

Anatomical Exploration of *Vrikshasana*

Dr. Somlata Jadoun¹, Dr. Sunil Kumaryadav²

¹PG Scholar, ²Associate Professor,

^{1,2}Department of Sharir Rachana, NIA, Jaipur, Rajasthan, India

ABSTRACT

Yoga is derived from the Sanskrit term 'Yuj' meaning to bind, join, attach and yoke, to direct and concentrate one's attention on, to use and apply. It also means union or communion. It is the true union of our will with the will of God. *Yoga* is performed through some specific postures called *Asana*. Among the eight limbs of *Yoga*, the yogic technique properly begins at the third limb that is the *Asana*. The word *Asana* is well known around the world for the yogic posture into which the whole science of *Yoga* is shrinking. Patanjali defines *Asana* as '*Sthirasukhatvam*' in *Yogasutra* which can be translated as stable and agreeable. The benefits of *Asana* range from physical to spiritual level. *Asana* not only tone the muscles, ligaments, joints and nerves but also maintains the smooth functioning and health of entire body. "*Vrikshasana*" was described as one of the 32 most important *Asana* in *GherandaSamhita*. *Vrikshasana* word comes from Sanskrit words "*Vriksha*" means tree and *Asana* means posture. It is a balancing *Asana*. The pose is called *Vrikshasana* because in this pose it gives true spirit of tree. In this article anatomical structures involved in the "*Vrikshasana*" and how this involvement is beneficial in maintaining the health or in management of any disease is explained.

KEYWORDS: Anatomy, Asana, Joint, Vrikshasana, Muscle, Yoga

INTRODUCTION

"*Vrikshasana*" was defined as one of the 32 most important *Asana* in *GherandaSamhita* (dated around 1650 CE). The *Gheranda Samhita* is the most encyclopaedic of the three-classic text about *Asana*. It says that there are 8,400,000 of *Asana* described by *Shiva*. The postures are as many in number as there are numbers of species of living creatures in this universe. Among them 84 are the best, and among these 84, 32 have been found useful for mankind in this world the 32 *Asana* are mentioned in *Gheranda Samhita*.¹

The name *Vrikshasana* arises from the Sanskrit words *Vriksha* means tree and *Asana* means posture. It is a balancing *Asana*. The pose is called *Vrikshasana* because in this pose it gives true spirit of tree.²

Need of Study

In the contemporary time, everybody has conviction about *Asana* practices towards the preservation, maintenance and promotion of health. But the lacuna of anatomical explanation of structures involved and their role in benefit achieved is still persisting.

The knowledge of anatomy will also help the *Asana* practitioners, to avoid injuries.

In this article the essential quest of *Asana* practitioner about the anatomical structures involved in the *Asana* and how this involvement is beneficial in maintaining health or in management of any disease.

How to cite this paper: Dr. Somlata Jadoun | Dr. Sunil Kumaryadav "Anatomical Exploration of *Vrikshasana*" Published in International Journal of Trend in Scientific Research and Development (ijtsrd), ISSN: 2456-6470, Volume-4 | Issue-6, October 2020, pp.279-281, URL: www.ijtsrd.com/papers/ijtsrd33365.pdf



IJTSRD33365

Copyright © 2020 by author(s) and International Journal of Trend in Scientific Research and Development Journal. This is an Open Access article distributed under the terms of the Creative Commons Attribution License (CC BY 4.0) (<http://creativecommons.org/licenses/by/4.0>)



Aim and Objectives -

- To explore the anatomical structures involved in "*Vrikshasana*."
- To avoid possibilities of injuries while performing *Vrikshasana* by understanding the anatomical structures involved in "*Vrikshasana*".

Material and Methods -

1. Review of *Yoga-Asana* literature from *Yoga Classics* including relevant commentaries.
2. Other print media, online information, journals, magazines etc.

Review-

According to *Gheranda Samhita*

Stand straight on left leg, bend the right leg and then place the right foot on the root of the left thigh. Standing thus like a tree on the ground, is called the tree posture.³

According to *Swami Vyas Dev ji*, sit on your feet on a soft blanket or a cushion, keeping the palm on the ground about two feet apart. Bend the legs at the knees and raise the hips a little. Place your head between the palms and raise the legs straight. Stretch the whole body like a staff. Balance the body on your hands and head. Retain this posture for some time.⁴

According to *Dhirendra Brahmachari*, stand on the ground and place the hands before the feet at a distance of about a foot. Then keeping the body as straight as possible. The whole weight should rest on the palms and the toes. The

back and the feet should slowly lift so that the weight is borne only on the hands. The legs should then be gradually straightened so that from the feet above to the palms below the whole body is in a straight line like a tree.⁵

Steps for Performing “Vrikshasana”

- Stand straight and place your arms to the side of your body.
- Bend your right knee slightly and then keep the right foot high up on the left thigh, just make sure that you keep the sole steady and flat on the thigh root.
- Left leg must be placed straight and one you have taken this stance breathe and balance.
- Now simply breathe in and slowly raise your arms above the head and bring them in namaste mudra.

- Look straight at sane far off object and hold it. This will allow you to maintain a good balance.
- Keep your back straight and notice that your body is steady.
- Deep breathe as you inhale and relax your body as you exhale.
- Slowly bring your hands down and release the right leg. Get back to the initial position.

Contraindications-

Those who suffers from-

- Arthritis patients
- Vertigo patients
- Obese people
- Knee problem
- Hip injury

Image:



Anatomical Exploration of Vrikshasana- Muscles and ligaments involved in Vrikshasana.

Joint actions

- Spine is neutral.
- Standing leg- Hip is extended, internally rotated and adducted.
Knee is extended.
Ankle is planter flexed.
- Lifted leg- Hip is flexed, externally rotated and abducted.
Knees are flexed.
Ankle is dorsiflexed.

The spine

Spine is in neutral position during this posture. Neutral spine is the natural position of the spine when all three curves of the spine- cervical, thoracic and lumbar are present and in good alignment. The erector spinae are the largest muscle mass of the back, forming a prominent bulge on either side of the vertebral column. It is the chief extensor of the vertebral

column. It consists of three groups: iliocostalis (laterally placed), longissimus (intermediately placed), and spinalis (medially placed). These groups in turn consist of a series of overlapping muscles. The lumbar and thoracic group of erector spinae muscles are contracted to keep the spine straight.

Standing leg- Hip joint

Hip joint is extended, internally rotated and adducted. Hip extensors are the gluteus maximus and hamstrings. Gluteus Maximus is a primary muscle of the hip extension. The other hip extensors are long head of biceps femoris, semimembranosus, semitendinosus and posterior adductor magnus. So, the flexor of the hip joint will get stretch. The flexors of hip joint are Sartorius, vastus lateralis, vastus medialis and vastus intermedius. Adduction is performed by the adductors of the hip joint which are three groups of adductors, pectineus and gracilis.

