

فاجراسانا

التغلب على فقدان الشعر بهذه الوضعيات الخاصة باليوغا - كنوز ...

konozthakafia.blogspot.com/.../yoga-to-avoid-hair-loss... ▾ Translate this page

3. فاجراسانا **Vajrasana**. فاجراسانا تسمى أيضا وضعية الماسية. تسمى أيضا وضعية الماسية. وخلافا - Jun 4, 2014
لغيرها من الوضعيات، يمكنك أن تفلحها مباشرة بعد ...

<http://konozthakafia.blogspot.com/2014/06/yoga-to-avoid-hair-loss.html>

واجراسانا

باشگاه یوگای روان - ویراسانا (قهرمان)

ravanyoga.mihanblog.com/post/23 ▾ Translate this page

به این وضعیت **واجراسانا** (**Vajrasana**) نیز می گویند . 1 - روی یک زیرانداز مناسب زانو - Feb 10, 2014
بزنید ، زانوها در کنار هم ، رانها عمود بر زمین و ساق پاها در کنار هم و ...

<http://ravanyoga.mihanblog.com/post/23>

וג'ראסאנה

בוג'ראסאנה (**Vajrasana**)

http://www.tmurot.org.il/docs/meridian_asanas.pdf

वज्रासन Vajrāsana

Vajrasana

A form of Akshobhya.

<http://www.mythologydictionary.com/buddhist-mythology.html>



وچراسن वज्रासन

<http://uh.learnpunjabi.org/default.aspx>



ਵਜਰਆਸਣ वज्रासन

<http://h2p.learnpunjabi.org/default.aspx>



وچراسن فرشته ਵਜਰਆਸਣ ਫਰਿਸ਼ਤਾ

<http://g2s.learnpunjabi.org/default.aspx>

ਵਯਾਸਨਦਲੀ

ಬಹ್ನುಚೋಪನಿಷತ್, ಕಲಿಸಂತರಣ ...

upanishad-darshanam.com/.../9%2010%207%2014%2... ▾ Translate this page

... ವಜ್ರಾಸನಸ್ಥಿತಃ, ಯೋಗೀ, ಚಾಲಯಿತ್ಯಾ, ತು, ಕುಂಡಲೀಮ್. ಅರ್ಥ: ಮಧ್ಯಭಾಗವನ್ನು ಹಿಂದಕ್ಕೆ ಎಳೆಯುವುದರಿಂದ ಪ್ರಾಣವು ಸುಷುಮ್ನಾ ನಾಡಿಯನ್ನು ಸೇರುತ್ತದೆ. ಯೋಗಿಯು **ವಜ್ರಾಸನದಲ್ಲಿ** ಕುಳಿತು, ಕುಂಡಲಿನಿಯನ್ನು ಮೇಲಕ್ಕೆ ಎಬ್ಬಿಸಬೇಕು.

ಮಾನಸ ಸರೋವರ- ಕೈಲಾಸ ಪರ್ವತ ಯಾತ್ರೆ: ಭಾಗ ೨ ...

<https://rukminimala.wordpress.com/.../ಮಾನಸ-ಸರ...> ▾ Translate this page

Aug 1, 2013 - ಕೈಲಾಸಪರ್ವತಕ್ಕೆ ಪರಿಕ್ರಮಣ ಮಾಡಲು. ಎಂದು ಭಿನ್ನವಿಸಿಕೊಂಡೆ. ಇಂಥ ಶಿಷ್ಯೋತ್ತಮರು ಸಿಕ್ಕಿದಾಗ ಅವರಿಗೂ ಉತ್ಸಾಹ ನೂರ್ಮಡಿಗೊಂಡಿತು. ಮೊದಲು **ವಜ್ರಾಸನದಲ್ಲಿ** ಇಲ್ಲವೆ ಸುಖಾಸನದಲ್ಲಿ ನಿಮಗೆ ಸರಿ ಎನಿಸುವ ಆಸನದಲ್ಲಿ ಕುಳಿತುಕೊಳ್ಳಿ ...

ಅಷ್ಟಾಂಗ ಯೋಗ | Vikrama - Part 2

vikrama.in ▸ ಇತರೆ ▸ ಅಷ್ಟಾಂಗ ಯೋಗ ▾ Translate this page

Mar 11, 2014 - ಮಾಡುವ ಕ್ರಮ: 1) ಯೋಗಾಭ್ಯಾಸಿಯು ಮೊದಲು ನೆಲದ ಮೇಲೆ ಮುಂದಕ್ಕೆ ಕಾಲು ಚಾಚಿ, ಎ ಎತ್ತಿ ನೇರವಾಗಿ ಕುಳಿತುಕೊಳ್ಳಬೇಕು. 2) ಅನಂತರ ಎರಡೂ ಕಾಲುಗಳನ್ನು ಮಂಡಿಯ ಬಳಿ ಬಗ್ಗಿಸಿ ಹಿಮ್ಮಡಿಗಳು ೩ (ಯೋಗಾಸನ ಕ್ರಮಾಂಕ 37ರ **ವಜ್ರಾಸನದಲ್ಲಿ** ...

ವಜ್ರಾಸನ

ಕೋಯಾನ್ಟಾಂಮ ಬ್ಯಾನ್ಯಾಮ ಓ ಸೊಂದರ್ಶ್ ಚರ್ಚಾ || ಆಸನ-೭ || ಜಾಜೆನ ವಾ ವಜ್ರಾಸನ

quantummethord.org.bd/book/quantum...o.../13261 ▾ Translate this page

ಜಾಜೆನ ವಾ **ವಜ್ರಾಸನ**. ಪದ್ಧತಿ : ಪ್ರಥಮೆ ದುಹಿ ಹಾಟ್ರು ಖೆಙ್ಙೆ ದುಪಾಢೆರ ಪಾತಾ ಪೆಛನ ದಿಕೆ ಛಿಙ್ಙೆ ಹಢೆ ಢಾಟ್ರಿರ ಸಾಢೆ ಲೆಗಲೆ ಖಾಕಬೆ। ಢೆರೂದನಢ ಸೂಜಾ ರಲಢೆ ನಲಢಢ ದುಪಾಢೆರ ಗೂಡಾಲಲರ ಒಪರ ರಲಢೆ ವಸೂನ, ಢೆನ ದುಹಾಟ್ರು ಜೂಡಾ ಲೆಗಲೆ ಖಾಕೆ। ಂಬಾರ ದುಹಾತ ಡಾನಡಾನ ಕರಲೆ ಹಾತಲರ ಪಾತಾ ಂಬಾಙ್ಙ ಂಬೂಲಗುಲೂ ಸೂಜಾ ರಲಢೆ ಹಾಟ್ರುರ ಒಪರ ಂಬೂಡ ಕರಲೆ ರಾಢೂನ (ಛವಲರ ಢತೂ ಕರಲೆ)। ಂಬಾಬಲೆ ಢತಙ್ಙಗ ಪಾರಲನ ಖಾಸ-ಪ್ರಖಾಸ ...

ವಜ್ರಾಸನ - yoga - bajrasan - Ei-samay

eisamay.indiatimes.com/.../21021923.c... ▾ Translate this page Times Internet ▾

Jul 11, 2013 - yoga - bajrasan ಢೂಗಶಾಸ್ತ್ರಲೆ ವರ್ಣಲತ ಆಸನ ವಲಶಲಢ। ಂರ ಅನಲಕಗುಲೂ ಅರ್ಶ್ ಆಛಲೆ। ತಲಲೆ ಂಖಾಲಲೆ ವಜ್ರ ಅರ್ಶ್ ನಲದಾರೂಗ ವಾ ಕರ್ಠಲನ ಅರ್ಶ್ ಗುಹಲತ ಹಢಲಛಲೆ। ಕಲಙ್ಙಃ ಂಢಿ ಆಸನಲರ ನಾಢ **ವಜ್ರಾಸನ** (ವಜ್ರ + ಆಸನ) ರಾಢಾ ಹಲಲೆಒ, ಂಢಿ ಆಸನಲಠಲ ಢಢಲಞ್ಞೆ ಕರ್ಠಲನ ನಢ। ಂರ ವರ್ಣಲತ ಪ್ರಕರಗಗುಲೂ ಹಲೂ - ಲಢು **ವಜ್ರಾಸನ**, ಸೂಞ್ಞ **ವಜ್ರಾಸನ**।

ಂಢೂಗಾ: ಸೂದಲಹಲ ಢನಲರ ಖೂಙ್ಙಲೆ |೩೩| ಆಸನ: ವಜ್ರಾಸನ। - ಸಾಢಹೂಢ್ಯಾರ ಂನ ಲ್ಲಗ

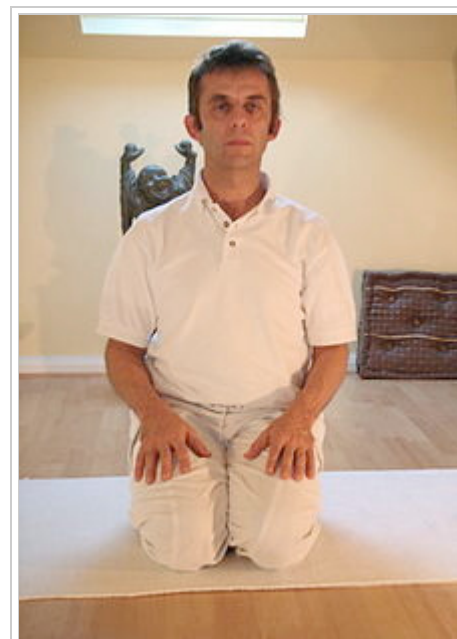
www.somewhereinblog.net/blog/ranadipam/28971456 ▾ Translate this page

(೩) **ವಜ್ರಾಸನ** (Vajrasana) ಢೂಗಶಾಸ್ತ್ರ ಅನುಢಾಢಲಿ ಆಸನಲಠಲ ಅಢ್ಯಾಸಲ ದಲಹಲರ ನಲಙ್ಙಾಙ್ಙ ವಜ್ರಲರ ಢತೂ ದೂಢ ಹಢ, ತಾಢಲ ಂ ಆಸನಲರ ನಾಢ **ವಜ್ರಾಸನ**। ಪದ್ಧತಿ: ಹಾಟ್ರು ಖೆಙ್ಙೆ ಪಾ ದೂಢೂ ಪಲಛನದಲಕಲೆ ಢೂಡಲೆ ಶಲರದಾಡಾ ಸೂಜಾ ಕರಲೆ ವಸೂನ। ಹಾತಲರ ಛಲಢೂ ಂಬೂಡ ಕರಲೆ ದೂ ಜಾನೂರ ಂಬಲರ ರಾಢೂನ। ಪಾಛಾ ಗೂಡಾಲಲರ ಂಬಲರ ಖಾಕಬಲೆ। ಖಾಸ-ಪ್ರಖಾಸ ಖಾಢಾಬಲಕ ಖಾಕಬಲೆ। ಸಹಜಢಾಬಲೆ ಢತಙ್ಙಗ ಪಾರಾ ಢಾಢ ಫಲ ಅವಢಾಢ್ಯ ವಸೂನ ...

Vajrasana (yoga)

From Wikipedia, the free encyclopedia

Vajrasana (*vahj-**RAH**-sah-nah*^[1]; Sanskrit: वज्रासन; IAST: *vajrāsana*), **Adamantine Pose**,^{[2][3][4][5]} **Diamond Pose**,^{[2][3][6][7][8][9][10][11][12]} **Kneeling Pose**,^{[2][13][14]} **Pelvic Pose**,^{[2][15]} and **Thunderbolt Pose**^{[2][6][11][16][17][18]} is a sitting pose (asana) in yoga describing a kneeling position, sitting on one's heels.



Vajrasana

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Etymology

The name comes from the Sanskrit words *vajra* meaning "thunderbolt" or "diamond",^[19] and *asana* (आसन, āsana) meaning "posture" or "seat".^[20]

Description

The practitioner sits on the heels with the calves beneath the thighs. There is a four finger gap between the knee-caps, and the first toe of both the feet touch each other and sit erect.

Benefits

This asana helps in digestive issues like constipation.^[21] It also strengthens the muscles of the legs^[22] and back.^[23]

Contraindications and cautions

Some orthopaedic surgeons claim Vajrasana may be harmful to knees.^[24]

It has also been linked to damage to the common fibular nerve resulting in foot drop, where dorsiflexion of the foot is compromised and the foot drags (the toe points) during walking; and in sensory loss to the dorsal surface of the foot and portions of the anterior, lower-lateral leg. In this context it has been called "yoga foot drop".

[25][26]

See also

- List of asanas
- Seiza

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Further reading

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External links

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