**Sarvangasana**

By the practice of this asana, the health of all parts of the body (Sarvanga) is maintained. This is achieved by toning and balancing the functioning of the Thyroid (???).

Benefits:

Cultural: Maintains healthy thyroid and thereby general health. Beneficially influences and tones up the pelvic(???) organs. Brain gets rich supply of blood.

Therapeutical: Good in treating Varicose Veins(???), Piles, Hernia(???) Faulty Thyroid ailments(???), Viscereptosis(???), Dyspepsia(???), Constipation(???) and Menstrual disorders(???).

Spriritual: Memory develops, good for concentration and balance of mind.

Caution: Those with hypertension(???), Lumbago(???), Slip-disc(???) and Cervical Spondylosis(???) should avoid.

Subtle Points:

In the position No. 01 knees should not be bent and in position No. 03, without lifting the head, take the support on the arms and the elbows. Do not stretch the ankles in the final position.

Mode of breathing:

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