

Importance and Benefits of Parivrtta Parsvakonasana in Daily 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* provides 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. *Parivrtta Parsvakonasana* is often referred to as the revolved side angle pose. This *Asana* strengthens and stretches the legs, knees, and ankles and stretches the groins, spine, chest and lungs, and shoulders. Practicing this *Asana* improves digestion and aids elimination.

Key words- *Yoga, Asana, Parivrtta Parsvakonasana*, revolved side angle pose.

Introduction- *Parivrtta Parsvakonasana* refers to a variation of the standing side-stretch yoga *Asanas* that require balance and flexibility with the legs in *Virabhadrasana* lunge position; the opposite arm rests on the lead leg or reaches to the ground, while the other arm extends overhead, creating a twist through the core of the body. In addition to its physical benefits, this pose is believed to relieve stress. The name comes from the Sanskrit *Parivrtta*, meaning "to turn around" or "revolve," *parsva*, meaning "side or flank," *kona*, meaning "angle," and *asana*, meaning "posture." The common English name for *Parivrtta Parsvakonasana* is revolved side angle pose. This revolved variation of *Utthita Parsvakonasana* requires a lot of flexibility to twist so deeply and ground the back heel. Traditionally, *Parivrtta Parsvakonasana* is believed to activate the *Manipura Chakra*. This chakra is the body's energy and vitality center, transporting confidence, internal strength and courage. By activating this *Chakra*, *Parivrtta Parsvakonasana* is thought to dispel fear and insecurity.

Parivrtta Parsvakonasana is part of the primary series of *Ashtanga Yoga* and a key pose in other styles of *Yoga*. A related *Asana* is *Utthita Parsvakonasana* (extended side angle pose) in which the lead arm rests on the bent leg or reaches toward the ground and the trail arm stretches overhead. *Parivrtta Parsvakonasana* is also similar to *Parivrtta Trikonasana* (revolved triangle pose), except that the latter is practiced with both legs straight.

Step-

1. Stand in *Tadasana*. With an exhalation, step or lightly jump your feet 3½ to 4 feet apart. Rest your hands on your hips. Turn your right foot out to the right 90 degrees and turn your left foot *in* slightly to the right. Align the right heel with the left heel. Firm your thighs and turn your right thigh outward, so that the center of the kneecap is in line with the center of the right ankle.
2. Exhale and turn your torso to the right until you're facing directly out over the right leg; as you do this, lift your left heel off the floor and spin on the ball of the foot until the inner left foot is parallel to the inner right foot. Then exhale again and bend your right knee. If possible, bring the right thigh parallel to the floor. Keep your left leg active by pressing the thigh up toward the ceiling and extending strongly through the left heel. At the same time, resist the lift of the left thigh by pressing the tailbone toward the pubis.
3. With another exhale turn further to the right and lean the torso down, placing the left hand on the floor inside the right foot. Dig your right thumb into the right hip crease and push the thighbone down toward the floor. Firm the shoulder blades into the back ribs and lean the torso back slightly, away from the inner thigh. Stay in this position for a few breaths.
4. If this position seems challenging enough, stay for the recommended time. If you want to go further, bend your left elbow and bring it to the outside of the right knee. Resist the knee and elbow against each other. If possible, straighten your left elbow and reach the hand toward the floor (if you can't reach the floor, support your hand on a block). You can keep your right hand on your hip, or stretch it over the back of the right ear with the palm facing down. Then turn your head to look at the right arm. As in all twists lengthen and soften the belly, extend the spine with each inhalation, and increase the twist as you exhale.
5. Stay for 30 seconds to 1 minute. Inhale to come up, exhale to release the twist. Reverse the feet and repeat for the same length of time to the left. Then return to *Tadasana*.



Fig no.1,2,3,4 Parivrtta Parsvakonasana



Fig no. 5,6 Parivrtta Baddha Parsvakonasana

Benefits-

- Strengthens and stretches the legs, knees, and ankles.
- Stretches the groins, spine, chest and lungs, and shoulders.
- Stimulates abdominal organs.
- Increases stamina.

- Improves digestion and aids elimination.
- Improves balance.

Precautions and Contraindications-

These are some points of caution you must keep in mind while you practice this *Asana*.

- Headache
- High or low blood pressure
- Insomnia

If you have any neck problems, don't turn your head to look at the top arm; instead look straight ahead with the sides of the neck lengthened evenly, or look down at the floor.

Beginner's Tips-

Beginners often have difficulty maintaining their balance in this pose, especially with the back heel lifted off the floor. To improve your balance, support your heel, either by standing it on a sandbag or thick book, or by bracing it against a wall.

Anatomy- In a spinal rotation around the axis of the spine (without side bending, flexing, or extending), note that the muscles that are concentrically contracting on one side of the body are eccentrically contracting on the opposite side. This ends up meaning that one layer of abdominals is concentrically contracting while the layer above or below is eccentrically contracting. This layering allows for a very finely tuned modulation of spinal actions and balance in the whole circumference of the torso.

Binding the arms in any position has a strong effect on the shoulder girdle and the spine. The anterior-inferior part of the glenohumeral joint capsule is the most vulnerable to dislocation. The binding of the arms in internal rotation and extension puts pressure on this part of the joint capsule, especially if the rest of the shoulder girdle is limited in its mobility.

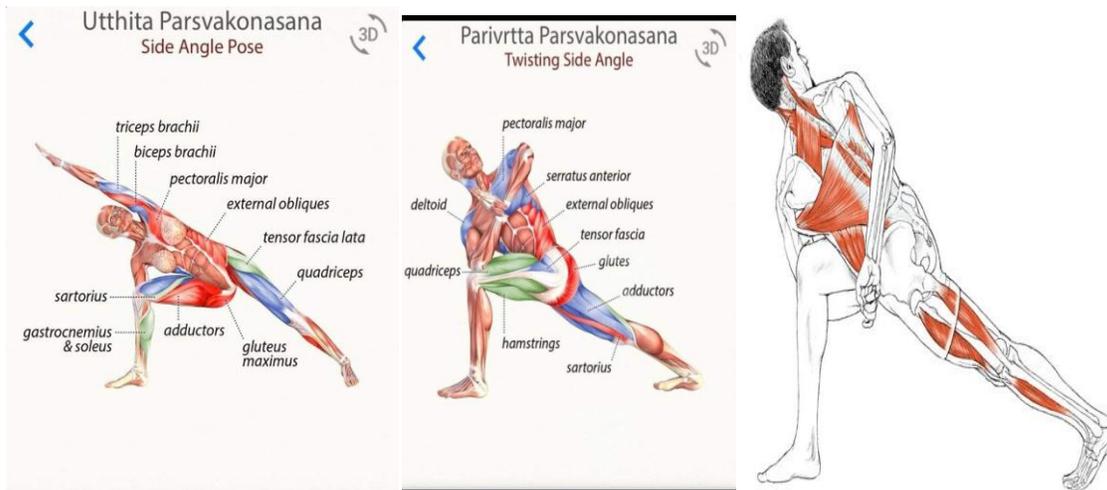


Fig no. 7,8,) Parivrtta Parsvakonasana 9)Parivrtta Baddha Parsvakonasana

In the process of coming into the bind, both the scapulae and arms abduct and then adduct. The adduction of the scapulae is usually the final step. If the scapulae have been depressed (pulled down the back) in addition to their other joint actions, their mobility is compromised.

Another compensation that happens if the shoulder girdle is restricted is spinal flexion. Flexion of the spine combined with rotation of the spine leaves the joints of the spine vulnerable to over mobilization. It is possible to use the leverage of the arms in their binding and against the leg to force the spine past an appropriate range of motion.

Therapeutic application-

- Constipation
- Infertility
- Low backache
- Osteoporosis
- Sciatica

Advanced Pose Variations-

You can perform this pose with your hands in a modified *Anjali Mudra* (Salutation Seal). Perform steps 1 through 4 in the main description above. Press the bent elbow against the outside of the bent knee, but don't straighten the arm. Then bend the top elbow and press your palms together. You probably won't be able to touch your thumbs to your sternum, as you do in traditional *Anjali Mudra*. Open your elbows wide, stretching your bottom elbow toward the floor, the top elbow toward the ceiling. Use the pressure of the elbow against the knee and the palms against each other like a crank to increase the twist in the upper back.

Preparatory Poses-

Most of the standing poses are appropriate preparations for this challenging standing twist, especially *Parivrtta Trikonasana*. You might also try wide-open groin poses like *Baddha Konasana* and *Upavistha Konasana*; thigh stretchers like *Virasana* and its reclining variation; and hip openers like *Gomukhasana*.

Follow-Up Poses-

Parivrtta Parsvakonasana is a good preparation for a standing pose like *Garudasana*, and for sitting cousins such as *Gomukhasana*, *Bharadvajasana*, and *Marichyasana III*.

Modifications and Props

Here's an exercise that will help you deepen the twist in this pose by modifying it in an unusual way. Perform steps 1 through 3 in the main description above, with a block underneath the bottom hand. Shift onto the outside edge (little-toe side) of the back foot, and walk the block away from the inner foot about 12 to 18 inches. Lean the torso back away from the inner bent leg, as if doing a backbend, and on an exhalation, twist the front of the torso to face up at the ceiling. You can press the free palm against the sacrum, or stretch the arm over the back of the top ear.

Deepen the Pose

Advanced students will want to keep the back heel as much as possible on the floor. Be sure to rotate the back foot in more than you do for most other standing poses, about 45 to 60 degrees. Take a little support under the back heel if needed at first.

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