



PRACTICE EASY ASANAS TO REMAIN DISEASE FREE

Neelima

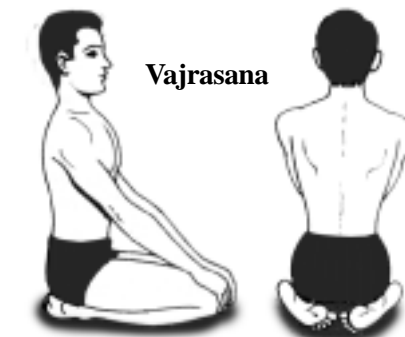
Patanjali Yogpeeth, Hardwar

A person should practice the asanas, which are easy and can be done easily. Tough asanas done forcefully will prove harmful. Some easy asanas are being mentioned in this article, which will keep us fit and fine and at the same time healthy and disease free.

Halasana: It is a natural asana and should be included in daily routine for fitness. This keeps the backbone healthy and also helps in keeping the back muscles disease free. Halasana activates the thyroid gland and reduces obesity, stunted growth and weakness. It is useful in solving problems like indigestion, constipation, gas, and heart disease, activates pancreas and reduces sugar level. This asana is also useful in case of painful menstruation.

Pawanmuktasana: This is an easy asana, which justifies its name and qualities. It relieves foul air present in the stomach. Gynecological diseases such as mild menstruation, painful menstruation and uterus related problems could be treated. Acidity, heart diseases, Rheumatism and backache can be relieved with regular practice of this asana. It also helps in reducing fat accumulated on the stomach.

Vajrasana: It is a very easy and beneficial asana. It relieves the rest-



Vajrasana

lessness of mind and improves health. This is the only asana, which can be practiced after meals. Practicing this asana gives relief from indigestion, acidity, gas and constipation. This can be practiced till 5-15 minutes after meals. It can be done as a daily routine for 1-3 minutes. It is also helpful in overcoming knee pain.

Shashakasana: Anybody can practice it. This is an easy asana and is very beneficial. This massages the heart naturally. Intestines, liver, pancreas, kidneys get strength. Mental diseases, tension, anger, irritation, can be overcome with it. It strengthens uterus, reduces fat from stomach, waist and elbows.

Ardhamatysendrasana: This is useful for people of any age. It is beneficial in diabetes and backache. It improves the blood circulation in all the nerves and veins surrounding the backbone. It cures the stomach disturbances and strengthens the

intestines.

Makarasana: The posture of this asana is natural and easy. Its practice is easy in case of slip disk,



Makarasana

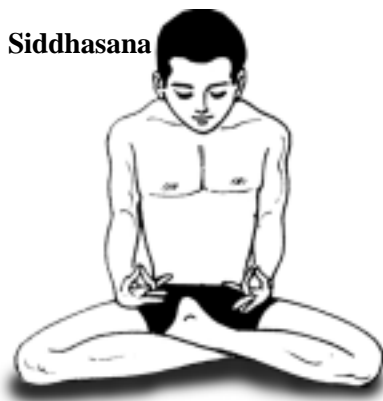
cervical and sciatica. This is useful in asthma and lungs related problems.

Ardhachandrasana: It has multiple benefits and is easy to practice. This asana improves health. The lungs become active, which gives relief to asthma patients. Cervical, spondylitis and sciatica, backbone related diseases are cured with regular practice and is very beneficial for thyroid.

Trikonasana: This is a very natural asana. It increases height of a person and reduces waistline. It also removes fat from the hips and waist. The back muscles get strengthened and the overall health is improved. The chest develops, hands and legs get strengthened and muscles become strong.

Siddhasana: It is a very good and beneficial asana for health. The *Sidhas* or the accomplished souls believe in it, hence it is called as Siddhasana. It helps in leading a celi-

Siddhasana



bate life and in upward movement of energy. It reduces sexual desires and restlessness of mind. It is also useful in case of piles and sexual diseases.

Parvatasana: This is the best asana for people who want to maintain a good figure. It makes a person more tolerant when practiced systematically. Low and high blood pressure are controlled. It helps in releasing tension; hand and leg muscles are strengthened, it reduces wrinkles on the face and increases concentration.

Utkatasana: Nowadays, many people are suffering from stomach disturbances because of kidney problem. Piles is the main kidney related problems. Patients suffering from piles should practice Utkatasana. This is also useful for Celibacy.



Utkatasana

Uttanapadasana: This is useful for everyone. Regular practice of this

asana can help in reducing fat from helps in maintaining trim body. This also helps in making the intestines firm and thereby improves the digestion, appetite. Stomach related problems are cured with regular practice. The navel region, which is the center for 72 nerves, is also maintained in good condition. Five minutes of regular practice helps in case of shifting of navel and other related problems.

Sinhasana: One should practice this asana to enhance beauty. Sit in Vajrasana with waist, neck and back straight, and the knees should be slightly apart from each other. Place both the hands on the ground. Open your mouth as much as possible; take the tongue out and let the eyes open wide. Let the nerves of the neck be stretched and make the wild lion face. This is Sinhasana. it removes, wrinkles on the face. The veins of neck and mouth are stretched and the wrinkles near the eyes and mouth are also removed. Wrinkles do not appear on the face at all. Regular practice for one to two minutes daily cures tonsils and its operation can be avoided.

Before starting this asana:

- Take light food. Asanas should be practiced six hours after meals, and two hours after drinking milk. Asanas can be practiced in the evening before having meals also.
- Yog asana should be practiced in the morning after taking bath because after taking bath, the body becomes light and active. if you want to take bath after asana then use lukewarm water.

- While practicing asana, breath with the nose and not with the mouth. Asanas are related to both internal and external organs of the body.
- The surface of asana should be flat, clean and silent. Place mat, blanket or bed sheet while practice asana.
- Wear clothes according to the atmosphere. Wear loose and comfortable clothes.
- Do not talk while practicing this asana. Your concentration should be on the breathing and parts of the body, which are being affected with asana and where the pressure is felt.
- Initially practice Shavasana or Yognidrasana and control your breath, body and mind before practicing this asana. Shavasana should be practiced at the beginning and at the end of this asana. This relieves the body stress.
- Do not give jerks while practicing the asana. Do it with courage and increase the duration gradually. This will result in flexibility and you will be able to reach the perfect position within less time.
- Increase the number and duration of asana slowly. Do not practice for long duration on the first day.
- After practicing the asana, if you are not tired and you are feeling light and your energy level is increased, then you can be assured that your practice is correct and you will be benefit with it.
- After asana, do not go out in cold or windy atmosphere, drink water after practicing asana and avoid practicing asana in case of fever, weakness and motions.