

# Importance of Vasisthasana in Healthy Life

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**Abstract-** *Ayurveda is the science of life. It plays an important role to prevent and treat the disease. Ayurveda specifically deals with mind body balance. The main part of it is Yoga and Asana. Yoga provide us a simple remedies, facile skills and procedure of good health. Asana gives physical and mental power and tone the body-mind for further exercise. Vasisthasana is often referred to as the Side Plank Pose. It stretches your Wrist and Back of the leg. This will also help to strengthen your Arms, Wrists, Legs, and Navel area.*

**Keywords-** Yoga, Asana, Vasisthasana, Side Plank Pose, Navel area.

## I. INTRODUCTION

*Ayurveda* play an important role to prevent and treat the disease. It is the science of life. Health is disturbed today by the sedentary lifestyle, physical and mental pressure or stress, abnormal personal habits and food habits which cause many disease. According to various texts the primary goal of *Ayurveda* is – “*Swasthasya Swastya Rakshanam, Aturasya Vikara Prashamanam*” which means increasing the good health and treat the disease. *Ayurveda* specifically deals with mind body balance. The main part of it is *Yoga* and *Asana*. It is essential to being healthy. *Yoga* appeared at the time of the *Vedas* and *Upanishads*. *Yoga* is India's oldest scientific, ideal devotional regulation. It is a process of teaching the brain and growing its capacity of fine perceptions. *Yoga* provide us a simple remedies, facile skills and procedure of good health and hygiene to gain physical and mental fitness in less time. *Yoga* is praised by modern medical science because it increase immunity, give disease free life and decrease the stress of present fast life. It is a scientific procedure by which we can develop our own inner strength with inself. In Sanskrit language *Yoga* means “adduction”, add the soul of human from the God. *Yoga* provides us moral and spiritual growth but also useful in prevent physical and mental disease. *Yoga* and *Asana* effect the physiology of important anatomical structure during procedure and steps. The definition of *Asana* is “*Sthira Sukham Asanas*” which means well balanced, pleasant position of body. *Asana* are the “skillful exercises” that gives physical and mental power and tone the body-mind for further exercise. *Asana* helps to synchronize the mind with body. We

all follow a certain set of medications and exercises to protect our mind as well as the body parts. The situation in getting the medical facilities is very expensive due to globalization. The ancient medicine created by the *Siddhas* is called *siddha* medicine and it contains eight types of *Yoga*'s as a part of the medication. The word *Asana* means “Seat”. It also refers to be at the same place. *Yogasana* helps in protecting the inner organs of the body and to maintain the body as young. The motto of doing the *Asana* is to keep the organs in a certain place and there by controlling the mind. *Asanas* are the primary steps of *Yoga* methods. The physical exercises bring unwanted side effects to the body. But *Yogasana*'s gives the strength to the inner and the outer parts of the body and protects the mind as well.

## Yogasana

*Patanjali Yoga* described about eight branches – *Yama, Niyama, Asana, Pranayama, Pratyahara, Dharna, Dhyana, Samadhi*. *Patanjali Yoga* given third place to *Asana*, while “*Hatha Yoga*” given first place to “*Asana*” because it giving physical and mental happiness. “*Ha*” means sun which means energy of solar plexus, “*Tha*” means moon which means energy of the emotions, present in the limbic system of brain, so both the energy come together in the *Yoga*. If *Asanas* is done accurately in relaxed and pleasant atmosphere, the muscles of the body get relax because these relaxing impulses go back to the brain and relax it. Other benefits are mental balance, good health, calmness of mind. The ancient *Yogacharyas* advised about the mastery of one *Asana*. *Vasisthasana* stretches our Wrist and Back of the legs. This will also help to strengthen our Arms, Wrists, Legs, and Navel area.

## II. AIM AND OBJECTIVES

- To elaborate the benefits and anatomical structures of *Vasisthasana*.
- To escape from injuries which held by doing *Vasisthasana*.

### III. MATERIAL AND METHODS

- Texts related to *Yoga-Asana* and their commentaries.
- Other source are online information, print media, journals etc.

#### **Vasisthasana Definition-**

*Vasisthasana* is roughly translated in English as Arm Balancing Pose or Side Plank Pose. The actual meaning in Sanskrit, “*Vasishtha*” means Wealth and “*Asana*” means pose. (*Vasistha = literally means “most excellent, best, richest.”*) *Vasistha* is the name of several well-known sages in the *Yoga* tradition. There’s a *Vasistha* numbered among the seven (sometimes 10 or 12) seers (rishis) or lords of creation (prajapatis), and a *Vasistha* who’s author of a number of Vedic hymns. He’s also said to be the owner of the fabulous “cow of plenty,” Nandini (“delight”), which grants his every wish and accounts for his infinite wealth.

- Sanskrit Name- *Vasisthasana*
- English name- Side Plank Pose
- **Chakras**- Solar Plexus (*Manipura Chakra*)
- **Doshas** (*Ayurveda*)- *Pitta*
- **Mahabhuta**- *Agni* (Fire)

#### **Practioner Level**

This is a basic level *Yogasana* which can be performed by anyone. This *Asana* is a powerful arm and wrist strengthener.

#### **Steps-**

##### Step 1-

Firstly Perform *Adho Mukha Svanasana*. Shift onto the outside edge of left foot, and stack right foot on top of the left. Now swing right hand onto right hip, turn torso to the right, and support the weight of body on the outer left foot and left hand.

##### Step 2-

Make sure that the supporting hand isn’t directly below its shoulder; position the hand slightly in front of its shoulder, so the supporting arm is angled a bit relative to the floor. Straighten the arm by firming the triceps muscle, and press the base of the index finger firmly against the floor.

##### Step 3-

Firm the scapulas and sacrum against the back torso. Strengthen the thighs, and press through the heels toward the

floor. Align your entire body into one long diagonal line from the heels to the crown.



**Fig. no. 1 Vasisthasana**

##### Step 4-

Stretch the top arm toward the ceiling, parallel to the line of the shoulders. Keep the head in a neutral position, or turn it to gaze up at the top hand.

##### Step 5-

Stay in this position for 15 to 30 seconds. Come back to *Adho Mukha Svanasana*, take a few breaths, and repeat to the right side for the same length of time. Then return to *Adho Mukha Svanasana* for a few more breaths, and finally release into *Balāsana*.

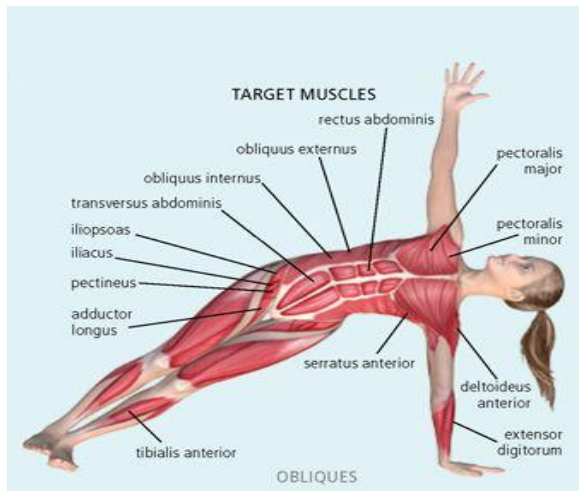
#### **Vasisthasana Benefits**

- It strengthens and tones the arms, core, and legs.
- It will improve focus and concentration.
- This will stretch the back of the legs.
- The sense of balance is improved with this asana.
- This will help stretch your wrists and makes them stronger.
- This will improve the mental and emotional balance.
- This will boost up your confidence and self-esteem.
- From the chakra activation perspective, it opens your heart chakra.
- This will improve your transformative power and decisiveness.

## Anatomy

*Vasisthasana* benefits the following muscles and hence can be included in *Yoga* sequences with the corresponding muscle(s) focus:

- Arms and Shoulders region
- Biceps and Triceps muscles
- Core (Abs)



**Fig. no. 2 Anatomy of Vasisthasana**

Side Forearm Plank is an awesome yoga pose to strengthen your core while protecting your wrists. You do this one by placing your forearm on the mat and attempting to drag it towards your feet, while engaging the core muscles on your sides to stabilize the lumbar pelvic complex. Keep your supporting arm (the humerus bone) straight up and down (at a right angle to the floor). This way the passive strength of the bone aids to support your body weight.

## Contraindications and Cautions

Performer with serious wrist, elbow, or shoulder injuries should avoid this pose.

## Modifications and Props

In order to increase the strength and stability of this pose, it's helpful to work it with your soles pressing against a wall. Perform *Adho Mukha Svanasana* with your heels up on a wall, the balls of your feet on the floor. When you shift onto the outside of your left foot, press the sole against the wall. Similarly, when you stack your right foot on top of the left, press that sole to the wall. Then in the pose, push your heels actively into the wall.

## Preparatory Poses

- *Adho Mukha Svanasana*
- *Ardha Chandrasana*
- (*Plank Pose*)
- *Prasarita Padottanasana*
- *Supta Padangusthasana*
- *Supta Virasana*

## Follow-up Poses

*Vasisthasana* is typically the first in a series of three “one-arm” balancing positions. The two companion poses in this series are usually beyond the skill level of the beginning student. This version of *Vasisthasana* can be followed with any of the standing poses that press the bottom hand to the floor (like *Utthita Parsvakonasana* and *Utthita Trikonasana*) or:-

- *Adho Mukha Vrksasana*
- *Adho Mukha Svanasana*
- *Chaturanga Dandasana*
- *Pincha Mayurasana*
- *Salamba Sirsasana*
- *Virabhadrasana II*

## Beginner's Tip

Beginners often have a difficult time sustaining this pose, even with the soles pressed to a wall. Perform *Adho Mukha Svanasana* with your heels up on a wall. Measure the distance between your right foot and right hand, then step the foot halfway to the hand. Keep the right foot on the floor for support and turn the toes out to the right. Then shift onto the outside of the left foot, press the sole against the wall, and turn onto the left hand as described above. In this position the bent leg will provide some extra support. Step back to *Adho Mukha Svanasana* at the end of your stay, then repeat to the other side.

## Variations

Raises the top leg perpendicular to the floor. Perform the modified version as described above, either supported or unsupported by the wall. Exhale, bend the top knee, and draw the thigh into the torso. Reach inside the bent leg and use the index and middle fingers of the top hand to grab the big toe. Secure these fingers by wrapping them with the thumb. With an inhalation, stretch the leg perpendicularly toward the ceiling. Hold for 15 to 30 seconds, then release the grip on the toe, and return the top foot to its original position. Repeat on the second side.

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