

BHUJANGASANA AND PADMASANA AND IT'S BENEFITS

BY
MONOJIT GOPE



INTRODUCTION TO BHUJANGASANA

Bhujangasana has been particularly important in the Hatha Yoga stream as it helps all the body systems from a health perspective. Bhujangasana, the name is derived from the Sanskrit word ‘Bhujanga’, which means ‘snake’ or ‘serpent’ and ‘Asana’ meaning ‘posture’. Thus, it is referred to as cobra pose, as it appears like the posture of a cobra with its hood raised.



TYPES OF BHUJANGASANA

Bhujangasana has four variations:

1. Half Cobra Pose (Ardha Bhujangasana).
2. Cobra Pose with raising palm.
3. Cobra Pose (Saral Hasta Bhujangasana).
4. Curved hands Cobra Pose (Vakra Hasta Bhujangasana).



STEPS FOR BHUJANGASANA

Step to follow:

STEP-1: Lying down flat on your stomach, keep your hands by the sides of the thighs, legs together, toes pointing outwards, palm facing upward while your forehead may be resting on the ground.

STEP-2: Slowly bend your hands at the elbows, then place your palms on the ground to the sides of the shoulder; thumbs should be placed beneath the armpit.

STEP-3: Bring your chin forward, position it on the ground, and gaze straight ahead.



STEPS FOR BHUJANGASANA (CONTINUE)

STEP-4: Slowly raise the head, neck and shoulders and raise the trunk up to the level of the navel.

STEP-5: Try to raise the chin as high as possible, as your back arches. You need to maintain this posture for as long as you can comfortably do it.

STEP-6: Then slowly lower yourself back down to the ground, beginning from the upper part of the navel region, chest, shoulder and chin; and finally place the forehead on the floor.

STEP-7: The last step includes relaxation. You should place the arms and hands by the sides of the thighs and relax.



BENEFITS OF BHUJANGASANA:

1. **Balancing Belly Fat:-** The benefits of this asana may uplift physical appearance and beauty as stretching the abdominal muscles may have some effect on flattening the abdomen area.
2. **Blood Circulation:-** Bhujangasana mainly may improve blood circulation. Good blood circulation helps the cells to receive sufficient oxygen and nutrients.
3. **Help in Stress management:** Practicing Bhujangasana may help you overcome the effects of stress.
4. **Strengthening the Spine:-** Bhujangasana may be helpful to give your back a reasonable extension. Thus, it might help strengthen your spine
5. **Calm Sciatica Nerve:-** It may help to soothe sciatica Nervous System.
6. **Good for Lungs Health:-** It opens the chest and may help to clear the passages of the lungs.



INTRODUCTION TO PADMASANA

- ❑ It is an ancient Indian practice, where a person sits in a cross-legged posture placing his/her feet on the opposite thighs. Lotus pose is an established meditative asana in Hindu, Jain and Buddhist traditions. Padmasana allows the body to be held completely steady for a longer period.



STEPS FOR PADMASANA

❑ Christopher Hutton (2014), in his research paper on “Benefits of Yoga Pranayama, Asana, and Meditation Techniques for Classically Trained Singers and Voice Educators” mentions that getting into the lotus pose involves four steps:

STEP-1: Sitting on the floor with legs extended outward, keeping the spine erect.

STEP-2: Slowly bring the right foot on top of the left stretched thigh. The sole should face towards the sky and the heel towards the navel adjacent to the pubic bone.

STEP-3: Once you are relaxed, repeat the same steps with the left foot on the right thigh and crisp of the hip.

STEP-4: Place the hands on the knees and imagine the ascend of breath from the lower abdomen, up the spine to the head.



BENEFITS OF PADMASANA

1. **Knee Pain:** Padmasana helps in diminishing the pain of leg and knee joints related to Arthritis.
2. **Maintaining Stability:-** The lotus posture helps in distributing the pressure on the lower spine, thus allowing the body to be steady for a longer time.
3. **Digestion health:-** Padmasana helps in relieving constipation and improves the digestive process.
4. **Calming the Nervous System:-** Padamasana posture relieves the tight muscles surrounding the spine, thus helping to relax and flushes out the negative thoughts of the mind, which may help in calming the nervous system.
5. **Concentration:-** It may help in increasing the focus and concentration of an individual, especially the students preparing for exams.
6. **Stress management:-** It may help in managing stress.



THANK YOU

