

Accuracy of asanas for their efficacy and preventing injuries

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Asanas in Patanjali Yoga Sutras

II.46 sthira sukham āsanam

Asana is perfect firmness of body, steadiness of intelligence and benevolence of spirit.

II.47 prayatna śaithilya ananta samāpattibhyām

Perfection in an asana is achieved when the effort to perform it becomes effortless and the infinite being within is reached.

II.48 tataḥ dvandvāḥ anabhighātaḥ

From then on, the sadhaka is undisturbed by dualities.

Asanas according to Patanjali..

- Have to be performed with accuracy and precision to get the desired effect.
- Any “position” or “posture” cannot be considered an asana even if called by that name.

Medical therapy and yoga therapy

- Specific medicines to be taken in a specific sequence at a specific dosage for a specific period of time.
- Specific asanas to be done for a specific duration of time in a specific sequence for a specific period of time.

The QUALITY of medications and quality of asanas is crucial for it to be effective.

What happens if quality is compromised?



Yoga-Related Injuries in the United States From 2001 to 2014

[Thomas A. Swain](#), MPH^{*†‡} and [Gerald McGwin](#), MS, PhD^{†‡}

Fake And Low-Quality Medicines Cause Death

Yoga-Related Injury in India: Deep Silence and Closed Eyes

An epidemiological analysis of yoga-related injury presentations to emergency departments in Australia

[Betul Sekendiz](#) ¹

Musculoskeletal Injuries in Yoga

[Christopher S Klifto](#), [Jared S Bookman](#), [Daniel J Kaplan](#), [Andrew P Dold](#), [Laith M Jazrawi](#), [Anthony Sapienza](#)

Causes of yoga-related injuries

- Age of the practitioners.
 - Flexibility of the practitioner
 - Use of force
 - Trying to attain the “final” position of the asana without understanding.
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- Lack of understanding/training of the teacher.
 - Lack of personal experience of the teacher.
 - Teacher needs personal practice continuous learning!

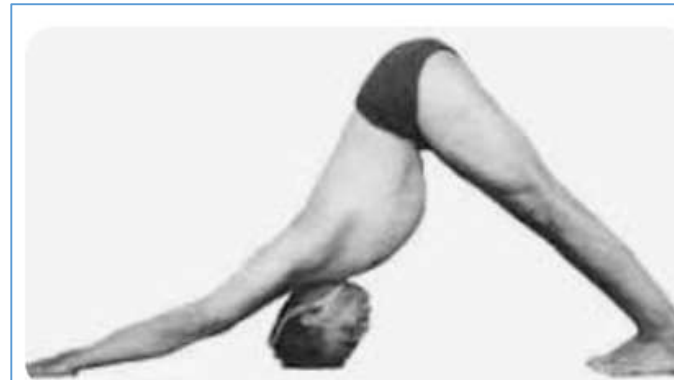
Maintaining quality of asanas and attaining accuracy

- Sequence of asana and sequencing in an asana.
- Each part of the body has to be correctly adjusted.
- The “connection” and “awareness” has to spread through the entire body.
- The use of props.
- The effect should be sthira sukham asanam

Examples: accuracy and efficacy



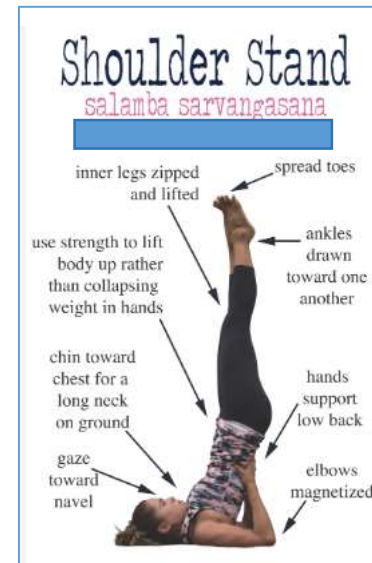
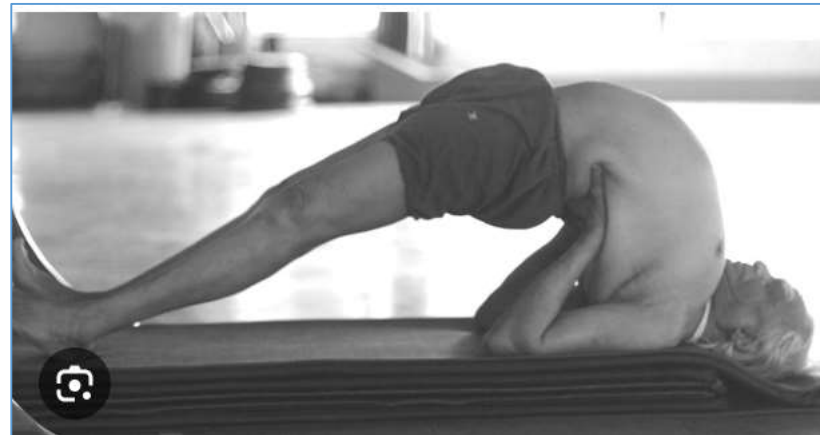
h Health
The 10 Best Yoga Poses For Beginners



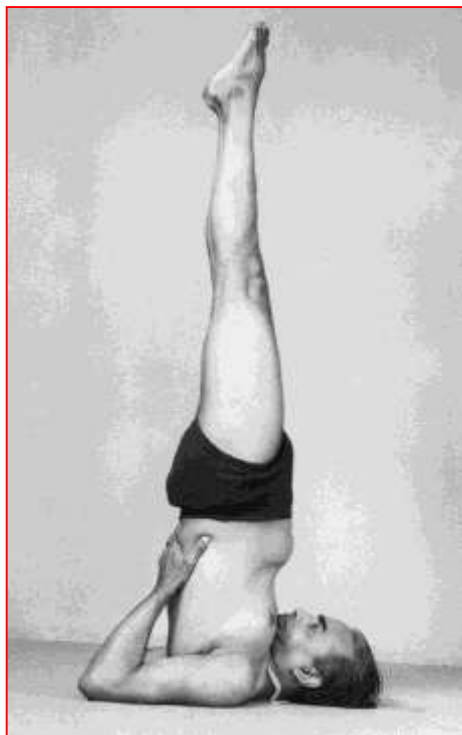
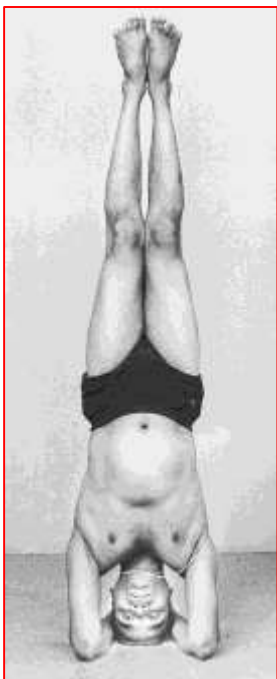
Adho Mukha Svanasana (with support) |...



YC The Yoga Collective
Bridge Pose - Setu Bandha Sarva...



The use of props



Qualities of a teacher and yoga therapist

Teachers should be clear, clever, confident, challenging, caring, cautious, constructive, courageous, comprehending, creative, completely devoted and dedicated to knowing the subject, considerate, conscientious, critical, committed, cheerful, chaste and calm. Teachers must be strong and positive in their approach. They must be affirmative to create confidence in the students and negatively within themselves so that they can reflect critically on their own practices and attitudes. Teachers must always be learning.

-- BKS Iyengar