



Importance of Virabhadrasana-I in day to day life

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ABSTRACT

Ayurveda is the science of life. It plays an important role to prevent and treat the disease. Ayurveda specifically deals with mind body balance. The main part of it is Yoga and Asana. Yoga provide us a simple remedies, facile skills and procedure of good health. Asana gives physical and mental power and tone the body-mind for further exercise. Virbhadrasana I is often referred to as the Warrior Pose-I. This Asana strengthens and tones the shoulders, arms, legs and lower back. By doing this Asana improves balance in the body, helps increase stamina. Virbhadrasana I (Warrior Pose- I) stretches the chest and lungs, shoulders and neck, belly, groins (psoas) region.

Keywords: Yoga, Asana, Virbhadrasana I, Warrior Pose-I, Stamina.

1. Introduction

Pose Information

This pose provides strength to the arms, shoulders, thighs and back muscles. This pose is named after *Virabhadra*, a fierce warrior, an incarnation of Lord Shiva. The story of the warrior *Virabhadra*, as all stories from Upanishads, has a moral that adds value to our life.

Vira - vigorous, warrior, courageous; **Bhadra** - good, auspicious; **Asana** - Posture

The asana is pronounced as **Vi- Ra- Bha- Dra-aasana**

Sanskrit Name-	Virabhadrasana I
Pose Level-	First
English name	Warrior Pose-I

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2. Virabhadrasana I (Warrior I Pose) Steps

Virabhadrasana I is one of the most beautiful Yoga postures and it adds beauty and grace to a Yoga practice.

Step 1

First of all stand in *Tadasana* position (Mountain pose). With one exhale, separate the legs from a distance of at least 3-4 feet. Raise arms perpendicular to the floor and parallel to each other. Firm scapules against the back and draw them towards the coccyx.

Step 2

Rotate the left foot in 45 to 60 degrees to the right and the right foot in 90 degrees to the right. Align the right heel with the left heel. Exhale and rotate the torso to the right, with the front edge of the mat as much as possible in front of the pelvis. As the left hip point moves forward, press the head of the left femur back to ground the heel. Lengthen the coccyx toward the floor, and lower the upper torso backward.

Step 3

To move the left heel firmly to the floor, exhale and bend the right knee above the right ankle so that the body is perpendicular to the floor.

Step 4

Reach firmly from the pelvis, lifting the ribs away from the pelvis. When you come down with the back foot, feel a lift that goes up the back leg, abdomen and chest and up into the arms. If possible, bring the palms together. Spread the palms against each other and reach slightly up through the pinky-sides of the hands.

Keep the head in a neutral position, look forward, or tilt it backward and look at your thumb.

Step 5

Stay for 30 seconds to a minute. To come up, while exhaling, press the back heel firmly into the floor and reach the arms while straightening the right knee. Rotate the legs forward and release the arms while breathing, or keep them upward for more challenge. Take a few breaths, then bend the legs to the left and repeat for the same length. After performing this asana return to *Tadasana*.

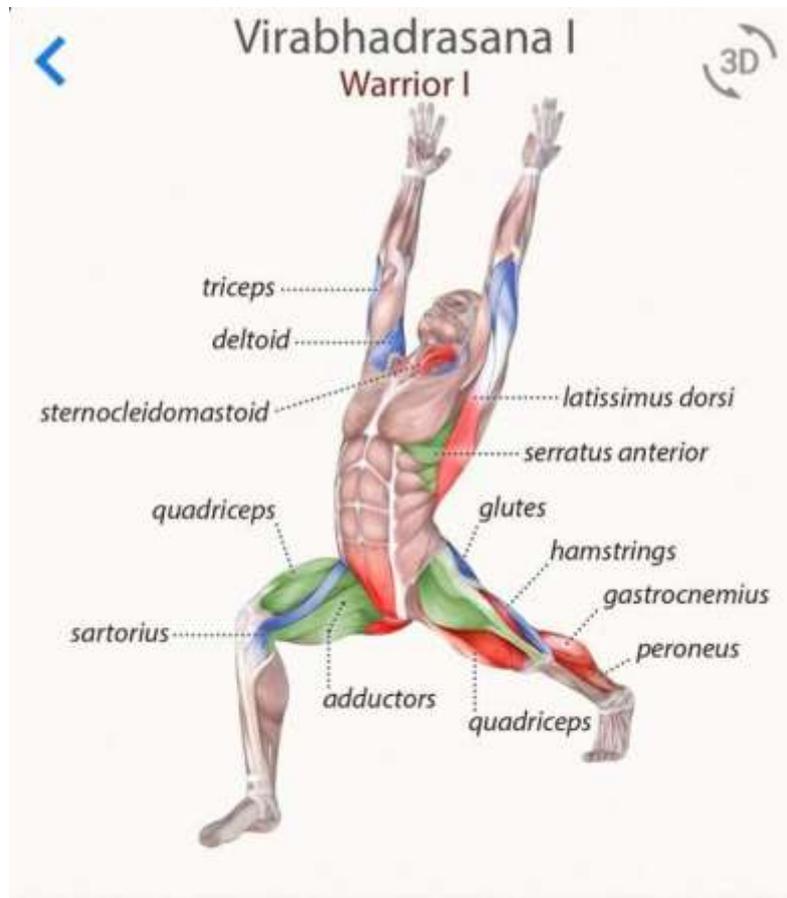


Fig. No. 1 Anatomy of Virabhadrasana I



Fig. No. 2 Virabhadrasana I

Benefits of the Warrior Pose I (Virabhadrasana I)

- This *Asana* strengthens and tones the shoulders, arms, legs and lower back.
- It stretches the chest and lungs, shoulders and neck, belly, groins (psoas) region.
- It improves balance in the body, helps increase stamina.
- It is beneficial for those with sedentary or deskbound jobs.
- It extremely beneficial in case of frozen shoulders.
- It releases stress in the shoulders very effectively in a short span of time.
- It brings auspiciousness, courage, grace and peace.
- It strengthens and stretches the thighs, calves, and ankles

Contraindications of the Warrior Pose I

Practice Warrior Pose I (Virabhadrasana I) only after consulting your doctor if you have experienced spinal disorders recently or just recovered from a chronic illness.

- High blood pressure patients should avoid this posture.
- *Virabhadrasana* especially benefits pregnant ladies in their second and third trimester provided they have been practicing *Yoga* regularly.
- Practice *Virabhadrasana* while standing close to a wall so you can support yourself if required. However do consult your doctor before doing this *Yoga* posture.
- Avoid this posture if you are suffering or had recently suffered from diarrhea.
- If you have knee pain or arthritis, use some support at the knee to hold this *Yoga* posture.
- Heart problems related patients should avoid this posture.

Caution

- Practitioner with shoulder problems should keep their raised arms parallel (or slightly wider than parallel) to each other.
- Practitioner with neck problems should keep their head in a neutral position and not look up at the hands.

Modifications and Props

Beginners find it very difficult to press the heel of the back and the lower back is lengthened in this posture. As a short-term solution, raise the heel on the back to a sand bag or other height.

Therapeutic Applications

- Sciatica

Preparatory Poses

- *Adho Mukha Svanasana*
- *Gomukhasana*
- *Parivrtta Parsvakonasana*
- *Parivrtta Trikonasana*
- *Prasarita Padottanasana*
- *Supta Virasana*
- *Supta Baddha Konasana*
- *Supta Padangusthasana*
- *Upavistha Konasana*
- *Utthita Parsvakonasana*
- *Virabhadrasana II*
- *Virasana*
- *Vrksasana*

Follow-up Poses

Virabhadrasana I is commonly used as the beginning position for *Virabhadrasana III*. It's also a good standing pose preparation for backbends.

Beginner's Tip

When the front knee bends in the pose, beginners have a tendency to tip the pelvis forward, which pulls the duck-tail and narrows the lower back. As you perform step 2 be sure to lift the pubis towards the navel and lengthen the tail towards the floor. Then when you bend the knee, keep lifting and lowering both these bones, so that the upper part of the pelvis remains parallel to the floor.

Partnering

There is a partnership exercise for this pose, but you need two partners (almost the same height) and a thick pole (like a broom). As you pose, your partner stands, in front of you, on either side of your torso. This is helpful if you and your partner are similar in height. They should hold the ends of the pole and place it above their head. Hold the pole with your raised arms, then you and your partner will lift the pole up until your arms are fully extended. Then, imagine that all three of you push, that your torso and legs are "hanging" from the pole.

Variations

This pose can be performed with arms in different positions. For example, go to steps 1 to 3 with your hands resting on your hips. Then, once the front knee is bent, rotate your arms behind your torso and hold your hands. Remove your hands from the back torso and lift your chest. It is acceptable to squeeze your scapules together for the first time, but make sure that once the chest is lifted, they are pushed away from the spine. To release the posture, reach back with your hands and, exhaling, pull yourself up, straighten the front knee.

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