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A New Simplified 10-Minutes System Giving A Scientific Blending
of Yogic Asanas and Free Exercises

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6. The best time to perform these exercises is early in the morning after leaving the bed and after answering the call of Nature. It is better if they are performed out in a veranda where plenty of fresh air will be available. Or, if too cold, the exercises may be taken in the bedroom itself but with all windows wide open. Avoid cold draughts, however, striking directly over the body.
7. A cold bath with thorough rubbing of the whole body immediately after these exercises supplements the good effects of exercise by toning up the skin and the cutaneous nerves. A feeling of warmth should be felt after the cold bath.
8. When well practised in the performance of these movements they may safely be carried to the point of fatigue. But actual fatigue should be avoided. One should not feel exhausted after the exercises, but should feel refreshed and exhilarated.
9. Your diet should be simple and well balanced. Your body is made up of what you eat. If your diet is poor or faulty, exercise cannot be of much help in building your body or making it otherwise fit.
10. Avoid tobacco, tea, coffee, condiments, alcoholic drinks and other devitalizing articles which only benumb and weaken your nerves. Instead, take fresh fruits, fruit juices or herbal teas which impart to your body real energy by purifying the blood and supplying the very materials needed by the body.
11. All kinds of excesses, especially sexual, should be strictly avoided. Indulgence in any kind of excess is just like burning your candle at both ends, or perhaps worse.
12. The exercises are suited to both sexes equally. But in cases of females they should be suspended during menses and during pregnancy.

Lower the body to starting position. Repeat the first movement but this time bring hands to such a position that the *right* hand is two inches to the left of the *left* foot. Lower back to starting position and repeat to the other side of the body. Repeat five times, ten bending movements in all.

This exercise rectifies curvature of the spine and keeps it flexible. It is thus a powerful aid in maintaining youth till advanced age. It invigorates the muscles and nerves of the front side of the spine as also those of the hands, legs and of the anal region. It is helpful in curing sciatica, piles, diabetes, constipation, chronic diarrhoea, and wet dreams. It reduces the waistline and helps the females to regain their normal figure as designed by Nature. It removes lethargy and weakness, and makes the body strong, enduring and quite active.

IMPORTANT INSTRUCTIONS

1. Perform the exercises in the order give, i.e., beginning with No.1, continuing with No. 2, No. 3, etc, and finishing with No. 14.
2. If you find some of the exercises too strenuous in the beginning, perform them for a lesser number of times than indicated. As you improve in strength, you will be able to perform them as desired.
3. You may not be able to go through the complete movement in any particular exercise in the beginning. For example, you may not be able to touch the feet with your hands as desired in Exercise No. 1, and in Exercise No. 14. In such a case efforts should be made towards completing the movement, when gradually in a few days, you will be able to perform the complete movement without any difficulty.
4. Your muscles may become sore and painful during the first few days that you begin taking these exercises. Do not discontinue the exercises in such a case. The feeling of soreness and discomfort shall soon pass off as you continue to take the exercises regularly without a break.
5. To derive proper benefit from the exercises, they should be performed regularly and not haphazardly. Daily exercise is as much a necessity as the daily diet.

Exercise and be Fit

For the maintenance of good health, it is necessary to take enough muscular exercise to produce free perspiration and a sense of bodily fatigue at least once daily. Most diseases we encounter are simply due to want of exercise. Faulty chemistry of the body, with bloodlessness, dyspepsia, and constipation, sets in when exercise and fresh air are insufficient. And in the middle-aged, obesity accompanied by degeneration of the heart muscle and bloodvessels, with a fat and flabby condition of all the muscles, is the result.

Exercise exerts a curative influence by normalizing the flow of blood. Upon the muscles of the body exercise produces, by their contractions, loss of material and repair by new material, the muscles growing gradually as increased demands are made upon them. Upon the blood-vessels and lymph vessels the contracting and relaxing muscles exert a pumping action, so that the blood and lymph circulate more rapidly, while the effete gases and other substances absorbed by them produce greater activity of the lungs, heart, and kidneys. Accordingly, all the processes of repair are stimulated, so that hurtful and worn-out substances are more quickly eliminated from the body. Further the increased movements of the diaphragm and abdominal muscles in respiration produce movements in the stomach and bowels, and compress the liver so as to squeeze the bile out of it, in this way relieving or preventing dyspepsia and constipation.

The aims of treatment in any particular case would of course vary with the special conditions to be treated, but the chief aim of exercise in all cases is to help and hasten the work of Nature by improving the blood supply, removing waste and inflammatory products from any local part and from the system in general, restoring and strengthening the functions of the muscles and organs and improving the mental outlook.

Innumerable forms of exercises are in vogue today. But for general health and fitness, muscular work should be physiologically and hygienically of the right kind. That is, it should consist of well-coordinated rhythmical movements which are specially designed more for organic and functional promotion than for more muscular development or agility and skill. Such sound and methodical exercises constitute what is scientifically known as "physiologic exercises." The average busy man of today needs such a form of physiologic exercise.

A number of physiologic exercises have been devised. The yogic system which is one of the most ancient in this country may be said to be one form of physiologic exercises. According to Swami Satya Nanda, an internationally known exponent of Yoga with knowledge of both ancient scriptures and modern sciences, the practice of Yoga increases the will power of a man, makes his life regulated, builds character and gives more happiness. It enables the man to lead a fuller life. The drawbacks with this system are that it is time-consuming; some of the *asanas* or postures are not easy to perform and are quite exacting, and they have to be learned from one who has special mastery over their performance. Their total effect is more tranquillising than exhilarating.

There are other forms of outdoor exercises which are more dynamic than the above but for which facilities are not available to the average man. The exercises that we are presenting in this booklet need no apparatus, and are suitable for either sex. They are the result of years of study and experience. *In these we have given a scientific blending of what is best in the yogic system and in other forms of free exercise.* These exercises require very little time to complete, and give the maximum benefit in the smallest possible time. As such they are very much more suitable for the busy man of today than any other set of exercises.

The principal effect of these simplified exercises is on the abdomen and spine and through these on all the vital organs of the body. Ten minutes spent every day for these exercises, the first thing you get up in the morning, before an open window, will turn any weak and sickly person into one with buoyant life; will remove constipation, loss of appetite, backache, indigestion and kindred disorders in no time; will shorten the abdominal girth of those with a tendency to put on flesh around the abdomen.

Hence it is a powerful aid in the maintenance of celibacy by students of both sexes. Besides, it helps to remove rheumatism of the legs and waist.

EXERCISE NO. 11 (Uttan-Padasana No. II)

Lie flat on back with arms forward. Raise the legs as shown and stretch apart. Then describe circles with the legs as wide as possible, bringing legs together in the process. First describe circles in one direction, then in the other direction. Repeat until slightly tired.

EXERCISE NO. 12 (Ardh-Chakrasana)

Stand with back to the wall about a foot or so away. Lean backward until the hands touch the wall. Then walk by short steps away from the wall bringing hands slowly down on the wall, until bent well backward. Return to standing position, and repeat two to five times. This is excellent for relaxing the spine. It should, however, be avoided in cases of rupture or hernia, and weak abdomen.

EXERCISE NO. 13 (Bhujangasana)

Lie face down, palms on floor below shoulders. While inhaling deeply, push up with arms to position shown. Keep head up, arms straight and hips as nearly on floor as possible. Lower body and exhale. Repeat five to eight times.

This is another exercise to keep the spine flexible. It cures curvature of the spine keeping its nerves and muscles rejuvenated. It also tones up the nerves and muscles of the heart itself, together with those of the abdomen and back. Young men and women get their chest or bust well developed; the pelvic nerves and muscles are also rejuvenated, and the air cells of the lungs are toned up by its practice. Besides, it is an excellent aid in curing female disorders like leucorrhoea, menstrual irregularities, etc.

EXERCISE NO. 14 (Shayan Pashchimottanasana)

Lie on back with arms extended behind the head, backs of the hands touching the floor. Keeping knees rigid, raise the arms and upper body and bend forward, touching the feet as shown.

EXERCISE NO. 7 (Halasana)

Lie flat on back with arms extended overhead, legs together. Keeping knees rigid, bring both legs right over the head and try to touch the floor, at the same time bringing arms forward to the sides so as to maintain the balance. Reverse bringing legs and arms back to starting position. Repeat five to eight times.

In this exercise the muscles and nerve centres connected with the front part of the spinal column get strained and relaxed, and as a result they are invigorated. This is yet another exercise that helps to keep the spine flexible and thus maintain youthfulness to a very old age. Besides, in this movement the nerves and muscles of the thighs, pelvic region, the abdomen and of the heart are also exercised, as a result of which the functions of the liver and spleen are normalized, and the heart becomes strong. The exercise stimulates intestinal action, prevents and cures constipation, and removes loss of appetite. It is also good for preventing diabetes.

EXERCISE NO. 8 (Konasana)

Stand with feet apart, hands on hips. Now bend far over to your right touching the floor as far out to the side as possible, straightening the other leg as shown. Return to starting position and repeat touching the floor to your left. Perform five times on either side.

EXERCISE NO. 9

Sit on floor, hands on hips as shown, legs straight and forward. Revolve the body, slowly and steadily, from the hips so that as large a circle as possible is described, keeping head held firmly in the centre of the body. Describe five full circles either way.

EXERCISE NO. 10 (Makarasana)

Lie flat, face down, arms extended overhead. Raise both feet and arms slowly so as to arch the back well, keeping head well up. Return to original position and repeat five to ten times.

This exercise is good for the abdominal muscles and spine. Its practice increases appetite, removes acidity of stomach, and strengthens the nerves and glands of the pelvic and anal regions.

EXERCISE NO. 1 (Pada-Hastasana)

Stand erect, arms at sides, and feet twelve inches apart. Inhale deeply, bringing arms forward upward overhead, stretching as high as possible without raising the heels. Then bend forward from the hips and try to touch the ground in front of the toes with the finger tips as shown in the second figure, without bending the knees, at the same time fully exhale breathing out through the closed lips. Return arms above the head and repeat six to eight times.

This exercise is excellent for the abdomen and spine. It particularly helps in keeping the spine straight, flexible and in youthful vigour till death. During the practice of this exercise all the nerves and muscles of both sides, front and back, are stretched and contracted, and thereby they get healthy and invigorated. Besides, this exercise has a special benefit-it remedies some of the defects that cause dwarfishness in boys and girls, and sometimes succeeds in giving them normal or increased height.

Anaemic persons are advised to practise this exercise little by little but regularly, and gradually they will get some new blood added to their system, and their weakness and other troubles will also be eliminated in due course. This exercise removes constipation, indigestion, sciatica, accumulation of excess fat, and it also removes some defects of the kidneys. It tones up the general system since circulation of blood from top to toes is increased during its practice.

People suffering from heart disease and blood pressure disorders should not try to perform this exercise.

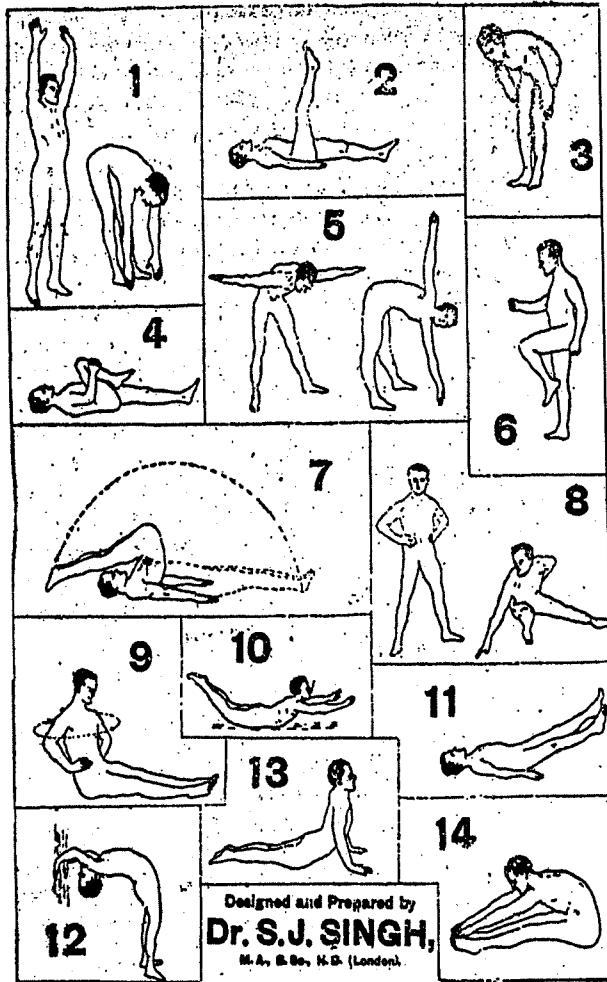
EXERCISE NO. 2 (Uttan Padasana No. 1)

Lie flat on the back, arms at sides, palms downwards, legs extended. Raise each leg alternately as high as possible, keeping knees straight and toes pointed away. Breathe evenly throughout. When strong enough, raise both legs together. Repeat five to ten times. Excellent for developing the abdominal muscles.

EXERCISE NO. 3

Interlace fingers just above and behind both knees. Without separating the fingers try to raise yourself up as vigorously as possible. Relax and repeat from ten to fifteen times. There is not much of a movement in this exercise, but this is excellent for the lower back.

EXERCISE NO. 4
(Pavan Muktasana)



Lie flat on back with arms extended above the head. Slowly raise one knee and clasp it as shown, by bringing up the arms; then press down firmly into the abdomen. Relax, lower the leg, and repeat or alternate with the other leg. try pressure both with full breath and with exhaled breath. Raise each leg five times and then both legs together five times.

This exercise is beneficial for the digestive organs. It cures indigestion, removes acidity of stomach, wind or flatulence, and eliminates unwanted fat accumulated around the belly. It also assists in invigorating the muscles and nerves of the abdomen, thereby normalizing the gastric functions and removing constipation.

EXERCISE NO. 5
(Trikonasana)

Stand with feet apart, arms extended to sides in level with shoulders. Bend forward from the hips, keeping knees rigid. Then rotate down and touch the floor with one hand, keeping the other arm vertical. Reverse the turn touching the ground with the other hand, keeping the body bent the whole time. Exhale and inhale slowly upon reversing the turn. Repeat ten times each side.

This is another excellent exercise that makes the spine flexible and maintains youth of the body. It is also splendid for viscera massage, and the increased circulation of the blood that takes place in the region naturally tones up all the nerves and muscles there in addition to those of the spine. It also tones up the liver and kidneys by using the back muscles. It aids digestion and bowel action and increases the appetite.

EXERCISE NO. 6

This is an exercise-imitating the running posture. Assume the same position, as you would while running, bringing each leg and the other arm up and down as shown. Repeat from fifty to one hundred times. This is a good all round exercise.