Bhujagasana

Bhujanga means Serpent(???). In the final position of the posture, the body looks like a serpent when it raises its hood(???).

Benefits:

Cultural: Keeps dorsal(???) spine elastic and strong. Thoracic(???) muscles expand and tone up all the 31 pairs(???) of spinal nerves(???).

Therapeutical: Good for back aches due to over strain work, neck pain, cervical spondylitis(???), hunch back(???), bronchitis(???), asthma(???), digestive disorders(???), reduction of the abdominal fat. Improves digestion and bowel(???) action.

Spritiual: Rise of Kundalini(???) is noticed at the body level in the form of heat and energy outbursts.

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

Subtle Points:

*Mode of bending:*

1. In the first step, elbow facing towards the roof / sky And keep the fingers together
2. In final posture try to lift the trunk(???) till the navel(???) position is about to leave the ground.
3. Arch the dorsal spine(???) well.
4. Keep the body below navel straight in touch with the floor.

*Mode of breathing:*

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