UNIT 2: YOGIC SUKSHMA VYAYAMA

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2.1 LEARNING OBJECTIVES

After going through this unit, you will able to know

- about the meaning of Sukshma Vyayama
- about the goal and purpose of Sukshma Vyayama
- about techniques or methods of Sukshma Vyayama
- about benefits of Sukshma Vyayama
- about precaution of Sukshma Vyayama

2.2 INTRODUCTION

Sukshamvyayama is the most ancient component of yoga, andis known inmost yoga schools worldwide. This was developed, designed and propagated originally by His Holiness Maharishi Karthikeyaji Maharaj of the Himalayas. He had great kindness and compassion for humanity and taught Swami Dhirendra Brahmachari, who propagated it to the modern world, including the Nehru

family. Dhirendra Brahmachari also produced booksandestablished institutions in Delhi, and traveled throughout the country to teach people.

Maharishi Kartikeya Ji Maharaj developed Yogic SukshmaVyayamais basedon some of the most essential but usually not understood, mysterious aspects of Hatha Yoga relatingthe Mudras and Bandhas. Though the Hatha Yoga literature is filled with references to the profound importance attached to the Bandhas and Mudras, many of the modern yoga schools both in India and abroad,have comfortably ignored this aspect, perhaps due to their ignorance of this subject. It is also true that the Bandhas and Mudras are very complex and can be practiced by advanced yogis in the yogic texts, namely HathayogaPradeepika, Siva Samhita, and so on. The science of yoga itself was restricted to the yogis whorenounced the world and who have given up attachments and gone into the forest,had renounced the world and who had given up all attachments and gone into the forest or the Himalayas. Yoga was taught and practiced only for them, by them and amongst them. But in recent times, some of the smaller, simpler, and easier components of the yoga system were brought out from the mystery and secrecy that shrouded them for the benefit ofmodern society by Shri Dhirendra Brahmachari and various other yoga experts. So, in conformity with the approach of bringing to the common people and normal society, some of the simplified and easier aspects of Hatha Yoga, this system of SukshmaVyayama was developed, designed,and propagated by His Holiness Maharishi Karthikeyaji Maharaj. As mentioned earlier Yogic SukshmaVyayama is a unique system of exercises not available anywhere in the world, in any other form, either in a yogic domain in the non-yogic, physical,or cultural domain. It is so sensitive, so powerful, and so scientific,so deep yet so simple that even a child, after crossing the age of ten,can easily practice it and derive benefit. The benefits claimed are great and there are also experiences collaborated by lakhs of disciples of Shri Dhirendra Brahmachari. The benefits of Yogic Sukshma Vyayama are so great that even without practicing the rest of the aspects of Hatha Yoga such as Asanas, it is possible to derive extremely tangible benefits in quickly and expeditiously. The other beautiful and more important aspect of Yogic SukshmaVyayama is that it is the only system of exercises in the world where every part of the body including Each organ, each joint and each muscle is taken into consideration, A particular

exercise or set of exercises associated with a specific type of breathing in a specific type of position with particular point of mental concentration is prescribed. So, starting with the top that is the head, we cover: Various parts of the brain, The eyes, nose, ears, and neck, The shoulders, arms and arm joints, finger joints and even fingertips The upper chest, middle chest and abdomen and trunk in different aspects The thighs and buttocks, even organs like rectum/anus and the bladder (for which exercises are very rarely prescribed) The knees, ankles, foot, foot muscle and joints, toes and finally the big toe. So, literally "from top to toe" is the coverage in the above-mentioned sequence, which is something very unique in the entire world, in the past, present, and possibly the future too.

2.3 GOAL AND PURPOSE OF SUKSHMA VYAYAMA

The Yogic SukshmaVyayamaas implied by the name, is meant for the subtle body or SukshmaSarira. It is not meant for the gross body or SthulaSarira. There is a separate set of exercises for the gross body - SthulaVyayama that succeeds SukshmaVyayama. Still, it is just about half a dozen exercises of a gross nature similar to other gross exercises such as swimming and running, or various physical and cultural exercises. Yogic Sukshma Vyayama, however, is on a different footing. It is meant for the subtle body of the human being, as per Indian traditional philosophy. As per the yogic philosophical tradition,there are five bodies for every individual - the physical and the subtle: the anemia sarira, pranamayasareera, manomayasareera, vigyanamayasareera, and anandamayasareera. So, SukshmaVyayama deals with the second level, that is the subtle body or the pranamayasareera. Main features or components of SukshmaVyayama are:

(1) Breathing

(2) Concentration point

(3) Actual exercise - which involves motion most of the times, though not always. Breathing of different types: very light or very fast, or very deep, sometimes through the mouth, although mostly through the nose. This is a brief about Sukshma Vyayama. The benefits,once again, are immense and are direct

and immediate. Within a month of regular practice, Preferably twice a day, morning and evening, or once a day in the morning, Before bath if warm water, or after bath if cold water, Before food, With tight underwear and shorts, On a mattress, Either open air or indoors, Without any cold or heat or rain, Will lead to development of extraordinary levels of capabilities and faculties of various aspects of the personalities both mental and physical. For those who have maladies and problems of different kinds, SukshmaVyayama alone is capable of curing and preventing without taking the help of Asanas or other aspects of pranayama or kriyas. Though we do not prohibit the other aspects, Sukshma Vyayama is solely capable of handling all problems, both curing and preventing, and increasing the strength and vigor of different organs and systems in the body. SukshmaVyayama, though it looks very simplistic, is also going to awaken the Kundalini if performed correctly for a long period regularly. The other aspects of classical Hatha Yoga, which have been incorporated into package of SukshmaVyayama by His Holiness Maharishi Kartikeyaji, are the Sambhavi Mudra, Shanmukhi Mudra,and andTratak. The eye exercises are from Tratak, and the ear exercise is Shanmukhi Mudra,which was used in classical yoga to get into the trance state of deep meditation. However, in SukshmaVyayama,it is only used for calming and questioning the mind ofordinary man. So, to conclude, the mudras and bandhas are utilized along with the modern motion of exercises, movement of the muscles and bones to the extent of each joint of the body, every bone and the muscle and organ, being given an exercise to improve its' vigour, to improve its' capabilities, faculties and the performance of the individual as a whole.

2.4 TECHNIQUES, BENEFITS AND PRECAUTIONS OF SUKSHMA VYAYAMA

2.4.1 GRIVA-SAKTHI-VIKASAKA-1 (neck)

- **Posture:** Keeping the feet together, stand erect.
- **Exercise** `A': Relaxing neck, turn head with a jerk first towards the right shoulder, then towards the left shoulder.Practice it 10 times.

- **Exercise** `B': Standing erect, jerk head first forward, then backward. When it goes back,it should touch the nape ofneck. When it is forward chin should touch the sterna notch. Keep breathing normally. 10 times to begin with.



2.4.1 GRIVA-SAKTHI-VIKASAKA-2 (neck)

- **Posture:** Keep feet close together, back straight, mouth
  Closed and eyes wide open.
- **Exercise:** Keepyour chin in and rotate your head from left to right and then from right to left alternately. Breathing should be standard. Try to makeear touch the shoulder, taking particular care to avoid raising the shoulder. Five times to begin with.

2.4.1 GRIVA-SAKTHI-VIKASAKA-3 (neck)

- P**osture**: Keep your feet close together, and stand straight.
- **Exercise:** Inhale and exhale through the nose ("Bellows effect"),making the veins of the neck stand out. Blow out your stomach while inhaling; draw it in while exhaling, 25 times.

Benefits: This triple exercise strengthens and beautifies the neck. Diseases peculiar to the throat, such as tonsillitis, laryngitis, pharyngitis etc., can be checked. The voice becomes resonant, and speech defects such as lisping and stammering are entirely removed.

Precautions: With perseverance, this exercise, in conjunction with a couple of others, yields marvelous results in cases of dumbness. Singers will derive great benefits from it.

2.4.2 BHUJA-VALLI-SAKTHI-VIKASAKA (lower of arm)

- **Posture:** Feet together, the body straight, the arms by the sides.
- **Exercise** `A': Begin with the rightarm. Let it hang relaxed, then raise it sideways above the head with the palm outward. Bring it down in the same manner. The arm must not touch the head when going up, or the thigh when coming down. Palms must be open, with the fingers together.
- **Exercise** `B': Repeat the exercise withyour left arm.
- **Exercise** `C': Now bring both arms into action. Both should go up and come down together but the arms should not touch the head or the hands touch each other.

Benefits: Activates and strengthens the muscles in the arms, shoulders, and chest, including the biceps, triceps, pectorals, and deltoids. It keeps joints supplelubricated, and loosens tense muscles in the arms, shoulders, and chest, preparing the body for more intense poses. It can be used as a recovery exercise after a shoulder injury or surgery.



Precautions: Avoid this pose if you've recently injured your arms, shoulders, neck, chest, or spine. Avoid this pose if you've recently had surgery on your arms, shoulders, neck, chest, heart, or spine.

2.4.3 MANI-BANDHA-SAKTHI-VIKASAKA (wrist)

- **Posture:** Stand with feet close together, with the body straight. Stretch two arms straight in front of at shoulder level, keeping them parallel to the ground.
- **Exercise** `A': With loosely clenched fists, let your wrists move the fists up and down with force. While bringing your fist up and down, try to touch the forearm. The arms should be kept as stiff as possible. Five times to begin with.
- **Exercise** `B': Raise the arms; bend at the elbow, sideways to shoulder level. The wrists should be moved up and down as in exercise `A'. While doing so, the fists should try to touch the forearm. Five times to begin with.

Benefits: Manibandha Shakti Vikasaka can help increase flexibility and range of motion in the hands and wrists. This pose can be a warm-up to prepare the body for more intense yoga poses. Manibandha Shakti Vikasaka can be included in yoga sequences focusing on the wrists.



Precautions: Suffering from recent injury or surgery to the arms, shoulder, neck, chest, and spine should be avoided this practice.

2.4.4 VAKSHA-STHALA-SAKTI-VIKASAKA-1 (chest)

- **Posture:** Stand with the feet together, body erect. Arms by side, palms turned backward with the fingers together.
- **Exercise:** Swing back the arms, describing a semi-circle. While doing this, inhale through the nose lean back as far as possible and remain in that position as long as you can. Exhale slowly while reverting to the original position. Five times to begin with.



Benefits: This exercise is helpful for many chest diseases. The chest expands and becomes firm. Tuberculosis, asthma, and chronic bronchitis can be effectively tackled with the help of this exercise. Persons suffering from weakness of the heart will benefit from its tonic effect if they do this exercise for five minutes every morning.

Precautions: Peoplewith recent injury or surgery in arms, shoulders, neck, chest, or spine should avoid this pose.

2.4.4 VAKSA-STHALA-SAKTI-VIKASAKA-2 (chest)

- **Posture:** Stand with the feet together, body erect, arms by side with palms of the hands turned inwards.

- **Exercise**: While inhaling through the nose, bend backward from the waist as far as through the nose, and bend backward from the waist as far as you can go. At the same time,raise your arms behind as high as you can. Maintaining this posture as long as you can, exhale slowly while resuming original position. Five times to begin with.



Benefits: The advantages derived from this exercise are the same as from Raksha sthalasaktivikasaka asana,with the addition that this one gives vitality and strength to the chest and back. The arms are also strengthened. Thin people will find their protruding bones covered with healthy flesh. Regular practice of this exercise will keep the back straight throughout a man's life.

Precautions: Peoplewith recent injury or surgery in arms, shoulders, neck, chest, or spine, should avoid this pose.

CHECK YOUR PROGRESS

Q 1. Who designed Yogic suksma Vyama?

Q 2. What is mainly Suksmavyama?

Q 3. Write benefit of Griva Shakti Vikasaka.

Q 4. What is the benefit of Bhujaballi Shakti Vikasaka?

Q 5. Write precaution of Mani Bandha Shakti Vikasaka.

Q 6. Write a benefit of Vakshasthala Shakti Vikasaka.

2.5 LET US SUM UP

- Sukshamvyayama is the most ancient component of yoga, and it isknownmost yoga schools worldwide. This was developed, designed, and propagated originally by his His Holiness Maharishi Karthikeyaji Maharaj of the Himalaya.
- Maharishi Kartikeya Ji Maharaj developed Yogic Sukshma Vyayama based on some of the most essential but commonly not understood, mysterious aspects of Hatha Yoga relating to the Mudras and Bandhas.
- The science of yoga itself was restricted to the yogis who have renounced the world, given up all attachments and gone into the forest or the Himalayas.
- Yogic Sukshma Vyayama is a unique system of exercises not available anywhere in the world, in any other form, either in the yogic domain or in the non-yogic, physical, or cultural domain.
- Yogic Sukshma Vyayama is that it is the only system of exercises in the world whereevery part of the body, including each organ, each joint, and each muscle is taken into consideration.
- Yogic Suksa Vyaa is “from top to toe" is the very sequence coverage, which is unique in the entire world, in the past, present,and possibly the future too.

2.6 FURTHER READING

- Swami Dhirendra Brahmchari: Yogic Sukshma Vyayama and Sthula Vyama, Japan Fitness Association Ltd.

ANSWERS TO CHECK YOUR PROGRESS

A,Q 1.Swami Dhirendra Brahmchari is designed Yogic Sukshma Vyayama.

A Q 2. The Sukshma Vyayama is a set of yogic practices designed to loosen joints, strengthen muscles well-being, and improve overall well-being.

A Q 3. Griva shakti vikasaka practices help neck pain and improve overall neck health.

A Q 4. The Bhujaballi shakti vikasakahelps strengthen the arms, shoulder, and chest.

A Q 5. The precaution and carpal syndrome should be avoided. Mani Bandha Shakti Vikasaka is suffering from severe arthritis; carpal syndrome should be avoided.

A Q 6. The benefit of Vakshasthala shakti vikasaka is to improve physical strength, mental clarity, and emotion well-being.

⑦ 2.7 MODEL QUESTION

Q 1. Who designed the yogic Sukshma Vyayama?

Q 2. What are the benefits of Sukshma Vyayama?

Q 3. Write afew names of Sukshma Vyayama.

Q 4. Write short on Griva Shakti vikasaka.

Q 5. Write short on Bhujaballi Shakti vikasaka.

Q 6. Write short note on Mani Bandha Shakti vikasaka.

Q 7. Write short note on Vakshasthala Shakti vikasaka.

Q 8. Discuss theyogic suksmavyama.

Q 9. Discussed the purpose of the yogic suksmavyama.

Q 10. Describe Griva Shakti Vikasaka with method, benefits, and precautions.

Q 11. Describe Bhujaballi Shakti vikasaka with method, benefits, and precautions.

Q 12. Describe Mani Bandha shakti vikasaka with method, benefits, and precautions.

Q 13. Describe Vakshasthala shakti vikasaka with method, benefits, and precautions.

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