

BENEFICIAL EFFECTS OF YOGA IN CLINICAL CONDITIONS – A REVIEW

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ABSTRACT

Good health is our greatest asset, without good health we can hardly expect succession any walk of life. The body is important as the soul, divorced from the body the soul is naught.

“If the body is destroyed, life is destroyed

Nor will life come by true wisdom firm

Knowing means, the body is foster

I foster the body and the life.”

-Thirumanthiram verse 727.

This message proclaimed by *Thirumoolar* in *Thirumanthiram*. Our body is affected by various types of diseases, which also affects our soul. Yoga is a holistic science, which was originated in ancient India. Yoga could cure all the disease is presented to the public, scientific, rationale and persuasive manner. *Yogasanam* brings about their fine effects on soothing, relaxing and loosening of nerves, muscles and joints of the body respectively. It also gives both physical and mental health. This paper concentrates the effects of Yoga for the Gynecological problems, Liver diseases and Thyroid dysfunction.

KEY WORDS: *Yoga, Gynecological problems, Liver diseases and Thyroid dysfunction.*

INTRODUCTION

Yoga was developed in ancient India, the origin has not been clearly identified, and however the archaeological evidence suggests its origin on circa 1300 BC (Starre 1989). Two sages in Ancient India (i.e) *Thirumoolar* – the father of therapeutic Yoga and *Pathanjali* –author of Yoga sutra was spread the word about the practice of Yoga. In Yoga, each of the pose gives a specific physical and mental health benefit. Yoga works on physical, mental, emotional spiritual and social. Integration of personality is the primary aim of Yoga. Because of their importance, most of the countries follow the Yoga in day to day life. June 21st has been declared as the International Yoga day by the United National General Assembly (UNGA).

Yoga is referring to a kind of *Meditation* or *Penance*. In Tamil word, Yoga is called *Thavam (or) Japam*. Yoga is derived from the Sanskrit word of *Yujh*, it means to join, bind, attach and *yoke* i.e union of individual consciousness with the universal divine consciousness states known as ‘*Samadhi*’ (a state of super consciousness) . Siddhars in order to reach their goal of attaining *Siddhi*, practiced this Yoga and strengthen their mind and physique, attaining ecstasy in life. *Asanam* is seat; it means *pose (or) posture*. *Asanam* is essential in the practice of Yoga. Generally *Asanam* is like a physical exercise. General exercises will be acting only on superficial muscles of the body, but *Yogasanam* will be strengthening the internal organs and mind of our body. This has to act through the God given instrument, the human body. It prepares the human body, purities it of all dross, diseases and defects and prepares it for the rousing reception of spiritual.

Siddhars tried with certain posture and succeeded in reaching ecstasy to stimulate the *Kundalini Power*. The Yogic techniques are very closely to interwoven with the Siddha system in all its manifestation and knowledge of that philosophy become necessary when we study the Siddha medicine. *Karpa Marunthukal* (Rejuvenating Medicines), are those which prevent gray, wrinkling, aging and senile changes and other diseases for promoting longevity with complete freedom from illness. This longevity keeps the body imperishable. Yoga is one of the Rejuvenating therapies in siddha system of medicine.

YOGA FOR GYNACOLOGICAL PROBLEM

Gynecological disorders are those disorders that affect the female reproductive system. The organs included Breast, Uterus, Fallopian tubes, Ovaries and External genitalia. Every woman suffers from some gynecological problem with some point in her life. Studies suggest that following a good, healthy eaten pattern along with regular Yoga practice could help in offering relief from gynecological problems.

Yoga for Gynecological problems

- *Dhanurasanam*
- *Gomugasanam*
- *Matchasanam*
- *Yogamuthra*
- *Ninra padhasanam*
- *Navasanam*
- *Trikonasanam*
- *Ninra dhanurasana*
- *Garudasanam*
- *Padhmasanam*
- *Pavana mugthasanam*
- *Kaphala pathi*
- *Padhanguthasanam*
- *Chakrasanam*

Asanam should not be practiced during menstruation

The inverted Asanams such as

- *Adhomukhathasanam*
- *Sirasasanam*
- *Vibareethakarani*
- *Sarvangasanam*
- *Matsyasanam*

Asanam can be practiced during menstruation

During menstruation, *asanam* practice should be aimed at relaxing the body especially the pelvic region. Healthy women without any problems can perform other *Asanams*. This includes

- *Baddha konasanam*
- *Ubavishtha konasanam*
- *Supta baddha konasanam*

Some important *Asanams* are described below

UTTHANA PADHASANAM

Uthana means 'raised' *Padha* means 'foot' i.e. raised position of the feet.

TECHNIQUE

- (1) Adopt supine lying position of legs together, hands by the side of the body.
- (2) Palm resting on the ground. (3) While inhaling, raising the right leg without bending the knee to 30°, 45° and 60° angle. (4) Maintain the position in normal breathing, exhale and bring down the leg. (5) Repeat the same from left leg. (6) Now raise both legs together slowly up to 30° angle. (7) After holding the

position in few seconds raise the legs together to 45° then to 60° angle. (8) Maintain the final position with normal breathing. (9) While returning follow the same sequence and finally place both legs on the ground.

PAVANAMUGTHASANAM

Pavan means 'Wind' *Muktha* means 'Removing' *Asana* means 'Pose' so this *Asanam* known as 'wind removing pose' or 'Wind liberating pose'.

TECHNIQUE

(1) Lie on the back palm facing upwards. (2) Inhale and slowly raise the right leg and fold at the knee; interlocking the fingers just below the knee. (3) The right thigh touches the abdomen. (4) Keep the left leg flat on the ground. (5) Try to touch the knee with chin/nose by raising the head, thorax and abdomen and breathe normally. (6) Exhale slowly and come back to the original position (i.e) *Savasanam*. (7) After maintaining the final posture for considerable periods releases the posture and repeat of the other side. (8) Now fold both the legs and encircle the arms around the knees. (9) Raise slowly the head and chest. (10) Maintain the posture for few seconds initially with normal breathing. (11) Return back to the normal posture by bringing down the head and neck back to its original posture. (12) Release the hand from the knee. (13) Straighten the leg and back to the normal posture.

YOGA MUTHRA

Yoga Muthra is the 'symbol of *Yoga*'. It is the psychic union pose. *Kumbagam* has to be practiced while performing this *Asanam*.

TECHNIQUE

(1) Sit in *Padmasanam*. (2) Palms are placed over the heel. (3) Inhale and take both the hands at backwards, fuced your palms together comfortably (or) touch the elbow with opposite hands. (4) Exhale slowly bends forward, without raising your buttock from the ground

.Your chin should touch the ground. (5) After slowly inhale then exhale. Stay in this position for few seconds and comeback to the original position. (5) If *Pranayamam* is difficult, sit in *Sukh asanam*. If you cannot touch the ground with your chin, try to go down as far as possible.

HALASANAM

Hala means ‘Plough’ Posture of this *Asanam* resembles the Plough (Agricultural equipment).

TECHNIQUE

(1) Lie on supine position, hands straight by the side of the thighs, palm resting on the ground and facing downwards. (2) Keep both the legs together. (3) Inhale and slowly raise the legs together without bending at knee and stop at 30° angle. (4) After few seconds raise the legs further up to 60° angle and maintain, now slowly bring the legs at 90° angle. (5) Breath normally and Pressing both the hands brings the legs little towards the head. (6) Bending of legs, till toes touch the ground around the head backwards. (7) Now place both the palms on the head, making finger-lock, bring elbow on the ground. (8) Keep the knees quite straight and close together. (9) While returning back to the original position, first release the finger lock. (10) Stretch the hands straight and place them on the ground by the side of the body. (11) Lower the waist and raise the legs from the ground. (11) Slowly let the waist rest on the ground and stop bringing the legs at 90° angle. (12) Come back the original position gently.

SHALABHASANAM

Shalabh means ‘Locust’ or ‘Grasshopper’ i.e. *Locust yoga* poses. While doing this *Asanam*, the body and the legs resemble a ‘*Locust*’.

TECHNIQUE

(1) Lie on supine position, hands on side of the body, palms faces down, shoulder and wrist contact with the ground. (2) Keep your chin on the floor. (3) Inhale slowly and raise both the lower extremities; i.e .legs, hips and lower abdomen. (4) Keep the knees without bending and toes pointed, legs straight. (5) Hold the breath for 5-10 seconds. (6) Lift the legs as far back and up as possible and exhale slowly, lower the legs on the ground.

Table 1.YOGA FOR GYNECOLOGICAL PROBLEMS

NAME OF THE YOGA	DURATION	CONTRAINDICATION	CLINICAL USES
<i>UTHANA</i> <i>PATHSANAM</i>	10-20 seconds. Repeat for 3 to 5 times.	Abdominal injury Recent abdominal surgery Pregnancy Menstrual time High blood pressure Disc bulge	It improves the function of reproductive organs and abdominal organs. Good for reducing abdominal bulges after childbirth. It strengthens the lower back muscle and relieves the lower back ache. It also strengthens the Hamstring muscle. It stretches the lower abdomen and strengthening and toning the abdominal wall and the organs of the lower abdomen. It cures hernia, because hernia is due to the weakness of the lower abdominal muscle .It removes constipation, Gastric trouble and acidity .It reduces excessive fat deposition on lower abdomen and thighs. Improve the tones of the muscle and ligament of the Uterus and pelvis.

			Reduce the abdominal girth and also increase the circulation of the lower extremity, pelvic and abdominal region.
<i>PAVANA MUKHASANA M</i>	10-20 seconds. Repeat for 3-5 times.	Recent abdominal surgery Hernia Hemorrhoids Pregnant and Menstruating Women Cardiac problem High blood pressure Neck and back problem	It reduces the abdominal girth. Improve the blood circulation to the pelvic organs, hip joint and cures lower back ache and reproductive problems. It stretches the lower abdomen, thus it strengthens and tones the lower abdominal organs and legs. It is extremely curing the uterine related diseases. It also reduces the excessive fat deposition on buttocks, tummy and thighs. During this <i>Asanam</i> , it acts like massage on abdominal muscle, Intestine and other organs of the abdomen.
<i>YOGA MUTHRA</i>	20 seconds. Repeat for 3-6 times.	Heart disease Severe Knee and Hip joint problems Hernia Pregnancy	Whole of the Lumbo-Sacral nervous system get toned. The Liver and Spleen will feel the pressure and begin to work well. Diabetes is cured. For the Women, the menstrual disorder go away .It massage the abdominal organs and increase the peristaltic movement and cure the constipation, digestive problems and improve the digestive power. It activates the <i>Manipuraka</i>

			<i>chakra.</i>
<i>HALASANAM</i>	30-40 seconds. Repeat for 2 to 3 times.	Diarrhea High blood pressure Menstruating and pregnant women Neck and Back injury	It strengthens the lower abdomen and pelvic region and also increase blood circulation to the organs and stimulates the reproductive organs. This <i>Asanam</i> works on thyroid glands. Stretches the muscle and ligament of abdomen, thighs and calves. It relieves the symptoms of Menopause and also strengthens the spinal nerves, Vertebral bones, Sympathetic nervous system that runs along the vertebral column on both sides.
<i>SHALABHA SANAM</i>	20-30 seconds. Repeat for 3-5times.	High blood pressure Heart diseases Hernia Recent abdominal surgery Uterine prolapse Menstruation and Pregnancy	Strengthen the lower abdominal region and thus enhance the function of lower abdominal organs. It is the best <i>Asanam</i> for the gynecological problems. Strengthen the muscles of legs, lower back and shoulder. It stimulates the function of bladder, pancreas, Liver, Spleen and uterus It toned the Lumbo-Sacral plexus. Remove the unwanted fat around the abdomen, waist and thigh.

YOGA FOR LIVER DISEASES

Liver is one of the heaviest internal organ and largest gland in the body. In human it is located in the upper right quadrant of the abdomen, below the diaphragm. It serves the principle function of maintaining the body internal milieu and almost supports the other organ in the body. Liver diseases can be inherited or caused by variety of factor that damage the liver, such as Infection, Alcohol and drug abuse, Nutrition deficiency etc. Different types of Yoga maintain and enhance the proper function of liver. Such as,

- *Dhanurasanam*
- *Gomugasanam*
- *Matchasanam*
- *Yogamuthra*
- *Ninra padhasanam*
- *Navasanam*
- *Trikonasanam*
- *Ninra dhanurasanam*
- *Savasanam*
- *Halasanam*
- *Garudasanam*
- *Padhmasanam*
- *Pavana mugthasanam*
- *Kaphala pathi*
- *Padhanguthasanam*
- *Chakrasanam*

Some important *Asanams* explained below,

DHANURASANAM

Dhanur means ‘Bow’. This *Asanam* represents the appearance of a Bow. It combines the benefit of both *Bhujangasanam* and *Shalabhasanam*.

TECHNIQUE

(1) Lie on your chest with faces downwards. (2) Keep the arms by the sides. (3) Exhale, raised your hands backwards then hold your ankle with your hands and lift them up. (4) Bend your head and Neck back, and pull your legs upwards, bending your body like bow. (5) Raise the chest and head; Extend the chest; Look upwards; maintain the position in normal breathing. (6) Keep the arm and forearm quite straight and stiff. (7) Only the abdomen bears the weight of the body. (8) Hold the posture 5-15 seconds. (9) In the beginning, keep your knees apart from your legs, after practicing knees will be closed them.

PASCHIMOTTHASANAM

Paschima means ‘West’ or ‘back,’ *Uttana* means ‘intense stretch’ i.e intense stretch of west

TECHNIQUE

(1) Sit on the ground upright. (2) Keep both the legs together, place the hands by the sides of palms resting on the ground; Fingers should remain together pointing forward. (3) Stretch your arms up and close to the head near the ears. (4) Inhale slowly; bend forward your forehead should touch the knees, Elbows should touch the ground and keep the head should between the hands. (5) Both the legs and knees should not bend]. (6) Hold your toes with the thumb, index and middle fingers. [You cannot reach, bend your knees and hold the big toes] (7) Maintain the pose in normal breathing as long as comfortable. (8) Come back by, loosen your hands and exhale raising your head, chest from the body.

ARTRHA MATSYANDRA ASANAM

'Artha' means 'Half' *Matsya* means 'Fish' *Indra* means 'king'. *Matsyentra* was one of the great Yogis founders of the *Hatha Yoga*. This *Asanam* is also known as '*Vakrasanam*'. *Vakra* means 'twisted'.

TECHNIQUE

(1) Sit on the ground with the leg stretched out. (2) Bend the left leg at the knee and place the left foot on the right thigh join with the help of both the hands. (3) Bend the right the leg at the knee and place the heel in close touch with the soft portion of perineum. (4) Keep the left foot rest on the ground by the external side of the right thigh, close the hip joint. (5) Keep the spine straight. (6) Pass the right hand over the left knee joint by rotating the whole trunk to the left side, till the shoulder and the left knee stand pressing against each other. (7) Place the right arm, pit over the top of the vertically bend the left knee and the right hand should hold the right knee. (8) Hold the foot with the left hand. (9) Twist and then the spine slowly steadying to the left side. (10) Turn the neck, also to the left side. (11) So that the chin is in line with the left shoulder. (12) Keep the chest erect and forward. (13) Repeat from the opposite side.

GOMUGASANAM

Go means Cow, *Mugam* means Face. During this *Asanam*, our body resembles the cow body, our parted legs resemble the cow lips, hands places up and down look like a cow ears.

TECHNIQUE

(1) Sit erect stretching both legs together in front, hands by the side, palms resting on the ground. (2) Fold the right leg at the knee and place it on the ground by the side of the left buttock. While fold your right leg and place it over the left thigh. (3) Gently fold your left arm and place it behind your back, take your right arm over the left shoulder and stretch as much possible. (4) Keep the trunk erect, expand your chest. (5) Breath normally and after few seconds return to original position.

THRIKONASANAM

Thrikone means ‘Triangle’. Doing this *Asanam* the body resembles the triangle shape.

TECHNIQUE

- (1) Stand erects, keep the legs 2 feet apart and hands on side of the thigh
- (2) Raise both the hands up to the shoulder level.
- (3) Inhale slowly and lift your right arm over the head that touches the right ear.
- (4) Exhale slowly, gradually bend your body towards your left side and lower your right hand to touch the big toe on the right foot.
- (5) Keep the knee do not bend and left hand with leg, but do not rest on the leg.
- (6) Turn your head upwards and focus your eyes on the left thumb.
- (7) Take normal breathing.
- (8) Inhale slowly comes back to the normal position.

Table 2.YOGA FOR LIVER DISEASES

NAME OF THE YOGA	DURATION	CONTRAINDICATION	CLINICAL USES
<i>DHANURASANAM</i>	15 -20 seconds Repeat for 2-3 Times	Hernia High (or) Low blood pressure Resent abdominal surgery Migraine Pregnancy	During this <i>Asanam</i> , pull over the Rectus abdominus muscles and strengthen the abdominal muscles and back. Good massage to the Abdominal organs and Abdominal wall. Useful for chronic constipation, Indigestion, sluggishness of liver and Fatty liver. It increases the circulation to the vertebral column, Arms, Fore arms and Legs. It stimulates the Liver,

			Pancreas, Kidney and Ovaries.
<i>PASCHIMOTTHASA NAM</i>	30-60 seconds. Repeated for 3-5 times.	Asthma Diarrhea Back and Neck injury Pregnancy Menstrual time	This <i>Asanam</i> gives good stretches to the Psoas major, Psoas minor, Quadratus lumborum and Rectus muscles. Abdominal muscles will be contracted and increase intra abdominal pressure, compress the contents of abdominal organs. So the abdominal muscle will get stronger and the function of Liver, Spleen, Stomach and Pancreas will be reactivated. During this <i>Asanam</i> the lumbo-sacral region is affected; Lumbo-sacral plexus are stretched and toned up. Increase the peristaltic movement and cure the constipation, digestive problems. It also cures the Diabetes mellitus.
<i>ARTRHA MATSYANDRA ASANAM</i>	10-20 seconds Repeat for 2-3 times	Spine stiffness Back and Neck injury Hernia Recent Abdominal surgery	Abdominal muscle compliments the effect of <i>Paschimothasanam</i> through the great twist pulls the deep muscles of the back and the wall of the abdomen. The

			Liver, Spleen and Pancreas are contracted .So they are toned and strengthened and cease to be sluggish. Good <i>Asanam</i> for Diabetic patients. This is the Spinal twisting <i>Asanam</i> and it has a great curative value and corrects the spinal deformities. Stretches and strengthen the shoulder, Hip and Neck.
<i>GOMUGASANAM</i>	10-30 seconds. Repeat for 4-5 times	Neck and shoulder injury Severe knee joint pain Hernia	It stretches the abdomen, shoulder and back. This asana used for the treatment of Liver cirrhosis and remove the toxic materials from the liver. It also increases the blood circulation to the abdominal organs and improves the function of Liver, Pancreas, Spleen and Kidney. It stimulates the pancreas and cures the Diabetic.
<i>THRIKONASANM</i>	5 seconds Repeat for 2-4 times.	Diahhorea Low or High blood pressure Severe neck and back injuries Hernia	It improves the function of Liver, Spleen, Pancreas and Stomach. It increases the physical and mental equilibrium. It stretches the groin, hip, legs and hamstring muscles. It strengthens the

			intercostals muscle and improves the function of Liver.
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YOGA FOR THYROID DYFUNCTION

Thyroid gland is a Butterfly shaped gland, consisting of two lateral lobes and joined by an isthmus, situated slightly below the thyroid cartilage in the anterior neck. It releases hormones (T₃, T₄ and Calcitonin) ,that control the metabolism and regulate the vital body function, such as Heart rate, Breathing, Temperature, Cholesterol level, Body weight etc.. Yoga is on the natural solution to treat the thyroid disorders. The various stretching, Twisting and compressing *yogasanam* massage the thyroid gland; So that way improved and nourishes the thyroid gland. Some important *Asanams* for Thyroid dysfunction

- *Sarvangasanam*
- *Pirai asanam*
- *Arthamatsyenthraasanam*
 - *vipareethakharani*
 - *sirasasanam*
 - *Matsyenthraasanam*
 - *Bhujangasanam*
 - *dhanurasanam*

SARVANGASANAM

Sarvam means whole, Entire, *Anga* means Limb, Body. This *Asanam* is Mother or Queen of all *Asanams*. It is also called shoulder stand, because the weight of the whole body rest on shoulder. This *Asanam* is beneficial for all organs of the body.

TECHNIQUE

(1) Lie on supine position; Hands on the side of the thigh, palm faces forward and resting on the ground. (2) Fold the thighs over the abdomen and slowly raise the legs with bending at the knees (support the back) into and with 'L' shaped position. (3) Elbows rest on the ground. (4) Slowly raise the legs in 30°, 60° and 90° angle. (5) Inhale and raise the legs, abdomen and chest. Form a straight line. Place the palm on your on your back for the support of hands. (6) Breath normally, folds on big toes with half closed eyes. (7) Hold the posture for 2 minutes. (8) Do not allow the body to shake or move to fro. (9) During this *asanam*, whole weight of the body is thrown on the shoulder. (10) Slowly returns to back the original position .while doing this asanam first lowers the buttocks with the hands supporting the back and slowly place the buttock on the ground and bring the legs at 90° angle.

MATSYASANAM

Matsya means Fish. This *Asanam* helps to float on water easily.

TECHNIQUE

(1) Sit in *padmasanam* (2) Place your hand under the lower back. (3) Bend your elbow and support your back by hands. (4) Inhale slowly, bend backwards. First bend your chest finally chest. (5) Hold the left foot with the right hand, while hold the right foot with left hand. (6) Breathe deeply. (7) Keep knee touch the ground and bend back like bow. (8) Press top of the heel, finally on the floor. (9) The weight of the upper part of the body should be supported on the head and knees. (10) Stay this position for 5-15 seconds. (11) Come back, release the hand from the toes and place the palms on the ground, straighten the head with the help of the hand and come up slowly. (12) Relax in *Savasanam*.

USARTASANAM

Usarta means Camel. Doing this Asana, the posture resembles the posture of camel, hence this name.

TECHNIQUE

- (1) Kneel on the ground.
- (2) Keep the thighs and feet together.
- (3) Buttocks will be rest on the feet i.e *Vajrasanam* posture.
- (4) Exhale and slowly bend backward.
- (5) Hold the ankles with your hands.
- (6) Keep both the hands on straight.
- (7) Inhale deeply and the neck should not strain.
- (8) Hold for 5 minutes.
- (9) When come back, raise your buttocks from seated posture and bend your neck forward.
- (10) The weight of the body evenly supported by the arms and legs.
- (11) After finishing this Asana relax the hand one by one and rest the hands on the knees and sit in *Vajrasanam* posture.

PIRAI ASANAM

Pirai means one arc of the moon. During this *Asanam* outer shape of the body is like on Arc of the Moon. This *Asanam* also called *Artha chakrasanam*. Chakra means ‘Mass wheel’

TECHNIQUE

- (1) Stand with the legs apart from 1-2 feet; place your palms on both the hips.
- (2) Breath out gently.
- (3) Extend your arms slowly and bend backward as far as possible.
- (4) Curve the trunk, so that the weight of the body is felt on the thighs and toes.
- (5) Hold the breath for few seconds.
- (6) Keep the arms in line with the Ear, Elbow and Knees are straight.
- (7) After getting flexible, breathing out slowly moving the hands downward and hold the Ankles with your hands.
- (8) Keep the eyes open.

VIBAREETHAKARANI

Vipareetha means ‘Inverted’, *Karani* means ‘Doing’

TECHNIQUE

(1) Lie flat, place your hands on side of the body and relax whole the body. (2) Fold your legs over the abdomen and lift on the hip up. (3) Raise your legs slowly till the legs are almost 90° to the floor and the neck rest on the ground. (4) With the aid of your hands, support the buttocks and chest as you lift then. Keep your elbow on the floor and straighten your legs. (5) Focus your eyes on the big toes and hold for 2 minutes. (6) While coming down, fold your legs in, slide your hands off your buttocks and come down gently without raising the head.

Table 3.YOGA FOR THYROID DYSFUNCTION

NANE OF THE YOGA	DURATION	CONTRAINDICATION	CLINICAL USES
SARVANGASANAM	20- 30 seconds. Repeat for 2-3 times.	High blood pressure Neck pain Epilepsy Sciatica Severe lumbar pain Hernia	Neck is well stretched. The Thyroid and the Parathyroid gland well nourished and start to work better. Stagnant blood in thyroid and Parathyroid glands will be forced to move up and down while performing this <i>Asanam</i> . Remove the symptoms of immature old age and early gray hair. Calm the Brain and reduce stress, nervousness. It stimulates pituitary glands and improves this function. Pituitary gland is the master of Endocrine glands.It secretes the Thyroid stimulating Hormone and it act on thyroid gland.
MATSYASANAM	30-60 seconds. Only one time	High and Low blood pressure Migraine	It is useful for Women to preventing (or) removing the various forms of Sexual malfunction and Uterine

	enough.	<p>Insomnia</p> <p>Serious lower back (or)</p> <p>Neck injury</p> <p>Peptic Ulcer</p> <p>Serious spinal ailments</p>	<p>problem. It stretches the neck and effective for ailments of the throat like Tonsil diseases, improving the function of thyroid and parathyroid gland; larynx and trachea opens widely. Improve the blood circulation to the Brain, Face and Carotid artery. It also stimulates the pituitary and pineal gland. During this <i>Asanam</i>, the thorax is expanding and tones the intercostal muscles. It is a helpful <i>Asanam</i> for Asthma, Bronchitis, and COPD etc. It stretches the Intestine, Liver, Pancreas, Bladder, Abdominal muscle especially Psoas muscle and other abdominal organs and also improve this function and efficacy. Very useful Asana for curing Back ache and Knee joint pain. Stagnant blood around the vertebral column is drained.</p>
USARTASANAM	<p>20-40 seconds.</p> <p>Repeat for 3-5 time.</p>	<p>High blood pressure</p> <p>Hernia</p> <p>Heart diseases</p> <p>Pregnancy</p> <p>Recent abdominal surgery</p>	<p>This <i>Asanam</i> increases blood circulation, so the Thyroid and Parathyroid gland will be activated. It works on Respiratory, Endocrine and Digestive system. It increases the lung capacity, it cures the Adrenalin induced Asthma. Reduce the</p>

			abdominal fat.
PIRAI ASANAM	10-30 seconds. Repeat for 3-5 times.	Peptic and duodenal ulcer Hernia Pregnancy and menstruation	This strengthens the abdominal and back muscles. Tones the abdominal organs and stimulate the function of Pancrease, Liver and Spleen. It stretches the neck and stimulates the organs of neck. I.e Thyroid and Parathyroid gland and also improve the blood circulation to neck.
VIBAREETHAKARAN I	10-20 seconds. Repeat for 2-4 times	High blood pressure Severe arthritis Heart problem Neck and back injury Menstrual and pregnancy	It improves the blood circulation to the brain, neck, and thyroid and Para thyroid gland. It balances the function of the Thyroid gland and nourished properly and keeps healthy thyroid gland. Healthy thyroid means healthy function of all the organ of the body. This <i>Asanam</i> is good for Hypothyroidism. This also stimulates the spiritual center of neck region (i.e) <i>Vishuddhi</i> .

CONCLUSION

Yoga is the safest and effective holistic science. It is an autonomic feedback system. Yoga practice can improve the function of different system of the body, foster psychological well being and improve the oxygen delivery to tissue, remove the metabolic waste product, carcinogens and cellular toxin and scientific evidence has begun to emphasize its efficacy. The *Yogasanams* said for Gynecological Problems, Liver diseases, Thyroid dysfunction will alleviate the diseases and also improve the metabolic functions related to these diseases.

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