

ANATOMICAL INSIGHTS INTO PAWANMUKTASANA

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**ABSTRACT**

Yoga, an ancient practice originating in India, integrates physical postures (*Asanas*), breath control (*Pranayama*), and meditation to promote holistic well-being. According to Sanskrit, the word "*yoga*" is derived from the root "*Yuj*," which means "to unite". This is a technique for reducing mental patterns and fluctuations. In *Yoga*, *asanas* are specific poses. A posture that is used to enhance one's physical and mental wellbeing is called an *Asana*. *Pawanmuktasana* (*Apana* = the "vital air" that eliminates waste from the system) often referred to as the Wind-Relieving Pose, this *Yoga* posture designed to enhance digestion, release trapped gases and improve overall gastrointestinal health. The name is derived from Sanskrit, where "*Pawan*" means air or wind, "*Mukta*" signifies release, and "*Asana*" denotes posture. This gentle pose is particularly effective for beginners due to its simplicity and accessibility. Physiologically, *Pawanmuktasana* stimulates the abdominal organs, regulates bowel movements, and alleviates symptoms of bloating and constipation. It also improves flexibility in the lower back and hips while strengthening the core muscles. Beyond its physical benefits, the pose has a calming effect on the mind, reducing stress and enhancing relaxation.

In this article, we compile the techniques, benefits, variations, and precautions of practicing *Pawanmuktasana*. Understanding its role in *Yoga* and holistic health can inspire individuals to incorporate it into their daily routines for enhanced physical and mental well-being.

Keywords: *Asana, Apana, Gastrointestinal, Pranayama, Yoga.*

INTRODUCTION

India is where the ancient system of *Yoga* first appeared. *Ayurveda* is crucial for both preventing and treating illness. These days, sedentary lives, eating habits, abnormal personal routines, and physical and emotional stress are all contributing causes to disease. "*Swasthasya Swastya Rakshanam Aturasya Vikar Prashamanam*" is the fundamental goal of *Ayurveda*. *Ayurveda* emphasizes the relationship between the mind and body. The two most essential components of it are *Yoga* and *Asana*. The Sanskrit word "*Yuj*," which means "to yoke" or "to connect," is where the word *Yoga* originates. *Asana* is a stable, comfortable position for meditation. The word "*Asana*" in *Yoga* refers to "sitting down," or "meditation seat." It has been suggested that *Asana* has both physical and spiritual advantages, including reducing stress.

Pawanmuktasana, commonly known as the Wind-Relieving Pose, is a fundamental *Yoga* posture that focuses on improving digestive health and releasing trapped gases from the digestive system. Derived from the Sanskrit words *Pawan* (air), *Mukta* (release), and *Asana* (pose), this practice holds significant importance in traditional *Yoga* for its therapeutic and preventive benefits. As a gentle and accessible pose, *Pawanmuktasana* is suitable for practitioners of all levels, including beginners. It not only aids in physical relaxation but also promotes mental calmness. This *Asana* is particularly effective in stimulating the abdominal organs, improving blood circulation, and enhancing flexibility in the hips and lower back.

YOGASANA

All eight branches of *Yoga* were established by *Patanjali*: *yama, niyama, asana, pranayama, pratyahara, dhyana, dharana, samadhi*. Because it promotes both physical and mental well-being, "*Ha-tha Yoga*" placed "*Asana*" first, while *Patanjali Yoga*

ranked *Asana* third. "*Ha*" means sun, which denotes solar plexus energy, and "*Tha*" means moon, which denotes emotional energy found in the brain's limbic system; hence, the two energies combine in *Yoga*. When *Asanas* are performed correctly in a calm and comfortable environment, the body's muscles relax as a result of the calming impulses returning to the brain. Additional advantages include mental equilibrium, wellness, and mental peace. *Pawanmuktasana* enhances digestion and releases trapped gases and improves gastrointestinal health. As in *Ayurveda* there are three *Doshas* which are responsible for disease *Vaat* contribute 80(*Nanatamja vikara*) 40 *Pitta* and 20 by *Kapha Dosh*a. Since the *Vaat Dosh*a is the primary cause of most illnesses, *Pawanmuktasana* is an excellent way to discharge the trapped gases.

AIMS AND OBJECTIVES

1. To elaborate on the benefits and anatomical structures of *Pawanmuktasana*
2. To prevent the harm caused by performing *Pawanmuktasana*

MATERIALS AND METHODS

Materials related to *yoga, Pawanmuktasana* and anatomy were compiled from various *Ayurvedic*, modern textbooks journals, thesis and other print media.

PRE POSITORY POSES

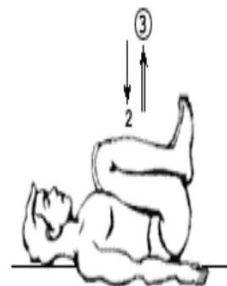
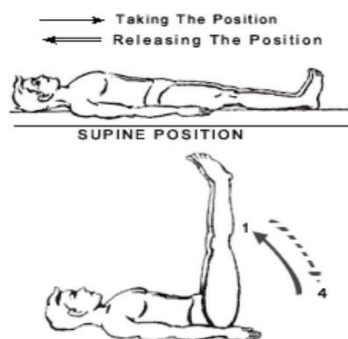
- Stretches: While lying on the back, we can begin by rotating the ankles and lifting one leg at a time. To relax the muscles surrounding the ankles, thighs, calves, and toes, take a breath, lift the left leg to a position of thirty degrees, rotate the ankles, and gradually move it from thirty to sixty to ninety degrees. Do the same thing with the other leg.
- *Supta Matsyendrasana* (Supine Spinal Twist Pose): Bring your legs to your chest while lying

on your back, bending them at the knees. Breathe deeply, rotate from the hip, and bring both knees to the left side before bringing them to the floor. Maintain your arms out to your sides so that they are parallel to your shoulders. *Pawanamuktasana* can be prepared by twisting the hips and legs together, which will help to open the lower back. Continue with the opposite side. The stretch increases with the twist's degree.

- *Ardha Pawanamuktasana* (Half Wind Release position): This position involves only one leg, as the name implies. Assume a calm position on your back, bend your left leg to a 90-degree angle, bring it to your chest, and grasp it with your hands. With the second leg extended at a 30-degree angle from the floor, lift the head after a few breaths and rest the chin on the knee. Prior to practicing the actual Wind Releasing position with both legs, this position introduces the concepts of body movement and breath control. Since breathing is easier in this position than it is in the previous one, repeat with the second leg and hold for a longer period of time.
6. Rest in *Savasana*, or corpse pose.

STEPS FOR PAWANMUKTASANA/APANASANA

1. In Reclined Mountain Pose (*Supta Tadasana*), lie on your back with your feet together and your arms by your sides. Breathe deeply and relax. Place your shoulders and upper back in a straight alignment on the *yoga mat*. Bring your attention to your body and relax with each exhale.
2. As in *Ardha Halasana*, raise your legs to 90 degrees after taking a deep breath, then exhale fully.
3. Using your hands to hold the knees, press on the lower abdomen while bringing both knees near to your chest with another breath. Then exhale completely.
4. Take a few deep breaths while keeping your knees bent. Press your knees and thighs toward your abdomen with each breathe out then hold them there with your hands.
5. Experience an adequate hip opening and an adequate chest opening. Release the hands grasp on the legs and straighten them with another breath. Return them to a 90-degree position, then release the leg to the floor as you exhale.



Step1 Step 2



Step 3 Step 4

Fig. 1. Showing steps during Pawanmuktasana

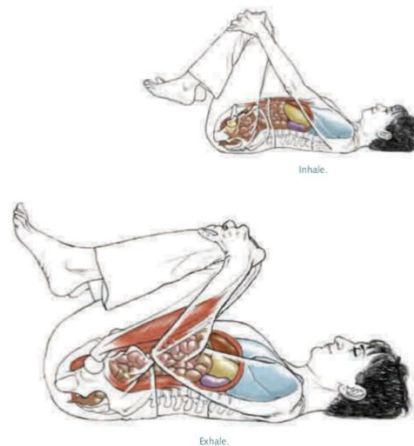


Fig. 2. Showing inhalation and exhalation during Pawanmuktasana enhancing the body's energy flow and dissolving neuro-muscular knots (*Shakti Bandhasana*).

RELEASING THE POSE:

- ✓ Put the head to the ground and straighten the neck.
- ✓ Arms should be released and placed next to the body.
- ✓ Straighten both legs and let them rest at a 90-degree angle from the floor while you inhale.
- ✓ Slowly return the legs to the supine posture after exhaling.

TYPES

Swami Satyanand Saraswati mentioned three different types of Pawanmuktasana in *Asana Pranayama Mudra Bandha*: the first is for the joints, the second is for the digestive system (*Supta Pawanamuktasana* and *Jhulana Pawanmuktasana*), and the third is for

VARIATION 1

- On a flat surface, roll a yoga mat down.
- Try to relax your body by lying on your back.
- Stretch and straighten both of your legs.
- Now, interlock your fingers and fold both of your legs.
- Make an effort to raise your legs up to your chest.
- After exhaling, carefully lift your forehead and try using your nose to touch your legs.
- Hold the position for as long as you can.
- Take a breath, straighten your knees, and lower your forehead.

This is the only round.

Perform two to three rounds.

VARIATION 2

- On a flat surface, roll a *Yoga* mat down.
- Try to relax your body by lying on your back.
- Make sure your right palm touches your left elbow and vice versa as you join your legs together.
- The abdomens area should receive the appropriate amount of pressure.

VARIATION 3

- On a flat area, roll out a *Yoga* mat. Then, lie on your back and try to relax. There's no need to lift your forehead in this situation.
- Do not move it from the *Yoga* mat.

On the other hand, use your legs to exert more pressure on your abdomen

This is also known as *Sulabh Pawanmuktasana* (Easy Gas release position), and it can be performed in the cases of *Supta Pawanmuktasana* and *Pawanmuktasana*.

BENEFITS OF PAWANMUKTASANA

- Get rid of the gases that are trapped.
- Loss of weight
- Improves blood flow and eases constipation.
- Menstrual problems
- Sterility
- Bloating
- Posture Maintaining hip stability while strengthening the lower back and conditioning the lower body improves posture. Strength cervical spine too.
- Tone the arm and shoulders
- The flexibility of the diaphragm and the function of the heart and lungs are improved by the efficient activation of the muscles.
- The body's metabolism is improved when gases are expelled. The body is rejuvenated by this cleansing process. This pose removes the *Vata doshas* and discomfort that are frequently linked to headaches and migraines.
- Any imbalance in the reproductive system is eliminated by applying pressure to the abdomen,

which ensures blood flow to the organs involved in reproduction.

- The therapeutic pose known as *Pawanmuktasana* (Wind Release Pose) can be utilized to cure diabetes, infertility, constipation, flatulence, and menstrual issues.
- It also helps in the treatment of male impotence, infertility and Poly Cystic Ovarian Syndrome (PCOS), a hormonal condition that affects many women of reproductive age. Menstrual discomfort is reduced by this position. It works well for lumbar spine strengthening as well. *Yoga* instructors can therefore utilize it to address lower back pain issues and the early stages of lumbar spondylitis. Likewise, piriformis syndrome and sciatica, conditions that cause severe discomfort in the lower back region of the buttocks, hips, hamstrings, and feet, can be treated with *Pawanmuktasana*.
- Mood swings are caused by hormonal abnormalities. The hormonal problems of both men and women are addressed in this pose. In addition to helping adults manage their emotions, it also helps teenagers deal with the difficulties of growing up. Fear, uncertainty, and lethargy are caused by blockages in the root and Sacral *Chakras* (*Manipura Chakra*). By broadening the hips and harmonizing these *Chakras*, this pose eliminates negative emotions and phobias.
- This is one of the positions that clinicians advise new mothers to adopt with their babies. It is recommended that they gradually raise one leg at a time toward the chest while applying light pressure to the belly. After that, they should bring the infant's two legs together toward the chest and do the entire *Pawanmuktasana* (Wind Release Pose). Passing out gases requires effort because infants' digestive systems are weak, and they learn to eliminate after birth. The outcome is stomach pain caused by colic. Consequently, it relaxes gas and gives the baby energy.



Fig.3.showing benefits of *Pawanmuktasana*

HOW DOES PAWANMUKTASANA WORKS?

In *Pawanmuktasana*, the hips and belly muscles stay relaxed while the arms push the thighs against the stomach. This helps you breathe out more fully because lower back tension is often connected to a tight diaphragm. The pose is an easy and effective way to ease the lower back and improve posture by giving the diaphragm more space and letting the belly muscles support the body better.

PRECAUTIONS AND CONTRAINDICATIONS

Hernias, piles, abdominal surgery, and pregnant women

DISCUSSION

MUSCLES INVOLVED IN PAWANMUKTASANA

1. HIP FLEXORS (PRIMARY MUSCLES)

- The primary hip flexor, **the iliopsoas**, is in role for bending the thighs in toward the chest.
- A component of the quadriceps femoris, the **rectus femoris**, contributes to hip flexion.

2. ANTERIOR ABDOMINAL MUSCLES

- **Rectus Abdominis**: Promotes spinal flexion and stabilizes the center of the body.
- The **transversus abdominis** compresses the abdomen and supports the lumbar spine.
- **Obliques (external and internal oblique muscles)**: Help to support and stabilize your posture.

3. SECONDARY MUSCLES

- Maintaining knee flexion is aided by hamstrings. To maintain the legs' alignment with the center-line, gently contract the **adductors**. When the feet are flexed, the **tibialis anterior** helps in ankle dorsiflexion.

4. MUSCLE STABILIZATION

- **Erector Spinae**: Prevents excessive bending and stabilizes the spine.
- **Biceps and deltoid flexion**: support the position on the leg or knees.
- To support the hip joints, the **gluteus maximus and medius** muscles are slightly flexed.

JOINTS INVOLVED IN PAWANMUKTASANA

Hips: As the thighs are into the abdomen, the hip joints flex.

Knees: To pull your legs closer to the chest, flex the knees.

Ankles: Normally neutral, however depending on how the foot is positioned, they may dorsiflex slightly.

Spine: As the lower back rounds slightly against the floor, there is flexion, especially in the lumbar area.

Shoulders: An isometric involvement or flexion, with the arms encircling the knees or shins to maintain the posture.

CONCLUSION

A fundamental *Yoga* posture that has major advantages for both physical and mental well-being is *Pawanmuktasana*. It is a straightforward yet effective supplement to any *Yoga* practice and is well-known

for its capacity to reduce digestive problems, strengthen the abdominal muscles, and increase joint flexibility. This pose is beneficial for general well-being since it promotes attention and relaxation in addition to physical detoxification. Frequent practice can alleviate lower back discomfort, support inner balance, and preserve a healthy digestive tract. *Pawanmuktasana* is therefore a step toward comprehensive health rather than just a physical workout.

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