

Six yoga postures to keep your heart healthy

WORLD YOGA DAY

➤ **THE YOGA POSTURES** we've highlighted below can help you keep your heart healthy and the cholesterol level under control

The World Yoga day, which is celebrated every year on June 21, is in its fifth edition this year. After four very successful celebrations of synergy, youth, peace through yoga in its previous editions, the official theme for this year is 'Yoga for Heart'

Kapalbhati Pranayam:

Kapal = forehead; bhati = shining; pranayama = breathing technique. This yoga exercise involves powerful breathing, more focused on the exhalation than inhalation. The process

**Kapalbhati
Pranayam**



increases the metabolic rate which dispels the bodily toxins and also in weight reduction adding to and improves digestive tract functioning.

Chakrasana: The chakrasana or the wheel pose essentially stretches and massages the abdominal organs and helps to relieve constipation. It further improves the functioning of the liver which helps in getting rid of excess fat and cholesterol.

Shalabhasana: The word Shalabhasana comes from the Sanskrit word 'Shalabh' meaning locust or grasshopper as the pose resembles that of a grasshopper. It is done by lying on the abdomen and concentrating on the muscles of the legs and the back. This asana helps strengthen the back, shoulders and arms while stretching the belly which stimulates the abdominal

organs to help improve digestion.

Sarvangasana: It literally translates as the asana for every body part. A yoga pose which requires balancing the whole body on the shoulders to help influence the functioning of all parts of your body, this asana is highly beneficial in maintaining the mental and physical health, helping one to keep their heart healthy.

Paschimottanasana: This seated forward bending exercise gives a good stretch to the hamstrings, stimulates the liver and kidneys, reduces obesity and gets rid of excess fat from the abdominal area.

Ardha Matsyendrasana: Aside from stimulating the liver and helping with indigestion, this pose also massages the abdominal organs and also makes your spine suppler.

- **Kanchan Naikawadi,**
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