

**College- Mata sundri
college for women**

Course – CBCS (BAP)

Subject – Yoga philosophy

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Roll no. – BAP/17/239

**Title- Benefits of yoga
(Chakrasana)**

Semester -4

Introduction

Yoga Sanskrit: योग, lit. 'yoke' or 'union' pronounced [jo:ge]) is a group of physical, mental, and spiritual practices or disciplines which originated in ancient India and aim to control (yoke) and still the mind, recognizing a detached witness-consciousness untouched by the mind (*Citta*) and mundane suffering (*Duhkha*). There is a wide variety of schools of yoga, practices, and goals in Hinduism, Buddhism, and Jainism, and traditional and modern yoga is practiced worldwide. Yoga is first mentioned in the *Rigveda*, and is referred to in a number of the Upanishads. The first known appearance of the word "yoga" with the same meaning as the modern term is in the *Katha Upanishad*, which was probably composed between the fifth and third centuries BCE. The term "yoga" in the Western world often denotes a modern form of hatha yoga and a posture-based physical fitness, stress-relief and relaxation technique, consisting largely of the asanas; this differs from traditional yoga, which focuses on meditation and release from worldly attachments. It was introduced by gurus from India after the success of Swami Vivekananda's adaptation of yoga without asanas in the late 19th and early 20th centuries. Vivekananda introduced the *Yoga Sutras* to the West, and they became prominent after the 20th-century success of hatha yoga.

GOALS

The ultimate goals of yoga are [stilling the mind](#) and [gaining insight](#), resting in detached awareness, and liberation (*Moksha*) from *saṃsāra* and *duḥkha*: a process (or discipline) leading to unity (*Aikyam*) with the divine (*Brahman*) or with one's Self (*Ātman*). This goal varies by philosophical or theological system. In the classical [Astanga yoga system](#), the ultimate goal of yoga is to achieve *samadhi* and remain in that state as [pure awareness](#).

According to [Knut A. Jacobsen](#), yoga has five principal meanings:

1. A disciplined method for attaining a goal
2. Techniques of controlling the body and mind
3. A name of a school or system of philosophy (*darśana*)
4. With prefixes such as "hatha-, mantra-, and laya-, traditions specialising in particular yoga techniques
5. The goal of Yoga practice

[David Gordon White](#) writes that yoga's core principles were more or less in place in the 5th century CE, and variations of the principles developed over time:

1. A meditative means of discovering dysfunctional perception and cognition, as well as overcoming it to release any suffering, find inner peace, and salvation. Illustration of this principle is found in Hindu texts such as the *Bhagavad Gita* and *Yogasutras*, in a number of Buddhist Mahāyāna works, as well as Jain texts.
2. The raising and expansion of consciousness from oneself to being coextensive with everyone and everything. These are discussed in sources such as in Hinduism Vedic literature and

its epic *Mahābhārata*, the Jain Praśamaratiprakarana, and Buddhist Nikaya texts.

3. A path to omniscience and enlightened consciousness enabling one to comprehend the impermanent (illusory, delusive) and permanent (true, transcendent) reality. Examples of this are found in Hinduism *Nyaya* and *Vaisesika* school texts as well as Buddhism Mādhyamaka texts, but in different ways.
4. A technique for entering into other bodies, generating multiple bodies, and the attainment of other supernatural accomplishments. These are, states White, described in *Tantric* literature of Hinduism and Buddhism, as well as the Buddhist Sāmaññaphalasutta. *James Mallinson*, however, disagrees and suggests that such fringe practices are far removed from the mainstream Yoga's goal as meditation-driven means to liberation in Indian religions.

According to White, the last principle relates to legendary goals of yoga practice; it differs from yoga's practical goals in South Asian thought and practice since the beginning of the Common Era in Hindu, Buddhist, and Jain philosophical schools.

Chakrasana

Urdhva Dhanurasana (sometimes known as Chakrasana), is popularly referred to as Wheel Pose, though the literal Sanskrit translation is “upward-facing bow.”

It's one of those staple poses that you picture when someone tells you they do physical yoga. In the pose, the whole body looks like a beautiful rainbow, and some seasoned yoga practitioners are even able to stand directly up right out of it.



It's a rich pose that has numerous benefits and can be a lot of fun to do, but most of us lack the necessary shoulder flexibility — and strength — to be able to press our arms all the way to straight.

This means rather than looking like an upward-facing bow, we end up looking a bit more like what Bay Area yoga teacher [Marisa LaValette](#) jests is, “an upward-facing rectangle.”

Fortunately, we can still get many of the pose's benefits with our elbows and knees bent.

If we remember the over-arching (pun-intended) goal is to lengthen the spine and open the chest, there are a number of creative ways we can use props or alternative shapes to achieve those same effects without compromising our lower back (or our ego).

Benefits of Chakrasana

Wheel Pose falls into the category of postures known as backbends, which are poses performed with the spine in extension.

This family of poses is said to be uplifting because they open up your heart and chest, helping you breathe deeper. They're also believed to stimulate the [adrenal](#) glands.

Chakrasana, or Urdhva Dhanurasana, also offers a deep stretch for the chest and shoulder muscles, as well as the hip flexors. It also strengthens the hamstrings and spinal extensors.

Beyond that, there are other science-backed benefits of Wheel Pose.

- **Improves spinal flexibility.** One study found that incorporating Urdhva Dhanurasana and similar [backbends](#) into a yoga routine significantly improved the spinal flexibility of the participants, all of whom were over 50 years old.
- **Increases strength.** In just 12 weeks, one study's participants showed significant improvements in muscular

strength after practicing Wheel Pose and other Hatha yoga poses.

- **May improve blood glucose levels among people with type 2 diabetes.** A recent study found that backbends reduced [hemoglobin A1c levels](#) in people with diabetes.

Experience

When I did Chakrasana for one month I felt that my body feels much more flexible and I feel much more energetic and also I saw difference in my belly too in terms of inches. So I would prefer that everyone should start doing one or the other type of yoga to be physically and mentally fit as it also helps in meditating.