

Paschimottanasana

Sanskrit, Pashchima means 'posterior' and uttana means 'stretch-up'. In this posture, posterior muscles of the body get stretched hence, it is called Pashchimottasana.

Method:

Sit with the legs extended together.

- * Bend the elbows. Make hooks with the index fingers.
- * Bend the body forward and catch hold of the toes with the hooks of the fingers.
- * Place the head between the arms.
- * Keeping a little bend in the elbows and without bending the knees, try to touch the forehead with the knees. Maintain the position for 20-25 seconds.
- * Raise the head slowly.
- * Release the hold of the toes and keeping the body erect, bring the hooks of the fingers near the chest.
- * Place the hands on the respective sides of the body.
- * Sit with the legs extended together.



Benefits

- * It gives a good posterior stretch to the spinal column.
- * It helps to increase the flexibility of the spinal and abdominal muscles.
- * It helps to improve the blood circulation in organs situated in the abdominal region.
- * It removes the constipation, dyspepsia & seminal weakness.

Limitation:

- * Those suffering from heart diseases, ulcer in abdomen, slipped disc, sciatica should not practice it.

Bhujangasana:

Bhujanga in Sanskrit means a 'cobra'. In Bhujangasana, one imitates a cobra with its hood fully expanded.

Method:

Lie on stomach on the ground, with forehead touching the floor. Extend the arms along the body.

- * Bend the arms at the elbow; place the palms by sides of the shoulders on the floor.

- * Inhaling slowly, raise the head, neck and shoulders. Raise the trunk upto the navel and arch the back. Maintain the posture for 20-25 seconds. Releasing position:
- * Exhaling slowly bring down the torso and then head and chin. Place the forehead on the ground.
- * Straighten the arms and keep them by the side of body and relax.

Benefits:

- * This asana makes the spine flexible.
- * It solves many digestive problems.
- * It helps in enhancing focus.
- * It is effective for the prevention and reduction of asthma dyspepsia and vata disease all keeps the spine flexible.

Limitation:

Person suffering from peptic ulcer, hernia and intestinal tuberculosis should not practise this asana.