APPENDIX – I

CASE HISTORIES
Subject No. 1

Age: 19 yrs  Sex: Female  Occupation: Student.

Main complaints (if any): Frontal Headache since 3 yrs

History of present illness: Headache and blocked nostrils started 3 yrs back; she is allergic to dust, cold items, cold weather etc; Symptoms aggravates early in the morning and night time; Symptoms aggravate while bending the head forward and when lying supine

Past History: Nothing Contributory

Family History: Mother having migraine headache

Personal History:

Appt: Reduced  M.C.: 3-4 days /28days
Sleep: Sound  Pregnancy: -------
Micturition: Normal  Bowel: Regular, once a day

General Examination:

B.P.: 110/68 mmHg  Weight: 40.0 Kg
Height: 154.1 cm, 5’1”  Nails: Normal
Conjunctiva: Normal, slightly pale  Tongue: Uncoated
Teeth: Normal  CVS: Normal
RS: Normal

Treatment Taken: Taken allopathic and ayurvedic treatment for Sinusitis
Subject No. 2

Age: 20 yrs  Sex: Female  Occupation: Student.

Main complaints (if any): Frontal Headache since 5 yrs
Menstrual problem since 7-8 yrs

History of present illness: Sinusitis symptoms start with tonsillitis;
gets cold and severe pain on frontal head area;
symptoms aggravate 2-3 times/month. Severe
lower abdominal pain during M.C

Past History: Nothing Contributory

Family History: Father having sinusitis and Low B.P

Personal History:
Appt: Good  M.C.: 4-5 days / 28-32 days
Sleep: Disturbed  Pregnancy: ------
Micturition: Normal  Bowel: Regular

General Examination:
B.P.: 108/68mmHg  Weight: 46Kg
Height: 155.7cm, 5’1”  Nails: Normal
Conjunctiva: Pale  Tongue: Coated
Teeth: Normal  CVS: Normal
RS: Normal

Treatment Taken: Taking Tab. Matalspas during M.C since 6 months
Subject No. 3

<table>
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<tr>
<th>Age: 40 yrs</th>
<th>Sex: Male</th>
<th>Occupation: Attender</th>
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</table>

**Main complaints (if any):** Headache since 5-6 yrs

**History of present illness:** Blocked nostrils with chronic cold and Headache since 5-6 yrs, symptoms aggravates early in the morning and night time.

**Past History:** He was getting cold now and then in childhood days; Got jaundice 10 yrs back

**Family History:** Father having Sinusitis, diabetes and hypertension; Mother diabetic & Hypertensive

**Personal History:**
- Appt: Less
- Sleep: Sound
- Micturition: Normal
- M.C.: Not Applicable
- Pregnancy: Not Applicable
- Bowel: Regular, once a day

**General Examination:**
- B.P.: 122/80mmHg
- Weight: 55 Kg
- Height: 162.6cm, 5’4”
- Nails: Normal
- Conjunctiva: Slightly pale
- Tongue: Coated
- Teeth: 8-10 teeth removed
- CVS: Normal
- RS: Normal

**Treatment Taken:** Taking Budesonide aqueous nasal spray (rhinocort aqua) for blocked nostrils
Subject No. 4
Age: 52 yrs  Sex: Male  Occupation: Attender

Main complaints (if any) : Frontal headache since 5yrs, Diabetic since 4 yrs

History of present illness : Frontal headache started 5 yrs back,

Both nostrils blocked, symptoms usually

starting with headache, then it leads to cold

and blockage of nostrils. Symptoms remains

throughout the day once started.

Past History : Undergone Sinus Surgery 3 years back, got

pneumonia when he was 18yrs old.

Family History : Brother having sinusitis

Personal History:

Appt          -  Normal        M.C.      : Not Applicable
Sleep         -  Normal        Pregnancy  : Not Applicable
Micturition   -  Normal         Bowel     : Loose motion

General Examination:

B.P.  : 116/76mmHg  Weight : 61Kg
Height : 172.1cm, 5’8”  Nails : Slightly pale
Conjunctiva : Pale  Tongue : Coated
Teeth : 16 teeths removed  CVS : Normal
RS   : Normal

Treatment Taken: Taking Amoxycillin & Cloxacillin cap (1-0-1) &
IMOL Puls for Sinusitis and Obimet (½ -0- ½) for
Diabetes
Subject No.  5

Age:  30yrs      Sex : Male      Occupation: Engineer

Main complaints (if any) : Known case of Sinusitis since 5 yrs

History of present illness: Sinusitis symptoms started with cold 5 yrs back;
                                difficulty in breathing, heaviness of the head, left
                                nostril blocked, breaths through mouth at night,
                                burning sensation in both the eyes

Past History: Undergone sinus surgery 1 ½ yrs back

Family History: Nothing Contributory

Personal History:

Appt  -  Normal      M.C.      : ----

Sleep -  Sound      Pregnancy: -----  

Micturition -  4-5 times/day      Bowel     : Regular, once a day

General Examination:

B.P.     :  124/80 mmHg      Weight     :  51Kg

Height   :  169cm, 5’7’’      Nails     : Slightly reddish

Conjunctiva :  Slightly pale  Tongue :  Coated

Teeth     :  Root canal treatment done for 4 teeth

CVS     :  Normal      RS     : Normal

Treatment Taken:  Done sinus surgery 1 ½ yrs back and taken

                             Alercet – Dc / HICET – Dc for one year
Subject No.  6

<table>
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<th>Age: 48yrs</th>
<th>Sex: Female</th>
<th>Occupation: Clerk</th>
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</thead>
</table>

**Main complaints** (if any) : Frontal & maxillary headache since 28yrs

**History of present illness** : Headache started 28 yrs back, aggravated gradually and more since two months, aggravates in the afternoon, feels heaviness of the head when she bends her head forward, very rarely she gets cold, 2 yrs back she got cold last time, usually headache starts on frontal area and then leads to maxillary & ethomoid area

**Past History** : Breathlessness in childhood days

**Family History** : Brother having headache

**Personal History:**
- Appt - Normal
- M.C. : 3 days / 25 -28days
- Sleep - Good
- Pregnancy : 2 Children
- Micturition - Normal
- Bowel : Regular, once a day

**General Examination:**
- B.P. : 132/86 mmHg
- Weight : 63.3Kg
- Height : 159cm, 5’3’’
- Nails : Normal
- Conjunctiva : Slightly pale
- Tongue : coated
- Teeth : Two teeth removed
- CVS : Normal
- RS : Normal

**Treatment Taken**: Takes Paracetomol tab. whenever headache aggravates
Subject No. 7

Age: 29 yrs  Sex: Female  Occupation: Research Scholar

Main complaints (if any) : Headache and blocked nostrils since 15yrs,
                        Cold, cough & wheezing since childhood,
                        Joint pain since 5 yrs

History of present illness : Frontal headache started 15yrs back,
                             aggravates late in the evening and night;
                             Feels blockage in the right nostril along
                             with cold since 15 yrs, feels heaviness of the head.

Past History : Frequent cold in childhood days.

Family History : Father & sister allergenic to dust

Personal History:

Appt : Reduced  M.C. : 3days / 27-28days
Sleep : Less  Pregnancy : ------
Micturition : Normal  Bowel : Regular, once a day

General Examination:

B.P. : 120/74 mmHg  Weight : 51.7Kg
Height : 154.1cm, 5’1”  Nails : Normal
Conjunctiva : slightly reddish  Tongue : Coated, pale
Teeth : Normal  CVS : Normal
RS : Normal

Treatment Taken: Takes allopathic medicine for asthma whenever it
                  taken homeopathic treatment for sinusitis for 5 yrs
Subject No.  8

Age:  47 yrs  Sex:  Male  Occupation:  Chemist

Main complaints (if any)  :  Headache since 18 -20 yrs,
Blocked left nostril since 2 yrs

History of present illness  :  Frontal headache started on the left side 20 yrs
back, aggravated since 4yrs, pain moves towards
maxillary sinus area some time, blocked left
nostril aggravates the headache, dust and
traveling aggravates the headache, headache will
be there for 4-5 days once it is started

Past History  :  Nothing Contributory

Family History  :  Mother had asthma and diabetes,
Father hypertensive

Personal History:
Appt  -  Normal  M.C.  :  Not Applicable
Sleep  -  Sound  Pregnancy  :  Not Applicable
Micturition  -  Normal  Bowel  :  Regular, once a day

General Examination:
B.P.  :  112/74 mmHg  Weight  :  66.6Kg
Height  :  170.8 cm, 5’7’’  Nails  :  Normal
 Conjunctiva  :  Normal, slightly pale  Tongue  :  Uncoated
 Teeth  :  Normal  CVS  :  Normal
 RS  :  Normal

Treatment Taken:  Taken ayurvedic treatment for sinusitis.
Subject No. 9

Age: 22 yrs  Sex: Male  Occupation: Student.

Main complaints (if any): Frontal headache since one month, cold since 3 yrs, allergic to dust since 12 yrs. Difficulty in breathing since 12 yrs. Overweight since 10 yrs.

History of present illness: He gets cold & difficult to breath whenever exposed to dust or weather changes; since a month symptoms aggravated, getting frontal & maxillary head ache which increases in the morning, feels heaviness of the head when he bend it forward

Past History: Getting cold and head ache now & then in childhood days

Family History: Father diabetic

Personal History:
- Appt: Normal  M.C.: Not Applicable
- Sleep: Sound  Pregnancy: Not Applicable
- Micturition: Normal  Bowel: Regular, twice a day

General Examination:
- B.P.: 124/74 mmHg  Weight: 108.9Kg
- Height: 182.1 cm, 6’0’’  Nails: Normal
- Conjunctiva: Slightly pale  Tongue: Uncoated
- Teeth: Normal  CVS: Normal
- RS: Normal

Treatment Taken: Taken homeopathic treatment for sinusitis & piles
Subject No. 10

<table>
<thead>
<tr>
<th>Age: 39yrs</th>
<th>Sex: Male</th>
<th>Occupation: Lecturer</th>
</tr>
</thead>
</table>

**Main complaints (if any)**: Cold, Blocked nostrils, Sore-throat and Frontal headache since 14yrs

**History of present illness**: Sore throat started 14yrs back, it leaded to cold and blockages in alternative nostrils, aggravated symptoms leads to frontal headache; symptoms aggravates in winter season, aggravates when he exposed to dust, aggravates during night

**Past History**: Nothing Contributory

**Family History**: Nothing Significant

**Personal History:**

<table>
<thead>
<tr>
<th>Appt</th>
<th>Normal</th>
<th>M.C.</th>
<th>Not Applicable</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sleep</td>
<td>Good</td>
<td>Pregnancy</td>
<td>Not Applicable</td>
</tr>
<tr>
<td>Micturition</td>
<td>Normal</td>
<td>Bowel</td>
<td>Regular, Once a day</td>
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</tbody>
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**General Examination:**

<table>
<thead>
<tr>
<th>B.P.</th>
<th>106/68 mmHg</th>
<th>Weight</th>
<th>57.2 Kg</th>
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<tbody>
<tr>
<td>Height</td>
<td>162.3cm, 5’4’’</td>
<td>Nails</td>
<td>Normal</td>
</tr>
<tr>
<td>Conjunctiva</td>
<td>Slightly reddish</td>
<td>Tongue</td>
<td>Uncoated</td>
</tr>
<tr>
<td>Teeth</td>
<td>Normal</td>
<td>CVS</td>
<td>Normal</td>
</tr>
<tr>
<td>RS</td>
<td>Normal</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**Treatment Taken**: Taking cetrizene tabs (100mg) whenever cold aggravates since 3-4 yrs.
Subject No.  11

Age:  38 yrs  Sex :  Male  Occupation:  Peon.

Main complaints (if any) : Headache since one year

History of present illness : Headache started just above left eye last winter season, this year headache aggravated and he feels the blurrness of the left eye, since five days headache aggravated, headache aggravates early in the morning, reduces during noon time and again aggravates during night, usually he is not getting cold since so many years

Past History : Nothing Contributory

Family History : Nothing Contributory

Personal History:

Appt - Normal  M.C. : Not Applicable
Sleep - Disturbed  Pregnancy : Not Applicable
Micturition - Normal  Bowel : Regular, once a day

General Examination:

B.P. : 104/64 mmHg  Weight : 51.6Kg
Height : 156.8cm, 5’1”  Nails : Normal
Conjunctiva : Slightly reddish  Tongue : Uncoated
Teeth : Normal  CVS : Normal
RS : Normal

Treatment Taken: Taking allopathic treatment for headache since 4 days.
Subject No. 12

Age: 22 yrs  Sex: Female  Occupation: Student.

Main complaints (if any): Sinusitis since 1 yr; Lack of concentration and memory since childhood; Menstrual pain and back ache during menstruation.

History of present illness: Frontal headache started after she came to Mangalore University to study M.Sc; since 1½ months it aggravated; Symptoms aggravates when she exposed to cold weather, dust, when she under stress; symptoms aggravates early in the morning.

Past History: Nothing Contributory

Family History: Nothing Contributory

Personal History:

Appt : Less  M.C. : 5 days / 30 days
Sleep : Disturbed  Pregnancy : --------
Micturition : Normal  Bowel : Regular, once a day

General Examination:

B.P. : 106/64 mmHg  Weight : 42.8Kg
Height : 161.1cm, 5’3’’  Nails : Normal
Conjunctiva : Slightly pale  Tongue : Uncoated
Teeth : Normal  CVS : Normal
RS : Normal

Treatment Taken: Taken allopathic treatment for sinusitis
Subject No. 13

Age: 35 yrs  Sex: Female  Occupation: Library Asst

Main complaints (if any): Known case Sinusitis since 10 yrs

History of present illness: Frontal headache, blocked nostrils, swelling on maxillary sinus area (sometimes) since 10 yrs;

headache will be more while getting up in morning, feeling both the nostrils are blocked, but she can breath through both the nostrils and disturbance is there; work tension aggravates the symptoms

Past History: Nothing Contributory

Family History: father asthmatic & diabetic, mother diabetic

Personal History:

Appt - Normal  M.C. : 4-6 days/ 25days

Sleep - Sound  Pregnancy : 1child

Micturition - Normal  Bowel : Regular, once a day

General Examination:

B.P. : 122/78 mmHg  Weight : 56.5Kg

Height : 155.7cm, 5’2”  Nails : pale

Conjunctiva : Slightly pale  Tongue : Uncoated

Teeth : Normal, 1 tooth removed  CVS : Normal

RS : Normal

Treatment Taken: Taking Paracetomol tabs whenever pain aggravates since 8-10 yrs
Subject No.  14

Age:  44 yrs  Sex:  Male  Occupation:  Engineer

Main complaints (if any) : Allergic to dust, Cold and heaviness of the head since 10 yrs, Sneezing since 4-5 yrs.

History of present illness : Allergic to dust and hard smell since more than 10 yrs, it leads to sneezing and running nose immediately, get headache occasionally, feels heaviness of the head always

Past History : He was getting frequent cold in child hood

Family History : Mother having arthritis

Personal History:

Appt - Normal  M.C. : Not Applicable
Sleep - Disturbed  Pregnancy : Not Applicable
Micturition - Burning urination some time
Bowel - Regular, twice a day

General Examination:

B.P. : 128/86 mmHg  Weight : 76.4Kg
Height : 170.4cm, 5’7”  Nails : Normal
Conjunctiva : Normal  Tongue : Uncoated
Teeth : Normal  CVS : Normal
RS : Normal

Treatment Taken : Taken acupuncture treatment for allergy and leg pain
Taking Tenomac 50 mg (½ -0-0) tab for hypertension since 3yrs
Subject No. : 15

Age: 23 yrs  Sex: Female  Occupation: Student.

Main complaints (if any) : Known case of Sinusitis from childhood.  
Menstrual pain since menarche

History of present illness : She is a known case of Sinusitis since childhood,  
Headache aggravated since a year, Symptoms  
aggravates in cold weather; Lower abdominal  
pain since 10 yrs during menstruation

Past History : Nothing Contributory

Family History : Nothing Contributory

Personal History:

Appt - Normal  M.C. : 3-4 days/ 30-35days

Sleep - Sound  Pregnancy :------

Micturition - Normal  Bowel : Regular

General Examination:

B.P. : 112/70 mmHg  Weight : 61Kg

Height : 162cm, 5’4”  Nails : Normal

Conjunctiva : Slightly reddish  Tongue : Coated

Teeth : Normal  CVS : Normal

RS : Normal

Treatment Taken: Taking tab Cyclopen (1-0-1) during menstrual  
period; Tab Septitin(1-1-1), Cap Nasollerin(1-1-1)  
and Sinarest Vapocaps ( for inhalation)
Subject No. 16

Age: 23 yrs  Sex: Male  Occupation: Student.

Main complaints (if any): Frontal head ache since 5-6 months.

History of present illness: Frontal head ache and blocked nostrils since 5-6 months; burning sensation and pain around the eyes; symptoms aggravates when he exposed to cold, dust, weather changes; aggravates early in the morning.

Past History: Nothing Contributory

Family History: Father Hypertensive

Personal History:

Appt - Normal  M.C.: Not Applicable

Sleep - Sound  Pregnancy: Not Applicable

Micturition - Burning urination some times

Bowel - regular, once a day

General Examination:

B.P. : 118/76 mmHg  Weight : 56.1 Kg

Height : 164.4cm, 5’4”  Nails : Normal

Conjunctiva : Slightly reddish  Tongue : Coated

Teeth : Normal  CVS : Normal

RS : Normal

Treatment Taken:
Subject No. 17

Age: 53yrs  Sex: Male  Occupation: Attender

Main complaints (if any) : Frontal headache with blocked nostrils since 8-10 yrs

History of present illness : He is getting frontal headache with blocked nostrils and some time with cold, 3-4 times / month, since 8-10 years; feeling heaviness of the head

Past History : Nothing Contributory

Family History : Mother asthmatic

Personal History:

Appt - Good  M.C. : Not Applicable
Sleep - Sound  Pregnancy : Not Applicable
Micturition - Normal  Bowel : Regular, once a day

General Examination:

B.P. : 126/84 mmHg  Weight : 64.5Kg
Height : 167.1cm, 5’6”  Nails : pale
Conjunctiva : Slightly pale  Tongue : Coated
Teeth : Normal  CVS : Normal
RS : Normal

Treatment Taken: Taking Atanal 50 (25mg) once a day since 4-5yrs
Subject No.  18

Age:  57 yrs  Sex : Male  Occupation: Rtd. FDC

Main complaints (if any) : Frontal & ethmoid headache since 6 months;
Cold and Sneezing since 2 ½ yrs; Increased
blood sugar since 3 yrs.

History of present illness : Cold & sneezing started 2 ½ yrs back, since 6
months it aggravated and leaded to pain in frontal
and ethmoid sinus area; feels heaviness of the
head when bend forward; symptoms aggravates in
morning

Past History : Nothing Contributory.

Family History : Father had diabetes & hypertension

Personal History:
Appt      - Normal  M.C.      : Not Applicable
Sleep     - Sound    Pregnancy : Not Applicable
Micturition - Normal  Bowel     : Regular, twice a day

General Examination:
B.P.       :  132/88 mmHg  Weight : 60.1Kg
Height     :  161.4cm, 5’3”  Nails : Normal
Conjunctiva : Slightly reddish  Tongue : Uncoated
Teeth      :  Normal  CVS : Normal
RS         :  Normal

Treatment Taken: Taking ayurvedic treatment for headache & cold since a
month and for diabetes since 3 years
Subject No. 19

Age: 21 yrs  Sex: Female  Occupation: Student.

Main complaints (if any): Frontal headache since 8 months.

History of present illness: Headache and blockage in nostrils started 8 months back, symptoms gradually increased, symptoms will be there throughout the day, aggravates in evening and night.

Past History: Nothing Contributory.

Family History: Nothing Contributory.

Personal History:

Appt - Normal  M.C.: 4 days / 26-28 days
Sleep - Sound  Pregnancy: -----
Micturition - Normal  Bowel: Regular

General Examination:

B.P. : 118/64 mmHg  Weight: 46.9 Kg
Height: 157cm, 5’2’’  Nails: Normal
Conjunctiva: Slightly reddish  Tongue: Coated
Teeth: Normal  CVS: Normal
RS: Normal

Treatment Taken: Takes Paracetomal tabs for sinusitis whenever pain aggravates and using nasal drops.
Subject No. 20

Age: 32 yrs  Sex: Female  Occupation: Lab Technician

Main complaints (if any): Known case of Sinusitis since 2 yrs.

History of present illness: Frontal headache started 2yrs back, Pain
                        aggravates while bending the head, it leads
                        towards the neck sometime, pain aggravates
                        during noon time, traveling aggravates the
                        symptoms

Past History: Nothing Contributory

Family History: Brother asthmatic, Mother diabetic

Personal History:
Appt  -  Normal  M.C.  :  5days / 28 -29 days
Sleep -  Disturbed  Pregnancy : No Child
Micturition -  Normal  Bowel : Regular, once a day

General Examination:
B.P.  :  104/66 mmHg  Weight  :  45.5 Kg
Height  :  154.4cm, 5’1’’  Nails : Normal
Conjunctiva : Pale  Tongue  : Uncoated
Teeth : Normal  CVS : Normal
RS  : Normal

Treatment Taken: Taken allopathic treatment for sinusitis

*******
APPENDIX – II

PROCEDURE OF YOGIC PRACTICES
JALANETI KRIYĀ

• *Jalaneti* is a cleaning process of nasal passage using saline water. Boil about one liter of water and cool it up to luke warm. Add sufficient salt to it. Fill the water in *jalaneti* pot.

• Stand erectly. Bend forward; gently twist the head towards the left side. Keep the nozzle of the *jalaneti* pot into right nostril, open the mouth, tilt the pot such that water come out through the left nostril. When the water passes freely through the nasal passage, remove the nozzle from the right nostril. Remove any mucus if there, from the nose by blowing gently. Then, tilt the head to opposite side and repeat the same process for the other nostril.

SŪTRANETI KRIYĀ

• Prepare a cotton thread twisting properly. The length of the thread is about nine inches with proper width. Wash the thread and sterilize it.

• Stand erectly. Insert the thread to the right or left nostril whichever is free. Pull the thread out through mouth. Hold the thread with fore finger and middle finger and massage the nasal cavity. Pull the thread out through the mouth only.

• Repeat the same practice for the other nostril.

KAPĀLABHĀTI KRIYĀ

• Sit in *Svastikāsana*.

• Place the palms facing inwards above the respective knees.

• Inhale and Exhale rapidly through both the nostrils.
SVASTIKĀSANA

- Sit in Samasthithi. i.e keep the legs together and keep the palms on the either side of the thighs near the buttocks. Keep the back straight and looking straightforward breathe for 5 times.
- Exhaling fold the left leg and keep it at the root of the right thigh. Inhale.
- Exhaling fold the right leg and place the right foot over the left ankle. Keep the spine erect. Keep the hands in chin-mudra (keeping the tips of the thumb and fore finger together) over the respective knees. Closing the eyes breathe for 10 times.
- Inhaling stretch the right leg. Exhale there it self.
- Inhaling stretch the left leg.

VAJRĀSANA

- Sit in Samasthiti
- Exhaling fold both the legs together backwards, sit on the heels, place the palms over the respective knees. Looking straight forward breathe for 5 times.
- Inhaling stretch the legs.

SUPTAVAJRĀSANA

- Sit in Vajrāsana.
- Exhaling hold the big toes with respective palms from back side.
- Inhaling look upward.
- Exhaling bend forward and place the forehead on the ground. Closing the eyes breathe for 5 times.
• Inhaling come up and release the hands. Exhale

• Inhaling stretch the legs.

SIMHĀSANA

• Sit in Vajrāsana. Place the palms on the either side of knee joint.

• Open the mouth extending the tongue out as much as possible. Inhale freely and exhale forcefully through the mouth for 10 times.

• Close the mouth. Sit in Vajrāsana position.

• Inhaling stretch the legs.

TADĀSANA I

• Stand in samasthithi. i.e.keep the legs together, keep the hands near the thighs. Looking straightforward breathe for 5 times.

• Inhaling slowly lift both the hands, looking upwards join the palms.

• Exhaling slowly bring down the hands.

• Repeat it for 4 more times.

TRIKONĀSANA

• Stand in Samasthithi.

• Inhaling keep the right leg to right side about one leg distance. Simultaneously stretch the hands parallel to the ground.

• Exhaling turn the right foot to right and bend the body to right side. Catch the right big toe by right palm. Looking at the tip of the left hand breathe for 5 times.

• Inhaling come up.
• Exhaling turn the left foot to the left side, bend the body to left and catch the left big toe with left palm. Looking the tip of the right hand breathe for 5 times.

• Inhaling come up.

• Exhaling join the right leg with left leg.

PĀRŚVAKONĀSANA

• Stand in samasthithi.

• Inhaling stretch the right leg to right about one and half leg distance. Simultaneously stretch the hands parallel to the ground.

• Exhaling turn the right foot to right side, bend the right knee joint (about $90^\circ$) and place the right palm on the right side of the right foot on the floor. Stretch the left arm over the left ear. Looking at the tip of the left hand fingers breathe for 5 times.

• Inhaling come up.

• Exhaling turn the left foot to left side, bend the left knee joint (about $90^\circ$) and place the left palm on the left side of the left foot on the floor. Stretch the right arm over the right ear. Looking at the tip of the right hand fingers breathe for 5 times.

• Inhaling come up.

• Exhaling join the right leg with left leg.

PAŚCIMATĀNĀSANA

• Sit in Samasthithi.

• Exhaling bend forward and catch the big toes with respective palms.
• Inhaling look forward

• Exhaling bend forward and touch the forehead to the knees.
  Closing the eyes breathe for 5 times.

• Inhaling raise the head & release the hands.

**Pūrvatānāsana**

• Sit in Samasthithi.

• Inhaling keep the palms about one foot distance backwards. Exhale there its elf.

• Inhaling lift the body on waist by the help of palms and feet. Straighten the arms and legs, stretch the feet in front. Keep the knees and elbows straight. Stretch the neck and leave the head freely back. Closing the eyes breathe for 5 times.

• Exhaling bring down the body. Inhale.

• Exhaling sit in Samasthithi

**Pavanamuktaśana**

• Lie down supine on the floor.

• Exhaling bend the right leg and bring it near the chest, interlock the hands over the right knee.

• Inhaling lift the head and touch the forehead to the right knee. Closing the eyes breathe for 5 times.

• Exhaling bring down the head and release the hands.

• Inhaling stretch the right leg.
• Exhaling bend the left leg and bring it near the chest, interlock the hands over the left knee.

• Inhaling lift the head and touch the forehead to the left knee. Closing the eyes breathe for 5 times.

• Exhaling bring down the head and release the hands.

• Inhaling stretch the left leg.

• Exhaling bend both the legs together and bring the knees as near as possible to the chest. Interlock the hands over the knees. Closing the eyes breathe for 5 times.

• Exhaling bring down the head and release the hands.

• Inhaling stretch both legs.

**BHUJANGĀSANA**

• Lie down on the floor facing downward. Keep the legs together. Keep the palms under the shoulders on the ground.

• Inhaling lift the head and chest without lifting the waist. Bend the head back and look at the middle of the eyebrows. Breathe for 5 times.

• Exhaling slowly come down and release the hands.

**ŚALABHĀSANA**

• Lie down on the floor facing downward. Place the palms below the respective thighs.

• Press the palms downwards and while inhaling lift the head and legs together. Looking upwards breathe for 5 times.

• Exhaling bring down the legs and head together. Release the hands.
DHANURĀSANA

- Lie down on the floor facing downward.
- Exhaling bend both the legs together, stretch the arms back and hold the ankles with respective hands.
- Inhaling raise the legs, head and chest together, join the ankles. One should stand on the navel region in sthiti. Looking upwards breathe for 5 times.
- Exhaling bring down the head and legs.
- Inhaling leave the hands and stretch the legs.

BHĀRADVĀJĀSANA

- Sit in Samasthiti
- Inhaling fold the left leg backwards and keep left foot by the side of left buttock.
- Exhaling fold the right leg and place the right foot over the left thigh. Inhale.
- Exhaling turn the body fully to right side from the waist and place left palm below the right knee joint on the ground. Hold the right big toe by the right hand from the back side. Looking right back breathe for five times.
- Inhaling turn front and leave the hands. Exhale.
- Inhaling stretch the right leg.
- Exhaling stretch the left leg.
- Repeat the whole procedure for left side.
ARDHAMATŚYENDRĀSANA

- Sit in Samasthithi
- Exhaling fold the left leg and keep the left foot below the right thigh.
- Inhaling fold the right leg vertically.
- Exhaling keep the right foot on the left side of the left knee. Inhale there itself.
- Exhaling turn the body fully to right side from the waist and hold the right big toe by the left hand encircling the right knee by the left hand on the right side. Keep the right palm on the left thigh from back side. Looking right back side breathe for 5 times.
- Inhaling turn front release the hands. Exhale there itself.
- Inhaling keep the right leg on the right side of the left knee.
- Exhaling unfold the right leg.
- Inhaling unfold the left leg.
- Repeat all the procedure in the other side also.

VIPARĪTAKARANĪ

- Lie down on the floor in supine position. Bring the hands below the thighs.
- Inhaling lift the legs and back by the support of the palms on the buttocks in such a way that the whole body weight should stand on the shoulder and elbows, back should make a slope and legs perpendicular to the ground. Closing the eyes breathe for 25 times.
- Exhaling bring down the body.
HALĀSANA

- Lie down on the floor in supine position. Bring the hands below the thighs.
- Inhaling lift the legs and back upwards by supporting the hands at the back and make the body perpendicular to ground.
- Exhaling bring down the legs towards the head and stretch the feet on the ground. Clasp the palms behind the back on the floor. Keep the legs and hands straight. Closing the eyes breathe for 5 times.
- Inhaling bring back the body to perpendicular to the ground.
- Exhaling bring down the body.

UTTĀNAPĀDĀSANA

- Lie down on the floor in supine position.
- Inhaling lift the legs together about 45° from the floor. Exhale.
- Inhaling keep the crown of the head on the ground by the help of palms. Raise the arms and join the palms in front of the knees. Closing the eyes breathe for 5 times.
- Exhaling bring the legs down and keep the head on ground.

UJJAYĪ PRĀNĀYĀMA

- Sit in Svastikāsana. Keep the eyes closed and keep the hands in chin-mudra.
- Deeply inhale and completely exhale observing the breathing on the throat for 21 times.
ANULOMA-VILOMA PRĀNĀYĀMA

- Sit in Svastikāsana, keep the left hand in chin-mudra over the left knee and right hand in mṛgī-mudra (folding the fore and middle fingers, keeping the other fingers stretched) near the nose. Keep the eyes closed.
- Close the right nostril by the thumb and inhale through the left nostril.
- Close the left nostril by the right ring and small finger, release the thumb, and exhale through the right nostril.
- Inhale through the right nostril.
- Close the right nostril by the thumb, exhale through the left nostril.

This is one round of Anuloma-Viloma Prānāyama.

- Practice it for 21 rounds.

BHASTRIKĀ PRĀNĀYĀMA

- Sit in Svastikāsana. Place the palms facing inwards above the respective knees.
- Deeply inhale and forcefully exhale through the nostrils by giving jerks in such a way that complete exhalation felt in the chest, throat and skull.
- Practice it for 10 rounds.

ŚAVĀSANA I

- Lie down on the floor in supine position.
- Keep the right palm over the abdomen and left palm over the chest.

Observe the breathing for 5 minutes.

ŚAVĀSANA II

- Lie down on the floor in supine position.
• Keep the hands on the ground (palms facing upwards). Start relaxing from the body parts from toe onwards part by part up to the head. Relax there itself for 5 minutes.

**YOGANIDRĀ**

I. **Preparation**: Lie down on the floor in supine position. Spread the legs and hands (palms facing upwards), close the eyes. Keep the body in a relaxed state. Deeply inhale, exhale completely ……… (3 times).

II. **Resolve**: Take a firm decision oneself “I am aware ……
I am going to practice yoganidra …………” Say it for 3 times (pause).

III. **Practice**: Observe the body parts

1. **Right side**: Right hand, right hand fingers, thumb, second finger, third finger, fourth finger, fifth finger, palm of the hand, back of the hand, the wrist, the lower arm, the elbow, the shoulder, the right chest, the right abdomen, the right waist, the right hip, the right thigh, the knee joint, the calf muscle, the ankle, the heel, the sole, the big toe, second toe, third toe, fourth toe, fifth toe.

2. **Left side**: Left hand, left hand fingers, thumb, second finger, third finger, fourth finger, fifth finger, palm of the hand, back of the hand, the wrist, the lower arm, the elbow, the shoulder, the left chest, the left abdomen, the left waist, the left hip, the left thigh, the knee joint, the calf muscle, the ankle, the heel, the sole, the big toe, second toe, third toe, fourth toe, fifth toe.

   Deeply inhale, exhale completely ……… (3 times)

3. Throat, chin, the right cheek, the left cheek, the lips, nose, tip of the nose, right nostril, left nostril, the eyes, the right eye, the left eye, the right eyebrow, the left eyebrow, the middle of eyebrows,
the ears, the right ear, the left ear, the forehead, head, middle of the head.

   Deeply inhale, exhale completely ………… (3 times)

4. **Top to Bottom**: Head, forehead, ears, eyebrows, eyes, nose, lips, cheeks, chin, neck, chest, abdomen, navel, shoulders, elbows, wrists, palms, fingers, navel, waist, hips, thighs, knee joints, calf muscles, ankles, heels, soles, toes.

   Deeply inhale, exhale completely ………… (3 times)

5. **Bottom to Top**: Toes, soles, heels, ankles, calf muscles, knee joints, thighs, hips, waist, navel, fingers, palms, wrists, elbows, shoulders, navel, chest, neck, chin, cheeks, lips, nose, eyes, eyebrows, ears, forehead, head.

   Deeply inhale, exhale completely ………… (3 times)

6. **Top to Bottom**: Head, forehead, ears, eyebrows, eyes, nose, lips, cheeks, chin, neck, chest, abdomen, navel, shoulders, elbows, wrists, palms, fingers, navel, waist, hips, thighs, knee joints, calf muscles, ankles, heels, soles, toes.

   Deeply inhale, exhale completely ………… (3 times)

7. **Counting**: Start counting from 1 to 27 and from 27 to 1.

8. **Bottom to navel**: Toes, soles, heels, ankles, calf muscles, knee joints, thighs, hips, waists, navel.

9. **Navel Counting**: Concentrate the awareness on the movement of navel area (pause). Concentrate on this movement in Synchronization with the breathing (pause). Start counting from 1 to 27 (as taught).

10. **Chest counting**: Concentrate the awareness on the movement of the chest area (pause). Concentrate on this movement in Synchronization with the breathing (pause). Start counting from 27 to 1 (as taught).
11. **Throat counting**: Concentrate the awareness on the throat area (pause). Concentrate on this movement in Synchronization with the breathing (pause). Start counting from 1 to 27 (as taught).

12. **Nose Counting**: Concentrate the awareness on the tip of the nose (pause). Concentrate on the tip of the nose in Synchronization with the breathing (pause). Start counting from 27 to 1 (as taught).

13. **Image Visualization**: Imagine that you are standing in front of the prayer hall (pause), go slowly inside (pause), observe the light, concentrate on the light, observe the brightness of the light, concentrate on the brightness of the light (pause), ………(about 5 minutes)

    Slowly come out from the prayer hall.

14. **Finish**: Draw the mind outside and become aware of the breathing, become aware of the whole body parts, from top to Bottom, become aware of the floor, the room, join the legs, bring close the hands, slowly open the eyes ……….. (stay for 1 minute), get up slowly.

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Jalaneti kriyā

Sūtraneti kriyā

Kapālabhāti kriya