

A REVIEW ARTICLE ON BHUJANGASANA**Neha Saini^{1*}, Sunayana Sharma², Karan Chugh³ and Parul Soni⁴**

^{1,4}PG Scholar Dept. of Swasthviritta & Yoga, Sriganganagar Collage of Ayurvedic Science & Hospital, Tania University Rajasthan.

²Professor & H.O.D in Department of Swasthviritta & Yoga Sriganganagar Collage of Ayurvedic Science & Hospital, Tania University Rajasthan.

³Assistant Professor in Department of Swasthviritta & Yoga Sriganganagar Collage of Ayurvedic Science & Hospital, Tania University Rajasthan.

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Corresponding Author*Dr. Neha Saini**

PG Scholar Dept. of
Swasthviritta & Yoga,
Sriganganagar Collage of
Ayurvedic Science &
Hospital, Tania University
Rajasthan.

ABSTRACT

In today's modern world Almost 8 persons out of 10 suffer from Low Back Ache at least once in their life. About 70% of the Low Back Ache sufferers belong to the age group of 30- 40 years. Also due to change is transportation methods in modern world like Bus, cars a person need to sit for a longer time and due to this *Katishool* is now most common complaint. Yoga has a great role to prevent and cure many of the so called life style disorders. Yoga is considered as a most effective against backpains and *Bhujangasana* & *Shalabhasana* are important Asana's specifically indicated in *Katishool* *Bhujangasana* is often referred to as the Cobra Pose. This Yoga Asana helps tones the abdomen and strengthen the spine. It is also a most important Asana to get flat stomach. *Bhujangasana* benefits are extended to your beauty

because of the stretching of the abdominal muscles.

KEYWORDS: Ayurveda, *Bhujangasana*.

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 ancient texts the primary goal of Ayurveda is *Swasthasya Swastya Rakshanam, Aturasya Vikara Prashamanam*^[1] which means increasing the good health and treat the disease. Ayurveda

specifically deals with mind body balance. The Main part for this 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. Yoga provide us a simple remedies, facile skills and procedure of good health and hygiene to gain physical and mental fitness in less time. 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. 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. Meaning of Asana is “Sthira Sukham Asanas” which means well balanced,pleasant position of body.

Yogasana

Patanjali Yoga described about eight branches –Yama, Niyama, Asana, Pranayama, Pratyahara, Dharna, Dhyan, Samadhi. Patanjali Yoga given third place to Asana. “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, so both the energy come together in the Yoga. Asanas when 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. Bhujangasana is helpful for the abdomen and strengthen the spine.

Bhujangasana

Term Bhujangasana comes from the Sanskrit word 'Bhujanga' which translates to 'snake' or 'serpent' and 'Asana' meaning 'posture' hence in English it is refered as a ‘Cobra Pose’.

Bhujang Asana is part of the sequence of Yoga postures in Surya Namaskar or Sun Salutation. Bhujangasana helps strengthen the spine, and stretches anything between the navel and the chin"

Steps to perform bhujangasana

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Performance the cobra pose with right techniques is one of the important aspects to extract its health benefits. The steps to do cobra pose is being mentioned here.

1. Lie down on the your stomach by keeping your legs together. Make a gap of 1-2 feet between the legs if somebody has back pain
2. Palms besides your shoulder and the head should rest on the ground.
3. Inhale air and raise your head up to your navel region and try to see the roof.
4. Stop in same position for 10 to 60 seconds with steadily inhaling and exhaling.
5. Come to the original position slowly with deep exhalation.
6. Repeat the process for 3 to 5 times.



Types of bhujangaasana

There are four types of Bhujangasana.

1. Curved hands cobra pose (Vakra hasta bhujangasana)

It helps to enhance the efficiency of digestive system.

2. Half cobra pose (Ardha bhujangasana)

It is also known as sphinx pose because the final Asana is resemble to an Egyptian sphinx. This Asana is particularly beneficial for those who have stiff back and helps to provide flexibility to the body.

3. Cobra pose with raising palm

This is good Yoga exercise for buttock. It can be practiced to reduce fat from the waistline as well as for buttock beauty.

4. Cobra pose (Saral hasta bhujangasana)

This is the advanced form of Bhujangasana when the head is raised just like the hood of a serpent or cobra.

Benefits of cobra pose

Strengthens the arms and shoulders

Increases flexibility

Invigorates the heart

Relieves stress and fatigue

Strengthens the spine

Stimulates organs in the abdomen, like the kidneys

Improves menstrual irregularities

Opens the chest and helps to clear the passages of the heart and lungs

Contraindication

1. People with severe backpain or with spine conditions should avoid this
2. People with having neck problems relating to spondylitis too should clearly avoid this Yoga pose.
3. Pregnant women should avoid this Yoga pose
4. Someone suffering from severe asthma should avoid this pose and work on breathing techniques through Pranayama before attempting Cobra Pose.

Precautions

1. Hand placement: hands should be next to your chest and under your shoulders.
2. Elbow Lock: Locked elbows can jam your shoulders toward your ears. So slightly bend your arms and relax.
3. Neck Jamming: To maintain length in the upper spine, gaze directly forward or diagonally downward.
4. Lower back: If your arc is turning into more of an L shape, you've come up too high and should lower a few inches to avoid crunching your low back.
5. Buttocks Crowding: Avoid temptation to squeeze the buttocks in Bhujangasana as the backward bend doesn't come naturally to the body. Save energy and relax your glutes instead".
6. Feet Crowding: in low Cobra Pose, then it's okay to have your feet together. if rising into extended Cobra Pose, your feet should at least be hip-distance wide to lessen pressure on

the low back.

7. Hips Lifting : Cobra pose uses the back muscles to maintain the lift rather than the arms and legs

CONCLUSION

Yoga is Ancient science of life which deals with 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. Yoga and Asana will give disease and stress free healthy life. Anatomical structures and their work are behind the scientific benefit of Yoga and Asana. Bhujangasana is one of the complete Asana which manage to get healthy body and improve the spiritual level. Bhujangasana is a series of the Asana gives very much remedial effect in all the back problems and improve digestion also.

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