

Diabetes

1. Ardha Matsyendrasana/ Half Spinal Twist

Steps-

1. Sit on the floor with your legs straight out in front of you, buttocks supported on a folded blanket. Bend your knees, put your feet on the floor, then slide your left foot under your right leg to the outside of your right hip. Lay the outside of the left leg on the floor. Step the right foot over the left leg and stand it on the floor outside your left hip. The right knee will point directly up at the ceiling.
2. Exhale and twist toward the inside of the right thigh. Press the right hand against the floor just behind your right buttock, and set your left upper arm on the outside of your right thigh near the knee. Pull your front torso and inner right thigh snugly together.
3. Press the inner right foot very actively into the floor, release the right groin, and lengthen the front torso. Lean the upper torso back slightly, against the shoulder blades, and continue to lengthen the tailbone into the floor.



4. You can turn your head in one of two directions: Continue the twist of the torso by turning it to the right; or counter the twist of the torso by turning it left and looking over the left shoulder at the right foot.
5. With every inhalation lift a little more through the sternum, pushing the fingers against the floor to help. Twist a little more with every exhalation. Be sure to distribute the twist evenly throughout the entire length of the spine; don't concentrate it in the lower back. Stay for 30 seconds to 1 minute, then release with an exhalation, return to the starting position, and repeat to the left for the same length of time. Watch a video demonstration of this pose.

Benefits-

1. Stimulates the liver and kidneys.
2. Stretches the shoulders, hips, and neck.
3. Energizes the spine.
4. Stimulates the digestive fire in the belly.

5. Relieves menstrual discomfort, fatigue, sciatica, and backache.
6. Therapeutic for asthma and infertility.
7. Traditional texts say that Ardha Matsyendrasana increases appetite, destroys most deadly diseases, and awakens kundalini.

2. Chakrasana/ Wheel pose

Steps-

1. Lie flat on your back like Shavasana on the ground.
2. Bend your knees and bring your heels closer to touch your hips. Keep some distance between your feet.
3. Now raise your hands and bring your palms under your shoulders.
4. Now while inhaling press your palms and feet on the ground and lift your body up.
5. Try to raise your hips as much you can. Hold this position for few seconds (according to your capacity) and keep breathing normally.
6. Now release your pose slowly to come to the starting position
7. Repeat once or twice.



Benefits-

1. Strengthens your abdomen, spine, shoulders, hands and legs.
2. Improves the function of the digestive and reproductive system.
3. Effective to cure thyroid disorder
4. Good for back pain.
5. Stretches your chest and lungs
6. Strengthens pancreas, liver, and kidney.