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INTRODUCTION TO YOGIC SUKSHMA VYAYAMA

There are various yogic practices which have an impact on different parts of body. Sukshma Vyayama is one of it. Sukshma Vyayama is the system of yogic practices which loosens your joints and removes the energy blockages. This system has a strong purifying effect thus, boosting the body energy.

Yogic Sukshma Vyayamas (Loosening and strengthening practices) are safe, rhythmic, repetitive stretching movements synchronized with breathing. These practices mobilize the joints and strengthen the joints and muscles. In this lesson you will study about various Sukshma Vyayama practice



OBJECTIVES

After studying this lesson, you will be able to:

- explain Sukshma Vyayana;
- list the benefits of Sunshma Vyayana; and
- describe various practices of Sukshma Vyayana which help to mobilize the joints ankle, wrist, elbows etc.



Notes

2.1 SUKHSMA VYAYAMA

The simple, gentle joint movements are very useful to improve blood supply towards the different parts of joints like cartilage, ligaments etc. These joint movements are very significant if performed early morning. These also help to drain the toxic materials in the interstitial spaces related of the joints. The most important and special facet of Yogic Sukshma Vyayama is that every body part (muscle, joint and organ) is taken care off.



DO YOU KNOW

Sukshma Vyayama means small (Sukshma) movements or exercises (Vyayama) to strengthen the body joints

Features of Sukhsma Vyayama

The main features or components of Sukshma Vyayama are :

- i. Breathe awareness.
- ii. Concentrating on the specific joints one wants to repair or strengthen.
- iii. Synchronization of inhalation and exhalation with the movement of that joints.

Benefits

The Sukshma Vyayama is beneficial in various aspects, some of these are :

- Removes blockages and tightness in muscles and strengthens them.

- Increases body mobility and making it flexible.
- Develops coordination and equilibrium.
- Improves blood circulation.



Notes

2.2 SUKSHMA VYAYAMA PRACTICES

The sequence of Sukshma Vyayama is from head to the toe starting in this sequence:

- i. The neck
- ii. The shoulders
- iii. The trunk
- iv. The knees and ankles

2.3 ANKLE BENDING AND ROTATION

I) Bending

To practice this exercise

- Sit with the legs outstretched and the feet apart (about 6 inches).
- Bring the hands behind the buttocks finger pointing backwards.
- Slightly lean backwards shifting the body weight on to the hands.
- Keep the spine and neck erect.



Fig. 2.1

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Notes

- Bring your awareness to the feet.
- Move both feet slowly forwards and backwards, bending them at the ankle joints.



Fig. 2.2

- Try to stretch the feet forward to touch the floor, and then pull them up towards the knees. Hold each position (forward and backward) for a few seconds.
- Practice with normal breathing.
- Repeat ten times.

II) Rotation

To practice this exercise -

- Sit straight with legs stretched out
- Separate the legs by about a foot.
- Bring your awareness to both feet.
- Slowly rotate both feet from the ankles together in opposite directions.
- The big toes touch each other on the inward movements of each foot.

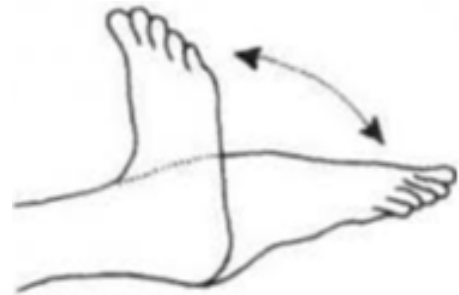


Fig. 2.3

- Repeat 10 rounds.
- Change directions and repeat 10 rounds.
- Practice with normal breathing.
- This can also be practiced sitting in a chair.



Notes



INTEXT QUESTIONS 2.1

Fill in the blanks :

1. Sukshma Vyayama is the system of _____ practice.
2. The system has strong _____ effects.
3. It increases _____ mobility.
4. It improves _____ circulation.
5. The sequence of Sukshma Vyayama is, neck _____, trunk, _____ and ankle.

2.4 KNEE BENDING AND ROTATION

Knee Bending

Knee bending is an important exercise of Sukshma Vyayama.

To practice this exercise

- Bend the right knee and clasp the right thigh with the hands under it.
- Now straighten the right leg by pulling up the knee cap so that the right heel is off the floor.

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Notes

- Keep the arms straight.
- Now, bend the right leg at the knee so that the thigh comes close to the chest and the heel near the buttocks.
- Then straighten the right leg with heel off the floor.
- Practice with normal breathing.
- This is one round. Practice ten rounds.
- Repeat the same practice of ten rounds with the left leg.

Rotation

To practices this exercise

- Lift up the right thigh.
- Bring the right knee to 90 degree.
- Support the thigh with interlocked hands.
- Keep the right lower leg parallel to the ground.



Fig. 2.4

- Now, rotate the right lower leg from the knee joint five times clockwise and five times anti-clockwise.
- Practice with normal breathing.
- Bring back the right leg down on the floor.
- Now repeat the same with the left leg.



Notes

2.5 WRIST ROTATION

Wrist rotation is the next practice under Sukshma Vyayama.



Fig. 2.5



Fig. 2.6

- Stretch your arms straight in front of the chest at shoulder level, keeping them parallel to the ground.
- Make tight fists of your hands (palms facing down).
- Now, move the fists up and down vigorously from the wrists.
- Repeat 10 rounds.

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Notes

2.6 ELBOW BENDING

Elbow bending is next practice. Its is done following these steps :

- Stretch the arms straight down at the side of the body, palms facing forward. Make tight fists.
- Bend the arms at the elbows, moving your clenched fists forward to the level of the shoulders with a forceful jerk.
- Then stretch them downwards again with a forceful jerk.
- Repeat twenty times.



Fig. 2.7

2.7 SHOULDER ROTATION

- Keep your body straight folding your hands.
- Place your left fist on your left shoulder and right fist on your right shoulder.
- Then, move your elbows towards your chest.
- Then, gradually without any jerk, rotate both the arms in opposite directions that is left arm anticlockwise and right arm clockwise.



Fig. 2.8

- Now repeat this in reverse order, that is rotate the right arm anticlockwise and the left arm clockwise.

2.8 NECK MOVEMENT

Neck movement is done in two directions.

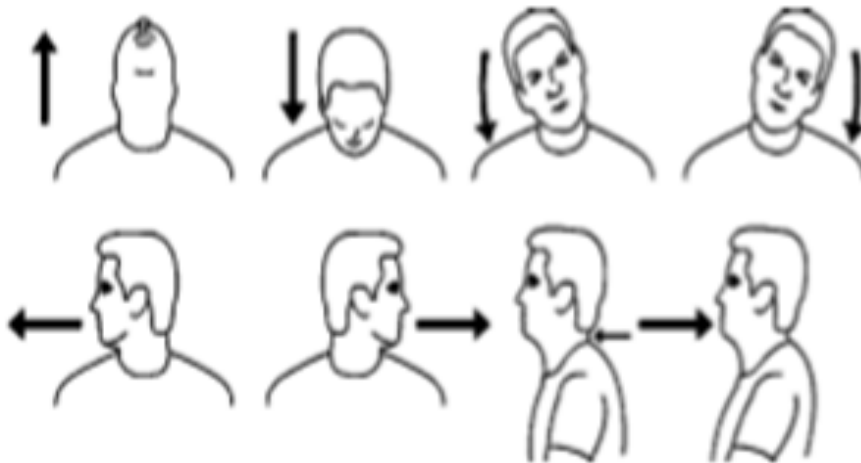


Fig. 2.9

Neck Movement - I

- Stand or sit in a relaxed posture
- Keep your neck straight.



Fig. 2.10

Notes

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Notes

- Then gradually without jerk, bend your neck forward as much as you can.
- Then come back to your normal and relaxed posture.
- Then bend your neck backward.
- Then back to normal.
- Then to the right and to the left, with normal position between each movement.

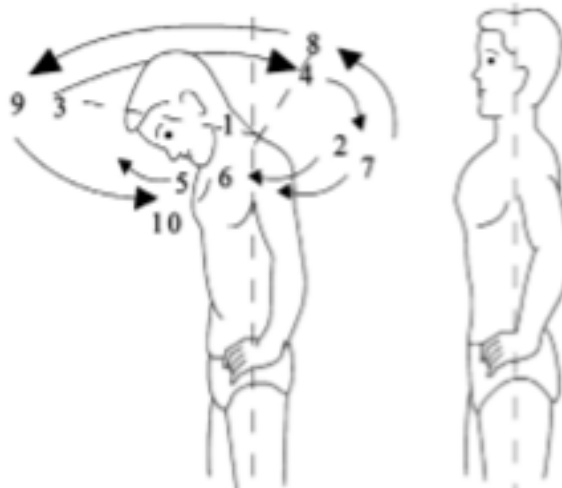
Neck Movement - II

Fig. 2.11

- Keeping the neck straight.
- Gradually without any jerk, clockwise rotate your neck from left shoulder to backwards and then to the right shoulder and to front.
- Begin with your right shoulder, repeating this in anticlockwise direction.



INTEXT QUESTIONS 2.2

Mark right (✓) or wrong (✗) against each of the statements given below :

1. Bending right knee is the first step of knee bending Suksham Vyayama.
2. We practice knee bending with normal breathing.
3. Do not support thigh with interlocked hands.
4. We stretch arms straight down beside the body in elbow bending.
5. Make tight fists of your hand for Elbow bending exercise .



WHAT HAVE YOU LEARNT

- Sukshma Vyayama is the system of Yogic Practice which helps loosens your joints and remove energy blockages.
- It improves the mobility of Ankle, knee, wrist, elbow, shoulder and neck.
- The main features of Sukshma Vyayama are:
 - i. Breath awareness
 - ii. Concentrating on the specific joints
 - iii. Synchronization of inhalation and exhalation with the movement of the joints



Notes



Notes

- Sukshma Vyayama is practiced in the following sequence - neck, shoulder, trunk, knees and ankle.



TERMINAL QUESTIONS

1. What is Yogic Sukshma Vyayama?
2. In what sequence are these exercises performed?
3. What are the benefits of these practices?



ANSWERS TO INTEXT QUESTIONS

2.1

1. Yogic
2. Purifying
3. Body
4. Blood
5. Shoulder, knee

2.2

1. Right (✓)
2. Right (✓)
3. Wrong (✗)
4. Right (✓)
5. Right (✓)