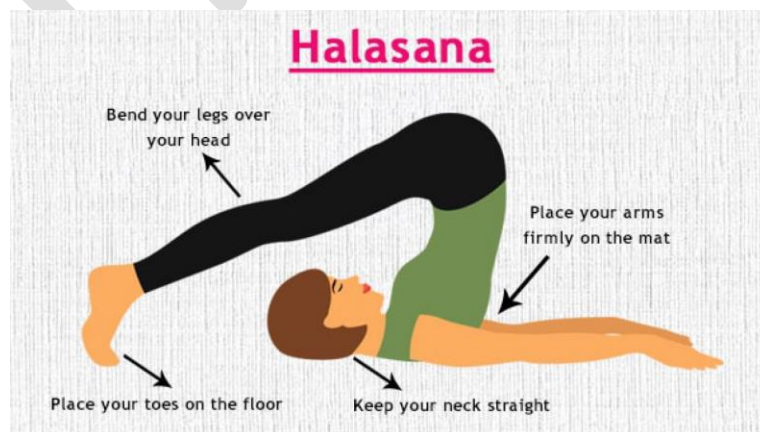


Thyroid

1. Halasana/ Plough pose

Steps-

1. Lie on your back. Join the legs together. Relax the whole body (Shavasana position).
2. Keep the palm flat on the ground. Keep breathing normally.
3. While exhaling press the palm on the ground and raise both the legs upwards straight then try to touch the ground just behind.
4. Breathe slowly and hold the posture for several minutes (1-2 minutes).
5. Now slowly release the pose to return to Shavasana.
6. Repeat this for 3-5 times.



Benefits-

1. Improves digestion and appetite.
2. Effective in Weight Loss.
3. Strengthens the abdominal muscles.
4. Beneficial for diabetic people. Those people should do this regularly.
5. It helps to make spinal cord strong and flexible.
6. Cures the symptoms of menopause.
7. It helps to reduce stress.
8. It normalizes blood-glucose level and stimulates the internal organs.
9. It stimulates the reproductive organs.

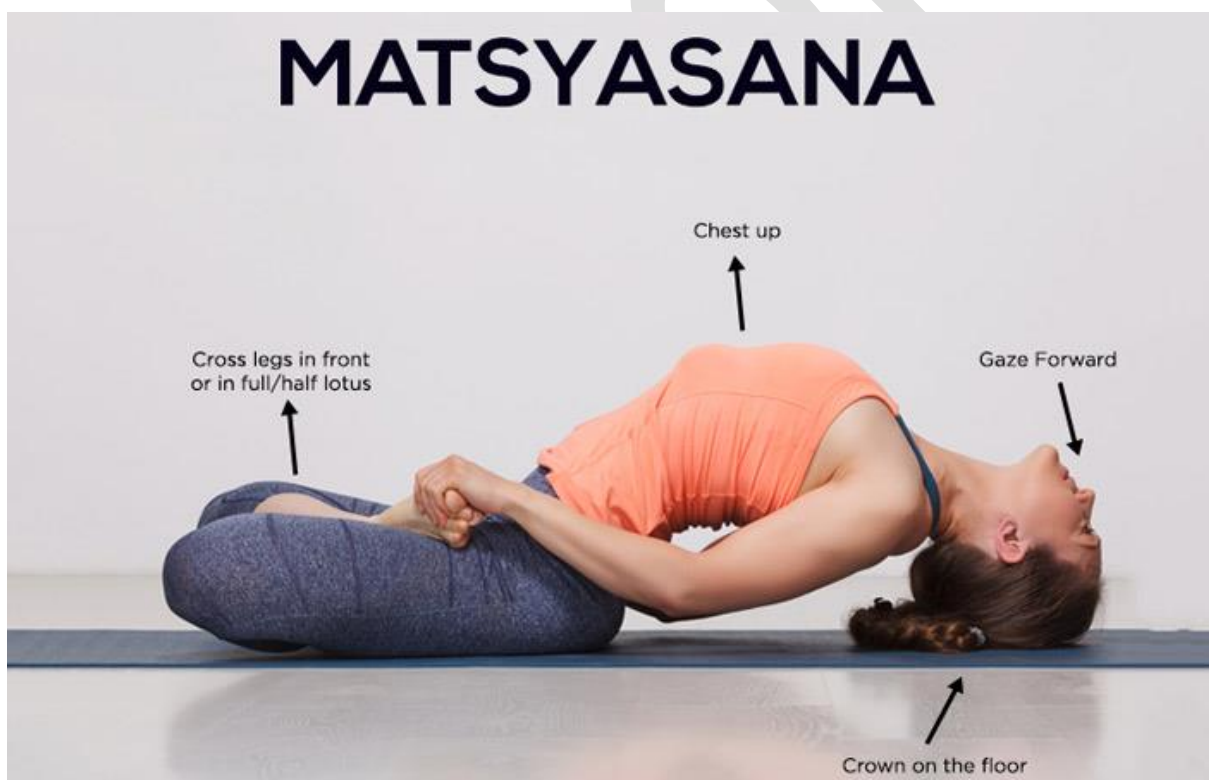
2. Matsyasana/ Fish pose:

Steps-

1. Lie on your back on the floor with your knees bent, feet on the floor. Inhale, lift your pelvis slightly off the floor, and slide your hands, palms down, below your buttocks. Then rest your buttocks on the backs of your hands (and don't lift them off your hands as you perform this pose). Be sure to tuck your forearms and elbows up close to the sides of your torso.
2. Inhale and press your forearms and elbows firmly against the floor. Next press your scapulas into your back and, with an inhale, lift your upper torso and

head away from the floor. Then release your head back onto the floor. Depending on how high you arch your back and lift your chest, either the back of your head or its crown will rest on the floor. There should be a minimal amount of weight on your head to avoid crunching your neck.

3. You can keep your knees bent or straighten your legs out onto the floor. If you do the latter, keep your thighs active, and press out through the heels.
4. Stay for 15 to 30 seconds, breathing smoothly. With an exhalation lower your torso and head to the floor. Draw your thighs up into your belly and squeeze.



Benefits-

1. A traditional text that Matsyasana is the “destroyer of all diseases.”

2. Stretches the deep hip flexors (psoas) and the muscles (intercostals) between the ribs.
3. Stretches and stimulates the muscles of the belly and front of the neck.
4. Stretches and stimulates the organs of the belly and throat.
5. Strengthens the muscles of the upper back and back of the neck.
6. Improves posture.

Thyroid