

Comprehensive Yoga

10.4.Postures (Aasanas)

Chakrasana, popularly called the Wheel Pose, is also known as UrdhvaDhanurasana (upward-facing Bow Pose). It is a deep backbend posture and gives flexibility and strength to the spine. This pose should not be performed without a proper warm-up. Before practicing this asana, you can begin with sukshnavyayam or subtle exercises to prepare your body for this pose.



Vasisthasana (also known as side plank) is a challenging pose that promotes both balance and strength. The side plank is a great exercise for strengthening the oblique abdominal muscles, which don't get worked during ab exercises such as crunches



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11. Surya Namaskara

Surya Namaskara or Sun Salutation is a sequence of 12 powerful yoga poses. Besides being a great cardiovascular workout, Surya Namaskar is also known to have an immensely positive impact on the body and mind, it also provides an opportunity to express gratitude to the sun for sustaining life on this planet. The 12 Poses or steps of Surya Namaskara.



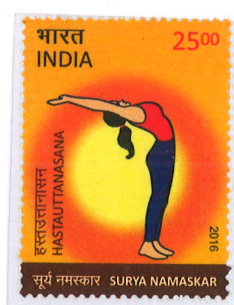
01. Pranamasana

“Om MitrayayaNamaha” meaning one who is friendly to all. This asana helps maintain the balance of the body and relaxes the nervous system ..This pose the 1st pose of SuryaNamaskara



02. Hasta Uttanasana or Raised Arms Pose

Hymn: 'Om RavayeNamaha' meaning: The shining or the radiant one. This Asana stretches and tones the muscles of the abdomen. It also expands the chest, resulting in a full intake of oxygen, thereby fully utilizing the lung capacity



03 Hasta Padasana or Standing Forward Bend)

Hymn: 'Om SuryayaNamaha' meaning The dispeller of darkness, responsible for generating activity. Hastapadasana makes the waist and spine flexible. Stretches the hamstrings. Opens the hips, shoulders, and arms.



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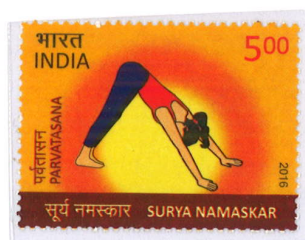
11.1 Surya Namaskara 4. Ashwa Sanchalanasana or Equestrian Pose



Hymn: 'Om Bhaanave Namaha' Meaning: One who illuminates or the bright one. It strengthens the leg muscles, the spine and neck muscles will be flexible. Good for indigestion, constipation, and sciatica.

05 Parvatasana or Mountain pose

Hymn: 'Om Khagaya Namaha' meaning . One who is all pervading , one who moves through the sky. It strengthens the arms and back improves posture. Stretches the shoulders, chest and spine, calms the mind.



6. Ashtanga Namaskara

Hymn: 'Om Pooshne Namaha' meaning Giver of nourishment and fulfillment. Ashtanga Namaskara enhances the flexibility of the back and spine. Strengthens the back muscles and reduces tension & anxiety.



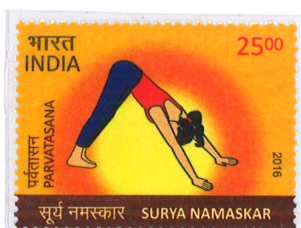
07. Bhujangasana or Cobra Pose

Hymn: 'Om Hiranya Garbhaya Namaha' meaning One who has a golden colored brilliance. It stretches the shoulders, chest, and abdomen. Spine is strengthened.



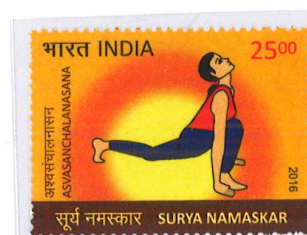
08 Parvatasana or Mountain Pose

Hymn: 'Om Marechaye Namaha' meaning giver of light with infinite rays. It strengthens the muscles of the arms and legs. Increases blood flow to the spinal region.



9. Ashwa Sanchalanasana or Equestrian Pose

Hymn: 'Om Aadityaaya Namaha' meaning The son of Aditi, the cosmic divine mother. This Asana tones the abdominal organs and adds flexibility to leg muscles.



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11.2. Surya Namaskara

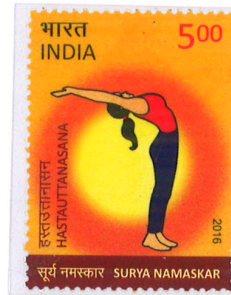


10. Hasta Padasana or 'Standing Forward Bend'

Hymn: 'Om SavitreNamaha' meaning One who is responsible for life. Hastapadasana stretches the hamstrings. Opens the hips, shoulders, and arms.

11. Hasta Uttanasana or Raised Arms pose

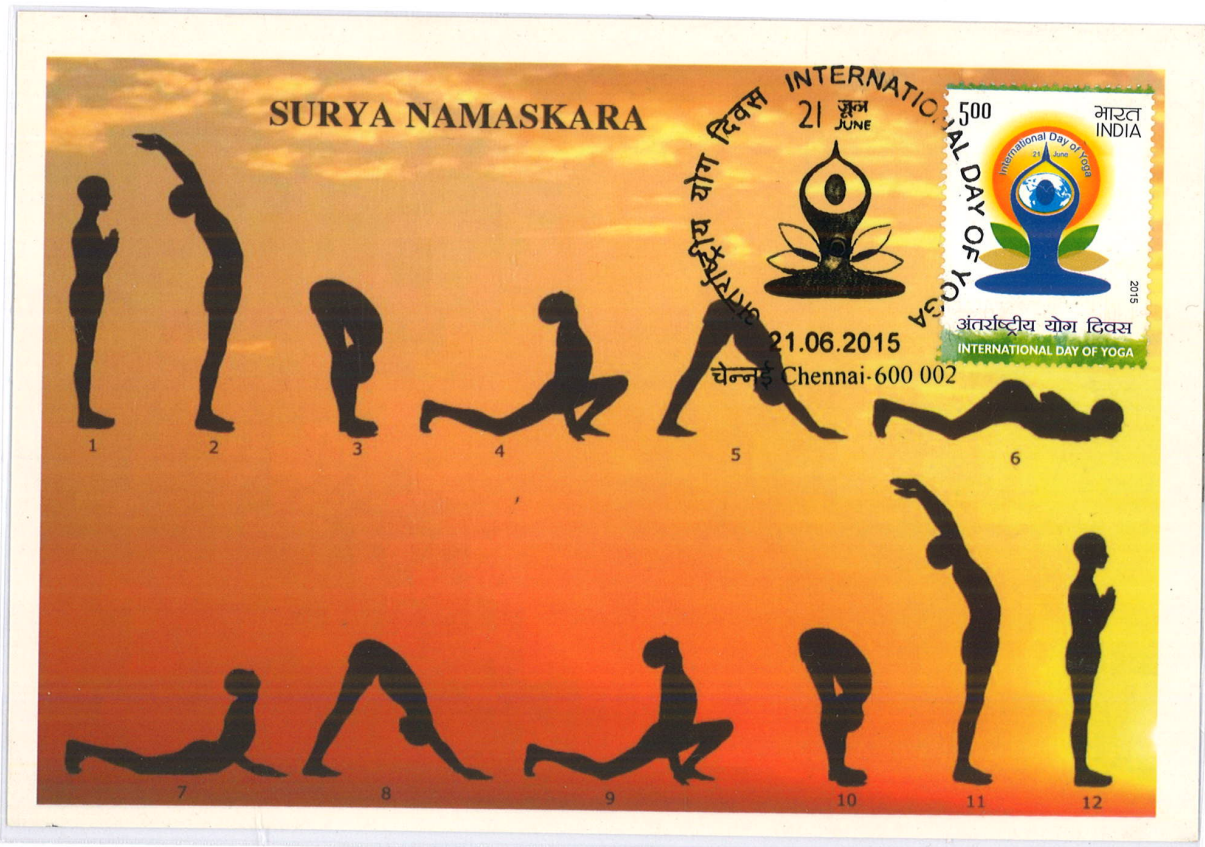
Hymn: 'Om ArkaayaNamaha' meaning One who is worthy of praise and glory. It stretches and tones the muscles of the abdomen. Expands the chest resulting in a full intake of oxygen. Lung capacity is fully utilized.



12 Pranamasana :

'Om MitraayaNamaha' meaning One who is friendly to all This Asana helps maintain the balance of the body and relaxes the nervous system.

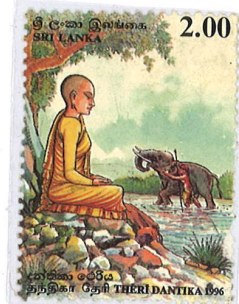
Birds eye view of Surya Namaskar through Maxim card



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12 Yoga Practices in daily life.

A beautiful miniature sheet below depicts the yoga practices in daily life like pranams to elders, traditional Gurukul system of impartation of knowledge, Aesthetic ways of life without worldly needs and sustenance of body by begging and the time honored Yogic practice of Meditation. This was issued on the occasion of Vesak a major Buddhist festival. This day encompasses the Birth, Enlightenment (Nirvana) and passing away (Parinirvana) of Gautam Buddha.



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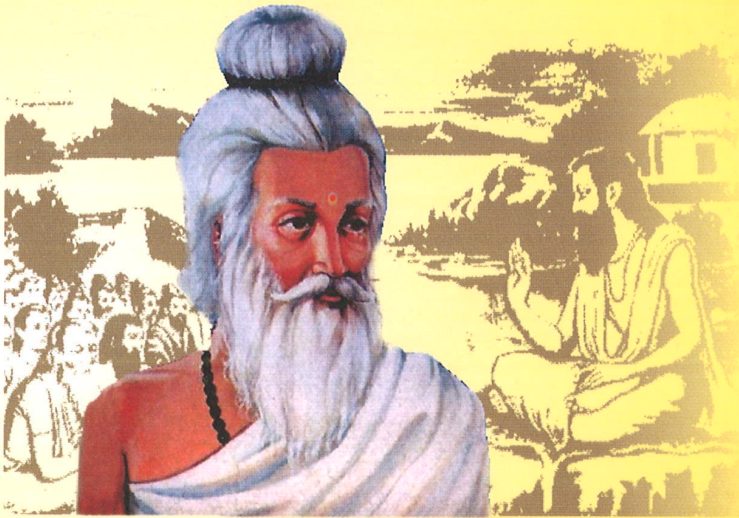
Postally used cover

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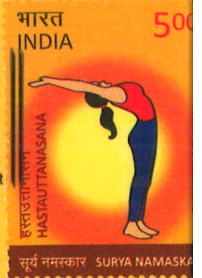
13 Yoga and Yajnavalkya

The Yoga Yajnavalkya is a classical Hindu yoga text in the Sanskrit language. The text is written in the form of a male-female dialogue between the sage Yajnavalkya and Gargi. It describes the eight components of yoga and has more references which are not found in Yogasutras. It contains one of the most comprehensive discussions of yoga components such as the Pranayama, Pratyahara, Dhyana, and Dharana. It is an ancient text that describes a combination of jnana-yoga, karma-yoga, bhakti-yoga techniques as well as pranayama (left) and asanas (right) as a means to self-knowledge.

11-04-2018



योगीश्वर
याज्ञवल्क्य
 Yogishwar Yājñavalkya
 चामराजपेट 560018 Chamarajapet
 11-04-2018



ಯಾಜ್ಞವಲ್ಕ್ಯ ಯಾಜ್ಞವಲ್ಕ್ಯ Yājñavalkya

ಪ್ರಾಚೀನ ಭಾರತದಲ್ಲಿ
 ನ್ಯಾಯಶಾಸ್ತ್ರ ಮತ್ತು ಕಾನೂನಿನ
 ಪ್ರವರ್ತಕರು

प्राचीन भारत में
 न्यायशास्त्र और कानून
 का अग्रणी

Pioneer of
 Jurisprudence and
 Law in Ancient India



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14 Pranayama

It is a yogic discipline with origins in ancient India. It is the fourth "limb" of the eight limbs of Ashtanga Yoga. According to Bhagavad-Gîtâ- Pranayama is a universally suitable method used to release the soul from the bondage of breath. Several researchers have reported that pranayama techniques are beneficial in treating a range of stress-related disorders. The 15th century text **Hatha Yoga Pradipika** is a key text of this tradition and includes various forms of . Many form of Pranayama have become popular in Western countries too.

विशेष आवरण SPECIAL COVER



Akshar Yoga Celebrates
चौथा अंतर्राष्ट्रीय योग दिवस
FOURTH INTERNATIONAL YOGA DAY
2018

योग: कर्मसु कौशलम्



Mahayogi Akshar Nath
Founder - Akshar Yoga

With the support of Hon'ble Prime Minister Shri Narendra Modi's initiative,
United Nations announced June 21st as International Yoga Day

1st June 2018



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15Yoga and Ayurveda

Yoga and Ayurveda are two interrelated branches of the same great tree of Vedic knowledge that encompasses all of human life and the entire universe.

Yoga is part of Ayurveda...

Yoga is mentioned in ayurvedic texts such as the CharakaSamhita. Yoga is important for dissolving physical stress and calming the mind before meditation, and is central to dinacharya, the ayurvedic routine. It is the ideal ayurvedic exercise, because it rejuvenates the body, improves digestion, and removes stress.

...And Ayurveda is part of Yoga

At the same time, yoga practitioners can benefit from the ayurvedic daily routine as part of their yoga practice. For instance, abhyanga (ayurvedic massage) helps remove toxins from the body and relaxes the muscles on yoga practice.



The poster features a yellow background with green leaves and a bokeh effect. On the left, the Government of Karnataka logo is shown with the text 'Department of AYUSH celebrates' and 'राष्ट्रीय आयुर्वेद दिन' (National Ayurveda Day). The date '05.11.2018' is written vertically. The central logo depicts a stylized flame and leaves with the motto 'आयुर्वेदोऽमृतानाम्' (Ayurveda is the nectar of immortality). Below it, the text 'राष्ट्रीय आयुर्वेद दिवस' (National Ayurveda Day) is written. At the bottom, the slogan 'आयुर्वेदದ ನಡಿಗೆ ಸ್ವಾಸ್ಥ್ಯದ ಕಡೆಗೆ Ayurveda for Public Health' is displayed. On the right, a postage stamp from India shows a mortar and pestle, with the text 'राष्ट्रीय आयुर्वेद दिवस National Ayurveda Day 2018' and 'केंपेगोडा रोड पो.पो. 560 009 Kempegowda Road P.O. 05-11-2018'.

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15.1 Yoga – Ayurveda and medicinal Plants

Guggulu (*Commiphora wightii*) is an arm shrub. The whole plant including the flowers can be used for *medicinal purposes*.

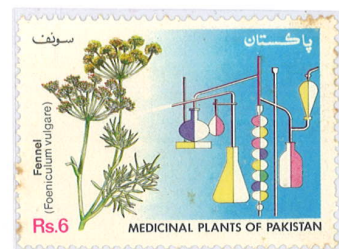
Brahmi is a therapeutic herb commonly used as a memory enhancer, aphrodisiac and a health tonic. It has a bitter and sweet taste and is known to impart a cooling energy.

Phyllanthusemblica Linn. commonly known as **Indian gooseberry or Amla**, is an important herbal drug used in unani and ayurvedic systems of medicine.

Aswagandha All parts of the plant are used for medicinal purposes, especially the fruit, which has been used in Ayurveda as a potent rasayana and in traditional medicine for the treatment of diarrhea, jaundice, and inflammation.



Fennel-benefits: Helps Regulate Blood Pressure: Reduce Water Retention Fennel Tea for Constipation, Indigestion, IBS & Bloating: reduce Asthma Symptoms helps Purify Blood: Improves Eyesight good for Acne



Violet/ Banafsha included in the family violaceae is a perennial herb found above 5000ft in western Himalayas. It is used in Unani medicine for lung troubles, pulmonary affections, cough, kidney disease etc.

Comprehensive Yoga

15.2Yoga – Ayurveda and medicinal Plants

Known for its concentrations of electrolytes, vitamins, and minerals, **Coconut** water has swept the nation. In traditional Ayurvedic medicine, coconut water is believed to help digestion, urination, and even semen production. It has also traditionally been used to treat dehydration and given as ceremonial gifts throughout the tropics

FDC depicting coconut tree



ವಿಶೇಷ ಲಕೋಟೆ | विशेष आवरण | SPECIAL COVER

ತಿಪ್ಪಟೂರು ತೆಂಗಿನ ಮರ
ತಿಪ್ಪಟೂರು ನಾರಿಯಲ ಪೆಡ್ಡ
TIPTUR COCONUT TREE
21-02-2020



ಪ್ರವಾಸೋದ್ಯಮ ಇಲಾಖೆ, ತುಮಕೂರು
ತುಮಕೂರು
ಲೇವು ರಾಜ್ಯ, ಪಲವು ಜಾಗೃತಿಗಳು.



ತುಮಕೂರುಪೆಕ್ಸ 2020 TUMAKURUPEX
21-02-2020
ತುಮಕೂರು - 572101 - TUMAKURU



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15.2 Yoga – Ayurveda and medicinal Plants

Coconut:

Miniature sheet

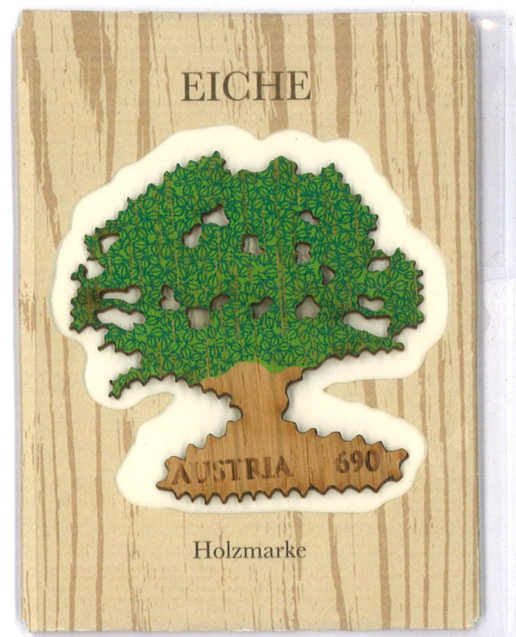


Commercially used cover depicting coconut trees

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15.3 Yoga – Ayurveda and medicinal Plants

The medicinal part of the **Oak** is its bark, because of the strong astringent properties. Internally as a tea it helps fight diarrhoea and dysentery. Externally it can be used to treat haemorrhoids, inflamed gums, wounds, and eczema. . To cure frostbite, these leaves are boiled to obtain a solution in which the frostbitten extremities would soak for an hour each day for a week. **The First special issue stamp made from oak wood in cooperation with Austrian federal forests.**



FIRST DAY OF ISSUE
U.S.S.R.



MEDICINAL PLANTS



Raymond A. Pittman
951 Timberlake Drive
Bloomfield Hills, Michigan 48013

First day cover on Medicinal plants

Comprehensive Yoga

15.4 Yoga – Ayurveda and medicinal Plants

Rose flower in the family Rosaceae is certified to be antiseptic, anti-oxidant and is a rich source of vitamin A, B3, C, D and E. Rose flower give soothing effect in depression.. Rose water relaxes the tension of nerves and reduces the swelling of capillaries beneath the skin.



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15.5 Yoga – Ayurveda and medicinal Herbs

In Ayurvedic medicine, **Cassia fistula**, commonly known as golden shower, **Golden Shower Tree** is known as "disease killer" and it pacifies the 3 doshas of vaat, pitta and kapha. It expels the pitta and kapha from the body. Its fruit pulp is used as mild laxative.

Bauhinia purpurea is a species of flowering plant in the family Fabaceae used in several traditional medicine systems to cure various diseases. This plant has been known to possess antibacterial, antidiabetic, analgesic, anti-inflammatory, properties

Buteamonosperma belonging to family Fabaceae commonly called **Palash** Extracts of various parts of the tree as well as the whole parts possess anti-microbial, anti-bacterial, anti-fungal, hypoglycemic, anti-inflammatory, astringent, tonic, aphrodisiac and diuretic properties.

Crateva also known as **Varuna** gets its name from Sanskrit because of its effect on the bodily fluids and urinary system. It is recommended by the [Ayurveda](#) in the treatment of various urinary problems including stones in kidney, uterus and bladder.

FDC on four above



Comprehensive Yoga

15.6 Yoga – Ayurveda and medicinal Plants

Black pepper and its active compound piperine has potent antioxidant and anti-inflammatory properties. Laboratory studies suggest that **black pepper** improve cholesterol levels, blood sugar control, and brain and gut health.

Cinnamon has a long history as a traditional medicine, including for bronchitis. It is used as a dietary supplement for gastrointestinal problems, loss of appetite, and diabetes, among other conditions. **Cinnamon** is used in capsules, teas, and extracts.

Curcumin is the active ingredient in **Turmeric**, and it has powerful biological properties. Ayurvedic medicine, recommends turmeric for chronic pain and inflammation. Western medicine has begun to study turmeric as a pain reliever and healing agent. Ground turmeric is also a major ingredient in curry powder.

Cardamom is an herb, and is used for digestion problems including heartburn, intestinal spasms, irritable bowel syndrome (IBS), intestinal gas, constipation, liver and gallbladder complaints, and loss of appetite.

Clove is most commonly applied directly to the gums for toothache, pain control during dental work, and other dental-related issues. ... In manufacturing, clove is used in toothpaste, soaps, cosmetics, perfumes, and cigarette

Miniature sheet



Comprehensive Yoga

15.7 Yoga – Ayurveda and medicinal Plants



Sessile oak is used for diarrhoea and swelling of the mouth, throat, anus, or genitals. Sessile oak is also applied to the skin for swelling or inflammation. The oak tree has a long history of medicinal use. It is anti-inflammatory, antiseptic, astringent, decongestant, haemostatic and tonic

Postally used cover with C.Javanica stamp

Cassia Javanica is used for treating constipation, colic, chlorosis and urinary disorders. Its leaves are effective against herpes simplex and the bark is one of the ingredients in ayurvedic **medicine**



It is said that the **Mangroves** are traditionally used for the treatment of rheumatism, painful arthritis, inflammation, asthma, antioxidant, free radical scavenging, anti inflammatory, antinociceptive, diabetes and hepato-protective actions

Minature sheet