Ardhamatsyendrasana

The Half Twist Posture

Ardha means half, Matsyendra is a Yogi. Yogi Matsyendranath attained the highest state(???) of Yoga in this posture. The body takes the position of half-of Yogi Matsyendranath’s description of the Asana.

Benefits:

Cultural:

Twists, tones, stretches, the entire spine. Enhances lower back’s flexibility. Maintains health of the spinal nerves. Massages the spleen(???), liver, pancreas(???), intestines and bladder. Activates the gonads(???). Enhances secretion of pancreatic juice and adrenalin(???).

Therapeutical:

Good for constipation, dyspepsia(???), diabetes, Kidney problems, enlarged and congested liver and spleen, rheumatism(???) of back muscles. Pain in hip joints, obesity and gastritis(???). Reduces girth(???) in the abdomen.

Spritiual: Removes laziness and helps to attain the state of Yogi Matsyendra.

Caution: Hernia(???) patients should avoid.

Subtle Points:

Mode of bending: Do not sit on the heels.

Mode of breathing: Breathe out whenever you bend downwards and inhale while coming up. Normal breathing in the final position.