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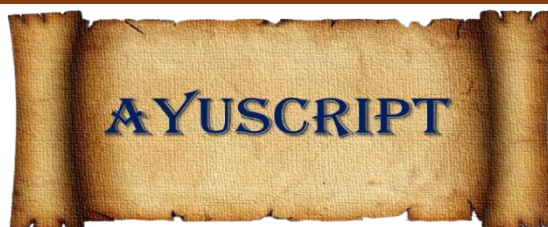
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ॐ नमो भगवते वासुदेवाय ॥ १ ॥ विश्वकर्मो एमाहूयपुरीहाटकनि
र्मेता ॥ तत्रयोऽशसाहस्रस्त्रीणां चैव वराधिकसु ॥ ११ ॥ भवनानि मनोज्ञा
नि योमध्यकल्पयन् ॥ परिजानतस्तत्रैवतासांभोगायकल्पयन् ॥ १२ ॥ या
सानां गृहास्तत्रैव पंचाशतकोटयः ॥ अन्येपि बहुलौकावसेनि विगत
राः ॥ १३ ॥ यत्किंचित्त्रिभुलोकेषु सुंदरं न च दृश्यते ॥ स वा जित प्रज्ञेनाप्यो पु
न बुगुण्य विद्युते ॥ १४ ॥ अमोघं नीरमासाद्य तन्मनस्कं न याचसः ॥ स चाजि
तः स पक्षेपे सूर्यं मुदि शप बुद्धिमान् ॥ १५ ॥ अर्जुनिरसने हृत्सूर्यं संवदत् ॥ व
नः प्रसन्नो भगवान् स नोजितं पुरं स्थिता ॥ १६ ॥ स आर्जुनोऽपि तु ह्यवदष्टादेव दि
॥ करम् ॥ निजोऽशनमस्ति स्तनमस्ति सर्वलोमुखः ॥ १७ ॥ विश्वव्यापिन्मस्ति स्त
मस्ति विश्वरूपिणः ॥ करपेयनमस्ति स्त हरिः स्तनमोक्तते ॥ १८ ॥ गृहसज्जनम
स्तनमस्ति चंद्रोऽपि ॥ वेदत्रयनमस्ति स्त सर्वदेवनमोक्तते ॥ १९ ॥ प्रसीद
॥ हि देवोऽसुदृष्टो मां दिवाकर ॥ २० ॥ सत्कथमानोऽसौ देवो दिवाकर ॥ २१ ॥
सिंहासनेऽभीरतः परं स वा जितः स वा जितः ॥ २२ ॥ अर्जुनोऽपि तु ह्यवदष्टादेव दि





International Journal for Empirical Research in Ayurveda

Yogic Mayurasana: A physiological And Anatomical review More.H.S.¹, Bhosale.K.²

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ABSTRACT:

Mayurasana generally considered as peacock Pose is a yogasan posture that requires balancing the entire body on the hands while the elbows compress the abdomen. In yogic sciences, this mayurasana is considered beneficial for digestion, metabolism, and overall health. Modern science understanding suggests that Mayurasana exerts significant positive effects on the systems like digestive, circulatory, musculoskeletal, nervous, respiratory, and endocrine. This review examines the physiological mechanisms underlying the practice of Mayurasana and discusses its potential health benefits and therapeutic applications.

Keywords: Mayurasana, Peacock Position, Yogic Kriya, ayurved siddhant, hath yog pradiptika, Yoga Physiology, various physiological System,

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Introduction:

Yoga science is a holistic branch of ancient Indian health sciences that integrates (physical postures) asanas, (breathing techniques) pranayama, and (meditation) dhyana to promote physical and mental well-being. Among the classical asanas, Mayurasana, or Peacock Pose, is recognized as a powerful balancing posture with profound physiological effects. The Sanskrit word Mayura means “peacock,” and the posture resembles a peacock standing with its body extended. Ancient yogic texts, including the Hatha Yoga Pradipika, describe Mayurasana as a pose capable of stimulating digestion and improving bodily functions. Contemporary studies on yoga physiology have attempted to explain these traditional claims through scientific mechanisms related to circulation, muscle activation, and autonomic regulation.

Anatomical Description of Mayurasana:

In Mayurasana, the practitioner places the palms firmly on the floor with the fingers directed backward or sideways. The elbows are positioned against the abdomen near the umbilical region, and the entire body is lifted parallel to the ground. Maintaining this posture requires substantial strength in the upper limbs, trunk, and core muscles, along with neuromuscular coordination and balance.

Ligaments involved in “Mayurasana”:

At the hip joint hip extension is limited by iliofemoral ligament, which passes over the front of hip joint and connects the ilium to the femur. This ligament elongates when pelvis is tilted backwards. This ligament also limits external rotation of the hip joint. The posterior longitudinal ligament stretches during the flexion of the spine along with supra spinal ligament, interspinal ligament and ligamentum flavum.

Anatomical exploration of “Mayurasana”:

- Joint actions Cervical extension of the spine

- Hip extension, adduction, internal rotation
- Knee extension
- Ankle plantarflexion
- Shoulder joint external rotation, flexion, adduction and Scapula downward rotation and abduction.
- Elbow flexion and Forearm supination.
- Wrist dorsiflexion

Muscles involved in “Mayurasana” Spine:

The group of muscles causing cervical extension are splenius capitis, splenius cervicis, the transvers spinalis group of muscles (multifidus, semispinalis and rotators) and the erector spinae group (iliocostalis, longissimus and spinalis). main antagonist muscles in action are the muscles that cause cervical flexion; namely sternocleidomastoid, longus capitis, longus colli and rectus capitis anterior. The muscles causing thoracic flexion are rectus abdominis, external oblique and internal oblique. The muscles opposing the action i.e. acting as antagonist for this action are the thoracic extensors which are the 3 erector spinae group of muscles (i.e. iliocostalis thoracis, longissimus, spinalis) and transvers spinalis group (multifidus, rotators and semispinalis). Lumbar extension is caused by 3 erector spinae group of muscles i.e. iliocostalis lumborum, longissimus and transvers spinalis (semispinalis, multifidus).

Physiological Effects of Mayurasana: Effect on the Digestive System:

The most notable physiological effect of Mayurasana is its influence on the abdominal organs. Compression of the stomach, liver, pancreas, and intestines increases intra-abdominal pressure and temporarily alters blood flow to these organs. Upon release of the posture, reactive hyperemia occurs, increasing circulation to the digestive organs. This

enhanced blood supply may improve digestive secretions and gastrointestinal motility, thereby facilitating digestion and nutrient absorption. Regular practice has been associated with relief from constipation, indigestion, and abdominal discomfort.

Effect on Pancreatic Function and Metabolism:

The pancreas receives direct mechanical stimulation due to abdominal compression during Mayurasana. Improved circulation to the pancreas may enhance its functional efficiency and support insulin secretion. Consequently, this posture may contribute to better glucose regulation and metabolic balance. Although yoga should not replace medical treatment, Mayurasana can be considered a complementary practice for improving metabolic health and promoting endocrine function.

Effect on the Circulatory System (cardiac physiology):

Maintaining body balance in Mayurasana requires considerable muscular effort, resulting in increased cardiovascular activity. The temporary compression and subsequent relaxation of abdominal blood vessels promote improved blood circulation. Enhanced circulation facilitates oxygen delivery to tissues and assists in the removal of metabolic waste products. Improved vascular function contributes to overall physiological efficiency and vitality.

Effect on the Musculoskeletal System:

Mayurasana is a demanding weight-bearing posture that strengthens numerous muscle groups, including:

1. Wrist flexors and extensors
2. Forearm muscles
3. Deltoid and shoulder stabilizers
4. Pectoral muscles
5. Abdominal and core muscles
6. Spinal extensors

The posture develops muscular strength, endurance, coordination, and postural stability. It also improves proprioception and neuromuscular control, which are essential for maintaining balance and functional movement.

Effect on the Nervous System:

Balancing in Mayurasana requires intense concentration and precise motor control. The posture stimulates sensory receptors in muscles and joints, enhancing proprioceptive awareness and coordination.

Regular practice may improve autonomic nervous system regulation by promoting parasympathetic activity following the effort phase of the posture. This contributes to improved concentration, reduced mental stress, and greater emotional stability.

Effect on the Respiratory System:

The abdominal compression during Mayurasana temporarily limits diaphragmatic movement, requiring controlled and conscious breathing. Over time, this practice may enhance respiratory muscle awareness and improve breathing efficiency.

Strengthening of the thoracic and shoulder musculature also contributes to better respiratory mechanics and postural support.

Effect on the Endocrine System:

The endocrine effects of Mayurasana are primarily indirect and occur through improved circulation, autonomic regulation, and metabolic stimulation. Enhanced pancreatic activity and reduced stress levels may contribute to hormonal balance and improved physiological homeostasis which directly controls of blood pressure and heart rate

Therapeutic Applications:

The regular practice of Mayurasana may provide several health benefits, including:

1. Improvement in digestive efficiency.
2. Enhancement of metabolic function.
3. Increased upper-body and core strength.
4. Better balance and neuromuscular coordination.
5. Reduction in stress and improvement in mental concentration.
6. Promotion of overall physical fitness and well-being.

Contraindications and Precautions:

Despite its benefits, Mayurasana should be practiced cautiously and avoided in individuals with:

1. Cardiovascular disorder
2. Hypertension
3. Peptic ulcer disease.
4. Severe wrist or elbow injuries
5. pregnancy
6. abdominal hernia, inguinal hernia and
7. Recent abdominal surgery.
8. Beginners should practice under the supervision of a qualified yoga instructor to minimize the risk of injury.

Discussion:

Physiological benefits of Mayurasana, In Mayurasana one experiences considerable amount of pressure on abdominal organs as the elbows put a direct pressure on the abdomen. It squeezes out stagnant blood and replaces it with fresh oxygenated blood as soon as we release the pressure. Proper circulation will have a direct and positive effect on the nervous system. Mayurasana involves movement and has a massaging effect on the abdominal area can relieve constipation. The positive effect of Mayurasana on GIT can be mainly explained on the basis of parasympathetic activation via vagus nerve which mainly activates the “rest and digest” state of the body. Vagal nerve stimulation has been a therapy to treat many anxieties and stress related conditions. The activation of vagus nerve has effects on all the visceral organs of the body. The digestion is improved as the digestive secretions are well secreted. The liver works properly and the detoxification action of this Asana can also be explained via vagus nerve stimulation. The bile is secreted properly due to its action on gall bladder. The peristaltic activity of the intestines is increased by the activity of the same. The activity on the pancreas increases the production of insulin. Classical texts of Yoga have mainly focused on the detoxification actions of this Asana. The lifestyle we live today promotes the toxins accumulation in our body and

hamper their normal secretion through the body. Toxin build-up is one of the major causes of many conditions like cancer, liver disease, obesity etc. Detoxification takes place naturally in the body through the lungs, the digestive system, the kidneys, skin and the liver. The lungs remove gases and volatile chemicals when we exhale. Mayurasana increases the motility and mobility of the organs to enhance their normal detoxifying functions.

Conclusion:

Mayurasana is a highly beneficial yogasan which influences multiple physiological systems. Through abdominal compression, muscular activation, and enhanced neuromuscular coordination, it exerts positive effects on the digestive, circulatory, endocrine, musculoskeletal, and nervous systems and also improves Blood pressure and Heart rate management. Although more scientific studies are needed to establish its therapeutic efficacy, existing evidence and traditional yogic knowledge suggest that regular practice of Mayurasana contributes significantly to overall health and physiological well-being. In Mayurasana the body is balanced on the arms and the elbows act as fulcrum. The pressure of the elbows on the diaphragm may stimulate the vagus nerve which may help one to explain the positive effects of this asana on GIT as well as calming effect on the brain. In Mayurasana maximum stress present at the wrist joint so Radioulnar ligament, radioscaphocapitate ligament, palmoulnocapal ligament can tear if Mayurasana performed in incorrect manner.

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