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Review and Importance of *Vajrasana* in Daily Life

Dr. Deepak Sharma¹, Dr. Vikash Bhatnagar², Dr. Sandeep M Lahange³, Dr. Neha Udainiya⁴, Dr. Isha Herswani⁵, Dr. Dharmendra Choudhary⁶

¹MD Scholar, ^{2,3}Associate Professor, ^{4,5,6}Lecturer, Department of Sharir Rachana, National Institute of Ayurveda, Jaipur

Conflict Of Interest - NIL

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Abstract: *Ayurveda is ancient science which means "science of life". It not only deals with the diseased persons but also helps to prevent healthy person from diseases. Asana and Yoga helps a person to achieve this. Asana can also be translated as "a steady, comfortable posture," particularly applied for the preparation of meditation. Vajrasana is known as thunderbolt Asana and is the only Asana which can be even done after taking meals. It strengthens the pelvic muscles and is very useful for Gastric ailments.*

Keywords: *Asana, Pelvic Muscles, Thunderbolt pose, Vajrasana.*

I. INTRODUCTION

Vajrasana is a combination of two words, *Vajra* and *Asana*. *Vajra* means "thunderbolt" or "diamond" and the word *Asana* translates as "seat" or "pose". *Vajrasana* is the Sanskrit name for a seated *Yoga Asana*. This *Asana* resembles more or less the "Namaaz" pose in which Muslims sit for prayer.

A. Review

Asana is a Sanskrit word which is correlated as "posture" or "pose". *Asana* can also be described as "a steady, comfortable seat," particularly for the purpose of meditation. *Vajrasana* has been described in *Gheranda Samhita*. As per *Acharaya* to achieve *Vajrasana* a person have to place the heels on either side of the anal region and make the thighs tight like adamant like the *Vajra*. This *Asana* provides *Siddhi* to the yogi¹. In *Hathayoga Pradipika*, *Vajrasana* is mentioned as a synonym of *Siddhasana*. In this description one should place the heel above the *medhra* (above the genital organ), and the other heel above the first one. Some say this as *Siddhasana*. Some *Acharyas* name this *Asana* as *Siddhasana*, some *Vajrasana*, others know it as *Muktasana* and some call it as *Guptasana*². According to *Sritatvanidhi*, press the perineum with one heel and the penis with the other to be in the position of *Vajrasana*.

In modern texts of *Yoga Swami Vishnudevananda*³ mentions *Vajrasana* as kneeling pose. In *Vajrasana* kneel down and sit on the heels with the spine erect. *Swami Vyas Dev*⁴ describes *Vajrasana* similarly; first bend the knees so that the calves touch the thighs. Place both heels close to each other and sit on the heels. Place the palms on respective knees. Keep the body straight and look straight in front. *Dhirendra Brahmachari*⁵ explains *Vajrasana* similar to *Gheranda Samhita*. In this Squat on the toes and place the heels beneath the anus. Keep the trunk and neck erect and place the hands on thighs.

According to *Swami Satyananda Saraswati*⁶. Kneel on the floor with the knees close together, bring the big toes together and separate the heels. Place the buttocks onto the inside surface of the feet with the heels touching the sides of the hips. Place the hands on the knees, palms down and the back and head should be straight. Close the eyes, relax the arms and the whole body. *BKS Iyengar*, *Pattabhi Jois* and *Krishnamacharya* do not mention *Vajrasana*. *BKS Iyengar* has mentioned *Supta Vajrasana* and *Laghu Vajrasana*. But these are quite different from the classical references.

B. Importance of *Vajrasana*

According to *Gheranda Samhita*, *Vajrasana* provides *Siddhi* to the yogi⁷. In the view of *Dhirendra Brahmachari*⁵, practicing *Vajrasana* makes the body strong and firm. The yogis have named it *Vajrasana* because the body becomes similar to *Vajra* or adamant. The toes, knees and thighs get stronger. It is beneficial for those with excessive sleep and who keeps awake late night. It helps in speedy digestion of food and it should be practiced after meals for five minutes. *Swami Vyas Dev*⁴, mentions that *Vajrasana* is helpful in getting success in breathing exercises like *Suryabhedan*, *Bhastrika*, *Kumbhaka*, *Rechaka* etc. It is helpful in *Pranotthana* and awakening of the *Kundalini*. According to *Swami Satyananda Saraswati*⁶, *Vajrasana* is a very important meditation posture because the body becomes upright and straight with no effort.

C. Benefits from Vajrasana

- 1) It is the best meditation asana for people suffering from sciatica.
- 2) It stimulates the Vajra nadi, activates *Prana* in *Sushumna*.
- 3) *Vajrasana* alters the flow of blood and nervous impulses in the pelvic region and strengthens the pelvic muscles.
- 4) It is a preventative measure against hernia and also helps to relieve piles.
- 5) It is useful in dilated veins of the testicles and hydrocele in men.
- 6) It alleviates menstrual disorders.
- 7) It increases the efficiency of the entire digestive system, relieving stomach ailments such as hyperacidity and peptic ulcer.
- 8) Helping to relieve knee pain
- 9) Strengthening thigh muscles
- 10) Helping to relieve back pain
- 11) Strengthening sexual organs
- 12) Helping in treatment of urinary problems
- 13) Increasing blood circulation to the lower abdominal region
- 14) Helping to reduce obesity
- 15) Helping reduce menstrual cramps

D. Precautions

- 1) Person suffering from severe knee pain or Osteoarthritis
- 2) Spinal cord problem particularly in lower vertebrae
- 3) Small intestines ailments
- 4) Person having any recent surgery of legs or waist should avoid this asana.
- 5) If a person feel any pain in the ankles, release the pose and massage the ankle with your hands.
- 6) Pregnant women should try this asana only with their knees apart in order to avoid stress on the abdomen.

E. Steps to follow for Vajrasana

- 1) Start by kneeling on the floor.
- 2) Pull your knees and ankles together and point your feet in line with your legs. The bottoms of your feet should face upward with your big toes touching.
- 3) Exhale as you sit back on your legs. Your buttocks will rest on your heels and your thighs will rest on your calves.
- 4) Put your hands on your thighs and adjust your pelvis slightly backward and forward until you're comfortable.
- 5) Breathe in and out slowly as you position yourself to sit up straight by straightening your spine. Use your head to pull your body upward and press your tailbone toward the floor.
- 6) Straighten your head to gaze forward with your chin parallel to the floor. Position your hands palms down on your thighs with your arms relaxed.





F. Physioanatomical aspect of Vajrasana⁸ :

- 1) Vajrasana changes the flow of blood in the pelvic and abdominal region and nourishes the pelvic and lower back muscles⁸ .
- 2) Iliacus and psoas major muscles are utmost important for creating hip flexion in classic sitting posture and the Adductor muscles are most important to prevent it⁹ .
- 3) Vajrasana strengthens the Iliacus and psoas muscles and gradually lengthen the adductors with prolonged adductor stretches.. Longus colli and Scalene muscles support the posture and increase the lift in head and neck region.
- 4) Erector spinae muscle supported by quadrates lumborum muscles holds the back axis, increase and maintain the lumbar lordosis, flatten the thoracic kyphosis and providing lift to that part of vertebral column.
- 5) Vajrasana strengthens and tone these muscles, so strengthens the back and pelvis. Blood travels from bottom of the feet to the heart. When the individual sit in Vajrasana, muscles in the anterior compartment of leg get stretched and hamstrings got relaxed. Knee joint got flexed and both side muscles of thigh e.g Gluteus muscles will share weight. Therefore circulation of blood in femoral artery and vein will be reduced and this reduction results in greater proportion of blood reaching in abdomen, pelvis, heart, head via branches of arteries celiac trunk, mesenteric and vertebral arteries which supply these organs. This results in increase arterial supply to digestive system, improves capacity of various digestive glands thereby increasing efficiency of digestive system.

G. Preparatory Poses for Vajrasana⁹

- 1) *Surya Namaskar*
- 2) *Garudasana*
- 3) *Baddha Konasana*

H. Follow up pose¹⁰

- 1) *Dandasana*
- 2) *Savasana*

I. Variation to Vajrasana

Variation of *Vajrasana* is known as *Supta Vajrasana*. This is performed by sitting in *Vajrasana*. Then bend backward and place the forearm and elbows on the floor. Arch the spine and neck backwards till the crown of the head touches the ground. Breathe normally and remain in this position for as long as you are comfortable. This Asana strengthens the muscles in back, neck, and chest region. It expands the chest and is good for lung problems.

II. CONCLUSION

Vajrasana signifies the position of muslims doing "*Namaaz*" which shows that the *Yoga Asana* were not related with any type of religion and basically the Asana and Ayurveda were very scientific which can be helpful in curing many disorders in today's world. Now a days people are suffering from many diseases only due to stress ,unhealthy dietary habits and improper life style and *Vajrasana* is the *asana* which can be done even after taking meals.



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