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Review Article

MODERNIZED ADAPTATION OF ASANAS FOR 21ST CENTURY LIFE STYLE

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ABSTRACT

Yoga is a perfect practical system of self-culture. Yoga is an exact science. It aims at the harmonious development of the body, the mind and the soul. Practicing *vyayama* (exercise, different *asanas*) daily is very essential. Physical exercise should be done after oil massage so that the oil applied on the body gets absorbed through the pores of the skin and enters into the tissue level.

The present era has shown a significant change in the entire thinking about the problems of health and diseases towards its preventive measures. They view that maximum effort should be made to prevent almost all categories of ailments, as it is not humanly possible to treat and cure all the patients.

In present era there is a need for the modifications of Asana told in our Shastra and utilize the same in day today life for the improvement of both physical and mental health. While doing different routine works itself proper exercise should be given to various body parts/ muscles hence helpful in controlling the excess fat, relaxing the mind and body.

Large segment of the population has a busy schedule and they cant allot a separate time for doing Asanas. Hence while doing routine works like Brushing, Bathing, during dish wash, while in phone call etc different bodily postures (Asanas) can be done so as to get the considerable amount of health benefits.

Keywords: Asanas, Modified, During, Routine Works, Health Benefits

INTRODUCTION

Yoga is a perfect practical system of self-culture. Yoga is an exact science. It aims at the harmonious development of the body, the mind and the soul. Yoga is the turning away of the senses from the objective universe and the concentration of the mind within. Yoga is eternal life in the soul or spirit. Yoga aims at controlling the mind and its modifications. The path of Yoga is an inner path whose gateway is your heart¹.

Yoga is the discipline of the mind, senses and physical body. Yoga helps in the co-ordination and control of the subtle forces within the body. Yoga brings in perfection, peace and everlasting happiness. Yoga can help you in your business and in your daily life. You can have calmness of mind at all times by the practice of Yoga. You can have restful sleep. You can have increased energy, vigor, vitality, longevity and a high standard of health².

Yoga transmutes animal nature into divine nature and raises you to the pinnacle of divine glory and splendor. The practice of Yoga will help you to control the emotions and passions and will give you power to resist temptations and to remove

the disturbing elements form mind. It will enable you to keep a balanced mind always and remove fatigue. It will confer on you serenity, calmness and wonderful concentration³.

The present era has shown a significant change in the entire thinking about the problems of health and diseases towards its preventive measures. They view that maximum effort should be made to prevent almost all categories of ailments, as it is not humanly possible to treat and cure all the patients. To keep fit, one must understand the importance of biological clock, the environmental changes every now and then. One, who wants to keep himself fit for whole of his lifetime, should also be fit every day. Health depends on how one spends each day. In order to follow a balanced and healthy life, *Ayurveda* suggests a specific daily routine for each individual in which *vyayama*(physical exercise) plays an very important role⁴.

Practicing *vyayama* (exercise, different *asanas*) daily is very essential. Physical exercise should be done after oil massage so that the oil applied on the body gets absorbed through the pores of the skin and enters into the tissue level. Physical exercise should be done half of ones capacity. It produces lightness in the body, strength for work, increased gastric fire,

and reduced fat. All parts become well developed and in good form. There are different kinds of physical exercise described in *Vedic* and ancient Indian books. Many of these are suitable to a particular type of person or a particular type of condition, but some are generally suitable for everyone⁵.

In present era people are having sedentary life style which leads to obesity HTN, CVD, DM etc due to the lack of physical exercise and their busy working schedule/occupation. Even the occupation will be having its effect over health. Work affects women's and men's bodies and minds in many ways. Workers can gain great satisfaction from their jobs, but they can also be exposed to hazards that can affect their health. Working under pressure with little power to change the work environment can cause psychological and physical distress. All over the world, women and men suffer discomfort, disease, injuries and death from their work⁶.

In present era there is a need for the modifications of Asana told in our Shashtra and utilize the same in day today life for the improvement of both physical and mental health. The present day life style is so fast moving that separate time cant be allotted for doing physical exercise or Asanas. While doing different routine works itself proper exercise should be given to various body parts/ muscles hence helpful in controlling the excess fat accumulation and for the relaxation of the mind and body.

DISCUSSION

Yogasanas should be done properly on a mat with all attention in that particular direction and also towards the movement and position of the body parts. But the large segment of the population has a busy schedule and they cant allot a separate time for doing Asanas. Hence while doing routine works like Brushing, Bathing, during dish wash, while in phone call etc different bodily postures(Asanas) can be done so as to get the considerable amount of health benefits.

Asanas during Brushing:

1. Firstly place the feet's together and then place it to back as far as comfortably you can, have a proper grip of over the feet and then lean forward holding one hand to the edge of the sink, wash basin. Then gently lift the tops of your feet to deepen the stretch. You can continue the stretching and relaxation of the legs for sometime as per your convenience and comfort and later come back to normal standing position. This will give proper strength and stability to lower limbs⁷.

2. Then you can lift the one arm up and do the circumductory movements for certain duration and later can do the same on the other arm. Later can do the lateral and backward flexion of the back leading to the considerable amount of movements in the vertebra and also the hip and abdomen.

Time required = 0 minutes; Benefits the muscles of upper, lower limb and even the muscles of the back and abdomen.

Asanas during Bathing:

1. If you are using shower for bath then during bath you can easily do the backward and forward bending to a considerable degree leading to the stretching of the muscles of the back and abdomen and also burns excess amount of fat accumulated in the abdominal region. Later can do the lateral, forward and backward movements of the neck so that there will be stretching of the neck muscles. This will be beneficial for

those who always spend a lot of time in front of laptop with neck upright.

2. If you are using the classical bucket- tumbler method for bath then it is best to keep the bucket at the level of your foot (not in raised platform) so that everytime you lean forward for the water which itself will be the good exercise for the muscles of back, abdomen and upper limb and also will help in burning excess of abdominal fat.

3. Forward bending with knees extended to wash the lower limbs will mimic hastapadasana which will stretch the muscles of both upper and lower limb and forward bending burns the excess fat accumulated in the abdominal region. Movements of the arm towards the scapular region, thoracic and lumbar vertebrae region will give the negligible amount of movement to shoulder and elbow joint and also to the muscles related to it.

Time required = 0 minutes; Benefits the muscles of upper, lower limb and even the muscles of the back and abdomen and burns the excess fat accumulated in the abdominal region.

Asanas during Dish wash:

1. Dish wash itself a good kind of exercise beneficial to the muscles of the upper limb especially to the muscles, joints of the hands and fingers. At the same time one can practice the movements of the toes especially flexion and extension of toes leading to the proper exercise of the feet and toes.

2. Later can bring the two legs together be in the upright position for some time and then slowly with proper balance and consciousness bend the leg at knee, adduct the hip and then keep the foot on the thigh of other leg which will resemble the classical Vrukshasana. This requires little of practice and will help in the proper stretching of the calf muscles and proper movements of the hip, knee, ankle joint. The same thing can be repeated with the other leg⁸.

Time required = 0 minutes; Benefits the muscles of upper, lower limb, improves balance.

Asanas during Phone call:

1. During the phone call firstly stand upright with foot touching together. Then slowly bend the one lower limb at the knee so that your sole touches the back portion of thigh and for proper balance can hold the feet with the same side upper limb. Can maintain the same posture for considerable amount of time and then can do the same with other side upper, lower limb. This mimics with the traditional Natarajasana⁹.

2. Later can lift the arm up and totally lateral flex the body (neck, back with uplifted arm) towards other side so that there will be considerable amount of movement and utility of muscles of neck, back and upper limb. The same can be done with the other side also for sufficient amount of time as per your convenience and comfort.

Time required = 0 minutes; Benefits the muscles of upper limb and also to the muscles of the back and neck.

Asanas during dressing up:

1. When putting socks to the foot instead of putting it in sitting posture following method can be followed – Stand in upright position with legs well apart then slowly lift the one leg and flex at the knee and put the socks by leaning forward to a considerable angle, similar way can be done with the other leg. It improves balance and causes stretching of the gluteus maximus and muscles of lower limb, back¹⁰.

2. When putting buckling up the shoes instead in sitting posture following method can be followed – after putting on the shoes then stand in upright position with foot touching each other then slowly bend forward without bending the knees and buckle up the shoes. By this there will be stretching of the muscles of back, abdomen and even of the muscles of lower and upper limb. Bending forward will help in burning excess of abdominal fat¹¹.

Time required = 0 minutes; Benefits the muscles of upper limb and also to the muscles of the back and abdomen, burns excess amount of fat accumulated in the abdominal region, improves balance.

Similar kind of bodily postures can be done while doing different routine works and even during office works, which will help in attainment of considerable amount of health benefits both physical and mental.

CONCLUSION

Yoga is the discipline of the mind, senses and physical body. Yoga helps in the co-ordination and control of the subtle forces within the body. Yoga brings in perfection, peace and everlasting happiness. The present era has shown a significant change in the entire thinking about the problems of health and diseases towards its preventive measures. They view that maximum effort should be made to prevent almost all categories of ailments, as it is not humanly possible to treat and cure all the patients.

Yogasanas should be done properly on a mat with all attention in that particular direction and also towards the movement and position of the body parts. But the large segment of the population has a busy schedule and they cant allot a separate time for doing Asanas. Hence while doing routine works like Brushing, Bathing, during dish wash, while in phone call etc different bodily postures(Asanas) can be done so as to get the considerable amount of health benefits both physical and mental dimension.

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