

Q.10. State whether these statements are True or False :

The term asana means sitting in a particular posture which is comfortable and which could be maintained steadily for a long time.

Short Answer Questions :

1. In which epics and ancient Sanskrit texts has Yoga been mentioned?

Ans. Yoga has been mentioned in the Ramayana, Mahabharata and the Upanishads.

2. What does the word 'Yoga' imply?

Ans. The word 'Yoga' implies the unification of the physical, mental, intellectual and spiritual aspects of a human being.

Long Answer Question :

1. What do you understand by pranayama? Describe its three parts in detail.

Ans. The word pranayama is composed of two words, prana(meaning 'life') and ayam (meaning 'control'). Thus it means 'control and regulation of the vital life force or energy'. It consists of three parts

(i) **Puraka (Inhale)** : When we breathe in, the chest expands, the diaphragm contracts and the ribs move outwards and up.

(ii) **Kumbhaka (Retain)** : It consists of two parts, retaining the breath after complete inhalation (called 'internal Kumbhaka') and retaining the breath after complete exhalation (called 'external Kumbhaka').

(iii) **Rechaka (Exhale)** : When we breathe out, the chest contracts, the diaphragm relaxes and the ribs move inwards and down.