

Chapter 3 · Yoga as Preventive Measure for Lifestyle Disease

CBSE Class 12 Physical Education (048) · Unit 3 = 7 marks (6 + 1 b*) · Ultimate Revision Sheet

60-SECOND RECALL

5 lifestyle diseases	Obesity · Diabetes · Asthma · Hypertension · Back Pain & Arthritis
Answer format	Every asana question wants Procedure → Benefits → Contraindications
The universal asana	Tadasana appears in obesity, asthma, hypertension and back pain
Never for hypertension	Inversions and strong backbends — Halasana, Chakrasana, Kapalbhati
Best for diabetes	Mandukasana, Bhujangasana, Kapalbhati — they compress the pancreas
Best for asthma	Anuloma-Viloma, Kapalbhati, Bhujangasana — chest expansion

1. Lifestyle Diseases — Overview

DEFINITION Lifestyle diseases are diseases that result largely from the way a person lives — poor diet, physical inactivity, stress, smoking and alcohol. They develop **slowly** and are largely **preventable**.

Disease	What it is / main causes
Obesity	Excessive fat accumulation. BMI 30+ . Caused by overeating, inactivity, genetics, endocrine disorders.
Diabetes	High blood glucose from insufficient insulin (Type 1) or insulin resistance (Type 2). Symptoms: excessive thirst, frequent urination, fatigue, slow wound healing.
Asthma	Narrowing and inflammation of the airways causing wheezing, breathlessness, chest tightness and coughing. Triggered by allergens, dust, pollution, cold air.
Hypertension	Persistently high blood pressure — above 140/90 mmHg . Called the silent killer . Caused by stress, obesity, excess salt, smoking, heredity.
Back Pain & Arthritis	Back pain from poor posture, weak muscles, disc problems. Arthritis is inflammation of the joints causing pain and stiffness.

2. The Asana Table — which asana for which disease

THE MASTER TABLE — this is the whole unit

Disease	Prescribed asanas (syllabus list)
OBESITY	Tadasana, Katichakrasana, Pavanmuktasana, Matsyasana, Halasana , Paschimottanasana, Ardha Matsyendrasana, Dhanurasana, Ushtrasana, Suryabhedan pranayama
DIABETES	Katichakrasana, Pavanmuktasana, Bhujangasana , Shalabhasana, Dhanurasana, Supta Vajrasana, Paschimottanasana, Ardha Matsyendrasana, Mandukasana , Gomukhasana, Yogmudra, Ushtrasana, Kapalbhati
ASTHMA	Tadasana, Urdhwahastottanasana, Uttan Mandukasana, Bhujangasana , Dhanurasana, Ushtrasana, Vakrasana, Kapalbhati , Gomukhasana, Matsyasana, Anuloma-Viloma
HYPERTENSION	Tadasana, Katichakrasana, Uttanpadasana, Ardha Halasana , Sarala Matsyasana, Gomukhasana, Uttan Mandukasana, Vakrasana, Bhujangasana, Makarasana, Shavasana, Nadi-shodhana pranayama, Sheetal pranayama

BACK PAIN & ARTHRITIS

Tadasana, Urdhwahastottanasana, Ardha Chakrasana, Ushtrasana, Vakrasana, Sarala Matsyendrasana, **Bhujangasana**, Gomukhasana, Bhadrasana, **Makarasana**, Nadi-shodhana pranayama

THE PATTERN THAT SAVES MEMORISATION • **Obesity** → asanas that **compress the abdomen and burn fat** (Halasana, Paschimottanasana, Dhanurasana).

- **Diabetes** → asanas that **press the pancreas** (Mandukasana, Bhujangasana, Shalabhasana) + Kapalabhati.
- **Asthma** → asanas that **expand the chest** + **breathing pranayamas** (Anuloma-Viloma, Kapalabhati).
- **Hypertension** → **calming asanas** and **cooling pranayamas** (Shavasana, Makarasana, Sheetali).
No inversions.
- **Back pain** → **spine-strengthening** and **relaxing asanas** (Bhujangasana, Makarasana, Bhadrasana).

3. Key Asanas — Procedure, Benefits, Contraindications

- ANSWER FORMAT — use this for every asana**
- 1. Procedure** — starting position, the movement, breathing, how long to hold.
 - 2. Benefits** — two or three specific effects, naming the organ or system.
 - 3. Contraindications** — who must avoid it.

Asana	Procedure (short)	Benefits	Contraindications
Tadasana <i>Mountain pose</i>	Stand erect, feet together, interlock fingers, raise arms above head with palms up, rise on toes, stretch up, hold.	Improves posture and height ; strengthens the spine, thighs, ankles; relieves sciatica	Headache , insomnia, low blood pressure, vertigo
Bhujangasana <i>Cobra pose</i>	Lie prone, palms under shoulders, inhale and raise the chest, keeping the navel down, look up, hold, exhale down.	Strengthens the spine ; stimulates pancreas and abdominal organs; opens the chest — good for asthma and diabetes	Hernia , back injury, pregnancy , ulcer, recent abdominal surgery
Halasana <i>Plough pose</i>	Lie supine, raise legs to 90°, then take them over the head to touch the floor behind, hold, return slowly.	Reduces abdominal fat ; improves digestion; stimulates thyroid; good for obesity	Hypertension , neck injury, pregnancy , slipped disc, enlarged thyroid
Shavasana <i>Corpse pose</i>	Lie supine, legs apart, palms up, close the eyes, relax every body part, breathe naturally.	Relieves stress and hypertension ; calms the nervous system; reduces fatigue	Practically none — avoid falling asleep
Mandukasana <i>Frog pose</i>	Sit in Vajrasana, make fists with thumbs inside, place at the navel, exhale and bend forward pressing the abdomen, look ahead.	Strongly stimulates the pancreas — the primary asana for diabetes ; improves digestion	Ulcer, hernia, knee pain , back injury, high blood pressure
Kapalbhati <i>(pranayama)</i>	Sit in Padmasana/Sukhasana, inhale normally, exhale forcefully pulling the abdomen in; inhalation is passive.	Cleanses lungs — good for asthma ; stimulates pancreas — good for diabetes ; reduces belly fat	Hypertension , heart disease, hernia, pregnancy , epilepsy, ulcer
Anuloma-Viloma <i>Alternate nostril</i>	Close the right nostril with the thumb, inhale through the left; close the left, exhale through the right; then reverse. One round.	Improves lung capacity — best for asthma ; balances the nervous system; reduces stress and hypertension	Very few — avoid during acute cold or blocked nostrils

Makarasana <i>Crocodile pose</i>	Lie prone, fold arms, rest the forehead or chin on the hands, legs apart, relax completely.	Relieves back pain and spinal tension; relaxing; helpful in asthma and hypertension	None significant; avoid with severe spinal injury
Vakrasana <i>Twisted pose</i>	Sit with legs extended, fold one knee and place the foot beside the opposite knee, twist the trunk to that side, hold.	Stimulates pancreas and liver ; improves spinal flexibility; good for diabetes and back pain	Severe back or spinal injury, pregnancy , ulcer

4. Question Triggers which asana / which disease?

If the question says...	Answer with
"asanas for a diabetic patient"	Mandukasana, Bhujangasana, Kapalbhati + 2 more
"asanas for asthma"	Anuloma-Viloma, Kapalbhati, Bhujangasana
"asanas for hypertension"	Shavasana, Makarasana, Nadi-shodhana, Sheetal
"asanas for obesity"	Halasana, Paschimottanasana, Dhanurasana
"asanas for back pain"	Bhujangasana, Makarasana, Bhadrasana
"patient has high BP — which asana to AVOID?"	Halasana, Chakrasana, Kapalbhati (inversions)
"pregnant woman — contraindicated?"	Halasana, Bhujangasana, Kapalbhati, Vakrasana
"which asana stimulates the pancreas?"	Mandukasana
"which pose is for complete relaxation?"	Shavasana
"BP above 140/90"	Hypertension — the "silent killer"
"BMI 30 or above"	Obesity

MOST-ASKED BOARD QUESTIONS

- [5M]** Explain the procedure, benefits and contraindications of any two asanas for (given disease).
- [3-5M]** Which asanas help prevent obesity / diabetes / asthma? Explain any three.
- [3M]** What is hypertension? Name asanas that help control it.
- [1M]** Which asana is best for complete relaxation? → **Shavasana**
- [1M]** Name a pranayama contraindicated in hypertension. → **Kapalbhati**

THE HABIT THAT SCORES — Never write an asana answer as prose. Use three labelled headings — **Procedure / Benefits / Contraindications** — because the marking scheme allots marks separately to each. Missing contraindications alone costs a third of the question.