**Paschimatanasana**

What is West/East/North/South (???)

This asana tones the abdominal organs and keeps them free from sluggishness. It also tones(???) the kidneys, rejuvenates(???) the whole spine and improves the digestion.

*Posterior Stretching Posture*

Pascima(???) means posterior and Tana(???) means stretch. In the final position the entire posterior parts from the toes(???) to the neck are stretched.

Benefits:

Cultural(???): Stretches and tones up the entire posterior and frontal abdominal(???) muscles. Tones up lumbo(???) sacral nerves. Slims and trims the body in general. Liver, Pancreas and intestines and gastric fire are activated. Helps to increase height in adolescents.

Therapeutical(???): Useful in dyspepsia(???), constipation(???), sciatica(???), seminal(???) weaknesses, piles(???), diabetes(???) and digestive disorders. Reduces fat in abdomen.

Spritiual: Anahata dhvani(???) can he heard. Rouses dormant spiritual forces.

Caution: B.P. (???), spondylitis(???) and chronic(???) constipation patients should avoid. Maintaining for long time without the practice of Uddiyana(???) will lead to digestive disorders.

Subtle Points:

Mode of bending:

Do now allow the knees to bend. Rest your elbows on the floor.

Mode of breathing:

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