

**A TEXTBOOK OF
PHYSICAL EDUCATION
CLASS 12**

Chapter 3

**YOGA AS PREVENTIVE
MEASURE FOR
LIFESTYLE DISEASES**



As per the guidelines of NEP 2020

On Board!
BOOKS



“My single achievement is that, with my sincere and honest approach, I inculcated the spirit of oneness and togetherness among players.”
- BISHAN SINGH BEDI

Includes
COMPETENCY-BASED QUESTIONS (CBQs)
Assertion-Reason Type Questions
Data-Based/Picture-Based/Case-Based Questions
MCQs

Revised and Updated

A Textbook of

Physical Education

Based on the latest CBSE syllabus

XII



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YOGA AS PREVENTIVE MEASURES

Yoga and asanas are a simple and economical preventive measure that can help in treating most of the widespread non-communicable lifestyle diseases And improving the health of people.

Yoga and asanas as a preventive measure:

1. Mental Health: Asanas like Anjali Mudra, Balasana, Uttanasana, Uttana Shishosana, etc. help in relieving stress and depression. They are also helpful in treating anxiety and mental disorders.

2. Healthy Bones: Asanas like the warrior poses, triangle pose, bridge pose, etc. are helpful in strengthening our bones and also helpful for those suffering from osteoporosis.

3. Dealing with Obesity and Diabetes: Asanas like Vakrasana, Vajrasana, Chakrasana, Ardha Matsyendrasana, Paschimottanasana, etc. are useful for the prevention of diabetes and obesity.

Examples of asanas useful in keeping a body fit and fine are Standing Asanas (Tadasana), Forward and Backward Bending Asanas (Paschimottanasana) Twisting Asanas (Ardha Matsyendrasana), Lying Asanas (Shavasana), etc.

OBESITY: PROCEDURE, BENEFITS AND CONTRAINDICATIONS FOR TADASANA, KATICHAKRASANA, PAVANMUKTASANA, MATSYASANA, HALASANA, PASCHIMOTTANSANA, ARDHA MATSYENDRASANA, DHANURASANA, USHTRASANA, SURYA BHEDHANA PRANAYAMA

What is Obesity?

It is a physical condition in which a person has accumulated so much body fat that it might have a negative effect on her/his health.

Obese people are always prone to several potential diseases such as arthritis, hypertension, cancer, flat foot, respiratory disease, liver problem, diabetes, etc.

Obesity is caused by the following factors:

- 1. Genetics:**
- 2. Overeating:**
- 3. Frequency of Eating:**
- 4. Physical Inactivity:**
- 5. Psychological Factors**

USEFUL ASANAS AND PRANAYAMA

Tadasana, Katichakrasana, Pavanmuktasana, Matsyasana, Halasana, Paschimottansana, Ardha Matsyendrasana, Dhanurasana, Ushtrasana, Surya Bhedhana Pranayama



Figure 3.3 Tadasana



Figure 3.12 Surya Bhedhana Pranayama



Figure 3.7 Halasana

DIABETES: PROCEDURE, BENEFITS AND CONTRAINDICATIONS FOR KATICHAKRASANA, PAVANMUKTASANA, BHUJANGASANA, SHALABHASANA, DHANURASANA, SUPTA VAJRASANA, PASCHIMOTTANASANA, ARDHA MATSYENDRASANA, MANDUKASANA, GOMUKHASANA, YOGAMUDRA, USHTRASANA, KAPALABHATI

What is Diabetes?

Diabetes Mellitus, or diabetes, is a disease that causes sugar to build-up in our blood. Our body uses a hormone called insulin to control the level of sugar in our blood. When the body fails to produce sufficient amount of insulin or when insulin does not work properly, diabetes occurs. This disease, also known as 'blood sugar'. Tiredness, blurred vision, poor immunity, slow recovery from wounds, excessive weight gain or loss are other common symptoms.

There are three main types of diabetes:

1. Type 1 (insulin dependent)
2. Type 2 (insulin independent):
3. Type 3 (gestational diabetes):

USEFUL ASANAS AND PRANAYAMA

Katichakrasana, Pavanmuktasana, Bhujangasana, Shalabhasana, Dhanurasana, Supta Vajrasana, Paschimottanasana, Ardha Matsyendrasana, Mandukasana, Gomukhasana, Yogamudra, Ushtrasana, Kapalabhati



Figure 3.14 Bhujangasana



Figure 3.17 Mandukasana



Figure 3.19 Yogamudra

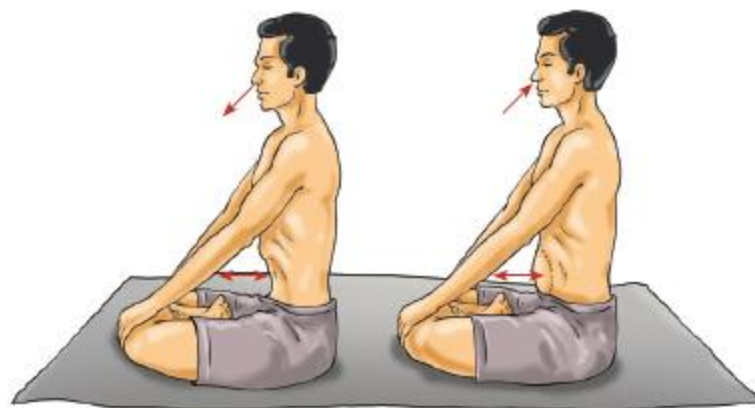


Figure 3.20 Kapalabhati

ASTHMA: PROCEDURE, BENEFITS AND CONTRAINDICATIONS FOR TADASANA, URDHWAHASTOTTANASANA, UTTANMANDUKASANA, BHUJANGASANA, DHANURASANA, USHTRASANA, VAKRASANA, KAPALABHATI, GOMUKHASANA, MATSYASANA, ANULOMA-VILOMA

Asthma

Asthma is a respiratory disease in which the airways become blocked or narrowed, resulting in breathing difficulty. Symptoms include extra production of mucus, excessive coughing, wheezing and shortness of breath. The causes of asthma are as follows:

1. It can be allergic or non-allergic. Triggers may be allergens in the air, including smoke and fumes, perfumes, scented soaps, etc.
2. Genetic factors are also known to cause asthma.
3. Respiratory infections such as cold, flu, sore throat and sinus infections, exercising in cold temperature, and certain medications like aspirin and non-steroid anti-inflammatory drugs are also found to be causes of asthma.

USEFUL ASANAS AND PRANAYAMA

Tadasana, Urdhwahastottanasana, Uttanmandukasana, Bhujangasana, Dhanurasana, Ushtrasana, Vakrasana, Kapalabhati, Gomukhasana, Matsyasana, Anuloma-viloma



Figure 3.21 Urdhwahastottanasana



Figure 3.24 Anuloma-Viloma



Figure 3.23 Vakrasana

HYPERTENSION: TADASANA, KATICHAKRASANA, UTTANPADASANA, ARDHA HALASANA, SARALA MATSYASANA, GOMUKHASANA, UTTAN-MANDUKASANA, VAKRASANA, BHUJANGASANA, MAKARASANA, SHAVASANA, NADISHODHANA PRANAYAMA, SHEETALI PRANAYAMA

Hypertension

An increase in blood pressure beyond normal level is called hypertension. Normal blood pressure at rest should be within the range of 100–140 mm/Hg systolic (which is the top reading), and 60–90 mm/Hg diastolic (bottom reading). Hypertension may lead to strokes, aneurysms, arterial diseases and even chronic kidney diseases. It is a major cause of death throughout the world.

Causes of Hypertension

Genetic causes; Unhealthy lifestyle;

Obesity; Lack of exercise

USEFUL ASANAS AND PRANAYAMA

Tadasana, Katichakrasana, Uttanpadasana, Ardha Halasana, Sarala Matsyasana, Gomukhasana, Uttan-mandukasana, Vakrasana, Bhujangasana, Makarasana, Shavasana, Nadishodhana Pranayama, Sheetali Pranayama



Figure 3.31 Sheetali Pranayama



Figure 3.29 Shavasana

SUMMARY

1. Yoga and asanas improve the health of an individual and ward off many diseases. They strengthen mental power and do not tire out the body.
2. Obesity is a physical condition in which a person has accumulated so much body fat that it might have a negative effect on her/his health. Asanas such as Tadasana, Katichakrasana, Halasana and Ardha Matsyendrasana are beneficial for individuals who have obesity.
3. The asanas that are applicable for obese and overweight people boost digestion and aid in weight loss. They also bring relief from constipation and gas formation.
4. Diabetes Mellitus, or diabetes, is a disease that causes sugar to build-up in our blood. When the body fails to produce sufficient amount of insulin or when insulin does not work properly, diabetes occurs.
5. Asanas such as Bhujangasana, Paschimottanasana, Pavanmuktasana and Ardha Matsyendrasana are beneficial for diabetic people. They fight indigestion, aid in weight loss and also enhance the function of the liver and pancreas.

SUMMARY

- 6.** Asthma is a respiratory disease in which the airways become blocked or narrowed, resulting in breathing difficulty. Symptoms include extra production of mucus, excessive coughing, wheezing and shortness of breath.
- 7.** Asanas that bring relief from asthma are Tadasana, Urdhwahastottanasana, Gomukhasana, Vakrasana, Bhujangasana, Ushtrasana and Matsyasana. They enhance respiration by opening up the lungs and chest.
- 8.** An increase in blood pressure beyond normal level is called hypertension.
- 9.** Asanas such as Tadasana, Uttanpadasana, Makarasana, Ardha Halasana, Bhujangasana and Shavasana help people with hypertension cope with their high blood pressure by removing contributing factors like indigestion, muscular tension, stress and anxiety.