

Indigestion/Stomach Disorder

1. Apanasana/ Knees to chest pose

Steps-

1. Extend the legs and arms by lying on your back on a mat or a horizontal surface.
2. Bring both knees to the chest while exhale.
3. Release your shoulder blades down toward your waist. Broaden across your collar bones.
4. Slightly tuck your chin in a position down and keep your face in a centre line of your body by laying down.
5. Hold up for some minutes until you feel comfortable with your smooth breath.
6. While Exhaling, release your legs and arms, extend and relax for a minute.
7. Breathe deeply
8. Repeat at least six times. The maximum is your wish.
9. When you feel calm. Slowly lower your legs and hands to the floor and get relax.

Supine Knees to Chest ***Apanasana***



Benefits-

1. Stretches the body.
2. Eases Tension in the lower back.
3. Easy to do.
4. Massage the abdominal organs.
5. Improves Blood circulation.
6. Reduces bloating.
7. Rebalances your energy.
8. Reduce the hip fat.
9. Relaxes the mind and body

10.The Best pose to Relieve Gas.

2. Paschimottanasana/Seated Forward Bend Pose

Steps-

1. Sit on the floor with your buttocks supported on a folded blanket and your legs straight in front of you. Press actively through your heels. Rock slightly onto your left buttock, and pull your right sitting bone away from the heel with your right hand. Repeat on the other side. Turn the top thighs in slightly and press them down into the floor. Press through your palms or finger tips on the floor beside your hips and lift the top of the sternum toward the ceiling as the top thighs descend.
2. Draw the inner groins deep into the pelvis. Inhale, and keeping the front torso long, lean forward from the hip joints, not the waist. Lengthen the tailbone away from the back of your pelvis. If possible take the sides of the feet with your hands, thumbs on the soles, elbows fully extended; if this isn't possible, loop a strap around the foot soles, and hold the strap firmly. Be sure your elbows are straight, not bent.



3. When you are ready to go further, don't forcefully pull yourself into the forward bend, whether your hands are on the feet or holding the strap. Always lengthen the front torso into the pose, keeping your head raised. If you are holding the feet, bend the elbows out to the sides and lift them away from the floor; if holding the strap, lighten your grip and walk the hands forward, keeping the arms long. The lower belly should touch the thighs first, then the upper belly, then the ribs, and the head last.

4. With each inhalation, lift and lengthen the front torso just slightly; with each exhalation release a little more fully into the forward bend. In this way the torso oscillates and lengthens almost imperceptibly with the breath. Eventually you may be able to stretch the arms out beyond the feet on the floor.
5. Stay in the pose anywhere from 1 to 3 minutes. To come up, first lift the torso away from the thighs and straighten the elbows again if they are bent. Then inhale and lift the torso up by pulling the tailbone down and into the pelvis.

Benefits-

1. Calms the brain and helps relieve stress and mild depression
2. Stretches the spine, shoulders, hamstrings
3. Stimulates the liver, kidneys, ovaries, and uterus
4. Improves digestion
5. Helps relieve the symptoms of menopause and menstrual discomfort
6. Soothes headache and anxiety and reduces fatigue
7. Therapeutic for high blood pressure, infertility, insomnia, and sinusitis
8. Traditional texts say that Paschimottanasana increases appetite, reduces obesity, and cures diseases.

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