

**SIGNIFICANCE OF ANIMALS IN YOGA POSES****Dr. M. Ashraful Kabir\***

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Bangladesh.[ashraful\\_wb@yahoo.com](mailto:ashraful_wb@yahoo.com),[ashraful.mission@gmail.com](mailto:ashraful.mission@gmail.com).**INTRODUCTION**

Cat/Cow poses are common poses use together to warm up and stretch. In fact, in India cow is a symbol of love. Krishna who was a cowherd and he loved milk and ghee that essence of motherly love. Performing cat pose regularly we may get nine lives. In Indian mythology the dog is associated with many gods. Furthermore, Bhairava had a dog as his vehicle. In addition, feeding and taking care of dogs is believed to devotion to Shiva. In particular, American shamanism the snake served as a prominent symbol in art and lore and is associated with rebirth, resurrection, initiation and wisdom. Camels are known for their ability to go for long distances without water. Its hump is the source of infinite energy, which helps the camel survive in extreme conditions. The crane is a symbol of love, fidelity, long life and marital bliss. The crane has a special significance in the epic Ramayana as the author Valmiki was inspired to write the story when he saw a crane hunter. The lion is a symbol of power and majesty and is considered the king of animals as well. Lord Vishnu is often depicted in his form of Narasimba who was half man and half lion (Tania Plahay; Nanditha Krishna; Ted Andrews).

**KEYWORDS:** Animal; Yoga; Poses.

It is believed that ancient yogis would go out in the forest and developed various postures through observing animal behaviour. Actually, animals burn their calorie in growth, locomotion, reproduction and to protect themselves from parasites (Halsey 2016). The energetic ecology of an animal is their fundamental lifelong success (Halsey 2011). Apparently, if an animal expends high temperature it will quickly fatigue (Wirsing et al. 2002; Wilson et al. 2013), in courtship behaviour (Castellano and Gamba 2011; Lees et al. 2011; Pitcher et al. 2014) or hunts a prey (Ydenberg and Clark 1989). Tufted duck, house sparrow, chinook salmon, green anole lizard are used for training regimes in the laboratory (Butler and Turner 1988; Zhang et al. 2015). Some animals will train voluntarily and their levels of physical fitness consequently increase. Meanwhile, laboratory-kept mice run on a wheel when it is placed in their cage and this triggers angiogenesis (Waters et al. 2004). Migration of birds is of course an exercise though they come for their lifesaving. Penguin and polar bear gets fat when they are in fasting (Halsey 2016) and fasting penguin also experiences a reduction in metabolic rate (Halsey et al. 2008). Songbirds are believed to trade off their body weight between survival and predation (Witter and Cuthill 1993; MacLeod et al. 2008; Creswell et al. 2009; Zimmer et al. 2011). Otherwise, adipose tissue of birds reduces when food is scarce but likely decreases when fleeing a predator (Kullberg et al. 1996; Pennycuik 2008; Schultner et al. 2013). Similarly, when harbor porpoises *Phocoena phocoena* are regularly

preyed upon by dolphins, they become much sleeker (MacLeod et al. 2007). Edible dormice *Glis glis* become very fat in hibernation which leads malnutrition (Pilastro et al. 2003). High adiposity is commonly found in laboratory and zoo animals (Schwitzer and Kaumanns 2001). As shown by, animal behavior and their movements may help to enhance our daily yoga. For maintaining our better health all yoga poses as well as animal inspired yoga poses are beneficial.

**Animal related poses and its impact**

Though animals are useful to discover various yoga poses but we have lots of superstitions on animal which may brutal for human and animals (Kabir 2014). By tiger pose our kidney stones may disappear. Lion pose is helpful for our healthy tonsil and it used for remove stammering and developed massive voice. Only for improving voice scorpion pose is good. If we perform peacock pose we can remove gastroenteric problem. Cow pose is good for balance, hip and kidney. For tallness and diabetes the rabbit pose and in addition this posture is excellent for proper functioning of thyroid and parathyroid glands. In Calcutta zoo a tortoise showed 255 years lifespan. Tortoise pose is good for our hip and leg. For relieving waist pain and well functioning of female sexual organs cobra pose is great. Frog and pigeon poses are acted on our pelvis and urinary bladder ailments. Now in most people's constipation and dysmenorrhoea are very common therefore, camel pose may help. Bronchitis, pharyngitis and tonsillitis are

controlled by fish pose. Slipped disc is our very common problem; this may be dismissed by crocodile pose. Crow pose is good for our brachial neuralgia. For improving

calf muscle the eagle pose and increasing calcium cock pose may help.

**Table 1: Showing fitness controversy and benefits of animal inspired yoga poses.**

Poses	Fitness controversy	Benefit
Peacock	Cervical spondylosis	Weight control, strong digestion, constipation
Cock	Weak knee	Calcium
Cow	Neck	Control sexual desire
Turtle/Tortoise	Arm, hip, shoulder	Dysentery, liver, body temperature, weakness, vertigo
Eagle	Knee	Leg
Cobra/Seal	Liver, spleen, ulcer, hernia, hyperthyroidism, intestinal tuberculosis	Constipation, heart, lung, eye, menstrual, knee pain, back ache, flexible spine, liver, kidney
Locust	Liver, spleen, lung, weak heart, coronary thrombosis, serious back or neck problems, high blood pressure, hernia, ulcer, intestinal tuberculosis	Knee pain, liver, stomach, bowel, stress
Scorpion	Back, hip, heart, vertigo, high blood pressure	Thyroid gland, voice, lung, constipation, belly fat
Tiger	Knee, back, hip	Blood circulation, hip and thigh weight control, relieving sciatica, digestive circulation
Cat	Knee, neck	Neck, shoulder, abdomen, spine
Dog	High blood pressure, headache, diarrhea, carpal tunnel syndrome	Menopause, osteoporosis, asthma, sinusitis, insomnia, headache, high blood pressure, digestive system, back pain, fatigue, cool brain
Crocodile	Lumbar curve	Slipped disc, sciatica pain, backbone, spinal nerves
Rabbit	High blood pressure, eye problem	Headache, glands, menstrual, constipation, insomnia, prostates, rhinitis, eye
Lion	Chronic illness	Stammering, vocal cord, tonsil
Pigeon	Back, neck, insomnia, hypertension, migraine	Wide hip
Crane/Crow	Pregnancy, neck, carpal tunnel syndrome	Arm, shoulder
Frog	Knee, ankle, back	Hip opener, menstrual
Camel	Knee	Sexual, colic pain, menstrual
Butterfly	Knee pain, sciatica pain	Long time standing stress, flexibility of groin and hip
Fish	Pregnancy, back, neck	Muscle between ribs, belly, throat, lung, back pain, cervical spondylosis



**Camel pose**



**Lion pose**



**Tiger pose**



**Cat pose**



**Crocodile pose**



**Cow pose**



**Scorpion pose**



**Peacock pose**



**Fish pose**



**Rabbit pose**



**Cobra pose**



**Tortoise pose**



Frog pose



Crow pose



Pigeon pose



Eagle pose



Cock pose



Dog pose



Butterfly pose



Locust pose

**SUMMARY**

All animals have poses. Its walking, playing, running, sleeping and foraging all are daily activities of animals which are root for our very effective poses. But all are not recognized as yoga poses. Which activities are scientifically proven on human health are recognized

yoga poses. In this world before human other animals evolved through evolution. At this point of view animals are very useful for mankind. We have invented yoga poses by observing animal activities. It is needed to scientific study on these animal inspired yoga poses for the betterment on human longevity.

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