



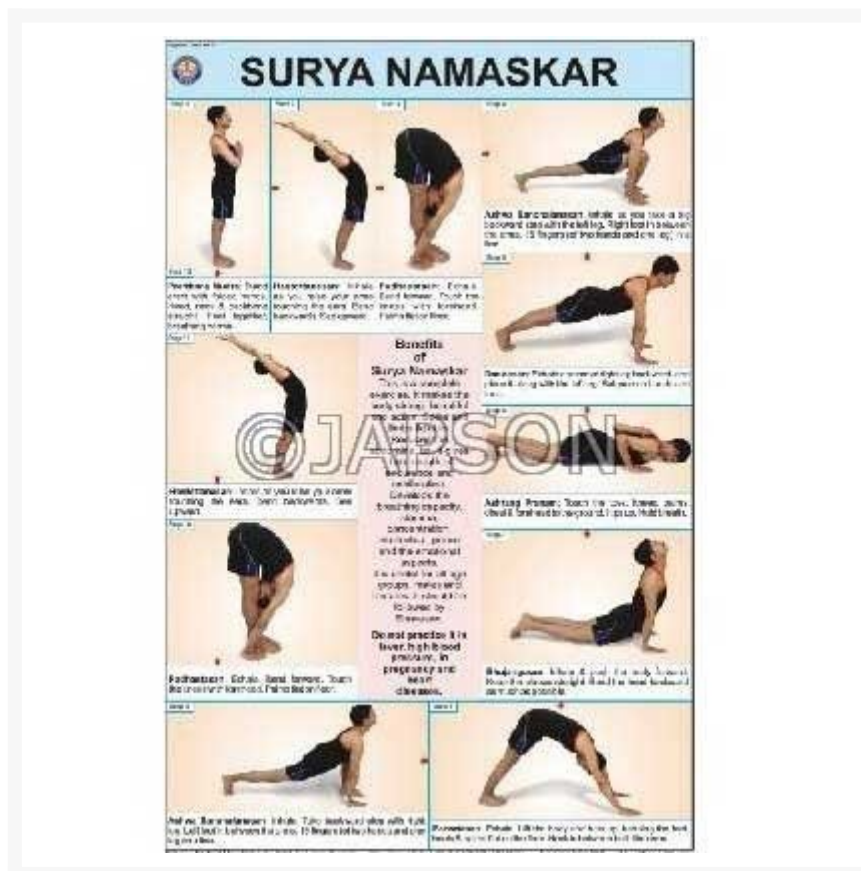
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Charts On Yoga, School Education

Product Image



BHUJANGASAN, SHALBHASAN, DHANURASAN & MAYURASAN

<p>Bhujangasan</p> <p>Step 1 Lie flat on abdomen, feet stretched out. Forehead on the ground, hands placed by the sides of the chest with elbows bent.</p> <p>Step 2 Inhale and raise your head and chest up.</p> <p>Step 3 Exhale and raise the knees. Inhale and raise the chest up. Stretch legs and hands up as much as possible. Only head should be on the ground. Stay a bit then come back slowly while exhaling.</p> <p>Benefits: - Improves posture. - Opens up the respiratory system. - Relieves back pain. - Improves circulation. - Strengthens the spine. - Relieves stress. - Improves digestion.</p>	<p>Dhanurasan</p> <p>Step 1 Lie on your stomach. Chin on the ground. Catch the ankles bringing the knees forward bending.</p> <p>Step 2 Inhale and raise the knees. Exhale and raise the chest up. Stretch legs and hands up as much as possible. Only head should be on the ground. Stay a bit then come back slowly while exhaling.</p> <p>Benefits: - The abdominal organs, digestion, the spinal column, the lungs, the heart and blood vessels. - Removes gastro-intestinal disorders. - It is good for the heart. - Can be used as a relief for back pain. - It is good for the respiratory system. - It is good for the digestive system.</p>
<p>Shalbhagan</p> <p>Step 1 Lie flat on your abdomen. Legs together and toes stretched outside. Forehead on the ground with elbows on the floor.</p> <p>Step 2 Raise one leg towards sky while inhaling. Come back slowly exhaling. Repeat the process with the other leg. It is Anahar Bhujangasan.</p> <p>Step 3 Inhale. Pressing on the palms, raise both legs as much as you can without bending. Come back slowly while exhaling. It is Shalbhagan. Do 10-15 times.</p> <p>Benefits: - The spine flexion. - Backache, distention, anxiety also is prevented. - Improves the functions of lungs, liver, pancreas, stomach, spleen and intestines. - Large intestine strong and well proportioned.</p>	<p>Mayurasan</p> <p>Step 1 Keep the feet, knees and palms on the ground. Arms forward. Knees, arms erect and breathing normal.</p> <p>Step 2 Step forward. Place both elbows together. Head by the heels. Exhale and keep the breath out. Stand straight.</p> <p>Step 3 Inhale. Making balance on hands, raise both the legs together. Body should be straight and horizontal. Stay for 2-3 minutes and come back with exhalation.</p> <p>Benefits: - It develops the stomach, warm. - Removes abdominal diseases, diabetes and constipation. - Improves blood circulation. - Strengthens the wrists, arms, lungs and heart. - Develops the appetite.</p>

HEALTHY EYES YOGIC EXERCISES FOR EYSIGHT

<p>Exercise 1: Eye rotation. Turn the eyes clockwise and counter-clockwise.</p>	<p>Exercise 2: Eye focusing. Focus on a point and then shift focus to a distant object.</p>	<p>Exercise 3: Eye stretching. Stretch the eye muscles by looking up and down.</p>	<p>Exercise 4: Eye relaxation. Relax the eyes by closing them and breathing deeply.</p>
<p>Exercise 5: Eye strengthening. Strengthen the eye muscles by looking at a candle flame.</p>	<p>Exercise 6: Eye cooling. Cool the eyes by applying cold water or a cold compress.</p>	<p>Exercise 7: Eye massage. Massage the eye area with the fingers.</p>	<p>Exercise 8: Eye protection. Protect the eyes by wearing sunglasses and avoiding bright light.</p>
<p>Eye Exercises: - 10-15 times daily. - 10-15 minutes daily. - 10-15 minutes daily. - 10-15 minutes daily.</p>	<p>Eye Exercises: - 10-15 times daily. - 10-15 minutes daily. - 10-15 minutes daily. - 10-15 minutes daily.</p>	<p>Eye Exercises: - 10-15 times daily. - 10-15 minutes daily. - 10-15 minutes daily. - 10-15 minutes daily.</p>	<p>Eye Exercises: - 10-15 times daily. - 10-15 minutes daily. - 10-15 minutes daily. - 10-15 minutes daily.</p>

E. Charts, Shankh Prakshalan

F. Bandh and Pranayam

SHANKH PRAKSHALAN

<p>Karnika</p> <p>Do in Recumbent. Drink one glass immediately after.</p>	<p>Urdhva</p> <p>Standard. Distance the body on both sides, and stretch the body up as much as you can. Exhale. Bring the legs back to the original position. Repeat 10-15 times.</p>	<p>Triak Tadasan</p> <p>Stand erect. Inhale, the feet of both feet, shake stretch the arms & bring it down. Breathe out. Lower the right and left arms. Repeat 10-15 times.</p>
<p>Triak Bhujangasan</p> <p>Carry your body on both sides and toes. Locate the heels among the two feet. Side with arms up, come back up as much as you can. Repeat 10-15 times.</p>	<p>Urdhva Chakrasan</p> <p>Stand straight with distance of about 10 or 12 inches apart. Raise hands in front of you, extend, raise the knees, shake stretch the arms & bring it down. Breathe out. Lower the right and left arms. Repeat 10-15 times.</p>	<p>Urdhva Chakrasan</p> <p>Stand straight with distance of about 10 or 12 inches apart. Raise hands in front of you, extend, raise the knees, shake stretch the arms & bring it down. Breathe out. Lower the right and left arms. Repeat 10-15 times.</p>
<p>Urdhva Chakrasan</p> <p>Do in Recumbent. Stand the feet on the floor, stretch the body up as much as you can. Exhale. Bring the legs back to the original position. Repeat 10-15 times.</p>	<p>Shalbhagan</p> <p>Lie on your back with your eyes closed. Raise the feet up as much as you can. Exhale. Bring the legs back to the original position. Repeat 10-15 times.</p>	<p>Urdhva Chakrasan</p> <p>Stand straight with distance of about 10 or 12 inches apart. Raise hands in front of you, extend, raise the knees, shake stretch the arms & bring it down. Breathe out. Lower the right and left arms. Repeat 10-15 times.</p>

BANDH AND PRANAYAM

<p>Mula Bandh</p> <p>Do in any pose. Contract the muscles for 2 or 3 minutes. It improves digestive system, strengthen the muscles, & removes, blood diseases.</p>	<p>Urdhva Bandh</p> <p>Contract the muscles of throat by pulling up on the neck. It improves the capacity of muscles, & removes, blood diseases.</p>	<p>Uddiyana Bandh</p> <p>Exhale completely, contract abdominal muscles. Raise diaphragm. Stay for 2-3 minutes. It improves, blood diseases of colon & kidney & setting. Treat.</p>	<p>Mula Bandh</p> <p>To do Mula Bandh, contract the muscles of the neck. It has all the benefits as Mula.</p>
<p>Pranayama</p> <p>Practice in any pose. Inhale through the left nostril, hold the breath for 10 seconds, then exhale through the right nostril. Repeat 10-15 times.</p>	<p>Pranayama</p> <p>Practice in any pose. Inhale through the right nostril, hold the breath for 10 seconds, then exhale through the left nostril. Repeat 10-15 times.</p>	<p>Pranayama</p> <p>Practice in any pose. Inhale through the left nostril, hold the breath for 10 seconds, then exhale through the right nostril. Repeat 10-15 times.</p>	<p>Pranayama</p> <p>Practice in any pose. Inhale through the right nostril, hold the breath for 10 seconds, then exhale through the left nostril. Repeat 10-15 times.</p>
<p>Shankh Pranayam</p> <p>Inhale through slightly curved right nostril. Close mouth, stretch mouth inside for some time. Breathe through both nostrils. It makes body cool, blood purified, removes toxins.</p>	<p>Shankh Pranayam</p> <p>Close the eyes. Put the index fingers in ears. Do 10-15 times. It improves the memory, blood circulation, and removes toxins.</p>	<p>Shankh Pranayam</p> <p>Do in any posture. Inhale through left & exhale through right nostril. Again inhale through right nostril & exhale through left. If you do this for 10-15 minutes, it will be called Shankh Pranayam. It improves the memory, blood circulation, & removes toxins.</p>	<p>Shankh Pranayam</p> <p>Close left nostril with little & ring finger. Inhale & exhale through right nostril. Repeat 10-15 times. This increases memory & blood circulation.</p>
<p>Shankh Pranayam</p> <p>Do in any posture. Inhale through left & exhale through right nostril. Again inhale through right nostril & exhale through left. If you do this for 10-15 minutes, it will be called Shankh Pranayam. It improves the memory, blood circulation, & removes toxins.</p>	<p>Shankh Pranayam</p> <p>Close the eyes. Put the index fingers in ears. Do 10-15 times. It improves the memory, blood circulation, and removes toxins.</p>	<p>Shankh Pranayam</p> <p>Do in any posture. Inhale through left & exhale through right nostril. Again inhale through right nostril & exhale through left. If you do this for 10-15 minutes, it will be called Shankh Pranayam. It improves the memory, blood circulation, & removes toxins.</p>	<p>Shankh Pranayam</p> <p>Close left nostril with little & ring finger. Inhale & exhale through right nostril. Repeat 10-15 times. This increases memory & blood circulation.</p>

G. Charts, Vajrasan, Ushtrasan & Suptavajrasan

H. Spine and Related Organs

K. Charts, Sarvangasan & Halasan

SARVANGASAN & HALASAN	
<p>Sarvangasan</p>  <p>Step-1 Lie on your back. Keep the arms at the sides of body. Palms on ground & legs together stretching out. Breathing normal.</p>	<p>Halasan</p>  <p>Step-1 Lie flat on the back. Arms by the sides. Palms towards ground. Legs stretched. Breathe normally.</p>
 <p>Step-2 Inhale. Raise both the legs from the hip joint, pressing the palms, push a bit up at 90° angle.</p>	 <p>Step-2 Inhale. Using the hands for support, raise the legs straight up with the feet a foot or so apart to create some forehead tension.</p>
 <p>Step-3 Exhale, push feet further till the legs reach parallel to ground.</p>	 <p>Step-3 Touch the toes to the ground, have normal breathing.</p>
 <p>Step-4 Inhale, raise the trunk and legs slowly till your heels become vertical. Elbow support to the back with palms in straight line legs. Flatten on the ground. Body erect & stable, also with the head. Draw and slow breathing. Relax the feet. Stay and come back smoothly.</p>	 <p>Step-4 Keep the palms on the head. Have normal breathing. Breathe slow & slowly come back.</p>
<p>Benefit-Halasan Reduces fat. Masses arms & legs strong, spine healthy. Good for spleen, diabetes, hernia and liver. Regulates blood circulation, improves intelligence and memory. Pregnant women, must avoid this asana. Do not do in heart problems, high blood pressure and hip disc.</p>	<p>Benefit-Sarvangasan Good in insomnia, headache, hernia, neck, thyroid, improves memory, blood circulation, digestion. Maintain good diet. Do not do in high blood pressure, cervical and hip disc.</p>

L. Charts, Shuddhi Kriyas



SHUDDHI KRIYAS

(SHAT KARMAS)



Kunjai (Vaman Dhauti)

Sit in Utkatasana and drink 4-6 glasses of lukewarm salty water. Bend forward. Touch the uvula by two fingers and do Uddiyan Bandha. Throw out all the water through the mouth.



Kapal Bhati

Exhale forcefully through the nose, turning the neck left and right, up and down. Repeat it 10 times. Do it after Jalneti also. Brain is cleaned, intelligence develops.



Jal Neti

Take salty lukewarm water in a spout lota (vessel). Tilt it to let water enter into one nostril and come out through the other.



Sutra Neti

After wetting the sutra (string), insert its thin end in one nostril. When it touches the inner throat, draw it out from mouth with two fingers. Repeat this exercise through other nostril also.



Ghrit Neti

Drop 3-4 drops of ghee (Clarified butter) in both nostrils before going to sleep.



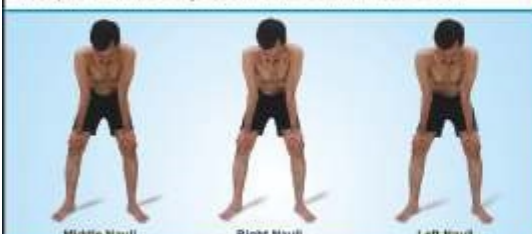
Vastra Dhauti

Keep wet dhauti's end on the last portion of the tongue and take it inside slowly. Keep a bit outside. Take out the vastra (muslin cloth) after Nauli/Uddiyan Bandha. Drink water if needed.



Dand Dhauti

Fill the stomach with normal water. Insert Dand Dhauti (rubber tube about one foot) in the mouth. Vomiting may happen. Take it out after doing Nauli or Uddiyan Bandha.



Middle Nauli

Right Nauli

Left Nauli

Nauli Karma

First practice Uddiyan Bandha. Do middle Nauli, after that left & right and rotate right-left and left-right also many times.



Basti (enema)

Fill the enema pot with water. Put nozzle in anus to get the water in. Retain water for some time and go for latrine.

Tratak

Gaze at a bright point for 1 to 5 minutes. When water comes in eyes close them and do palming. Wash eyes with water.

Benefits

1. Kunjal, Dand Dhauti & Vastra Dhauti: These remove the ailments of ulcer, blood, vatt (air), pitt (fire), kaff (water), skin diseases, constipation, asthma, dyspepsia, gas, blindness, anaemia. Remove heartburn and develop the appetite.
2. Neties: Ghrit Neti lubricates the nose, helps in sleep and to remove the mental dryness. Other netis are helpful in ear, nose, throat weaknesses, headache, sinus problems.
3. Nauli, Basti: Diseases related to stomach, kidney, urinary bladder and anus are removed.
4. Tratak — Develops concentration, will power and eyesight.

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