

Yoga Asana

Asana for all the disease to cure that disease are listed below:

- Cold : Sarvangasana, Halasana, Shirshasana.
- Cough : Matsyaasana, Janushirasana, Supat Vajrasana, Urdhavaajerasana.
- Asthma : Shirshasana, Shavaasana, Sarvaangasana, Matsyaasana, Supatvajrasana, Shalabhasana, Ushtraasana and Ujjayi Pranayam.
- Diabetes : Dhanurasana, Matsyendraasana, Naukaasana, Surya Namaskarasana, Sarapaasana (Bhujangasana)
- Stomach Disorders : Sukhasana, Padmaasana, Bhijangasana, Ardhaachakraasana, Uttanpadaasana, Shalabhasana.
- Liver Disorders : Mayurasana, Bhujangasana, Shalabhasana, Shirshaasana, Shashankasana, Halaasana, Ushtraasana.
- Mental Tension : Trikona, Hal, Vajra, Shava, Garbha, Shashaasana and Sarvaang Asanas.
- Nervous Debility : Hala, Chakra, Dhanur, Garbha, Vajra, Shiersha, Sarvaang, Shalabh, Pashiumuttaan, Shashaank, Asanas.
- Nervous Tension : Shava and Koorma Asanas
- Insomina : Hala and Shirshaasana, Sarvaangasana, Sheetal and Sheetkari Pranayam.
- Hypertension : Shashaank, Vajra and Pawan Mukta Asana.
- Kidney Problems : Oordha Matsyendra, Ushtra, Bhujang, Gomukh, Shashaank, Hala and Dhanur Asanas.
- Obesity : Trikona, Paschim Uttan, Dhanur, Hala, Shalabh, Sarvaang, Paad Hastaasana, Nari Shodhan, Udyan Baudh Asana.
- Pain in Joints (Arthritis) : Trikona, Santulan, Gomukh, Sidha, Natraj, Veer, Vrikhsha and Setusandha Asnas.
- Back Pain : Chakra, Dhanur, Bhujang, Mayur, Shashanka, Vajrasupta, Padma, Trikona, Utkat, Nauka and Pada Shalabh Asana.
- Rheumatism : Dhanur, Padam and Vajra Asanas.
- Spinal Disorders : Hala, Dhanur, Chakra, Bhujang, Sheersha, Vrishchik, Shashank, Ushtra, Pashchim Uttan Asanas.
- Gout : Dhanur, Paschim Uttan, Pawan Mukta, Trikona, Parvat, Gomukh, Ardha Matsyendra, Janu Shir Asanas.
- Sciatica : Vajra, Gomukh and Hanuman Asanas.
- Constipation : Tarha, Chakra, Janushira, Mayur, Bhujang, Dhanur, Bhoomi-Pada-Mastak, Supta-Vajra, Karna-Peerha, Pada Hasta, Matsya Asanas.
- Worms : Nauka, Vrishchik, Matsyendra, Mayur, Sarvang, Shirsha, Pashchim Uttan, Asnas.
- Acidity : Shalabh Asnas.
- Sour Eructations : Bhujang Janushir, Chakra, Ushtra, Hasta-Pada-Angushtha, Pashchim Uttan Asnas.
- Frigidity and Sterility : Bhujang, Shirsha, Pashchim Uttan, Sarvang, Matsya and Supat Vajra Asanas.
- Weak Sexual Power : Chakra, Sarvanga, Garurh, Vatayan, Bhujang, Pashchim Uttan, Shirsha Asanas.

- Coryza : Shirsha, Hala and Sarvangasana.
- Throat Infections : Singha, Sarvang, Shirsha, Hala, Chakra, Bhujang, Supta-Vajra and Matsya Asanas.
- Menstrual Disorders : Hala, Dhanur, Shava, Vajra, Sarvangasana, Bhujang, Matsya, Parvat, Shalabh and Shirsha asanas.
- Piles and Fistula : Sidha, Gomukh, Bhadra, Chandra Namaskar, Janushira, Sukh, Sarvang, Uttan Pada Asanas.
- Fatigue : Preta, Shava, Matsya and Dand Asanas.

About the asana:

1. **Sarvangasana (Shoulder Stand)**:** This inversion pose requires lifting the body vertically while supporting the back with your hands. It improves blood circulation, stimulates the thyroid, and is excellent for respiratory health.
2. **Halasana (Plow Pose)**:** In this asana, the legs are lowered over the head with toes touching the floor behind. It stretches the spine, relieves back tension, and promotes relaxation. It is beneficial for stress relief and improving flexibility.
3. **Shirshasana (Headstand)**:** Known as the "king of asanas," it involves balancing on the head. This pose strengthens core muscles, increases blood flow to the brain, and enhances mental clarity and focus.
4. **Matsyasana (Fish Pose)**:** Lying on the back, the chest is arched upward while the head touches the ground. This pose opens up the chest, improves lung capacity, and is especially helpful for respiratory issues.
5. **Janushirasana (Head-to-Knee Pose)**:** A forward bend where the head reaches toward one knee, stretching the spine and hamstrings. It helps improve digestion, stimulates the liver and kidneys, and relieves anxiety.
6. **Supta Vajrasana (Reclined Thunderbolt Pose)**:** Involves lying back in Vajrasana (sitting on the heels), stretching the thigh muscles and strengthening the back. It supports digestion and relaxes the body.
7. **Urdhva Vajrasana (Upward Thunderbolt Pose)**:** This deep backbend strengthens the spine, shoulders, and arms. It opens up the chest, promoting better breathing and relieving tension.
8. **Shavasana (Corpse Pose)**:** Performed by lying on the back with arms and legs relaxed, Shavasana induces full-body relaxation, helps lower stress levels, and calms the mind.
9. **Shalabhasana (Locust Pose)**:** Lying on the stomach, the legs and chest are lifted off the ground. This pose strengthens the lower back, glutes, and core, improving posture and spinal health.

10. ****Ushtrasana (Camel Pose)****: A deep backbend performed on the knees with the chest opened and arms reaching the heels. This pose stretches the entire front body, increases spine flexibility, and improves lung capacity.
11. ****Ujjayi Pranayama****: A breathing technique that creates a soft, oceanic sound by slightly constricting the throat during inhale and exhale. It enhances respiratory control and provides mental calmness.
12. ****Dhanurasana (Bow Pose)****: Lying on the stomach with hands grabbing the ankles, the body forms a bow shape. This asana stretches the abdomen, chest, and thighs while stimulating the digestive organs.
13. ****Matsyendrasana (Lord of the Fish Pose)****: This seated spinal twist aids digestion and stimulates the liver and kidneys. It stretches the shoulders, hips, and spine, relieving tension in the back.
14. ****Naukasana (Boat Pose)****: Balancing on the sit bones, with legs and arms lifted to form a "V," this pose strengthens the core, back, and hip flexors, promoting balance and focus.
15. ****Surya Namaskara (Sun Salutation)****: A series of 12 poses performed in sequence. It promotes flexibility, muscle tone, and cardiovascular health, making it a great full-body workout.
16. ****Bhujangasana (Cobra Pose)****: The upper body lifts off the ground, arching the back. This pose opens the chest, strengthens the spine, and can help reduce stress.
17. ****Sukhasana (Easy Pose)****: Sitting cross-legged with a straight spine, this meditative posture calms the mind, grounds the body, and promotes better posture.
18. ****Padmasana (Lotus Pose)****: A cross-legged seated position, enhancing focus, deep breathing, and posture alignment. It's commonly used for meditation.
19. ****Ardha Chakrasana (Half Wheel Pose)****: A backbend that strengthens the lower back and stretches the abdomen, thighs, and chest, promoting flexibility in the spine.
20. ****Uttanpadasana (Raised Legs Pose)****: While lying down, lifting both legs strengthens the abdominal muscles and improves circulation, stimulating the abdominal organs.
21. ****Mayurasana (Peacock Pose)****: Balancing on the hands with legs extended behind, this asana strengthens the arms and core, and aids in detoxification and digestion.
22. ****Shashankasana (Rabbit Pose)****: A forward bend that stretches the back, neck, and shoulders. It provides a calming effect and is beneficial for stress relief.
23. ****Trikonasana (Triangle Pose)****: A standing posture that stretches the sides of the torso, strengthens the legs, and improves balance and stability.

24. **Vajrasana (Diamond Pose)**: Sitting on the heels with a straight spine, this pose aids digestion and is often used for meditation and breathing exercises.
25. **Garbhasana (Womb Pose)**: Resembling the fetal position, this asana is known for its calming effects, relieving stress, and promoting relaxation.
26. **Pashchimottasana (Seated Forward Bend)**: A deep forward fold stretching the spine and hamstrings, this pose calms the mind, improves digestion, and reduces anxiety.
27. **Koormasana (Tortoise Pose)**: This forward fold, with arms and legs extended, helps relieve stress, enhances flexibility, and calms the nervous system.
28. **Sheetali Pranayama**: Cooling breath by inhaling through a rolled tongue; this technique cools the body and reduces stress.
29. **Sheetkari Pranayama**: Cooling breath by inhaling through clenched teeth; it reduces body temperature and promotes calmness.
30. **Pawanmuktasana (Wind-Relieving Pose)**: By bringing the knees to the chest while lying down, this pose aids in digestion, relieves gas, and strengthens the lower back.
31. **Gomukhasana (Cow Face Pose)**: A hip-opening pose that stretches the thighs, hips, shoulders, and triceps, relieving joint stiffness and increasing flexibility.
32. **Pada Hastasana (Hand-to-Foot Pose)**: A forward bend that stretches the spine, hamstrings, and shoulders, enhancing flexibility and relieving tension.
33. **Natarajasana (Dancer Pose)**: A balancing pose where one leg is held behind while standing on the other, stretching the thighs and improving balance.
34. **Veerabhadrasana (Warrior Pose)**: A powerful standing pose that strengthens the legs, back, and arms, improving stamina and focus.
35. **Vrikshasana (Tree Pose)**: Standing on one leg with the other foot placed on the inner thigh, this pose improves balance, posture, and concentration.
36. **Setu Bandhasana (Bridge Pose)**: A backbend lying on the back, with the hips and chest lifted. This pose strengthens the back, glutes, and thighs, and relieves tension.
37. **Santulanāsana (Balancing Pose)**: A plank pose that strengthens the core, shoulders, and arms, enhancing stability and endurance.
38. **Utkatasana (Chair Pose)**: Squatting position that engages the core, thighs, and glutes, building strength and stamina in the lower body.
39. **Padahastāsana (Hand-to-Foot Pose)**: A deep forward fold stretching the back, hamstrings, and shoulders, beneficial for flexibility and blood circulation.

40. ****Tarasana (Star Pose)****: A simple standing pose with arms stretched out, helping ground and balance the body.
41. ****Karna Pidasana (Ear Pressure Pose)****: The knees are brought close to the ears in this pose, which stretches the back and neck, promoting relaxation.
42. ****Vrischikasana (Scorpion Pose)****: An advanced backbend and balance pose, requiring core and shoulder strength and offering a deep stretch for the spine.
43. ****Parvatasana (Mountain Pose)****: Improves stability and posture by engaging the core and strengthening the legs and back.
44. ****Hanumanasana (Monkey Pose)****: A full split, deeply stretching the hamstrings, groin, and hip flexors, increasing flexibility.
45. ****Shitali Pranayama****: Another cooling breath exercise, inhaling through a rolled tongue, effective for reducing stress and body temperature.
46. ****Chandra Namaskar (Moon Salutation)****: A gentle, calming sequence of poses that opens the body, balancing the mind and soothing energy.
47. ****Parighasana (Gate Pose)****: This side-stretching pose opens the chest, stretching the side body and spine, supporting respiratory health.
48. ****Preta Asana (Ghost Pose)****: A supine position promoting relaxation and rejuvenation, ideal for stress relief.
49. ****Dandasana (Staff Pose)****: A seated pose with legs extended, strengthening the back and promoting good posture, often used for meditation.
50. ****Vatayanasana (Horse Pose)****: A balancing and hip-opening pose, improving focus and strengthening the legs.

These descriptions should help you get a better idea of each pose's benefits and functions!