CENTER FOR INTEGRATIVE MEDICINE AND RESEARCH AIIMS, NEW DELHI

शरीरमाद्यं खलु धर्मसाधनम्

YOGA FOR DEPRESSION

Instruction Booklet



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TABLE OF CONTENTS

Guidelines	01
30 Minutes Yoga Module	02
Jogging	03
Mukha Dhauti	05
Spinal Twisting	06
Alternate Toe Touching	07
Hands Stretch Breathing	08
Tiger breathing	10
Suryanamaskara	12
Instant Relaxation Technique (IRT)	17
Tadasana	19
Ardha Chakrasana	20
Vakrasana	21
Ardha Ushtrasana	22
Pawanamuktasana	23
Setubandhasana	24
Bhastrika Pranayama	25
Ujjayi Pranayama	26
Bhramari Pranayama	27
Nadanusandhana	28

DISCLAIMER

Kindly consult your treating physician before practicing these techniques. Ideally, they should be performed under the supervision of your physician and a formally trained yoga teacher. These practices should be started gradually and can be modified according to individual needs.



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GUIDELINES

Before the Practice

- Yoga should be practiced in a clean and quiet atmosphere.
- Yoga should be practiced on an empty stomach or light stomach. Eat at least 2-3 hours before practice.
- Bladder and Bowel should be empty before starting the practice.
- Light and comfortable clothes are preferred to facilitate the easy movements of the body.
- In case of any shortness of breath/chest pain/giddiness, please consult the Yoga physician prior to practice.

During the Practice

- All practices should be done slowly, in a relaxed manner, with awareness of body and breathing.
- Always breathe from nostrils and avoid holding breath in any practice.
- Avoid holding of the body tightly or jerky movements at any time.
- Perform according to your capacity. Regularity is a more important factor here.
- In case of having difficulty while sitting down on the floor for a long duration, one can use a chair.
- In case of any breathing difficulty/discomfort/blurred vision during the practice, stop the practice immediately and inform the therapist.

After the Practice

- Take bath before/after 20-30 minutes of practice.
- Eat only after 30 minutes of practice.

30 MINUTES YOGA MODULE

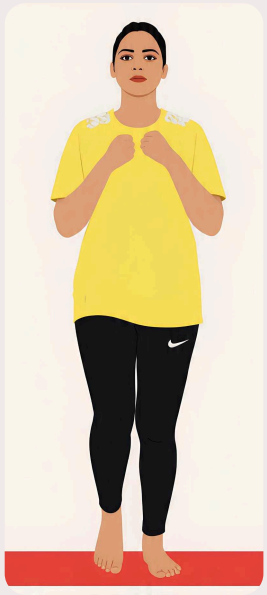
List of Practices	Rounds	Duration
JOGGING		
Slow Jogging	20	30 sec
Forward Jogging	20	30 sec
Side Jogging	20	30 sec
Backward Jogging	20	30 sec
Mukha Dhauti	20	1 min
LOOSENING PRACTICES		
Spinal Twisting	10	1 min
Alternate Toe Touching	10	1 min
BREATHING PRACTICES		
Hands Stretch Breathing	5	1 min
Tiger Breathing	5	1 min
BREATHING PRACTICES	5	5 min
INSTANT RELAXATION TECHNIQUE	1	1 min
ASANA		
Tadasana	1	1 min
Ardha-chakrasana	1	1 min
Vakrasana	1	1 min
Ardha-ushtrasana	1	1 min
Pawanamukatasana	1	1 min
Setubandhasana	1	1 min
PRANAYAMA		
Bhastrika Pranayama	1	1 min
Ujjayi Pranayama	1	1 min
Bhramari Pranayama	1	1 min
NADANUSANDHANA (A-U-M)	5 each	8 min

JOGGING



Starting position

- Stand straight.
- Make loose fists of your hands and place them on the chest.
- Collapse and relax your shoulders.





Part I: Slow Jogging

- Slowly start jogging on your toes.
- Jog about 20 times.

Part II: Forward Jogging

- Lean backward a little and now increase the speed, try to raise the knees higher and higher.
- Raise the knees forward to reach chest level.
- Repeat 20 times at your maximum speed.
- Slow down the practice coming back to the stage of slow jogging again.
- Continue slow jogging for a few rounds, count 10 times.



JOGGING

Part III: Backward Jogging



- Lean a little forward and increase the speed of jogging gradually.
- Start hitting the buttocks with the heels.
- Repeat this 20 times at your maximum speed.
- Then gradually slow down the speed.
- Do not stop.
- Continue and move on to slow jogging for at least 10 times.

Part IV: Side Jogging

- Gradually increase the speed taking the heels sideways.
- As the speed increases bring the heels as close to the elbows as possible.
- Repeat this movement 20 times at your maximum speed.
- Gradually slow down to come back to slow jogging stage.
- Keep jogging a few more rounds (10 times) and finally stop the practice.





After practicing jogging, immediately start Mukha Dhauti

MUKHA DHAUTI

Starting position

- Separate your legs 2-3 feet apart, lean forward, and place your hands on the knees.

Steps

- Inhale through the nose and exhale forcefully through the mouth.
- Practice 10 times.
- Get back up, keep your feet slightly apart, loosen up your arms, close your eyes and relax.



Inhale



Exhale



SPINAL TWISTING

Starting Position

- Stand straight and separate your feet with 1-foot distance in between.





Steps

- Breathing in, slowly raise your arms straight in front of your chest. Keep your palms facing each other and parallel to the ground.
- Breathing out, twist from the waist to the right and look back over the right shoulder. Keep the distance between your palms constant.
- Breathing in, come back to the center.
- Breathing out, turn to your left and look back over your left shoulder.
- Breathing in, come back to the center.
- This is one round.
- Practice 5 rounds.
- Afterward, breathing out bring your arms down, keep your feet slightly apart, loosen up your arms, close your eyes and relax.

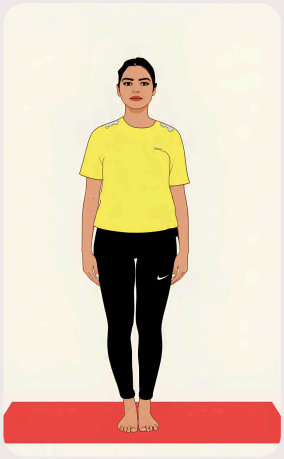


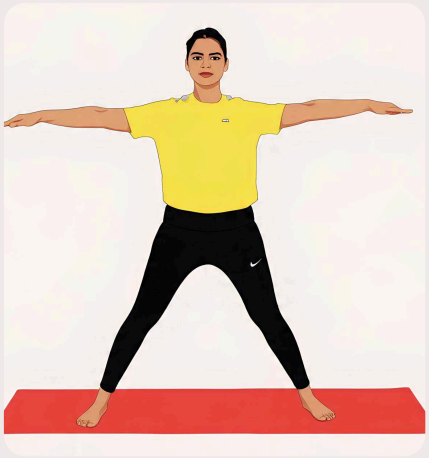


ALTERNATE TOE TOUCHING

Starting Position

- Stand straight, separate your legs with 2-3 feet gap in between, and keep your arms by the side of your hips.





Steps

- Breathing in, raise your arms sideways straight up to the shoulder level.
- Breathing out, bend forward, and touch your left toe with your right hand.
- Breathe normally, touch your right toe with your left hand.
- This is one round. Practice 10 rounds.
- Afterward, breathing in return to the vertical position, breathing out bring your arms down.
- Bring your legs closer, keep your feet slightly apart, loosen up your arms, close your eyes and relax.





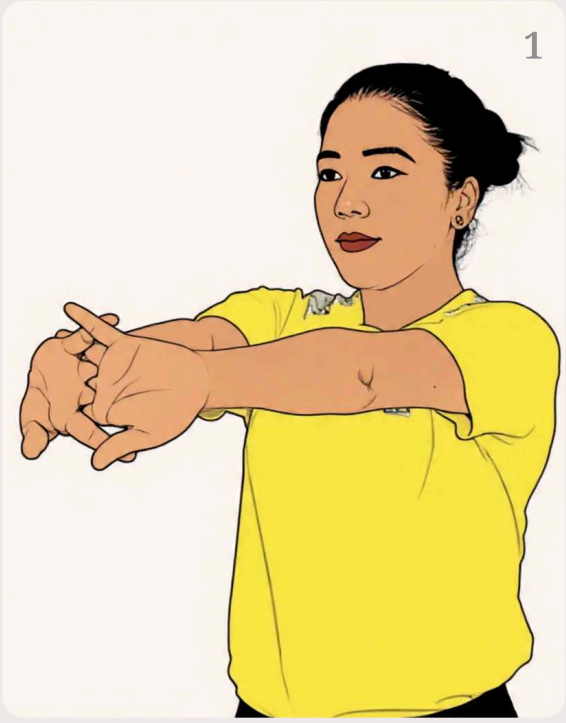


HANDS STRETCH BREATHING



Starting position

- Join your feet, keep your arms beside the body and stand straight.
- Interlock your fingers, place your palms on the chest.
- Dropdown your shoulders and relax your elbows.



Part-I

- Breathing in, slowly turn your palms outwards, stretch out to straighten the arms at shoulder level.
- Stretch the arms completely without any strain.
- Breathing out, slowly fold your arms and bring back the palms onto the chest. Collapse the shoulders.
- This is one round, repeat 5 rounds with complete awareness of breathing and movement of arms.

HANDS STRETCH BREATHING

Part-II

- Breathing in, turn your palms outward, slowly straighten the arms, and stretch them above the forehead (at an angle of 135 degrees).
- Breathing out, slowly fold your arms and bring back the palms onto the chest. Collapse the shoulders.
- Repeat 5 times with complete awareness of breathing and movement of arms.





Part-III

- Breathing in, slowly straighten the arms vertically above the head, turn your palms outward and stretch your hands.
- Breathing out, slowly fold your arms back and bring back the palms onto the chest. Collapse the shoulders.
- Repeat 5 times with complete awareness of breathing and movements.

- After completing the practice, relax in a standing position, with yourlegs apart and hands loose by the side of the thighs. Observe your breath and relax for a few seconds.

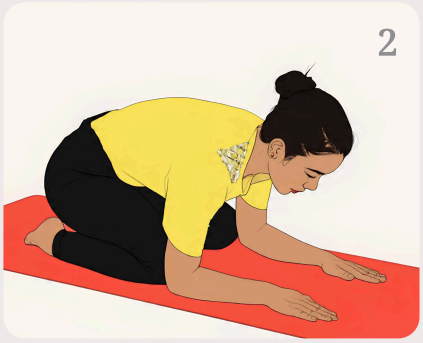
TIGER BREATHING

Starting Position

- Sit straight with stretched legs to the front, keep your hands beside the buttocks.
- Bend your legs one by one and sit comfortably in Vajrasana.
- Separate your knees by one forearm distance.
- Lean forward and place the palms forward at one forearm distance from the respective knees, move your palms one handspan further with the fingers pointing forward.
- Separate the feet in such a way that palms, knees, and feet are in parallel to each other.
- In this position, your spine will be parallel to the floor.

Vajrasana









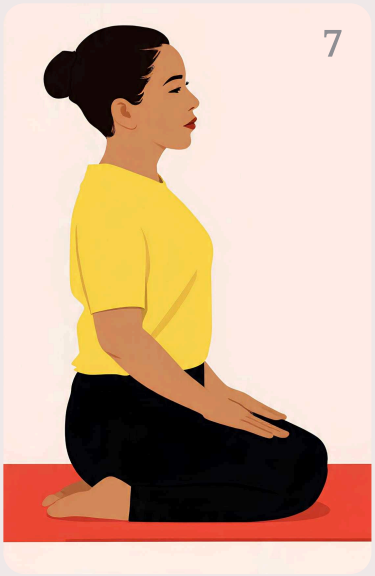


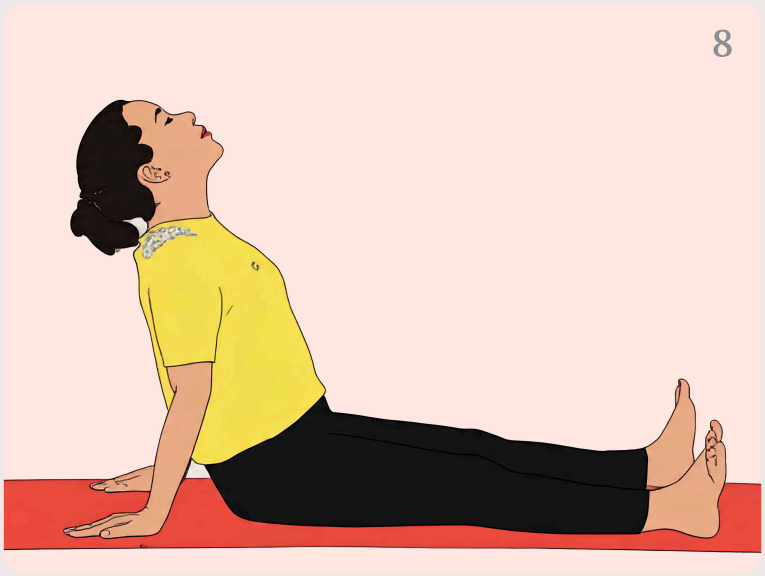


TIGER BREATHING

Steps

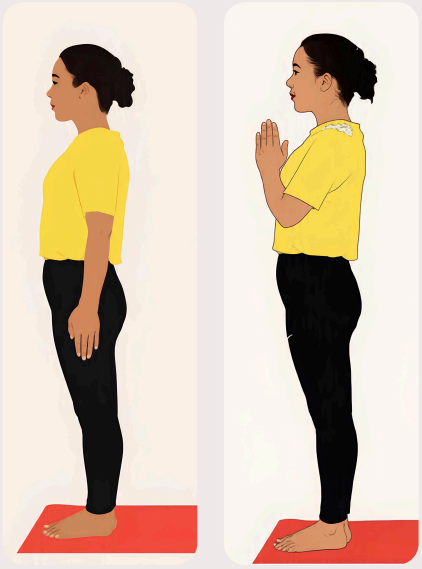
- While inhaling, slowly arch your spine down and raise your head up simultaneously. Expand the abdomen fully and fill the lungs with the maximum amount of air.
- While exhaling, slowly arch your spine up, lower the head and bring your chin closer to the chest simultaneously. Expel out all the air.
- This is one round. Practice 5 rounds with complete awareness of breathing and movements.





- After completing the practice, slowly get back to Vajrasana. Stretch your legs forward, place your hands behind your back on the floor, lean your head back, close your eyes and relax. Observe the changes in the body.

SURYANAMASKAR



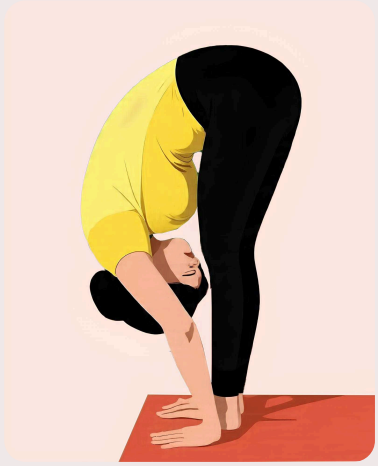
Starting position

- Pranamasana - Stand straight, join your feet and join your palms in front of your chest in Namaskara Mudra.



Step 1: Hasta Uttanasana

- Breathing in, raise the arms straight above the head and bend the trunk backward.



Step 2: Padahastasana

- Breathing out, bend the body forward and touch the forehead to the knees.
- Keep the palms on the floor on either side of the feet.

SURYANAMASKAR

Step 3: Ashwa-sanchalanasana



- Breathing in take the right leg back. Place your right knee down.
- Push the buttock forward and downward so that the left leg is perpendicular to the ground.
- Look up.



Step 4: Chaturanga-dandasana

- Breathing out, take the left leg also back. Only your palms and toes will be on the ground. Keep the body in a straight line from head to toes inclined to the ground at about 30 degrees.

Step 5: Shashankasana

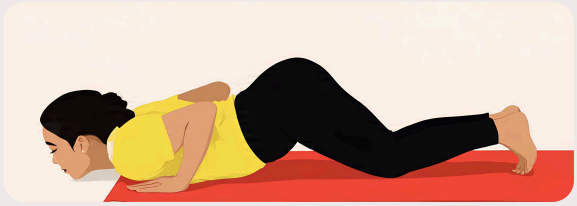


- Breathing in, bend the knees and place them on the floor. Rest your buttocks on the feet with the heel touching the sides of hips. Do not alter the position of the palms and toes.
- Breathing out, rest the forehead on the floor. Then relax in normal breathing.

SURYANAMASKAR

Step 6: Ashtanga-namaskara

- Breathing in, glide the body forward without shifting the position of hands and toes.
- Hold your breath, rest the forehead, chest, and knees on the ground. Lift your buttocks off the ground.
- Note that eight points of the body are in contact with the groundforehead, two hands, chest, two knees, and two feet.





Step 7: Bhujangasana

- Breathing in, raise the head and trunk up, making the spine concave without lifting the hands or feet.
- Keep the knees off the ground

Step 8: Parvatasana

- Breathing out, raise the buttocks up, and push the head down. Touch the heels on the ground.



SURYANAMASKAR

Step 9: Shashankasana

- Breathing in, bend the knees and place them on the floor. Rest your buttocks on the feet with heel touching the sides of hips. Do not alter the position of the palms and toes.
- Breathing out, rest the forehead on the floor. Then relax in normal breathing.



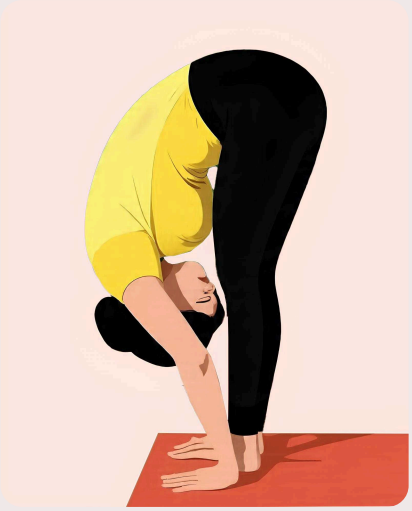


Step 10: Ashwa-sanchalanasana

- Breathing in, bring the right leg forward in between the hands. Arch the back concave upwards as in step 3 until the right leg is perpendicular to the ground

Step 11: Padahastasana

- Breathing out, bring the left foot forward beside the right foot. Keep your knees straight and reach down with your upper body to touch the forehead to the knees as in step 2.



SURYANAMASKAR



Step 12: Hastottanasana

- Breathing in, stretch the arms and raise your trunk straight up and bend backward as in step 1.



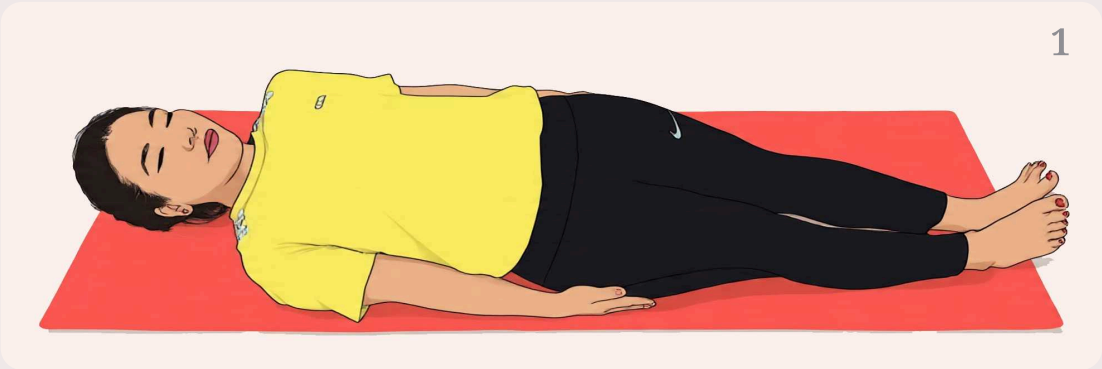


- Breathing out, come back to the Pranamasana.
- Bring your hands down. Keep your legs apart, loosen up your arms, close your eyes and relax.
- This is one round. Practice 5 rounds.

INSTANT RELAXATION TECHNIQUE

Starting Position

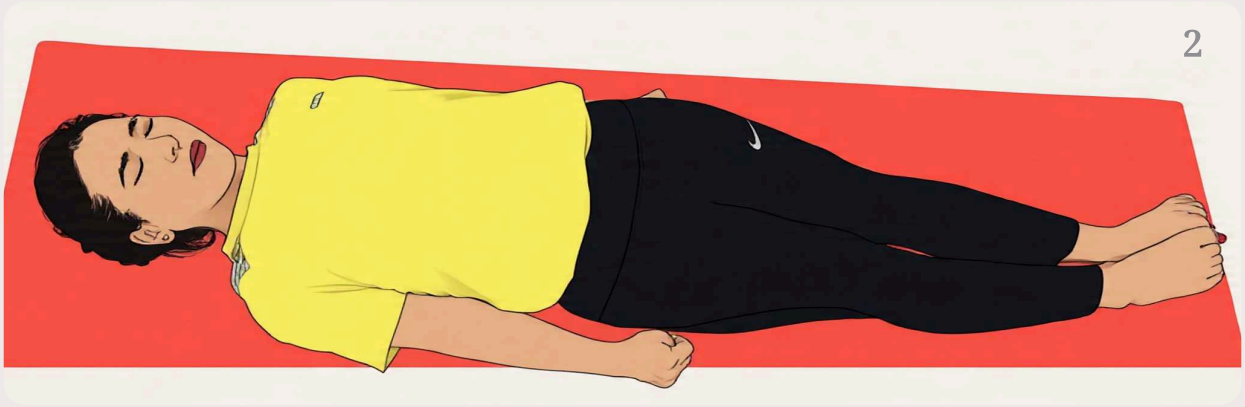
- Lie down straight on your back. Join your legs, keep your hands beside the thighs and close your eyes.



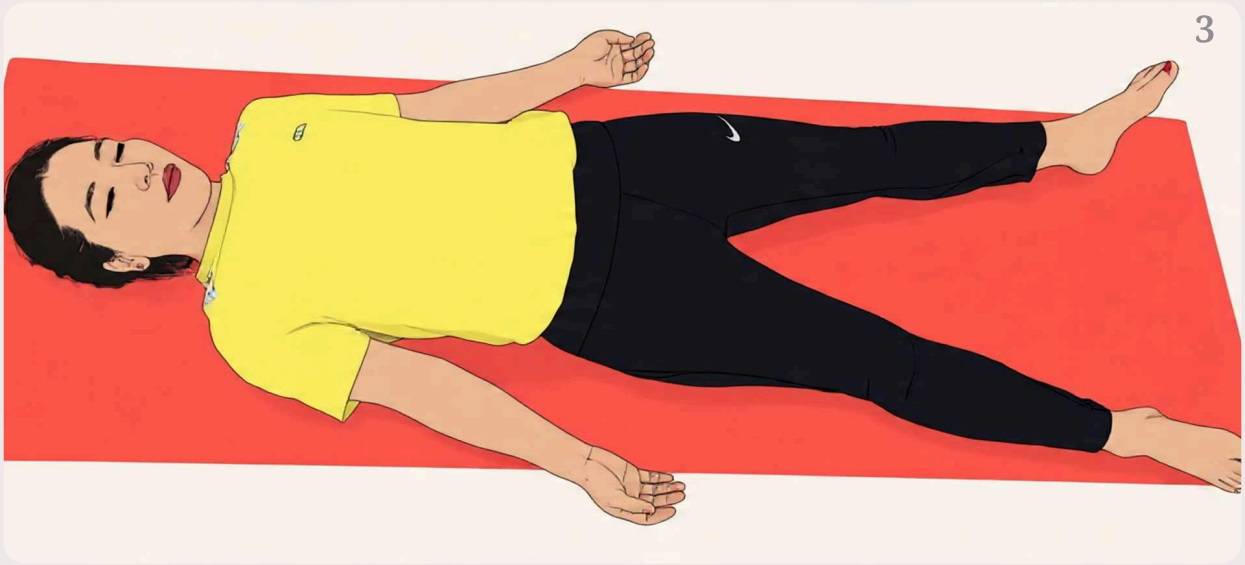
Steps

- Keep your face relaxed.
- Tighten the toes, sensitize.
- Tighten the ankle joints, stretch and tighten the calf muscles.
- Tighten the knees.
- Tighten the thigh muscles.
- Squeeze the buttocks and pull them inwards.
- Exhale, suck in the abdomen.
- Make fists of your palms and tighten them.
- Stretch the arms and tighten them.
- Inhale, expand the chest and tighten.
- Tighten the shoulders, neck muscles, and face.
- Tighten the whole body from the toes to the head.
- TIGHTEN...TIGHTEN...TIGHTEN...
- Release and relax the whole body – let go.

INSTANT RELAXATION TECHNIQUE



- Separate your legs, slide your arms slightly away from the body with palms facing upward.
- Collapse the whole body completely.
- Keep your eyes gently closed, and a pleasant smile on your face.
- Relax the whole body.



TADASANA

Starting Position

- Join your feet, keep your arms beside the body and stand straight.



Steps

- Look forward, fix a particular point of gaze.
- Interlock your fingers and turn your palms out.
- While breathing in, slowly raise your arms and heels simultaneously up.
- Keep your body stretched up.
- Maintain this position for 10-15 seconds with normal breathing.
- While breathing out, slowly bring your arms and heels down.
- Separate your legs, keep your hands loose by the sides of the body.
- Close your eyes and relax.
- Observe the changes in your body.







ARDHA-CHAKRASANA

Starting Position

- Join your feet, keep your arms beside the body and stand straight.

Steps

- Separate your legs with a shoulder-width gap in between.
- Place your palms on the lower back. Keep your elbows closer to each other.
- Breathe in, slowly bend back from the waist taking support of your hands.
- Do not bend your knees.
- Breathe normally and maintain this position for 10-15 seconds.
- Breathing in return to the vertical position.
- Breathing out bring your hands down by the side of your waist.
- Close your eyes and relax.







VAKRASANA

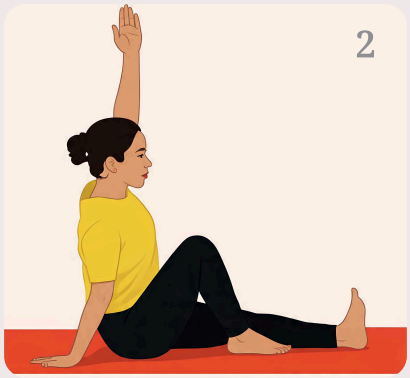
Starting position

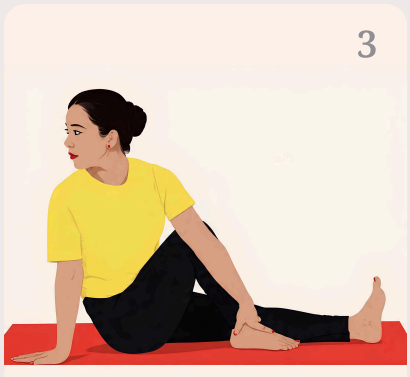
- Sit straight with legs forward, join your feet and place your hands beside the buttocks.

Steps

- Bend the right knee and place the foot beside the left knee.
- Place your right hand behind on the ground with fingers pointing back.
- Breathing in, raise your right arm straight above the head.
- Breathing out, twist the waist to the right side, bring the left arm around the right knee and bring your left hand on the right ankle.
- Keep the palm on the ground in such a way that the turn is kept erect with a proper twist.
- Breathe normally and maintain this position for 10-15 seconds.
- Slowly return to the starting position in the reverse order.
- Repeat the same on the other side.







Note

- People who have recently undergone abdominal surgery may avoid this asana.

ARDHA-USHTRASANA

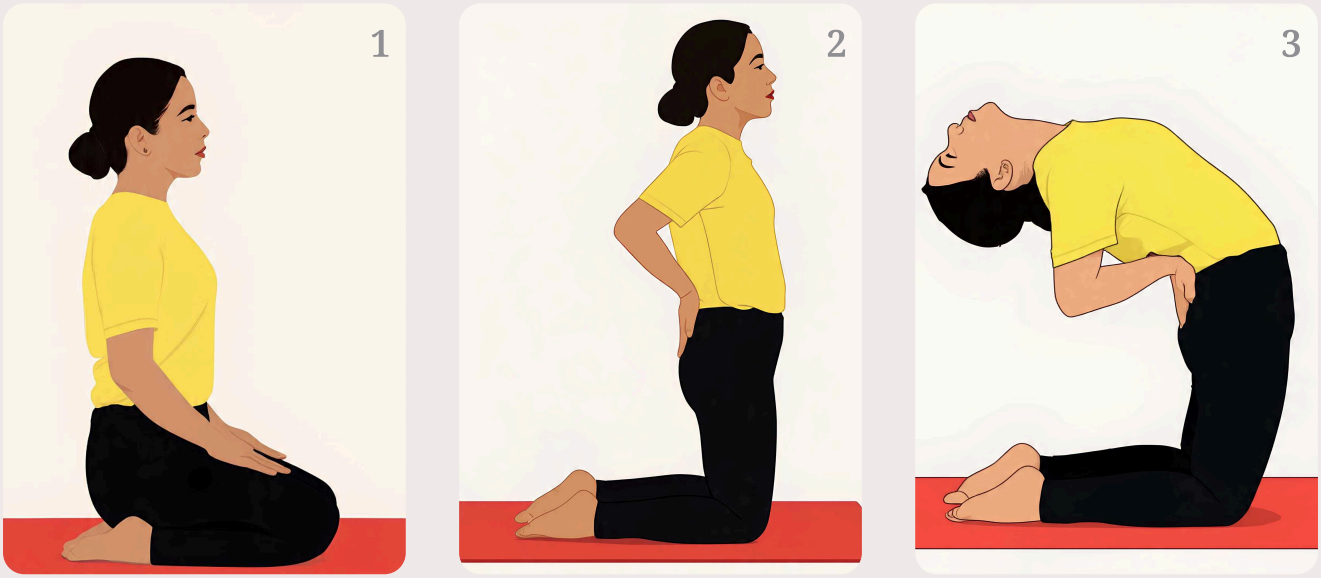
Starting position

- Sit straight with stretched legs to the front, join your feet, keep your hands beside the body.
- Bend your knees, take your feet backward, and sit in Vajrasana.

Steps

- Stand on your knees with one feet gap in between and hands beside your waist, toes pointing backward.
- Inhaling place your palms at your lower back, fingers pointing downward.
- While exhaling, slowly bend backward, and look back.
- Maintain this position with normal breathing for 10-15 seconds.
- While inhaling, come back up, and while exhaling sit down comfortably in Vajrasana.
- Stretch your legs forward, place your hands behind the back on the floor, separate your legs, close your eyes and relax.

Vajrasana



PAWANA-MUKTASANA

Starting position

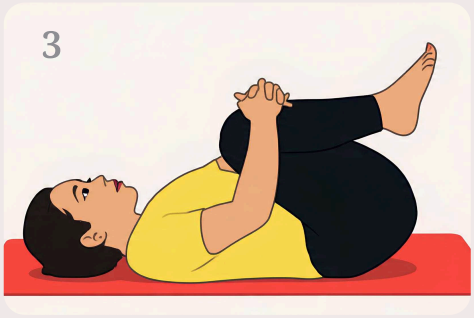
- Lie down on your back in Shavasana. Keep your legs 1-2 feet apart, hands slightly away from the waist, turn your palms up and close your eyes.

Steps

- Join your legs and keep your arms beside the body.
- Breathing in deeply, slowly raise your legs straight up.
- Breathing out, slowly bend the knees and bring them above your chest.
- Interlock your fingers and hold both of your calves.
- Breathing out slowly lift the head up and bring the forehead closer to your knees.
- Maintain this posture with normal breathing for 10-15 seconds.
- Breathing out bring your head down. Breathing in, slowly raise your legs straight up. Breathing out slowly bring them down.
- Relax in Shavasana.





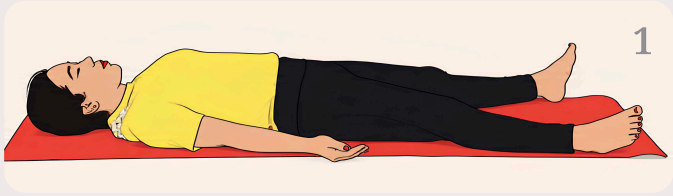




SETUBANDHASANA

Start

- Lie down in Shavasana, on your back, separate your legs, place your hands slightly away from the waist.



Steps

- Join your legs and bend your knees.
- Bring your heels closer to the hips.
- Bring your palms closer to your heels.
- Separate your feet up to the shoulder-width distance.
- Inhale and slowly lift your back and hips up so that your thighs will be parallel to the floor and knees perpendicular to the floor.
- Maintain this posture for 10-15 seconds with normal breathing.
- While exhaling, slowly rest your hips on the floor and straighten your legs. Relax in Shavasana.





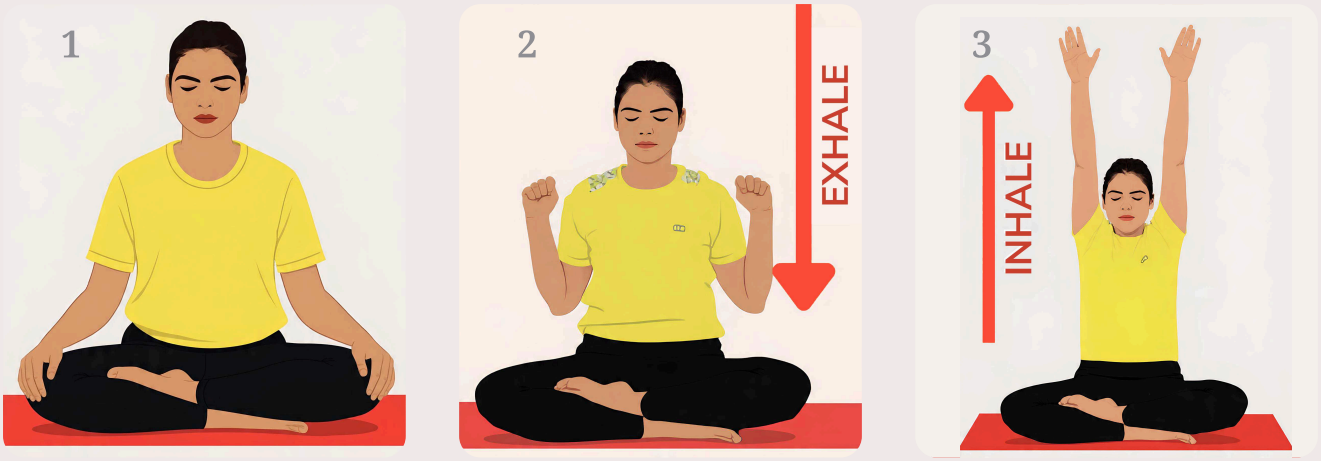
BHASTRIKA PRANAYAMA

Start

- Sit straight in Sukhasana or Vajrasana.

Steps

- Make fists with your hands, bend your elbows and keep your arms near your shoulders.
- Breathe in deeply, raise your arms straight up and open your fists.
- Breathing out forcefully, bring your arms down next to your shoulders and close your fists.
- This is one round. Practice 20 rounds.
- Afterward, keep your eyes closed, place your hands on the thighs and relax.
- Take a few normal breaths.
- Continue for two more rounds.



UJJAYI PRANAYAMA

Start

- Sit straight in Sukhasana and close your eyes.

Steps

- Contract the glottis so that the passage of the throat is partially closed.
- Slowly take a long and unbroken breath in from both the nostrils.
- Slowly breathe out from the nostrils.
- With every breath allow the air to make friction at the throat to create a gentle hissing sound.
- Soothe your mind with the sound.
- Practice 5 rounds with complete awareness.



BHRAMARI PRANAYAMA



Start

- Sit straight in Sukhasana, keep your hands in chin mudra on the knees and close your eyes.

Steps

- Relax the whole body.
- The lips should remain gently closed with the teeth slightly separated throughout the practice. This allows the sound vibration to be heard and felt more distinctly.
- Raise the arms sideways and bend the elbows, bringing the hands to the ears.
- Use the index to plug the ears or press the flaps of the ears without inserting the fingers.
- Bring the awareness to the center of the head, and keep the body still.
- Breathe in through the nose. Breathe out slowly making a humming sound like that of a black bee.
- The humming sound should be smooth, even, and continuous for the duration of the exhalation. The sound should be soft and mellow, making the front of the skull reverberate.
- At the end of exhalation, the hands can be kept steady or returned to the knees and then raised again for the next round. The inhalation and exhalation should be smooth and controlled. This is one round.
- Practice 5 rounds with complete awareness.

NADANUSANDHANA

Start

- Sit in any comfortable asan and close your eyes.

Part 1: AKARA Chant with abdominal breathing

- Adapt Chin Mudra (index finger and thumb joined of respective hands).
- Keep your hands gently on the knees. Keep your body completely relaxed.
- Take a deep breath in slowly and expand your abdomen.
- Breathing out chant “AKARA..” in a low pitch and relax your abdomen.
- “aaaa.....aaaa”
- Feel the sound resonance in the abdomen and the lower parts of the body.
- This is one round. Practice 5 rounds.





NADANUSANDHANA

Part 2: UKARA Chant with Chest breathing





- Adapt Chinmay mudra. Keep your index fingers and thumbs joined and make fists with rest of the fingers.
- Take a deep breath in slowly and expand your chest.
- Breathing out chant “UKARA..” in a low pitch and relax your chest.
- “uuuu.....uuuu”
- Feel the sound resonance in the chest and middle part of the body.
- Repeat this for 4 more times.





Part 3: MAKARA Chant with Clavicle breathing

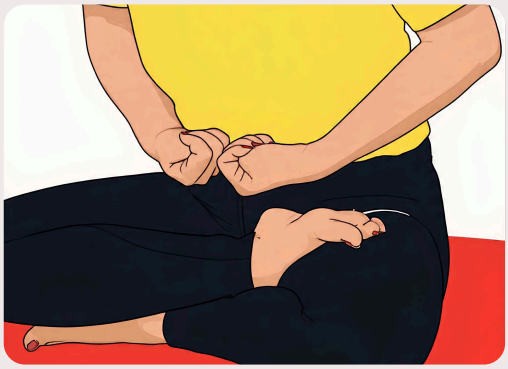
- Adapt Aadi mudra. Make fists with your thumbs inside.
- Take a deep breath in slowly and expand your clavicle.
- Breathing out chant “MAKARA” in a low pitch and relax your clavicle.
- “mmmm.....mmmm”
- Feel the resonance in entire head region.
- Repeat this for 4 more times.

NADANUSANDHANA

Part 4: AKARA-UKARA-MAKARA Chant with deep breathing

- Adapt Brahm Mudra. Keep your fists facing up and place them beside the navel.
- Take a deep breath in slowly and expand your abdomen, chest, and
- clavicle.
- Breathing out chant “Akara-Ukara-Makara” in a low pitch and relax your clavicle, chest, and abdomen.
- “aaaa...uuuu....mmmm..”
- Feel the resonance throughout the body.
- Repeat for 4 more times.
- Stop the practice, slowly rest your hands down on the knees.
- Observe the changes in your body.
- Slowly join your palms in Namaskar mudra. Rub your palms and make them warm.
- Place your palms and spread warmth to your eyes; give warmness to your face, head, neck, shoulders, chest, abdomen, and legs. Slowly with a few blinks looking down at your palms open your eyes.





The practice of yoga is now complete.

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शरीरमाद्यं खलु धर्मसाधनम्

|| लोकः समस्ताः सुखिनो भवन्तु||

"Let the entire world be happy."

