

Heart Problems

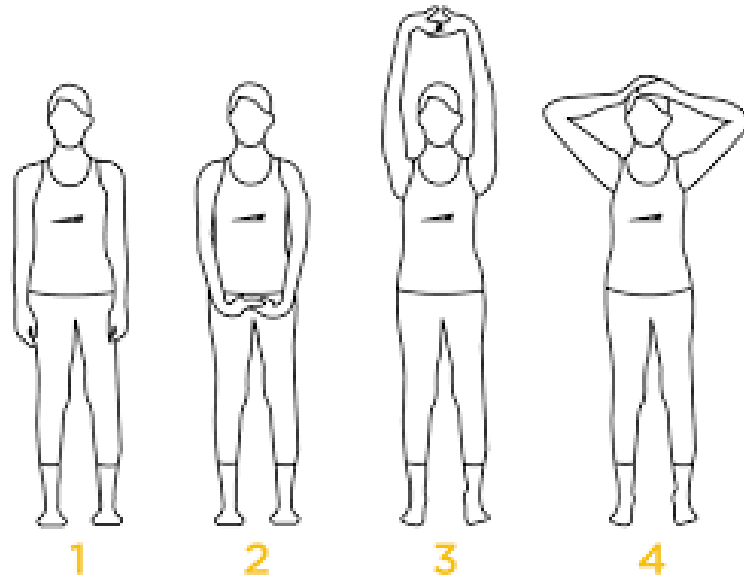
1. Tadasana

Steps-

1. Stand straight on the ground, and take a small gap between your feet.
2. With deeply breathing (inhale), raise your both arms.
3. Keep your arms upward by interlocking your fingers.
4. Now come on the toes by raising your heels simultaneously.
5. Feel the pressure of stretching from toes to fingers.
6. Try to maintain this pose as long as you can with slow and deep breathing.
7. Now come to the original position with deep breathing (exhale).
8. You can perform the number of rounds as per your convenience after having relaxation for a while.

Benefits-

1. Due to deep breathing, it provides strength and expansion to the lungs.
2. This is the best exercise to increase the height.



3. Develops and activates the nerves of the entire body.
4. It gives strength to vertebral column and heart.
5. Also Good for regulating the menstrual cycle in women.
6. Cures the problems related to indigestion.
7. Give strength to arms and legs.
8. Helps to remove lethargy from the body.
9. It reduces the problem of flat feet.

2. Uttanasana

Steps-

1. Begin with Mountain Pose (**Tadasana**) with your hands on your hips and breathe normally.
2. Exhale while bending forward slightly at a 90-degree angle, lengthening your torso.
3. Now bend your elbows down the ground and touch your feet with your hands.
4. After this bend your torso such that your torso and chest touches your thighs.

5. Keep breathing deeply and remain in this position according to your comfort. Do for 30-60 seconds in the beginning. For health benefits 3 – 5 minutes every day is good enough. Though practitioners can go up to 15 minutes for spiritual benefits.



Benefits-

1. calms the brain and helps relieve stress and mild depression.
2. Stimulates the liver and kidneys.
3. Stretches the hamstrings, calves, and hips.
4. Strengthens the thighs and knees.
5. Improves digestion.
6. Helps relieve the symptoms of menopause.
7. Reduces fatigue and anxiety.
8. Relieves headache and insomnia.
9. Therapeutic for asthma, high blood pressure, infertility, osteoporosis, and sinusitis.