# The Effects of Yoga: Some yoga postures reflect Animal Postures, and they help the Mental & Physical well-being of humans

**Mrs.G.Sumathi**
**Assistant Professor,**
**Department of BBA**
**Arumugham Palaniguru Arts and Science College For Women, Chatrapatti.**
**Affiliated to Madurai Kamaraj University, Madurai. Tamil Nadu, India**
**Email ID:shrisumathi89@gmail.com**

## History of yoga:

In the beginning, the world was completely covered in darkness. After the darkness, light emerged with the sound of "Aum". The word *Aum* is considered the source of knowledge in the Vedas. There are four Vedas: Rig Veda, Atharva Veda, Yajur Veda, and Sama Veda. Following the four main Vedas, there are six Upangas (limbs of Vedic literature) and their components. Among these, one of the most important components is Yoga. There are many types of yoga, including Jnana Yoga (path of knowledge), Bhakti Yoga (path of devotion), Karma Yoga (path of selfless action), Hatha Yoga, Raja Yoga, Mantra Yoga, Shiva Yoga, Naad Yoga, and Laya Yoga.

The Rig Veda is the oldest of the Vedas and contains valuable insights into early human history. Maharishi Patanjali is regarded as the father of yoga. He systematised and simplified the practices of yoga to make them accessible to all human beings. Today, many yogic gurus continue to spread this ancient wisdom to people around the world. Yoga is the union of body, mind, and spirit. Maharishi Patanjali introduced the concept of the Eight Limbs of Yoga, which provides a comprehensive path toward physical health, mental clarity, and spiritual growth.

Yama- Social Ethics
Niyama- Personal ethics
Asana- Postures
Pranayama – Breath Control
Pratyahara- Sense Withdrawal
Dharana – One Point focus
Dhyana – Meditation
Samadhi – Absorption

## Abstract:

Yoga is an ancient practice rooted in Indian philosophy. It is widely recognised for its holistic benefits to both the mind and body. Among the numerous asanas (postures) in yoga, several are inspired by animals, such as the Cobra Pose (Bhujangasana), Cat-Cow Pose (Marjaryasana-Bitilasana), and Downward Dog (Adho Mukha Svanasana). These animal-inspired postures reflect nature's wisdom and mimic the natural movements and resting positions of animals. The research paper explores how such poses contribute significantly to mental and physical well-being. Physically. These postures improve flexibility, strength, posture, and circulation. Mentally, they encourage mindfulness, reduce stress, and promote emotional balance. By engaging in these poses, practitioners can experience a deep connection with nature,

aiding in the release of tension and the enhancement of overall wellness. The research study of these animal postures in yoga highlights the synergy between nature and human health, underscoring yoga's enduring relevance in modern life.

**Yoga is not only an exercise:**

Yoga is often mistaken for just a form of physical exercise, but in reality, it is a much deeper and more holistic practice. It originates in ancient India. yoga is a spiritual, mental, and physical discipline aimed at achieving inner peace and overall well-being. The physical postures (asanas) are a visible and popular part of yoga, but they are only one aspect. True yoga also includes breath control (pranayama), meditation (dhyana), ethical living (yamas and niyamas), and a philosophy of balance and self-awareness. Unlike regular exercise, which focuses mainly on muscle strength or cardiovascular health, yoga works on mental calmness, emotional balance, inner awareness, and spiritual growth. For example, deep breathing and meditation in yoga help reduce anxiety, improve focus, and promote relaxation. Many postures are inspired by nature and animals, encouraging a sense of connection to the natural world. Yoga is a way of life. It teaches us how to manage stress, live mindfully, and care for our bodies and minds with compassion. Therefore, yoga is not just an exercise—it is a journey towards a healthier, more harmonious self.

Yoga shapes them in the way they skillfully communicate and act in all situations. When you do your job with love and care, that is called *Karma Yoga*. The same action, when done without love and care, is not yoga. Postures (asanas) make the body healthy, while *pranayama* and meditation make the mind healthy. In the *Bhagavad Gita*, Lord Krishna said that equanimity of the mind is yoga—the ability to remain centred even in the worst situations. Whatever brings harmony and joy is called yoga.

Here we are going to discuss some important Animal Postures in yoga:

**Baddha Konasana-Butterfly Pose**

Start in Dandasana, bend your knees, hold your feet, draw heels towards groin, Press knees down, Flap your legs, Hold the pose, Release the pose



**Cat Pose:**

start on our hands and knees with our wrists under our shoulders and knees under our hips. As you exhale, pull your belly in, round your spine towards the ceiling, and tuck your chin towards your chest. Press the floor away with your hands to broaden our shoulder blades.



**Mandukasana- A Frog Pose**

on our hands and knees, then widen our knees out to the sides as far as is comfortable, keeping our ankles in line with our knees. Turn our toes outward and flex our feet, so the inner edges of our feet are on the floor. Lower down onto our forearms, keeping them parallel, and slide our hips back slightly. Maintain a neutral spine, neither arched nor rounded. Hold the pose for a comfortable duration, breathing deeply.



**Salabhasana: Grasshopper pose**

To perform it, begin by lying prone with your forehead on the mat, arms alongside your body, and legs extended. Inhale and lift our head, chest, and legs simultaneously, keeping our arms straight and pressing them into the mat. Maintain this pose for a comfortable duration, breathing deeply, then slowly lower back down to the mat.



**Bhujangasana: Cobra Pose**

Start by lying on our stomach with our legs extended and feet together. Place our hands under our shoulders, elbows tucked in. Inhale and lift our chest off the ground, extending through our spine and keeping our lower body grounded. Hold the pose for a few breaths, then exhale as you slowly lower back down.



**Mayurasana: The Peacock Pose**

Place our palms on the floor between our knees, fingers pointing towards our feet. Lean forward, resting our abdomen on our elbows and our chest on our upper arms. Shift our weight forward, and with core engagement, lift our legs and feet off the ground, maintaining a straight line from head to heels.



**Conclusion**

By embodying the movements of a butterfly, cat, frog, grasshopper, or peacock for just two minutes a day through yoga, we can experience significant benefits for both the body and mind. These animal-inspired yoga postures—graceful and natural—encourage mindfulness and physical engagement in a playful yet powerful way. Practising such poses daily helps calm and relax the mind, promoting mental clarity and emotional balance. It also boosts the immune system, making the body more resilient to illness. Through focused breathing and movement, yoga enhances lung capacity and improves the respiratory system. Additionally, these postures increase flexibility, strengthen muscles, and support joint mobility. Yoga plays a key role in reducing stress and anxiety, helping practitioners feel more grounded and peaceful. It also supports cardiovascular health, ensuring better circulation and heart function, while aiding the digestive system by stimulating internal organs and promoting healthier metabolism. In essence, yoga—through simple, symbolic movements inspired by animals—nurtures the overall well-being of the body and mind. It teaches us to live in harmony with nature and ourselves, using movement, breath, and awareness to bring balance into our daily lives.

**Works Cited**

Bharati, Swami Sivananda. *The Science of Pranayama*. The Divine Life Society, 2014.

Burgin, Geri Anne. "Animal Poses in Yoga and Their Benefits." *International Journal of Yoga Therapy*, vol. 28, no. 1, 2018, pp. 45–51. https://doi.org/10.17761/2018-00025.

Iyengar, B. K. S. *Light on Yoga*. Schocken Books, 1966.

Khalsa, Sat Bir S., et al. "Yoga as a Therapeutic Intervention: A Bibliometric Analysis of Published Research Studies." *The Journal of Alternative and Complementary Medicine*, vol. 20, no. 5, 2014, pp. 331–335. https://doi.org/10.1089/acm.2013.0057.

Stephens, Mark. *Teaching Yoga: Essential Foundations and Techniques*. North Atlantic Books, 2010.

Yoga Journal Editors. “10 Animal-Inspired Yoga Poses.” *Yoga Journal*, 15 Jan. 2020 https://www.yogajournal.com/poses/yoga-by-benefit/poses-inspired-by-animals/.