

The Chakrasana Tradition and Its Significance in Today's World

Ashish Dubey¹, Mohit Baghel²

Associate Professor¹, Student²

Department of Swasthavritta

Prabuddh Ayurvedic Medical College

Corresponding Author's Email id: - baghelmohit225@rediffmail.com²

Abstract

Ayurveda is a life science. It is crucial in the prevention and treatment of the condition. Ayurveda specialises on mind-body equilibrium. Yoga and Asana are the major components. Yoga provides us with basic solutions, easy skills, and healthy procedures. Asana improves physical and mental strength while also toning the body-mind for future workout. Chakrasana is also known as the Wheel Pose. It relieves stress and anxiety in the body and improves eye sight. Asana helps to strengthen the back and enhance the suppleness of the spine by doing so. Chakrasana (Wheel Pose) tones the digestive and reproductive systems while reducing abdominal fat and muscles.

Keywords: *Yoga, Asana, Chakrasana, Wheel Pose, Abdomen area*

INTRODUCTION

Ayurveda plays an essential role in illness prevention and treatment. It is the study of life. Sedentary lifestyles, physical and mental strain or stress, aberrant personal routines and eating habits all contribute to poor health today. The basic purpose of Ayurveda, according to numerous sources, is "Swasthasya Swastya Rakshanam, Aturasya Vikara Prashamanam," which means improving health and treating sickness. Ayurveda specialises on mind-

body equilibrium. Yoga and Asana are the major components. It is necessary for good health. Yoga first appears in the Vedas and Upanishads. Yoga is the oldest scientific, ideal devotional regulation in India. It is a process of educating the brain and increasing its fine sensory capabilities. Yoga teaches us basic treatments, simple abilities, and procedures for maintaining excellent health and hygiene in a short period of time. [2] Modern medical research praises yoga for increasing

immunity, providing disease-free living, and reducing the stress of today's fast-paced lifestyle. It is a scientific technique for developing our own inner strength with ourselves. Yoga means "addition" in Sanskrit, to add the soul of man from God. Yoga not only promotes moral and spiritual development, but it is also beneficial in the prevention of physical and mental illness. [3] Yoga and Asana have an impact on the physiology of critical anatomical structures during procedures and processes. [4] Asana is defined as "Sthira Sukham Asanas"[5], which denotes a well-balanced, pleasurable position of the body. Asana are "skillful exercises" that provide physical and mental power while also toning the body-mind for future exertion. [6] Asana assists in synchronising the mind and body. [7] We all follow a certain regimen of drugs and workouts to safeguard our minds and bodies. Because of globalisation, access to medical care is quite expensive. Siddha medicine is an ancient medicine devised by the Siddhas that includes eight forms of Yoga as part of the treatment. The term Asana means "Seat". It can also refer to being in the same location. Yogasana aids in the protection of the body's internal organs and the preservation of youth. The goal of practising the Asana is to hold the organs

in position while managing the mind. Asanas are the fundamental stages in Yoga practises. Physical workouts have unintended consequences on the body. However, Yogasanas strengthen both the inner and exterior aspects of the body and safeguard the mind. [8]

Yogasana

Patanjali Yoga was divided into eight sections: Yama, Niyama, Asana, Pranayama, Pratyahara, Dharna, Dhyan, and Samadhi. Patanjali Yoga ranked Asana third[9], whereas "Hatha Yoga" ranked Asana first because it provides both physical and mental bliss. "Ha" means sun, which represents the energy of the solar plexus, and "Tha" represents the moon, which represents the energy of emotions, which is present in the limbic system of the brain, therefore both energies are combined in Yoga. [10] When Asanas are performed correctly in a peaceful and pleasant environment, the muscles of the body relax because these relaxing impulses return to the brain and relax it. Other advantages include mental balance, excellent health, and mental tranquillity. The ancient Yogacharyas suggested mastering one Asana. Chakrasana (Wheel Pose) tones the digestive and reproductive systems while reducing abdominal fat and muscles. [11]

Aims and Objectives

- To explain the advantages and anatomical features of Chakrasana.
- To recover from injuries sustained when performing Chakrasana.

Material and Methods

- Texts related to Yoga-Asana and their commentaries.
- Other sources include web information, print media, journals, and so forth.

Chakrasana-

Chakrasana, also called Urdva Dhanurasana is an Asana. Sanskrit: ऊर्ध्व[नुरासन; Urdhva Upward, Dhanur – Bow, Asana – Pose; The Urdhva Dhanurasana is a backbend and also an Asana that forms a part of the trailing off exercises in an Ashtanga Yoga regimen. It is also called the Chakrasana or the Wheel Pose, apart from being called the Upward Facing Bow Pose. When the pose is assumed, it resembles a wheel or an upward facing bow. This asana is said to increase spinal flexibility. It is known as the back bridge when performed as part of an acrobatic or gymnastic act. This Asana should only be done when your stomach and intestines are empty. It is important to

have a meal at least four to six hours before your practise to ensure that the food is well digested and that you are sufficiently energetic for the activity. Yoga is best practised in the morning. However, if you are unable to make time in the morning, you may do it in the evening. [12] The term comes from the fact that while performing this Asana, the body would resemble a wheel. As a result, this Asana is also known as wheel posture Asana. "Poorna Chakrasana" refers to the whole of this Asana. [13]

Name- Chakrasana (Wheel Pose)

Level –Advanced

Position- Prone

Type - Inversion, Forward-Bend, Back-Bend, Stretch, Strength

Chakras- Crown Chakra (Sahasrara Chakra) , Throat Chakra (Vishuddha Chakra) , Solar Plexus (Manipura Chakra)

Doshas (Ayurveda)- Vata , Pitta

Stretches- Abdomen, Thorax, Lung

Strengthens- Back, Legs, Arms, Vertebral column, Abdomen, Buttocks, Wrists[14]

Procedure of Chakrasana

You may discover a step-by-step approach for Chakrasana with photographs below.

- Lie down on the Yoga mat and look up.

- Fold your legs and keep them below your buttocks. Make sure the soles of your feet are touching the ground.



- Bring both of your hands together and place them behind your shoulders so that your fingers can view the legs.



- Inhale deeply while keeping your hands and knees on the floor. Then, gradually elevate your hip, shoulder, and head off the floor.





- Then keep your neck loosely and bend your back as much as possible.
- Stay on the same posture for a minute with normal breath and come back to normal stage by slowly exhaling the breath.
- In the above Asana, if the legs and the hands touch each other it is called as Poorna Chakrasana

Benefits of Chakrasana

We can get many benefits of our body parts by doing this Asana, especially abdomen areas.

- The chest enhances and the lungs get more oxygen.
- It reduces the stress and tension in the body and the eye sight becomes sharp
- By doing this Asana helps strengthens the back and increases the elasticity of the spine.
- It reduces the fat and muscles in abdomen area and tones the digestive and reproductive organs process.
- It strengthens the muscles of hands and the legs.
- It induces the endocrine glands and maintains the metabolism normally.
- It induces the brain cells and refreshes the brain.
- It rectifies the uterine and menstrual problems in women.
- It stimulates the process of the liver, spleen and kidneys.
- It purifies the blood and gives good peace and clarity of thoughts and removes the unwanted tiredness and the afraid.
- It cures the hernia and the kidney become stimulated and refreshed.[15]

Precautions and Contraindications

These are some points of caution you must keep in mind before doing this Asana.

1. It is best to avoid this Asana if you have tendonitis in the wrists or carpal tunnel syndrome.
2. If your lower back starts to hurt due to the extension, immediately come out of the pose.
3. You must steer clear of this Asana if you have a shoulder impingement.
4. Do not do this Asana if you suffer from headaches or high blood pressure.

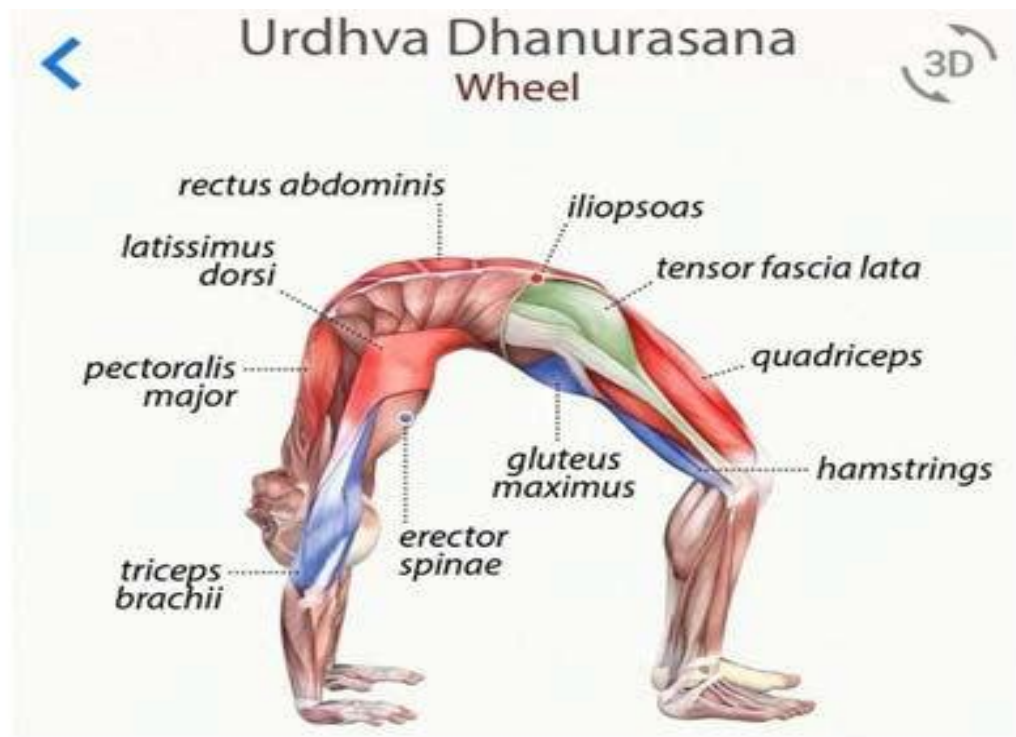
Beginner's Advice

When a novice, you will notice that your feet and knees splay as you elevate your body to take this posture. Your lower back

will be compressed as a result of this. As a result, you can use a strap to hold your thighs hip-width apart throughout the Asana. If you need to hold your feet together, lay a block between them so that the sides of your big toes rub on the edges of the block. [16]

Anatomy

- Chakrasana flow benefits the following muscles –
- Arms and Shoulders
- Biceps and Triceps
- Core (Abs)
- Neck[17]



Advanced Pose Changes

You can deepen the position by performing Eka Pada Urdhva Dhanurasana. Once you've gotten into the Wheel Pose, shift your weight to one foot. Exhale, then bend the opposite foot at the knee and draw it into your torso. Exhale and extend it upwards. Hold the posture for a few seconds, then exhale and lower your leg to the floor. Rep with the other leg.

The Chakrasana's Scientific Basis (Urdhva Dhanurasana)

This, like most other Yoga Asanas, focuses on our mind, body, and emotions. This Asana captures the essence of back bending and leads you to joy and fearlessness. It is said to increase the vital energy that surrounds your heart and the distributive power that runs throughout your body (prana and vyana), allowing you to become more aware of your surroundings and create the bravery to face any obstacle that comes your way. This asana focuses on flexing the frontal body, which includes the shoulders, intercostal muscles, wrists, hip flexors, and quadriceps. It also helps to strengthen and stabilise the shoulders, sacrum, wrists, and arms. It also helps to twist the thighs and arms while engaging the hamstrings if done correctly. [18]

Flow of Chakrasana Breath Control

The most difficult aspect of Chakrasana Flow (Wheel Pose Flow) is properly using the neck, shoulders, hands, core, and head such that there is no heaviness or stiffness when in Vinyasa. Instead, the breathing process supports these muscles and sections of the body, allowing everything to work smoothly. While all Yoga postures need body awareness and breathing, the focus in this Chakrasana Flow (Wheel Pose Flow) is even more on breathing to guarantee a safe and smooth movement. The following are the step-by-step directions for the Chakrasana Flow breathing process:

1. **Inhale:** From Shavasana (Corpse Pose) place the hands at the shoulders and inhale to take the legs behind your head in the variation of Halasana (Plough Pose).
2. **Exhale:** Lift the shoulders and the neck pressing the palms on the floor as you exhale to come to Phalakasana (Plank Pose).
3. **Inhale:** Raise the chest and shoulders as you inhale to come to Urdhva Mukha Shvanasana (Upward Facing Dog Pose).

4. **Exhale:** Move the hips up as you exhale to come to Adho Mukha Shvanasana (Downward Facing Dog Pose).

Note: The transition from supine to prone is accomplished in a single breath. Holding the chin in Jalandhara Bandha (Chin Lock) is recommended for a greater result and smooth movement of the neck and shoulders. It is critical to use caution when performing the Chakra Flow (Wheel Flow), and the assistance of a Yoga teacher is welcomed and recommended. [19]

Preparatory Poses

Setu Bandha Bhujangasana Urdhva Mukha Shvanasana Virasana

Follow-Up Poses

Supta Padangusthasana Ardha Matsyendrasana This Asana, despite its simplicity, is quite difficult. However, if done correctly and consistently, it may make you not just stronger, but also more compassionate, brave, and happy. [20]

CONCLUSION

Yoga is a living science. Yoga is the oldest scientific, ideal devotional regulation in India. It is a process of educating the brain and increasing its fine sensory capabilities.

Yoga teaches us basic treatments, simple abilities, and procedures for maintaining excellent health and hygiene in a short period of time. With correct attention, daily practise of Yoga, Asana, and Pranayama results in pure blood supply to bodily components such as the heart, liver, lungs, pancreas, gut, kidney, ligaments, tissues, muscles, and glands of the human body. It also boosts digesting power. It regulates the strength of the sensory organs and consciousness. Yoga and Asana will provide a disease-free and stress-free existence. During movement, anatomical structures such as the lungs, ligaments, muscles, and bones, as well as ligaments, joints, muscles, and tendons, are engaged.

The scientific advantage of Yoga and Asana is based on anatomical structures and their functions. The process of the liver, spleen, and kidneys is stimulated by wheel posture. Chakrasana (Wheel Pose) cleanses the blood, provides tranquilly and clarity of thinking, and alleviates exhaustion and fear.

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