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Analytic Study of Selected Asanas to Improve Good Posture One Way Promoting Better Breathe

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Abstract: The purpose of this review is to introduce a study that will discuss the benefits of practising asanas for improving breathing and posture. In-depth description of asanas improved posture, which in turn brings greater oxygen and mental, emotional, and spiritual concentration. Asanas are a means to a healthier physique. The purpose of this study was to gain the benefits of reviewing and analysing asanas for oneself. Techniques include examining the beginning and ending positions of the posture, breathing properly, and maximising flexibility and strength. Each and every step of assuming, holding, and releasing a pose. Muscles are better able to adapt to different situations when the body reaches a higher level of flexibility. Lactic acid buildup can be halted with the use of slow, rhythmic asana practise. A greater quantity of lactic acid is produced during more intense physical exercise, which is used to burn fat. Better breathing and less pain can be achieved by analysing the effectiveness of a variety of postures. When you exercise your sympathetic nervous system in a variety of postures, your heart rate variability (HRV), heart rate, and blood pressure will all return to normal. In conclusion, the effects of asanas and correcting body posture have been shown to improve breathing and provide the body with greater range of motion, strength, and suppleness.

Keywords: Pranayama, Level of mind, Agitation, Mind, Mood swing, Yoga

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Introduction

Yoga is harmony of body mind and soul, it gives good health as well holistic approach in modern world. There are many technique available to promote better life through yoga, for example loosening the joints and bones stretches with breathing to relief stiffness in joint and bones and

mobility as well flexibility. Surya Namaskar is having 12 steps easy to practice as well activate all systems of body and mind. Asanas are important for strengthening body and promoting better breathe (Muktibodhananda, 2008). Pranayama is great path way to bring mind stress

free as well agitation to normal level of mind. Bandhas is locking technique to release the energy and improve the blood supply to all body parts. Mudras is sealing technique to merge the body mind and awareness, based on this to reduce/ increase physiological function of body normal level. Kriyas is best cleaning technique to remove maximum toxins from body as well mind. Relaxation promote physical and mind health to human, for pain in physical or mind are going to overcome. Opposite esteem level body and mind will move and get balanced. Meditation is best above all practice promoting health and happiness.

Asanas is literally fixing the body in one posture especially sitting posture, without any pressure and pain have to perform yoga asanas, effortless practice of body in promoting and getting better breathe. There are different types of classification of asanas, like standing, sitting, prone, supine, twisting and balancing asanas. Each type of asana promotes better breathe and health. For example standing asanas strengthen body to get better posture of skeletal and posture correcting automatic while perform regular standing asanas. Sitting asanas try to create pressure to abdominal, lung will work more efficiently, as well strengthening and erect the spine. Porne asanas is stretching vertebra upper part and lower part of the spine, stiffness in muscles are going to overcome. By activating the abdominal and hip flexor muscles while leaving the abdominal and hip flexor muscles passive, you may raise your knees closer your chest in a supine posture to facilitate the upward movement of the diaphragm during exhalation (Park *et al.*, 2016).

Postural (mechanical) problems can be perfected by asanas. Standing and forward bends are good for posture. Back bend asanas are good for cardiac toning. Backbends and inverted asanas are good for respiratory system including pranayama. Forward bends and twisting asanas are good for digestive and excretory systems.

Inverted poses are good for neuro- glandular systems. Yoga is most ideally suited to professionals to soothe their mind and body. It is a restful exercise to refresh the body. Forward bends relieves back aches; back bends are valuable for providing aerobic stamina; inverted poses are circulatory energy. Pranayama gives serenity to the mind. Always better pose better breathe to away from disease and disorders. Getting more prana or breathe also not suitable to mind and brain function, hyperventilation damage the blood vessels and nerves also. Proper breathing in asanas relax the muscles as well stiffness of muscles. Muscle will get more mobility, bone and joint also get range and motion will improve better. By the regular practice of asanas body will tolerate heat and cold, body will get balance to all situation, holding pain and pleasure. Its shows that one type of opposite virtues are going to balanced state in body (Penman *et al.*, 2012).

In general asanas not only focus body but also mind will get stable, asanas help the mind thinking different working style differ, producing thoughts level there will be a huge difference like low level thinking to high level. The concept are going to wider benefits because of regular practice. Asanas bring the mind in pleasant condition and mind will be calm and peace. Finally yoga practices and asanas are promoting to health, holistic and happiness.

Types of asanas:

Tadasan –Mountain pose:

Keep your feet shoulder-width apart and parallel to one another (Another option is to touch the tips of your big toes while standing with your heels slightly apart). Raise your feet off the ground and spread your toes and balls of your feet. Gently rock yourself back and forth and to the sides. Slowly bring the rocking to a halt, distributing your weight equally between your feet. Feel the power rise from your toes and abdomen. Raise your sternum straight up without moving your lower front ribs forward. Stretch out those



Fig. 1: Tadasana –Mountain pose a) front view b) side view.

collarbones. Draw your shoulder blades together and down your back, away from your ears. Let your arms hang loosely at your sides, palms facing in or front. Keep your head in line with your pelvis, your chin parallel to the ground, your neck relaxed, and your tongue flat on the bottom of your mouth. Calm the gaze. Breathe. Spine in relationship to the pull of gravity, Stable of creature human also least Excellent breathe will get postural support to abdominal and thoracic. Body weight evenly carried by pelvic bone as well lower region legs (Fig.1).

Kinesiology: Focal motion – baseline body reading

Strength focus – posture, concentration

Stretch focus – spine, sternum

Awareness: stretch and pain, breathe, Extension, Expansion

Breathe: facilitate more relax breathe based on breathe body muscles will get relax and flexible

Padhahastasana- standing forward bend- hand to feet pose:

To perform a hinge, bend at the hips rather than the lower back and fold the body over the legs. It is possible for the hands to fall in front of or adjacent to the feet. To stretch the spine, inhale and push



Fig. 2: Padhahastasana

the chest outward. Without hyperextending, take a deep breath out and slowly straighten both legs. Raise your kneecaps and roll your inner upper thighs back softly. By exhaling, lengthen your torso without hunching your back. Draw shoulders back towards your hips and lengthen your neck so that the top of your head is parallel to the floor. Get greater flexibility lower back, middle spine get extension upper spine will get expansion. Stretch entire muscles and connective tissue also stretches buttocks, back thigh (hamstrings), calf muscles and soles of feet (Fig. 2).

Kinesiology: Focal motion – spine forward

Strength focus – lower spine, full spine vertebra

Stretch focus – lower back leg, hamstring

Awareness: stretch and pain, breathe, Extension, Expansion

Breathe: facilitate more relax breathe based on breathe body muscles will get relax and flexible

Ardha machyendrasana- half twist lord pose:

Sukhasana is the starting position. Put your right foot in front of your left knee and your feet next to your hips. Raise your right leg at the knee so that your right foot's sole rests on the mat just outside your left knee. Support yourself by placing your right hand on the floor just outside your right hip. Put equal pressure on your sitting bones. Take a deep breath in and extend your left hand upward.



Fig. 3: Ardha machyendrasana.

Hold your breath and move your left elbow to the outside of your right knee as you exhale. Create some friction by squeezing your knee and elbow together. Look over your right shoulder and to the right. Do not put unnecessary stress on the neck. Hold the position as you breathe, stretching out with each inhale and twisting ever so little with each exhale. Exit the position by inhaling to bring the right arm up and the body into a relaxed state. Let go with an exhalation and come back to your core. Flip it over and do it again (Fig. 3).

Kinesiology: Focal motion – middle of spine twisting

Strength focus – ribcage and shoulder, Lower spine

Stretch focus – shoulder, rib cage, front and back middle half the body twist

Awareness: stretch and pain, breathe, Extension, Expansion

Breathe: each and every breathe muscle will get more flexible as well feel the more twist of the body.

Pachimotasana- seated forward bend:

Sit with your legs out in front of you in Dandasana, the Staff Pose. Raise your arms parallel to the floor and then straight up towards the ceiling. Exhale fully and lengthen your spine. On an exhale, you should start to lean forward from the hips. Think of your pelvis as a bowl of water that has started to slide forward. Extend your spine with each

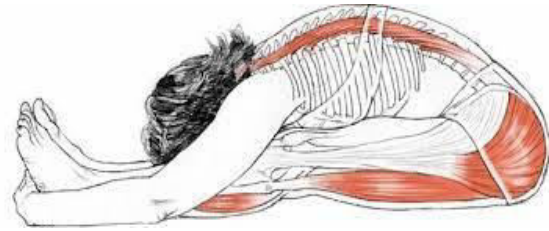


Fig. 4: Pachimotasana.

inhalation. Maybe straighten up a little bit to do this. Exhale as you lean forward farther. Think of your tummy resting on your thighs instead of your nose on your knees. The result will be a more elongated spine. Avoid craning your neck upwards or letting your head hang limp by keeping it in its natural position as an extension of your spine. As you reach complete spinal extension, you may either hold this position or allow your spine to curve forward. Grab as many shins and ankles as you can. A foot strap might work, too. Always maintain a powerful flex in your feet (Fig. 4).

Kinesiology: Focal motion – Lower spine forward bend and stomach contraction

Strength focus – lower spine, full spine vertebra

Stretch focus – upper arms, shoulder and stomach

Awareness: stretch and pain, breathe, Extension, Expansion

Breathe: each and every breathe muscle will get more flexible as well feel the more stretch of the body.

Bhujangasan – cobra/snake pose:

Position yourself on your stomach with your feet flat on the floor, soles pointing up, and your forehead resting on the floor. The legs should be held close together, with the soles of the feet touching. Elbows should be parallel and close to the torso, and the palms of both hands should be flat on the ground beneath the shoulders. Inhale deeply and slowly raise your head, chest, and stomach. Maintain a level stomach. Using your hands as a lever, lift your upper body off the ground. Make sure your palms are both getting the same amount of pressure. Be mindful of your breathing as you slowly bend your spine.

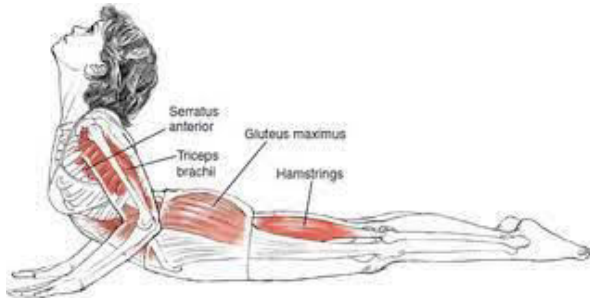


Fig. 5: Bhujangasan.

Straighten your arms by leaning back as much as you can; raise your chin and gaze upward if at all feasible. After four or five deep breaths, hold the posture. Once you let your air out, lower your upper body and head to the floor and unwind (Fig. 5).

Kinesiology: **Focal motion** – middle of lumbar region and upper spine, cervical

Strength focus – ribcage and middle spine, shoulder and arm

Stretch focus – ribcage, wider –shoulder, upper spine extension

Awareness: stretch and pain, breathe, Extension, Expansion

Breathe: each and every breathe muscle will get more flexible as well feel stretch of the body.

Makrasan – crocodile pose:

Upon your stomach, with your arms folded behind your head, squat down to the floor. Rest your right hand on top of your left palm on the ground, and lay your head back, closing your eyes. Lengthen the legs as much as you can. Let your whole body relax (Fig. 6).



Fig. 6: Makrasan

Kinesiology: Focal motion – full extension of spine especially middle spine

Strength focus – full spine and back ache muscles

Stretch focus – spine and muscles relaxing

Awareness: stretch and pain, breathe, Extension, Expansion

Breathe: each and every breathe muscle will get more flexible as well feel the more stiffness of muscles are going to overcome in the body.

Uttanapadasan – leg raised pose:

Maintain a neutral spine position and concentrate on your breathing. Hold your arms at your sides, palms facing down. Now, take a deep breath in and gently lift your legs so that they're angled at 45 degrees from the ground. The pressure in the lower abdomen and legs might be felt after five to ten seconds of holding the legs (Fig. 7).

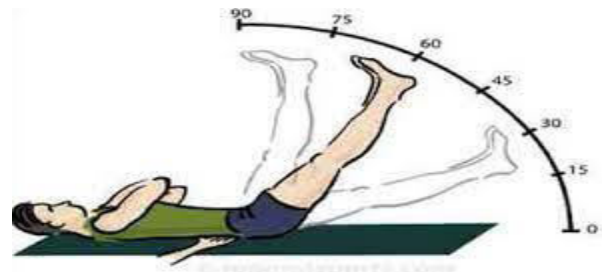


Fig. 7: Uttanapadasan

Kinesiology: Focal motion – Lower spine, lower leg and pelvic

Strength focus – lower spine and stomach muscles (inner organs toning) thigh muscles

Stretch focus – lower leg, and spine

Awareness: stretch and pain, breathe, Extension, Expansion

Breathe: each and every breathe muscle will get more flexible as well feel the thigh muscles of the body.

Halasan – plough pose:

Position yourself on your back with your arms at your sides and hands flat on the ground. Raise

your knees to your chest as you inhale. On an exhale, lift pelvis off ground and bring knees to chest. Gently bring your legs down from the ceiling. Place your hands in a prayer position on your lower back. Place your pinkies in a straight line down your spine, then point your fingers straight up towards the ceiling. Raise your back by walking your hands up your back. Pull your elbows and shoulder blades together as much as you can. Arms may be released alongside the body, palms down, or fingers can be interlaced if the toes reach the floor. You should stay here for at least 2 min. Releasing occurs when hands are moved to rest beside the body, palms down. When you let your breath out, roll your spine back down towards the ground. Stand still with your legs out at a 90-degree angle. When you exhale, contract your abs and either squat down to the floor or bend your knees and put your feet on the ground (Fig. 8).



Fig. 8: Halasan.

Kinesiology: Focal motion – lower leg, spine, arm and shoulder

Strength focus – cervical, spine and lower leg – toning

Stretch focus – spine, lower leg arm compression to neck and cervical

Awareness: stretch and pain, breathe, Extension, Expansion

Breathe: each and every breathe muscle will get more flexible as well feel the more stretch to the lower leg of the body.

Integral connecting with movement of body with breathing one way overcome the stiffness in muscles. A hatha yoga class in the Integral Yoga

system systematically takes the person deeper, says Swami Karunananda, a senior Integral Yoga teacher. Asana is meditation on the body, pranayama is meditation on the breath and subtle energy currents within us, and then work with the mind directly, with the ultimate aim of transcending body and mind and experiencing the higher Self of knowledge.

According to a research by Wiese (2019), both current science and the classic book on hatha yoga, Hatha Yoga Pradipika, claim physical, mental, emotional, spiritual, and relational advantages of yoga practise. Although these precise ideas for how to practise exist, little study has been conducted to determine if certain practise techniques influence the advantages to practitioners. They performed a descriptive cross-sectional study of yoga practitioners of all levels and styles. A large, non-probability convenience sample (n = 2620) was used to collect information on respondents' yoga practise techniques, experience levels, and perceived benefits. Several logistic regressions were used to find yoga practises that positively predicted certain benefits. Five or more days per week of yoga practise, with or without an instructor, enhanced the probability of obtaining the majority of yoga's advantages. Other factors including practise style, practitioner experience level, and instructor experience level had little influence on the claimed results. At least five days per week of practise will offer practitioners with the most benefit across all areas of benefits. Some practise techniques may vary more considerably without significantly affecting the majority of benefits realized.

Field (2011) found in a clinical study from the Touch Research Institute, University of Miami School of Medicine, Miami, FL, USA, that the effects of yoga poses on psychological conditions such as anxiety and depression, on pain syndromes, cardiovascular, autoimmune, and immune diseases, and on pregnancy are reviewed. In addition, the physiological and physical impacts of yoga, including a reduction in heart rate and

blood pressure, are examined. Lastly, various underlying processes are hypothesized, such as the activation of pressure receptors, which results in increased vagal activity and decreased cortisol. In turn, the decrease in cortisol may lead to beneficial outcomes like as improved immunological function and a decreased preterm rate.

Sensitivity and body awareness training makes people more inclined to recognise their limitations and treat their bodies with care. integration of movement, breath, and concentration. A steady, deep breath may warm and cure the body from the inside out. Developing a keen eye, strong arm, and deft touch are equally crucial. This technique takes a gradual and deliberate way to introducing formal breathing practises with asana (Ross *et al.*, 2013). Often in a beginner's asana class, you won't hear much more than "Breathe!" because of the tradition's reputation for emphasising alignment over breath. But, according to Dunn, the system pays close attention to breathing when in motion, although in subtle ways. Breathing during asana practise is meant to complement the motion of the spine, therefore inhaling is encouraged during backbends and exhaling is recommended for forward bends and twists. In some poses, one may lengthen or shorten the exhale in relation to the inhale, or even temporarily retain one's breath. Altering one's breathing rhythm gradually is as easy to do as changing one's walking habit.

Conclusion

The frequency of yoga practise consistently predicted favourable physical, mental, emotional, spiritual, and relationship outcomes. According to

the research, asanas are beneficial for healthier breathing. The possibility of obtaining benefits from yoga may be larger than previously reported if practitioners increase their frequency of practise. Asana-posture practise is associated with equal probabilities of feeling flexibility, strength, mobility, endurance, and physical, mental, emotional, and spiritual benefits. Asanas may induce dramatic transformations and physical, mental, and spiritual healing. Each asana emphasises a certain body movement and strength. Fixing the body in one position will improve breathing and fix the posture.

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