

# A Literature Review of Bhujangasana and Its Physioanatomical Aspect

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## **Abstract:**

Yoga is an ancient and profound Indian philosophy-based practise. The word "yoga" comes from the Sanskrit root "Yuj," which meaning "to unite" or "to yoke." *Yoga* is the practise of calming down mental fluctuations and patterns. *Asanas* are certain postures used in *yoga*. An asana is a body posture that is used to improve one's health and mental well-being. *Asanas* lubricate the muscles, joints, ligaments, and other parts of the body. This aids in the circulation and flexibility of the body. *Bhujangasana*, or "cobra position," is a meditation and *pranayama asana* It is utilised in meditation and *Pranayama*. It aids in the maintenance of the digestive system and the treatment of digestive diseases. It also offers Strengthening the spine, stretching the chest and lungs, shoulders and abdomen, toning the buttocks, and stimulating the abdominal organs can all assist to relieve tension and weariness. The second chapter of the *Gheranda Samhita* describes *Bhujangasana*.

**Keywords:** *asana, back and pelvic muscle, digestive system, Bhujangasana*

## **INTRODUCTION**

*Yoga* is a very ancient system that originated in India. *Ayurveda* plays an essential role in disease prevention and treatment. It is a life science.<sup>[1]</sup> Sedentary lifestyles, physical and mental stress, deviant personal routines, and eating habits are all factors that contribute to disease today. The basic purpose of *Ayurveda*, according to numerous scriptures, is "*Swasthasya Swastya RakshanamAturasyaVikar Prashamanam*"<sup>[2]</sup>. *Ayurveda* focuses on the mind-body connection. *Yoga* and *Asana* are the most important aspects of it. *Yoga* is derived from the Sanskrit term 'Yuj,' which means 'to yoke' or 'to connect.'<sup>[3]</sup> During the technique and phases, *Yoga* and *Asana* have an effect on the physiology of essential anatomical structures"<sup>[4]</sup> *Sthira Sukham Asanas*"<sup>[5]</sup> is the definition of asana. Asana is defined as comfortable and steady posture for meditation. Asana is a yoga term that means "sitting down" "sitting position" or meditation seat. Asana was said to have spiritual as well as bodily benefits help decrease stress and more particularly certain disease such as Asthma and diabetes. The third step of *Astang yoga* is *asana*.<sup>[5]</sup> *Bhujangasana* yoga pose is derived from the Sanskrit word *Bhujangasana*, which means "snake" or "cobra" posture or seat because of its similarity to a cobra with its hood erect.<sup>[6]</sup> *Bhujangasana* is also a part of the *Surya namaskar* sequence, appearing in step 7 and step 8 in *chandranamaskar*<sup>[7]</sup>. *Bhujangasana* is a great way to keep your back in shape. It strengthens and stretches the spine region. Stretching the chest and lungs, as well as the shoulders and abdomen, tones the buttocks, stimulates the abdominal organ, and relieves tension and sciatica. Improving the health of both the male and female reproductive systems as well as irregular menstruation cycles. Your face will appear

more luminous as your blood circulation improves. Bhujangasana is a yoga pose that helps the digestive system, liver and kidneys.

### **How to perform Bhujangasana<sup>[8]</sup>**

1. Lie flat on the stomach with the legs straight, feet together and the soles of the feet uppermost.
2. Place the palms of the hands flat on the floor, below and slightly to the side of the shoulders, with the fingers together and pointing forward.  
Position the arms so that the elbows point backward and are close to the sides of the body.
4. Rest the forehead on the floor and close the eyes.
5. Relax the whole body, especially the lower back.
6. Slowly raise the head. Gently tilt the head backward, so that the chin points forward and the back of the neck is compressed, then raise the neck and then the shoulders.
7. Straighten the elbows, using the back muscles first, then the arm muscles to raise the trunk further and arch the back.
8. In the final position, the pubic bone remains in contact with the floor and the navel is raised a maximum of 3cm.
9. The arms may or may not be straight; this will depend on the flexibility of the back.
10. Hold the final position, slowly release the upper back by bending the arms, lower the navel, chest, shoulders and finally the forehead to the floor. 11. Relax the lower back muscles.

### **Breathing:**

1. Inhale while raising the upper body part.
2. Breathe normally/retain the breath in the final position.
3. Exhale while coming back to normal position.

Duration:

Practice up to 5-6 rounds (increase length of time in the final position) **Contraindication:**

People suffering from;  
peptic ulcer,  
hernia,  
intestinal tuberculosis

### **Benefits:**

1. Improves and deepens breathing.
2. Help to remove backache and keep the spine supple and healthy.
3. Tones the ovaries and uterus, and helps in menstrual and some other Gynaecological disorders.
4. It stimulates the appetite, alleviates constipation and is beneficial for all the abdominal organs, especially the liver and kidneys.
5. Helps to correct the posture, particularly rounded shoulders, and has a profound strengthening effect on the back muscles.

### **Physioanatomical aspect of yoga:<sup>[9]</sup>**

1. Cobra pose is a key traditional yoga pose. It does seem to stimulate digestion and elimination while helping to ease back pain for many.

2. The front of your body including your chest abdominals and hips is stretching, Meanwhile, muscles in your back, shoulders and arms are strengthening as you maintain the posture, creating an even curve along your neck and spine. 3. THIGHS:

Your gluteus maximus adductor ,magnus and hamstring engage to hold your hips in extension,while your tensor fasciae latae and iliotibial band stabilize your hips.

#### 4. NECK:

Your cervical extensor engage to extend your neck,and the cervical flexors engage while lengthening to stabilize. This prevents your head from dropping back and creates an even curve through the length of your spine.

#### 5. TORSO:

Your spinal extensor engage to extend your spine while your abdominals stretch. Your pectoralis major stretches as you broaden your chest while adducting your shoulder. Your middle and lower trapezius engage with your rhomboids to retract .

6. UPPER ARMS: Your Triceps engage to resist gravity, pressing into the ground as if you are moving towards elbow extension, While maintaining some elbow flexion. Your biceps also engage to stabilize.

7. Your Pronators engage to pronate your forearms pressing your thumbs more firmly into the mat. Cobra pose can be refined with activation of key muscles like the Serratus anterior .It can be adapted to gentler version such as Sphinx pose, or a deeper back bend such as upward facing dog.

#### 8. UPPER BACK STRENGTH:

By strengthening your upper and middle back and stretching your torso, you counteract hyperkyphosis. The more passive forearm variation (sphinx pose) can also be a great option for Hyperkyphosis of the thoracic spine preventing dysfunction or a Dowager's hump.

#### 9. Serratus Anterior Activation:

Try gliding your hands back without moving them on your mat, pronating your breast bone forward to reduce pressure in your spine. This also activates serratus anterior muscle, which help with functional movement like reaching your arms forward. Strengthening them could relieve some neck and shoulder pain.

### Discussion:

In today's day-and-age when sitting at a desk, slouched over your laptop or computer for long hours has become the norm, back aches are a very common occurrence. But the next time you feel the onset of a stiff back, here is an easy and quick yoga *asana* that will resolve back pain and make you feel much better- *Bhujangasana*.

*Bhujangasana* stretches the spine, stimulates the organs in your stomach and abdomen, helps beats stress and fatigue, stimulates the abdominal organs, soothes sciatica and is therapeutic for people with asthma. An added intensive for doing this pose is that it gives you a firmer butt by working out the gluteus muscles. And it's also believed to awaken your *kundalini* (dormant corporeal energy or feminine *shakti*) which will make you better in bed!

### Precautions:

1. It should not be practiced for prolonged.

2. It should not practice much until back muscles are sufficiently flexible otherwise it may strain the spinal ligament.

3. To maintain the correct *Bhujangasana* posture, the hands should be kept at a straight distance from the shoulders. If you do not keep the arms at a great distance, the shoulders will not form any back arch. This is why the posture will not be right and the body will be harmed.

4. It will not be necessary to lock the elbow while doing *Bhujangasana*. There are times when people lock their elbows. Everyone's body has different boundaries, therefore do not move beyond the limits of your body.

### Conclusion:

With *Bhujangasana* you can make your lower back muscles strong. It also improves metabolism. Your chest raises in *bhujangasana*/ cobra pose which improves blood flow and has an effect on your heart. As a result, it also aids in the relief of stress and exhaustion by removing unpleasant feelings. It aids in the opening of the lung and heart, which is beneficial in preventing lung congestion which is common throughout the COVID -19 pandemic.

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