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Sarvavyadinashaka Asanas w.s.r. to Hatha Yoga Pradipika

Asha Karki

Assistant Professor, Department of Swasthavritta, RKM Ayurvedic Medical College, Vijayapur, Karnataka, India.

ABSTRACT

India is famous for its culture and heritage. To boost up this concept our country stands first to teach *Yoga* to the universe. *Yoga* is a skilled performance and practicing *Yoga* leads to *Moksha*. Whereas the main of *Ayurveda* is also to attain *Moksha*. To understand the concepts of *Yoga*, *Acharyas* have explained different types of *Yoga* as *Bhakti Yoga*, *Karma Yoga*, *Hatha Yoga*, *Raja Yoga* etc. Whereas, *Hatha Yoga* gives importance to strengthening the body and one will be disease free after following the concepts explained under the same. Concentrating on ultimate aim of both *Yoga* and *Ayurveda* i.e., to attain *Moksha* one should be healthy. The health of the individual can be gained by following all routines explained by our ancestors including *Hathayoga*.

Key words: *Hatha Yoga*, *Matsyendrasana*, *Paschimottanasana*, *Mayurasana*, *Padmasana*.

INTRODUCTION

Yoga is the ancient science. Initially started by Lord Shiva, later on followed by many. So many books related to *Yoga* are there. Among them *Hathayoga Pradipika* is also one. The author of *Hathayoga Pradipika* is Shri Swatmarama Yogi, who learnt this knowledge from Yogi Matsyendranath and Gorakhnath. Period of the literature is between the year 1350-1500. Under the 4 headings *Hathayoga* has been explained by the author, namely *Asana Vidhi*, *Pranayama Vidhi*, *Mudra Vidhana* and *Samadhi Lakshana*. *Hatha Yoga* gives importance to strengthening the body and prepares one for the *Rajayoga* and later for the ultimate aim to achieve

Moksha. "Ha" represents *Surya* i.e., *Pingala Nadi* and "Tha" represents *Chandra* i.e., *Ida Nadi* and the union of both is called as "*Hatha*". In other words, the flow of *Prana* through *Sushumna Nadi* is called as *Hatha*. One cannot achieve mastery over *Rajayoga*, without the practice of *Hathayoga*, similarly *Hathayoga* cannot be conquered without the help of *Rajayoga*. So, both of these should be learnt simultaneously.

To practice *Hatha Yoga* one should follow the rules explained by the author like, *Yogi* should think of the place where to practice (*Yoga Matha*), *Yogasiddhikara* and *Pratibhandakara Bhava*, one has to follow *Dasha Yama* and *Niyama*, consider *Mitahara*, *Pathya* and *Apathya Ahara Vihara* also. By keeping all these things in mind, when one practice *Asana* there will be *Sthairya*, *Arogya* and *Anga Laghava*. Whereas the *Hathayoga Siddhi Lakshanas* are: lean body, pleasant face, clear and melodious voice, eyes clear of blemishes, bright healthy body, abstinence, enhancement of *Agni* and purity of all *Nadis*. 15 *Asanas* have been explained in first *Upadesha* and among them *Matsyendrasana*, *Paschimottasana*, *Mayurasana* and *Padmasana* are explained as *Sarva Vyadhinashaka Asanas*, when practiced as explained. So, one should practice these *Asanas* to gain Health and to be disease free.

Address for correspondence:

Dr. Asha Karki

Assistant Professor, Department of Swasthavritta, RKM Ayurvedic Medical College, Vijayapur, Karnataka, India.

E-mail: karkiasha@gmail.com

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MATERIALS AND METHODS**1. Matsyendrasana****Method**

1. Sit with the legs stretched forwards on the ground.
2. Bend the left leg at knee, place the sole and heel of left foot on the floor.
3. With exhalation turn the spine about 90 degrees to the left, so that right arm pit touches the outer side of the right thigh.
4. Place the right shoulder beyond the left knee and stretch right arm forwards.
5. Exhale, move the right arm around the left knee, bend the right elbow and place the right hand at the back of the waist.
6. With deep exhalation, twist the left arm from the shoulder behind the back and clasp the right hand behind the back with the left hand.

Benefits

Enhances *Jatharagni*, act as weapon to destroy all *Rogas* and helps to awaken *Kundalini* power and gives *Sthairyra* to man.

2. Paschimottanasana**Method**

1. Sit straight with the legs extended to the front.
2. Hold the great toes of foot with respective hands.
3. With exhalation bend forwards and touch the head to the knee joint.
4. The elbows should touch the ground.
5. Be in this position for 30-60 seconds.
6. Release the hands and with exhalation come back to the earlier posture.

Benefits

Helps to circulate *Shareeragata Vayu* i.e., *Prana Shakti* through *Paschim Marga* i.e., *Sushumna Nadi*. Enhances *Jatharagni*, reduces abdominal fat and the does *Arogata of Shareera*.

3. Mayurasana**Methods**

1. Kneel down on the ground with the knees slightly apart.
2. Bend forward, place the palms with the fingers positioning back and place them on the ground.
3. Bend the elbows and place the fore arms together. Rest the abdomen on the elbows and the chest on the posterior aspect of the upper arms.
4. Extend the legs straight one by one and place them together and stiff.
5. Exhale, transfer the body weight on the wrists and hands, lift the legs from the floor, simultaneously stretch trunk and head forwards. Keep the body parallel to the ground.
6. Then slowly lower the body on the ground and come to the earlier position.

Benefits

It destroys all diseases including *Gulma*, *Udara Roga*. Pacifies increased doshas. Helps in digestion and increases *Jatharagni* and also have the capacity to digest the *Kalakoota Visha*.

4. Padmasana**Method**

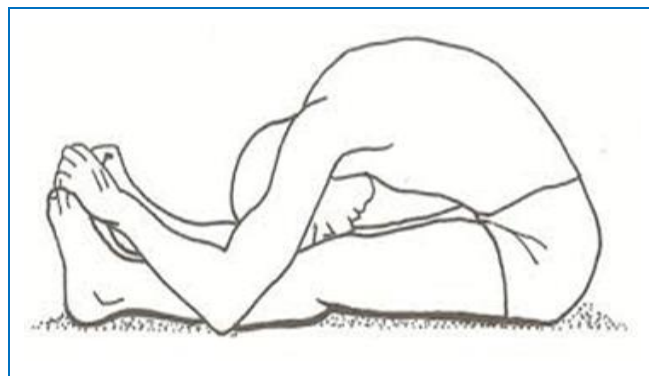
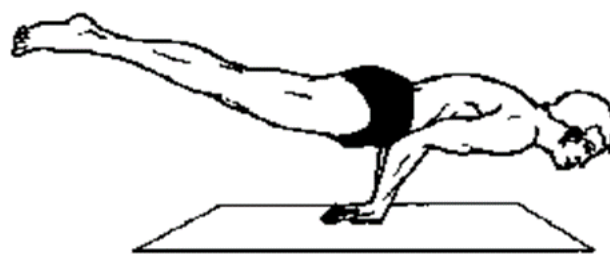
1. Sit on the ground with the legs stretched.
2. Bend the right leg at the knee and keep it on the root of left thigh, so that right heel is near the umbilicus.
3. Bend the left leg at the knee and keep it on the root of right thigh and heel near the umbilicus.
4. Sit in the position comfortably with hands placed one above the other.
5. Back, neck and body should be straight.
6. Change the position of the legs after some time and perform the posture with opposite way.

Benefits

The *Asana* is called as *Sarva Vyadhi Vinashakara*.

DISCUSSION

1. *Matsyendrasana* - pressure of the heels against the naval and clasping of the hands behind the back stimulates the nerves around the umbilicus. It tones liver, spleen and pancreas and calcium deposits in the shoulder joints is resolved. The movements of shoulder joint become free.
2. *Paschimottanasana* - reduces abdominal fat, beneficial in defects of *Prana Vayu*, tones up the abdominal organs like kidney, liver, spleen etc. strengthens the spine. This pose massages heart and it increases vitality and helps to cure impotence and gain control over sex.
3. *Mayurasana* - tones up the abdominal part of the body. Due to pressure of the elbow against the abdominal aorta blood circulation enhances. Prevents accumulation of toxins, cures ailments of stomach and spleen. Enhances the strength of forearms, wrists and elbows.
4. *Padmasana* - best posture for meditation and *Pranayama*. Makes the mind attentive and alert. Beneficial in curing stiffness of knees and ankles. Enhances blood circulation in lumbar and abdominal regions. Tones up the spine and abdominal organs.

**Fig. 1: Matsyendrasana****Fig. 2: Paschimottanasana****Fig. 3: Mayurasana****Fig. 4: Padmasana****CONCLUSION**

According to Hatha Yoga Pradipika all the above said *Asanas* namely *Matsyendrasana*, *Paschimottanasana*, *Mayurasana* and *Padmasana* are described as *Sarva Vyadhinashaka Asanas*. As the abdominal organs will get massaged and spine tones up after performing these *Asanas*, it automatically helps to restore the health. Hence, these *Asanas* can be prescribed for the

person suffering from any of the disorder keeping contra-indications in mind or these *Asanas* can be advised for maintenance of good health also. If one is able to practice these 4 *Asanas* with ease, they can come out of the diseases.

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