

Chakrasana

Chakra means 'wheel'. In this asana, the body assumes the shape of a wheel, hence, it is called Chakrasana. This asana improves flexibility of whole body especially the back.

Method:

Lie on your back. Bend the legs at knees, heels touching the buttocks. Keep the feet 12 inches apart.

- * Raise the arms up, bend them at the elbows, take them behind over the head. Place the palms on the floor beside the head, fingers pointing towards the shoulders.
- * Slowly, raise the body and arch the back.
- * Straighten the arms and legs. Move the hands further towards the feet as far as you feel comfortable. Maintain the position comfortably for 20-25 seconds.
- * Slowly lower the body in the manner so that the head rests on the floor. Lower down rest of the body and lie flat on your back. Relax.

Benefits

- It makes spine flexible.
- It removes rigidity of the bones and joints in the middle part of the back.
- It is good for digestion.
- It improves the functioning of heart.



Limitation

- Person suffering from weak wrist, high blood pressure, vertigo, hernia, abdominal problems, etc. should not practice this asana.

Dhanurasana

In Sanskrit Dhanur means 'bow'. This is called the bow posture because in this posture the body resembles a bow with its string attached to it.

Method:

Lie down flat on stomach.

- * Exhaling, slowly bend the legs backwards at the knees.
- * Hold the toes or ankles firmly with hands as per your capacity.
- * Inhaling, raise thighs, head and chest as high as possible. Stretch and bring the toes or ankles towards head. Look upward. Maintain the position comfortably for 20-25 seconds. Releasing position:
- * Release the hands and keep the arms beside the body.

- * Straighten the legs. Bring the legs, head, shoulders and torso slowly on the floor and relax.

Benefits

- * Dhanurasana is a good practice for joint of the shoulders, knees, ankles and entire backbone.
- * It is beneficial for management of diabetes mellitus as it massages the liver and pancreas.
- * It helps to reduce excess fat around the belly, waist and hips.
- * It removes stiffness of the ligaments, muscles and nerves in the back, arms, legs, shoulders, neck and abdomen
- * It stimulates and regulates the functioning of glands.
- * It helps in reducing backache pain.
- * It help to remove constipation in disorders of pita .

Limitation

- Person with high blood pressure, hernia, peptic ulcer, appendicitis, slipped disc, lumber spondylitis should not practice this asana.

