



## IMPORTANCE AND BENEFITS OF *VRIKSHASANA* IN DAILY LIFE

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### ABSTRACT

*Ayurveda is the science of life. It plays an important role to prevent and treat the disease. Ayurveda specifically deals with mind body balance. The main part of it is Yoga and Asana. Yoga provides us a simple remedies, facile skills and procedure of good health. Asana gives physical and mental power and tone the body-mind for further exercise. Vrikshasana is often referred to as the Tree Pose. Tree pose improves neuromuscular coordination. Vrikshasana is known for many important health benefits. Tree pose helps in bone development and proper alignment of the vertebral column as all the muscles are stretched in the same direction.*

**KEY WORDS-** *Yoga, Asana, Vrikshasana, Tree Pose, Neuromuscular coordination.*

### INTRODUCTION

<b>Common name</b>	<i>Vrikshasana</i>
<b>English</b>	Tree Pose
<b>Sanskrit</b>	<i>Vrikshasana</i>
<b>All</b>	Tree Pose, <i>Vrksasana, Vrikshasana, Vrikshasana</i>
<b>Level</b>	Beginner
<b>Position</b>	Standing
<b>Chakra</b>	Third Eye <i>Chakra (Ajna Chakra)</i> , Sacral <i>Chakra (Swadisthana Chakra)</i> , Root <i>Chakra (Muladhara Chakra)</i>
<b>Dosha (Ayurveda)</b>	<i>Pitta , Kapha</i>
<b>Type</b>	Balance, Stretch, Strength
<b>Meridians</b>	Spleen & Stomach

### **Vrikshasana Meaning**

'Vrksa' means 'Tree' and hence *Vrikshasana* means 'Tree Pose'. The very name suggests the body in the final pose should look like a tree. A tree stands tall, strong and straight. Tree Pose (*Vrikshasana*) comes under the standing poses and balancing poses in yoga.

*Vrikshasana* is considered a base pose as *Vrikshasana* variations can be derived from this pose. *Vrikshasana* helps boost energy in the body and hence can be included in flow yoga sequences.

### **Vrikshasana Steps**

- Stand upright. Your feet should be together and knees absolutely straight. The arms should be at the respective sides. Without bending the left knee, lift your right foot and hold the ankle with the right hand. Fold the right leg at the knee joint.
- Using both the hands, place the right heel on the left thigh as high as possible, toes pointing downwards. The right heel should press the inside

of the thigh. Balance yourself on the left leg. Now join your palms and fingers and bring them to the left leg. Now join your palms and fingers and bring them to the middle of the chest, fingers pointing upwards in prayer pose.

- Inhale and raise your joined hands slowly over your head. Stretch up and stand straight, keeping

your balance. Look in front and maintain this pose breathing normally.

- Exhale and lower your hands to the middle of the chest. Return to the starting position by lowering your right leg.
- Repeat the post with the other leg.



**Fig no.1,2 Right side Vrikshasana, Left side Vrikshasana**

### **Benefits-**

Physical (Anatomical) Benefits

- Tree pose improves neuromuscular coordination.
- Tree pose (*Vrikshasana*) improves balance, endurance and alertness.
- Tree pose tones up the leg muscles and ligaments.
- Tree pose helps in bone development and proper alignment of the vertebral column as all the muscles are stretched in the same direction.

### **Benefits for Women**

Helps relieve premenstrual symptoms like leg cramps and abdominal cramps.

Health Benefits

Relieves stress and anxiety as concentration is needed for balancing the body on one leg in Tree Pose.

- It strengthens the spine and improves balance and poise.
- Helps in neuro-muscular co-ordination.
- It tones up the leg muscles and strengthens the tendons and the ligaments of the feet.
- It strengthens the knee and loosens the hip joints.

- This pose also strengthens the shoulders, inner ears and eyes.
- It gives relief from sciatica and reduces flat feet.
- The Tree pose teaches you patience, makes you sturdy as well as flexible.
- It deepens the thorax.
- Most importantly, the Tree Pose enhances concentration and mental faculties. Hence it is largely recommended for your kids and students.

### **Vrikshasana: Tips for the Beginners**

The beginners may find it difficult to bring the left foot high inside the right thigh. One can bring it lower on the right leg but never directly on the right knee. The same applies in the reverse position. You can also initially practice by holding the wall for balance.

- To aid your concentration before starting the exercise, take several deep breaths and fix your gaze on a point directly in front of you.

### **Science Behind Vrikshasana**

This asana is mainly a balancing posture, and its main benefits lie in improving balance and enhancing



the nervous system. When you balance, you are forced to focus your mind, and as you focus, you will realize you are balancing. When the mind wanders, so does the body. Stress and tension forbid you from balancing.

While stabilizing your mind and body through stretching, this asana also strengthens your joints and bones and expands the hips and chest. It loosens the shoulders and tones the arms as well.

### Precautions and Contraindications

- As Tree Pose (*Vrikshasana*) is a simple yoga pose for balancing, be aware of the body and the surroundings to avoid injury in case one falls.
- Tree pose practice should be avoided by patients with arthritis and/or vertigo.
- Obese people should avoid this yoga pose as it requires focus on balance.

### Preparatory Poses

Before attempting this posture, getting mastery over the following *Yoga* poses will be more helpful.

- Plough Pose (*Halasana*)
- Locust Pose (*Shalabhasana*)
- Viparita Karani

### Follow Up Poses

It is mandatory to follow up *Shoulder Stand* with *Matsyasana*. If for any reason, one could not follow up with it, any one of the following poses may be considered.

- *Chakrasana*
- *Dhanurasana*

### Anatomy

*Vrikshasana* benefits the following muscles and hence can be included in yoga sequences with the corresponding muscle(s) focus:

- Hamstrings
- Hips
- Knees
- Quadriceps

Abductors on the standing leg are working eccentrically; if they are weak or tight, the hip of the lifted leg hikes up or the rotators (gluteus maximus, piriformis, and obturators) try to stabilize the pelvis and the pelvis rotates on the standing leg, rather than staying level and facing forward.

The more strength and adaptability you have in the feet and ankles, the more options you have for finding balance on the standing leg.

The action of the lifted leg, where the knee is drawn up and out to the side, is actually a very complex movement muscularly: Hip flexors are active to lift the knee, but with external rotation and abduction, hip extension also becomes involved. Then, in order to press the foot into the standing leg while keeping the knee out to the side (and without tipping the pelvis forward), the hip joint needs to adduct without flexion. Of course, the higher on the standing leg the foot is, the less it is necessary to press the foot in because the weight of the leg holds the foot in place. However, if it is necessary to use the adductors to press the foot into the standing leg, it is important to find adductors that are more posterior, such as the adductor magnus. Anterior adductors, such as the pectineus (which is short and active on many of us, in part from sitting so much), will tip the pelvis forward and internally rotate the lifted leg at the same time they are trying to adduct.

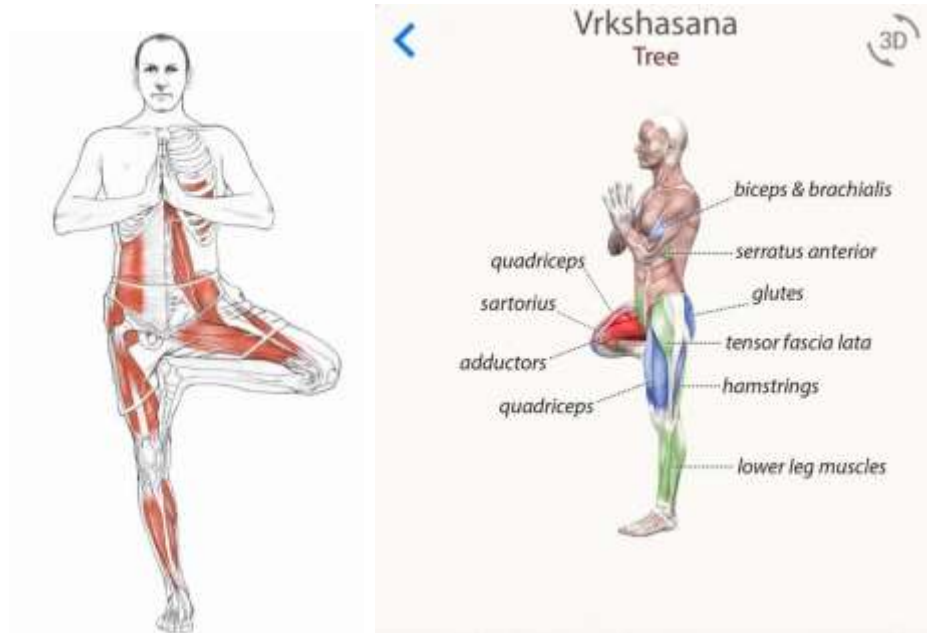


Fig no.2 Vrksasana

### ***Vrksasana* yoga sequences**

*Vrksasana* is commonly found in the following types of yoga sequences:

- Kids yoga sequences
- Prenatal yoga sequences
- Postnatal yoga sequences
- Teens Yoga sequences
- Hip opening yoga sequences

### ***Vrksasana* Variations**

*Vrksasana* Variations: Below are some common variations of the yoga pose *Vrksasana* with base pose as Tree Pose (*Vrksasana*).

Half Lotus Tree Pose Ardha Padma *Vrksasana*



Fig no.3. Eka Pada Sarvangasana (right side) Fig no.4. Eka Pada Sarvangasana (left side)



Fig no.5. *Urdhva Padmasana Sarvangasana*





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