



IMPORTANCE OF DHANURASANA IN DAY TO DAY LIFE

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Abstract

Introduction-*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. *Dhanurasana* is often referred to as the Bow Pose. It Strengthens the back and abdominal muscles. This will also help to stretches the infront part of the body, thighs, ankles and groins, abdomen and chest, and throat, and deep hip flexors. **Methods**- Texts related to *Yoga-Asana* and their commentaries. Other source are online information, print media, journals etc. **Result**- In *Dhanurasana* the hip joints are extended, adducted and medially rotated. The knees are flexed. The ankles are planter flexed. **Conclusion**-*Dhanurasana* is a complete *Asana* which manage the health of human body and improve the spiritual level. *Dhanurasana* is a series of the *Asana* gives very much remedial effect in all the back problems and improve digestion also.

KEYWORDS- *Dhanurasana*, Bow Pose, abdominal muscles, deep hip flexors.

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. *Dhanurasana* has been named bow pose because the shape the body looks like a bow while performing it.

“*Dhanu* - bow; *Asana*- posture or pose.”

II. AIM AND OBJECTIVES

A. To elaborate the benefits and anatomical structures of *Dhanurasana*.

B. To escape from injuries which held by doing *Dhanurasana*.

III. MATERIAL AND METHODS

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

Common name- *Dhanurasana*

English name- Bow Pose

Sanskrit name- *Dhanurasana*

Level- Beginner

Position-Prone

Type- Back-Bend , Stretch

Chakras-

- Heart Plexus (*Anahata Chakra*) ,
- Throat Plexus (*Vishuddha Chakra*) ,
- Solar Plexus (*Manipura Chakra*) ,
- Root Plexus (*Muladhara Chakra*)
- Sacral Plexus (*Swadisthana Chakra*).

Doshas (Ayurveda)- Vata , Pitta , Kapha

Mahabhootas (Elements)- Prithavi (Earth), Agni (Fire), Jala (Water), Akasha (Ether), Vayu (Air).

Steps-

1. *Dhanurasana* start by lying down in *Makarasana* (Crocodile Pose), Here as face down bring arms close to sides of the body and with forehead down, stretch legs and take few deep breaths to relax the spine.
2. With distance between the knees bend them and point the toes close to you by bringing the legs and feet close to lower back.
3. Placing the both legs and feet close to lower back , now try and hold onto ankles with hands from behind. The holding of the ankles of both the legs are from outside.
4. Now stretched shoulders and arms and legs raised behind from above floor and thighs away from the floor, stay here for a few breaths.
5. After grabbing the ankles, raise the entire upper body from the upper abdomen to the neck upwards and balance the entire body on the lower abdomen. The body looks like a bow shape.
6. Stay in this pose for a few breaths and make sure those thighs are away from the floor. Tighten the buttocks and lower back and pull yourself upwards with every inhalation.
7. A slow breathing can help us balance our body longer with eyes closed.

Benefits

1. *Dhanurasana* provides strengthens the back and abdominal muscles.
2. It stimulates the reproductive organs.
3. It stretches the chest, neck and shoulders.
4. This *Asana* tone up the leg and arm muscles.
5. By performing *Dhanurasana*, it adds greater flexibility to the back.
6. It acts as a good stress and fatigue buster.
7. It relieves menstrual discomfort and constipation.

8. It helps people with renal (kidney) disorders.
9. It stretches the whole front of the body, thighs, ankles and abdomen, groins and chest, throat, and deep hip flexors muscles.
10. It improves posture of the body.
11. It stimulates the organs of the abdomen and neck.

Therapeutic Applications-

Dhanurasana helps in these clinical conditions-

- Constipation
- Mild backache
- Respiratory ailments
- Fatigue
- Anxiety
- Menstrual discomfort
- Kidney disorders

Contraindications - This pose is contraindicated in these below conditions.

- High blood pressure (Hypertension) or low blood pressure (Hypotension).
- Insomnia
- lower backache.
- Neck injury
- Headache
- migraine
- Hernia
- Recent abdominal surgery
- During pregnancy.

Modifications and Props

Too much stretch of muscles in any yoga posture causes pain that will cause injury. So if stretching is not easy in any particular yoga, but the body needs this stretch, it can be achieved through improved and modified techniques. No yoga pose gives pleasure and enjoyment if not experienced correctly. Thus there are some alternative ways to get this *Asana* if one wants to enjoy this *Asana*. Some are mentioned below-

- If it is difficult to reach the ankles, one can use a yoga strap and place it around the ankles of the feet and pull yourself upward by holding this strap with a proper grip.
- If pressure on the abdominal area is inconvenient, you can place a blanket to support you just below the pelvis and lower abdomen.
- An experienced teacher can help bring those arms back to reach the ankles and support lifting the knees and thighs by placing a thin blanket under the knees.
- One can start practicing it on a flat and firm mattress before getting on the mat on the floor. The support and cushion effect will bring less pressure on the abdomen and thighs, thus affecting the stretch.

Preparatory Poses

- *Bhujangasana*
- *Setu Bandha Sarvangasana*
- *Salabhasana*
- *Supta Virasana*
- *Virasana*
- *Urdhva Mukha Svanasana*
- *Navasana*
- *Makarasana*

Follow-up Poses

- *Matsyasana*
- *Urdhva Dhanurasana*
- *Setu Bandha Sarvangasana*
- *Urdhva Mukha Svanasana*
- *Uttana Shishosana*
- *Ustrasana*
- *Adho Mukha Virasana*
- *Sasangasana*
- *Makarasana*

Beginner's Tip

Sometimes it is difficult for beginners to lift their thighs off the floor. You can extend your legs slightly upward by lying with your thighs supported on a rolled blanket.

Variations

A variation of *Dhanurasana* is called *Parsav Dhanurasana* (*Parsav* = lateral, side, plank) *Dhanurasana*. Perform *Dhanurasana* according to the instructions in the main description above. Then with one breath, dip your right shoulder towards the floor, push your left leg to the right, and roll your right side. Students often have a hard time trying for the first few times. Do not despair. You can practice rolling by your side without holding your ankles. Just bend your knees and use your hands to help get a feel for the rolling movement. Stay on your right for 20 to 30 seconds, then, when you exhale, roll to your abdomen and to the left. Here is the same length of time, and finally roll back on your stomach with one exhalation. *Parsva Dhanurasana* gives a good massage to your abdominal organs.

Others are-

- Bow pose rocking variation
- Both hand one legged big toe bow pose
- Hidden lotus pose hands hips special
- Easy bow pose hips floor hands aerial
- One legged bow pose preparation with strep

Anatomy

Dhanurasana benefits the following region muscles-

- Arms and Shoulders
- Lower Back
- Middle Back
- Upper Back
- Biceps and Triceps
- Core (Abs)
- Hamstrings
- Chest
- Hips
- Knees
- Neck

***Dhanurasana* Breath Awareness:**

Breathing is considered the most essential tool to reach the fullness of any posture. Continuous practice of posture with proper breathing provides a lot of flexibility of the body. There are some breathing techniques explain to master *Dhanurasana*.

1. In *Makarasan* (Crocodile Pose), take a few rounds of breath to relax the spine before we start going into the pose.
2. When you take a breath, spread your back arms and bend your ankles and hold your feet. Stay here with the forehead on the floor to do some breathing. Set the shoulders well and make sure the body is straight with proper alignment to the mat.
3. Now lift the forehead off the floor and take a deep breath, holding the ankles tightly while pulling the chest, shoulders and upper body up and back. Stay here until the body is well balanced with normal breathing.
4. After the body is comfortable, start breathing slowly and raise the thighs with each breath and lift the chest and shoulders backwards and move upwards.
5. The more the breath is slow and steady, the more balanced the body will be. Try and stay in this posture with your eyes closed.
6. After a few seconds or breathe, inhale slowly and hold your ankles while bringing down the knees, shoulders and chin. Still release the ankles and spread the legs backwards on the floor and give the neck a complete rest.
7. Now lie down in full *Makarasan* and start spreading the whole body back to the floor and relax. Start breathing slowly and as you exhale, move your brain to the lower back and continue the tension and squeeze more muscles around the spine.

IV. RESULT-

Joint actions in *Dhanurasana*

- The hip joints are extended, adducted and medially rotated.
- The knees are flexed.
- The ankles are planter flexed.
- Shoulder joints are extended, adducted and internally rotated.

- The elbows are extended.
- Forearms are pronated.
- The spine is extended.



Fig. no. 1 Dhanurasana

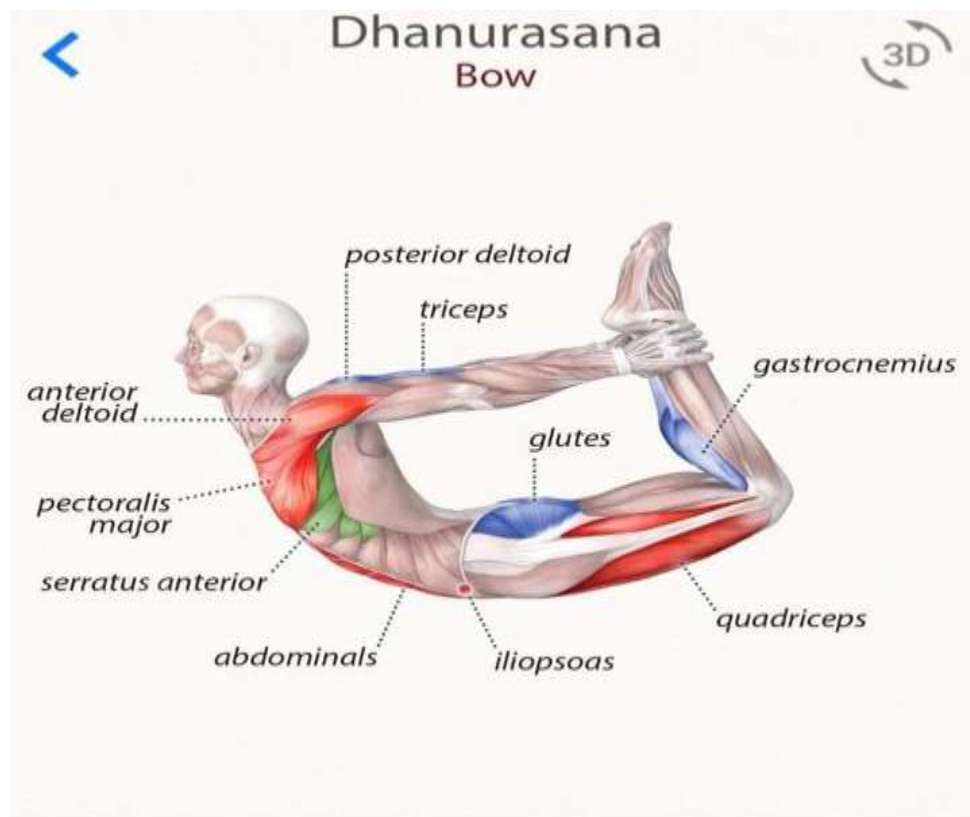


Fig. no. 2 Anatomy of Dhanurasana

V. CONCLUSION

Yoga is the science of life. *Yoga* is India's oldest scientific, ideal devotional regulation. It is a method 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. Daily practice of *Yoga*, *Asana* and *Pranayama* with proper attention gives result pure blood supply to body parts like heart, liver, lungs, pancreas, intestine, kidney, ligaments, tissues, muscles, and glands of human body. It also increases the digestion power. It control power of the sense organs and awareness. *Yoga* and *Asana* will give disease and stress free healthy life. Anatomical structures during breath and postures as lungs, ligaments, muscles and bones, ligaments, joints, muscles and tendon during movement are involved. Anatomical structures and their work are behind the scientific benefit of *Yoga* and *Asana*. *Dhanurasana* is a complete *Asana* which manage the health of human body and improve the spiritual level. *Dhanurasana* is a series of the *Asana* gives very much remedial effect in all the back problems and improve digestion also.

Financial support and sponsorship- Department of Sharir Rachana, Faculty of Ayurveda and science, Jayoti Vidyapeeth Women's University.

Conflicts of interest- There are no conflicts of interest.

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