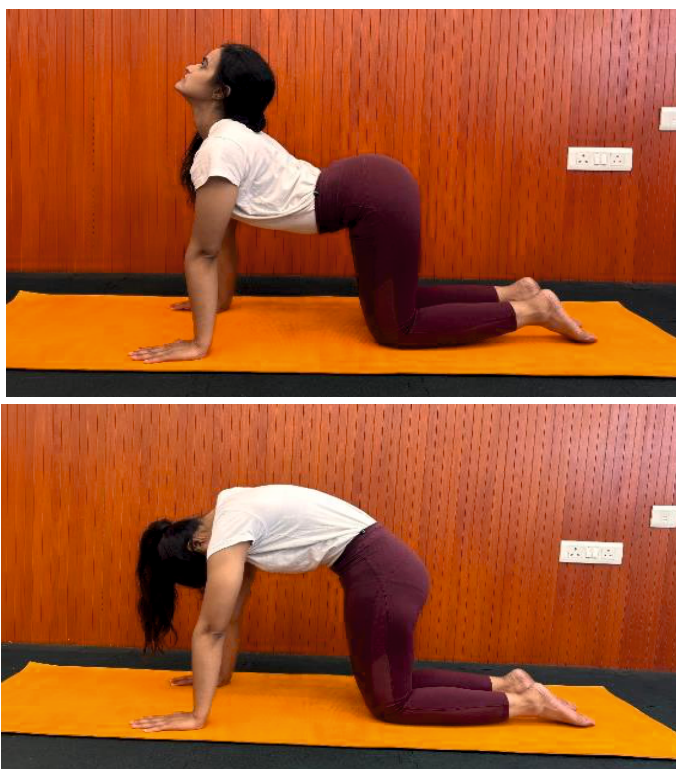
(tiger breathing)

**Stithi:** Dandasana

### Procedure

- Sitting with legs stretched out relax the whole body. Now fold the legs one by one and attain vajrasana.
- Keep the knee at forearm distance and place the palms about one forearm plus one palm distance in the front of the knee.
- Both arms should be parallel to each other.
- While breathing in bring the head up and look upward comfortably and at the same time bring the spine down in concave position.
- With exhalation, arch the spine and bring the head down.
- Bring the chin comfortably close to the chest.
- This completes one round of practice. Repeat for 5 rounds.





### **Key Points**

- Keep both arms straight throughout the practice.
- Keep good cushioning under the knee joints to prevent any injury.
- Synchronize your breath with movement and practice gently without any strain to the neck and back joint

### **Benefits**

- It can be used as warm-up practice before going for stretching asanas.
- It can relieve mild pain and stiffness associated with lower back and neck.
- It gives gentle message to the abdominal organs and stimulates the digestive system and stimulates blood circulation.

### **Contraindications**

- Those with neck, shoulder and back injury should avoid this asana.

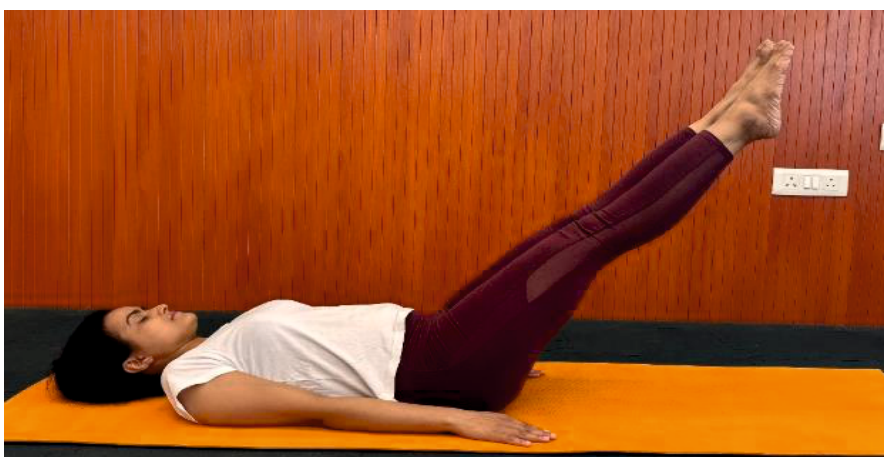
## 10. UTTANAPADASANA

(Straight leg raise pose) (single/both)-30/60/90 degree

**Stithi:** Supine

### Procedure

- In Supine posture, keeping the back on the ground, legs joined together with hands by the side and palms facing down.
- While breathing in first raise the right leg up to 30 degree and hold for three breaths, again with inhalation raise it to 60 degrees and hold for three breaths and finally raise to 90 degrees and hold for 3 breaths.
- Breathing out gently bring the leg down in similar manner from 90 to 60 to 30 and ultimately resting on the ground.
- Continue the same with left leg and with both legs.





### **Key Points**

- Legs to be kept straight throughout the practice without bending the knee.
- If facing difficulty while holding the legs at different angles, reduce the time period and hold for one breath count or practice without holding.

### **Contraindication**

- It should not be practiced by those with severe hypertension.
- Those who have gone through the surgery of the either the hips or abdomen.

### **Benefits**

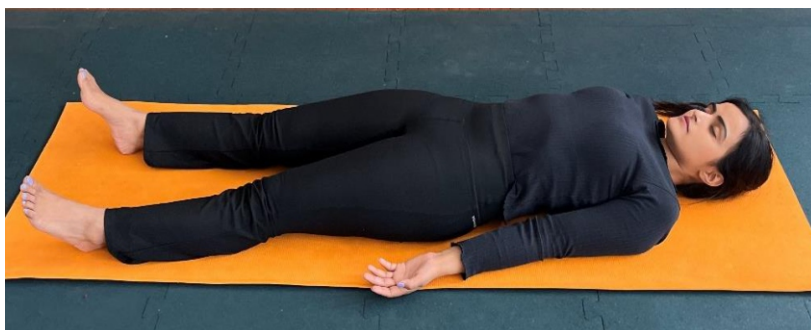
- It strengthens abdominal, legs, pelvis and lower back muscles.
- It can help in the management of weight.
- It improves the problems related to the digestive system and can help with indigestion.
- It improves blood circulation towards heart and also helps in maintaining the health of the abdominal organs.

## 11. QUICK RELAXATION TECHNIQUES

**Stithi:** Supine

### Practice

- Lying down on the back in supine posture relax the whole body in shavasana, keeping the arms and legs apart, palm facing up and close the eyes.
- With normal breathing observe the abdominal movement for 3 breaths.
- Now shift to deep breathing and while inhaling and raise the abdomen up, while exhaling bring it down, feel this synchronization between your breath and body. Observe this about 5 breaths again.
- Next step is to breathe with feeling, while breathing in feel the whole body energizing and while exhalation release the tension and collapse all the muscles and relax completely. Practice for 5 breaths.



### Benefits

- This practice relaxes the whole psycho-physiological system.
- It calms down the mind and relaxes the whole body quickly.
- It helps improving the sleep quality and is beneficial in insomnia.

### Key Points

- Those advised not to practice lying down on their back can sit in the chair and follow the same instructions.



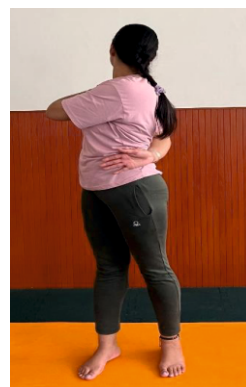
## 12. ARDHA KATI CHAKRASANA

(Lateral arc pose)

**Stithi:** Standing

### Procedure

- Standing straight with hands by the side the body. Slowly while breathing in raise the right hand from sideways.
- When horizontal to the ground rotate the palm upward and inhaling deeply bring it above the head and touch the ear with the biceps.
- Stretch the arm upward and with exhalation bend the upper body to the left side.
- Dragging the left hand down the thigh.
- Maintain for 5 breaths and then come back up while breathing in and bring the hand down with exhalation. Repeat the same procedure on the other side.



### Key Point

- While bending does not bend the knee and elbow.

### Contraindication

- Those with pain around hip, shoulders and knee should avoid this practice.

### Benefits

- Helps in reducing fat at the waist region
- It stimulated the sides of the body.
- It improves the function of the liver.

## 13. ARDHA CHAKRASANA

(Half wheel pose)

**Stithi:** Standing

### Procedure

- Standing straight place the palms on the lower back to give good support.
- While Inhaling bend back comfortably and bring the head backward stretching the neck muscles.
- Hold for 3 breaths, Repeat 3 rounds
- Chair support can also be used.



### Key Points

- Keep the legs straight throughout the practice.
- Keep the eyes open if prone to dizziness.

### Contraindication

- People with vertigo problem should avoid this posture.
- Those with acute back pain should consult experienced yoga therapist before attempting this posture.

### Benefits

- It stimulates the spine and provide flexibility.
- It helps strengthen the back muscles.
- Promotes blood circulation towards head.
- Expands chest and shoulders and improve breathing.

## 14. PARIVRTTA TRIKONASANA

(Revolved triangle pose)

**Stithi:** Standing

### Procedure

- Standing, inhale and keep the legs about one meter apart. With inhalation bring both hands parallel to the ground.
- Breathing out bend forward and bring the right hand to the left foot outer side, and left hand straight up above the head in line with the right hand and palm facing forward.
- Keep the eyes on the left finger tips.
- Hold for 3 breaths and then slowly come up with inhalation.
- Repeat the same on the other side.



### Contraindication

- People with severe hypertension, any recent back or abdominal surgery or if should also avoid this.

### Benefits

- It improves and prevents flat foot.
- It increases spine flexibility and also improves the curvature of the back.
- It improves the functioning of the kidney.

## 15. USTRASANA

(Camel pose)

**Stithi:** Dandasana

### Procedure

- Sitting with legs stretched out, hands by the side of the hip's fingers pointing forward, now fold the legs one by one and sit in vajrasana with palms rested over the knees.
- Stand on the knee and place the palm on the waist with fingers pointing forward.
- Inhale and bend backward while placing the palms on the heel. Hold for 3 breaths.
- Exhale and come back up by supporting the back and sit in Vajrayana.



### Benefits

- It is beneficial in balancing the thyroid gland.
- It improves spinal flexibility
- Improve circulation in the head region.

### Contraindication

- People with hernia problem should avoid this asana.
- Those having severe hypertension and acute back pain should also avoid this practice.

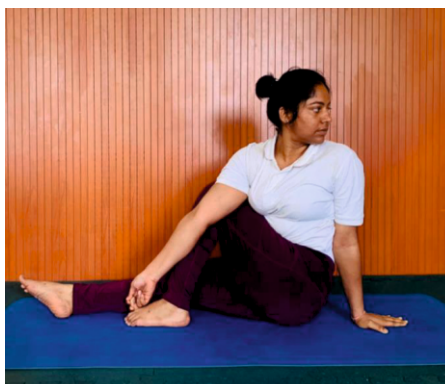
## 16. VAKRASANA

(Twisting pose)

**Stithi:** *Dand asana*

### Procedure

- Sit in *Dand asana* and bend the right knee.
- Place the right hand behind the back with fingers pointing backward in such a way that back is straight.
- Bring the left hand up and by twisting the waist, bring the left arm over the right knee and hold the right toe.
- Look back by turning the head in the right direction. Maintain for 5 breaths.
- Then slowly with inhalation release the toe.
- Relax in *Dand asana*. Repeat the same on the left side.



### Key Points

- Keep the left leg active and take the weight on the back in the final posture and not on the hand which is behind the back.

### Contraindication

- Those who have any spinal injury or have gone any abdominal surgery should avoid this asana.

### Benefits

- The lateral twist improves spinal flexibility and tone up the spinal nerves.
- It improves digestive problems such as constipation and dyspepsia.
- It helps stimulate the pancreas and is beneficial for people having diabetes.

## 17. VIPARITAKARANI

(Half shoulder stand) with wall support

**Stithi:** Supine

### Procedure

- Lying down on the mat closer to the wall with knee bent, bring the hips closer to the wall. Hands will be rested alongside the body.
- Now taking wall support raise both legs up sliding the upper body towards the wall in such a way that feet are vertical and in line with the hips both touching the wall and taking wall support.
- Keep the feet relaxed and legs straight. With eyes close, relax the whole body and observe the breath for a few minutes.
- Release the posture cautiously by bringing the legs down side ways.



### Benefits

- It gives good relaxation to the tired legs.
- It aids in better circulation and help those with low blood pressure.
- It assists in reducing pressure from veins and can be beneficial in varicose vein condition.

### Contraindication

- People with high BP and Glaucoma should avoid this practice.

## 18. DEEP RELAXATION TECHNIQUE

**Stithi:** Supine

### Procedure

#### Step- I

- Starting in supine posture, first come to shavasana with arms slightly away from the body, palm facing up and feet apart comfortably.
- Being aware of the whole body start consciously relaxing the body starting from the toes.
- Being aware of the toes, gently move and relax them. Start relaxing both feet, relax both ankle joints, tighten the knee joints and relax them, move awareness to your thigh muscles and relax them and relax the pelvis region
- Observing the lower part of the body chant (A - Kara) and deepen the relaxation.

#### Step- II

- Move the awareness to the middle part of the body. Relax the abdominal muscles, chest muscles. Shift the awareness to the back. Feel relaxation around the muscles of back bones.
- Relax the back and shoulder muscles.
- Observe the fingers and relax them, relax both palm of the hands, relax the wrist, relax the forearms, elbows, biceps and triceps muscles.
- Observe the middle part of the body, Chant (U – Kara) and deepen the relaxation.

### Step- III

- Be aware of the head region. Relax the lower jaw and lips, relax the cheek muscles, Relax the eyes, nose and ears.
- Relax the forehead, the upper part and the back of the head region. Feeling this relaxation chant (M–Kara) and lie effortlessly on the ground in shavasana.
- To further deepen this relaxation, chant AUM.
- Bring the awareness to the physical body. Move the hands and feet gently to wake up the body after deep relaxation. Bring both leg together and hands alongside. Drag the right hand above the head, turn to the right with head gently rested over right arm and slowly come up while maintaining the relaxed state of the body.

### Contraindication

- Those having acute back pain and are advised not to lie on their back can practice this using pillow and cushions as a support for the neck, back and legs or they can practice while sitting on a chair.
- Make sure that the body is warm during the practice.
- Those with severe respiratory conditions (chronic obstructive pulmonary disease, asthma) or cold and allergies and experience difficulty in breathing while lying on their backs should also avoid.

### Benefits

- It assists in reducing the muscle tension.
- It should be practiced as needed either after the asana practice or at the end of the yoga session.
- It calms down the mind and helps in reducing stress and anxiety.
- This technique also improves sleep and helps people having insomnia.
- It improves body awareness.



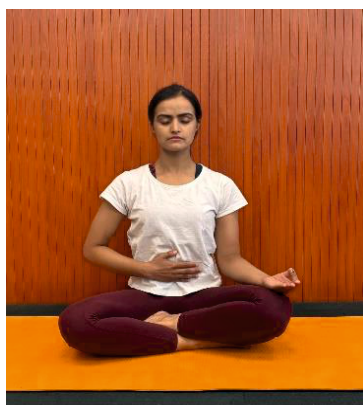
## 19. SECTIONAL BREATHING

**Sthithi:** Meditative pose (sitting)

### Procedure

#### Abdominal breathing

- Adopt a comfortable sitting posture.
- Keeping your back neck straight and both hands on your knees in *chin mudra* or *chinmaya mudra*.
- Keep your right hand on your abdomen.
- Now as you inhale, budge your abdomen like your balloon (fill with air).
- Exhale and sink your abdomen (throw the complete air out).
- Repeat it for 9 rounds.



#### Thoracic breathing

- Adopt a comfortable sitting posture
- Keeping your back neck straight and both hands on your knees in *chin mudra* or *chinmaya mudra*.
- As you inhale, expand your chest by filling up lungs with air
- As you exhale, relax your chest.
- Repeat the same for 9 rounds.

## Clavicular breathing

- Adopt a comfortable sitting posture.
- Keeping your back neck straight and both hands on your knees in *chin mudra or chinmaya mudra*.
- As you inhale, lift your shoulders up with breathing (filling the upper lobe of lungs)
- As you exhale, relax your shoulder down.
- Repeat the same for 9 rounds.



## Precaution/Contraindication

- Anybody with recent surgery should practice the breathing slow.

## Benefits

- Due to deep breathing, Lung capacity and function improves.
- Deep breathing helps to calm down the nervous system.
- Breathing involve different part of lungs so every part gets enough oxygen supply.
- It helps to clear out the confusion.
- Deep breathing is now used even by medical professionals to treat patients with blood Pressure.
- Deep Breathing also helps to reduce panic and anxious feelings.

## 20. NADISHODANA PRANYAMA

**Sthithi:** Meditative pose

### Procedure

- Initially, take a seat comfortably and lay your hands on your thighs or knees with the palms facing upward.
- *NadiSodhan* practice is best done in meditation postures like *Padmasana*, *Siddhasana*, *Swastik asana*, and *Vajrasana*, among others
- Take a few slow, deep breaths while keeping your eyes closed and paying attention to your breathing.
- Adopt chin mudra (the tips of your thumb and index finger should contact) in left hand and keep it on left knee.
- Adopt *Nasigra Mudra* in right hand (folding index and middle finger towards the palms) or place the tips of their index and middle fingers between their brows, their ring and little fingers on their left nostrils, and their thumb on their right nostrils. To open or close the left nostril, we shall use the ring and little fingers, and the right nostril, the thumb.
- Now gently close your right nostril and exhale through the left nostril.
- Now, close your left nostril with your ring and little fingers, inhale through your left nose while holding your right nostril close with your thumb. Exhale through your right nostril. Exhale via the left nostril by taking off your little and ring fingers, then inhale through the right nostril and seal it with your thumb. This concludes one round.
- Breathe through both nostrils alternatively for 09 rounds. Always take a breath in through the same nostril that you just used to exhale. Continue taking long, deep, easy breaths without any force or effort while keeping your eyes closed.



### Key points

- The breathing need to be slow and there should be no sound while inhaling and exhaling.

### Benefits

- Regular practice helps to improve lung capacity and efficiency and build better respiratory health.
- It helps to enhance focus, memory and Mental clarity by improving oxygen supply to the brain.
- Nadishodana energize the *Manipura chakra* (Solar Plexus) and *Visuddhi Chakra* (Throat Chakra).
- *Nadishodana* is frequently used to lower stress and anxiety levels while encouraging relaxation and mental peace
- *Nadishodana Pranayama* can improve cardiovascular health by lowering blood pressure and heart rate
- *Nadishodana Pranayama* exercises can help a person's immune system by lowering stress and encouraging relaxation.

## 21. BHRAMARI PRANAYAMA

***Sthithi:*** Meditative Pose

### Procedure

- Sit in any comfortable meditative pose, keeping neck back straight and hands on your knees.
- Keep your eyes closed throughout the practice.
- Gently by Pressing the ear ligament into the ear hole with thumb close your ears and keep your fingers on the eyes. Keep the tongue touched on hard palate with closed mouth.
- Inhale deeply through the nose, on exhalation make humming sound in low pitch and observe the sound with in you.
- This complete one round, repeat the process for 9 rounds.
- After completing, drop your hands down feel the resonance with in you. Gently become aware of oneself.



### Benefits

- Bhramari helps to enhance the sensitivity at psychic level and awareness of subtle vibrations. Bhramari improve mental well-being.
- It helps improve mental well being due to soothing effect of sound, helps to reduce anger, anxiety and mental tension.
- It helps in improving sleep quality, focus, and concentration, reduces burnout, and is also helpful in improving emotional well-being.
- It helps reduced the irritability, depression, and anxiety associated with tinnitus.

## 22. NADANUSANDHANA

(A, U & M Chanting)

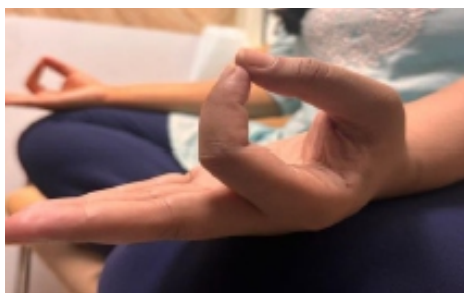
**Sthithi:** *sitting*

### Procedure

- Sit in any comfortable meditative asana and adopt Chin Mudra.
- Take a couple of breaths to centre yourself and draw the attention inwards.
- Slowly inhale, and fill up your lungs with fresh air.
- Exhale and chant A-kara in a low voice (just the 'AAA' sound).
- Notice how the sound resonates in the abdomen.
- Repeat 9 times.

### U-kara chanting

- With *Chinmaya Mudra*, slowly inhale to fill the lungs with fresh air.
- Exhale and chant 'UUU' in a low pitch.
- Notice how the sound reverberates in the middle part of the body.
- Repeat 9 times.



**Chin Mudra**



**Chinmaya mudra**

### M-kara chanting

- With *Adi Mudra*, slowly inhale to fill the lungs with fresh air.
- Exhale and chant 'MMM' on low pitch.
- Feel the resonance in throat and head region.
- Repeat 9 times.



**Adi Mudra**



**Brahma Mudra**

### **AUM chanting**

- Keep *Brahma Mudra* (thumb inside the fist) throughout the practice.
- Inhale gently and fill up lungs with air.
- While exhaling, chant AUM in a low voice.
- Feel the sound resonate throughout the body.
- Repeat 9 times.
- To close the practice, take another few deep breaths becoming aware of any sensations in the body and observe your emotional state.

### **Benefits**

- The practice helps to improve the level of awareness and focus.
- It is effective in reducing perceived stress and improving autonomic response in pregnant women.
- Relaxation induced through yogic practices helps in injury management in sports.
- Regular practice induces relaxation response on the muscular system of the body.
- Practice induces relaxation to the spine by shifting the centre of gravity from the lower back region.

## 23. TRATAKA (YOGIC GAZING)

***Sthithi:*** Meditative pose

### **Procedure**

- Sit in relaxed meditative position by making sure your back is completely straight. Both hands on your knees.
- Slowly raise your right hand in front of you by raising thumb at eye level.
- Gently open your eyes and start looking at the base of thumb.
- Slowly move your eye gaze at top of the thumb.
- Now keep looking at the top without blinking your eyes, till the tears roll out of the eyes.
- Once tear comes out, gently close your eyes and keep your hand on the knee.
- Observe the changes in your eyes and go for palming.
- Make a cup of your hand and keep it on your eyes.
- Repeat the same for 3 times.

### **Key Points**

- As a preparatory practice, eye exercises to be done before trataka.
- The procedure can be done by focusing on idol picture as well.

### **Precaution/ contraindication**

- Anyone with Headache, Migraine, epilepsy, seizure should not Practice this.

### **Benefits**

- As its cleansing technique, helps to clear tear gland and eyes.
- It helps in improving eye sight.
- It helps to relax the eye muscles and eyes.
- It helps in clearing out the tangled thought and clean out the confusion.
- It helps to improve concentration.







## Contact

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