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Yoga

and

Lifestyle

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Notes

⇒ Asanas =

Obesity	Ardhamatsyendrasana, Vajrasana, Trikonasana.
Diabetes	Bhujangasana, Ardha-matsyendrasana, Pawanmuktasana.
Asthma	Bhujangasana, Chakrasana, Paschimottanasana.
Hypertension	Bhujangasana, Tadasana, Vajrasana, Chakrasana, Pawanmuktasana.
Back-pain	Bhujangasana, Tadasana, Ardha-Matsyendrasana

Benefits of Yoga-asana =

- It improves physical and mental abilities to a great extent.
- Our bones and joints become strong.
- Nervous system gets strengthen.
- Improves Body posture.

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↳ Develops control over sense-organs.

Obesity :-

Obesity is that condition of the body in which the amount of fat increases to extreme levels.

It can be calculated by:-

$$BMI = \frac{\text{weight (kg)}}{(\text{Height})^2 \text{ (in m)}}$$

↳ Causes of obesity =

- Physical inactivity
- Frequent Fasting
- Overeating
- Genetics

↳ Asana ⇒

- Vajrasana
- Hastasana
- Trikonasana
- Ardha-Matsyendrasana.

Diabetes :-

Diabetes is such a disorder that it causes sugar to build up in our blood stream instead of being used by the cells in the body.

↳ Types of Diabetes :-

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

↳ Asana ⇒

- Bhujangasana
- Pavanmuktasana
- Ardha-Matsyendrasana.

Asthma =
It is a respiratory disease. nowadays, there is an alarming increase in the number of cases of sinus, asthma, irritation in nasal passage etc.

↳ Causes :-

- Cigarette, Smoking, passive smoking, pollution etc.
- Exposure allergens including household, pets, fumes et
- Exposure to dust from carpets and other common household articles.

↳ Asana :-

- Chakrasana
- Bhujangasana
- Parvatasana

Hypertension :-
It is also known as high blood pressure. It is the pressure exerted on the walls of arteries due to blood flowing through them.

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↳ Causes :-

- Obesity
- Unhealthy lifestyle
- Genetic causes.

↳ Asana :-

- Tadasana
- Vajrasana
- Shavasana

Back-pain :-

Back pain, discomfort, or sometimes debilitating suffering associated with an injury or some other affliction of the back.

↳ causes :-

- Lack of Physical Activity
- Excessive pressure on back.
- Incorrect posture.
- Sports injuries.

↳ Asana :-

- Tadasana
- Vakrasana

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