

FIRST SET OF MANDATORY EXERCISES- AYURVEDA

After having water as first drink in the morning and completing morning duties (Clearing bowels and brushing the teeth Even if you are not able to clear your bowels, don't worry After few days this will become your routine..), we should do first set of mandatory exercises.

These exercises are also called stretching exercises.

First Exercise: VAJRA ASANA

This Asana helps in minimizing all types of cramps or stiffness in our body due to wrong sleeping pose, body movements due to insufficient sleep or dehydration issue due to alcohol consumption before sleep.

You have to keep your back straight, shoulders stretched outwards and do deep breathing for atleast 10 times. This will stretch your thighs, hips, ankles and knees. It also strengthens legs

Benefits:

1. This pose Improves digestion and eliminates constipation because this pose regulates blood circulation in lower pelvic region. Blood flow is less in legs and more in stomach area leading to good digestion.
2. This pose strengthens back muscles and relieves from lower back pain issues.
3. This pose strengthens pelvic muscles and in-turn reduces menstrual cramps.
4. As this pose is meditative pose, it helps in improving concentration
5. This pose should be done after meals for effective digestion.



HIGHLIGHTED BENEFITS

- INCREASES FLEXIBILITY
- REGULATES BLOOD PRESSURE
- BOOSTS DIGESTION
- REDUCES STRESS & ANXIETY
- PROMOTES WEIGHT LOSS
- STRENGTHENS KNEES

Second Exercise: KAPALBHATI (Breathing Technique)

Kapalbhati (Breathing technique) is Pranayama should be practised daily because this removes more than 80 % of toxins while exhaling. This is also called as detoxification technique.

Vajra-asan is best pose for doing this pranayama but you can sit in any comfortable pose keeping your back straight and palms open to the sky.

This Pranayama should be done on empty stomach

Only you have to exhale forcefully and empty your lungs to maximum capacity.

This pranayama should not be done for not more than 20 strokes in one go for beginners and should not exceed 40 – 50 strokes for regular practitioners also.

Excess of this pranayama can have opposite effects on our body.

This pranayama induces great deal of energy and heat in abdominal area stimulating circulatory, digestive and reproductive system.



HIGHLIGHTED BENEFITS

- IMPROVES COGNITIVE FUNCTIONING
- STRENGTHEN RESPIRATORY SYSTEM
- REDUCES KAPHA DOSHAS
- REGULATES BLOOD PRESSURE

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Third Exercise: EYE and NECK EXERCISE

For neck exercise:

Rotate your neck slowly from right to left and from left to right in slow motion. Two rounds should be completed in 1 minute. This exercise should be done by taking deep breath also.

Benefits:

Increases blood flow

Relieves of any stress in neck area and increases flexibility

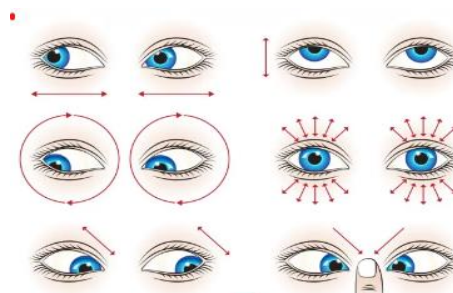
For Eye exercise:

Rotate your eyes from left to right and from right to left for atleast 5 time and 2-3 sets should be performed

Benefits:

Increases lubrication in eyes

Helps in stability of vision



HIGHLIGHTED BENEFITS

- REGULATES BLOOD PRESSURE

Fourth Exercise: TADASANA (Mountain Pose)

This Yoga pose is standing Asana

You have to stand straight with feet apart to make proper balance of body.

Start inhaling and raise your interlocked fingers above your head and stretch your body as much as possible.

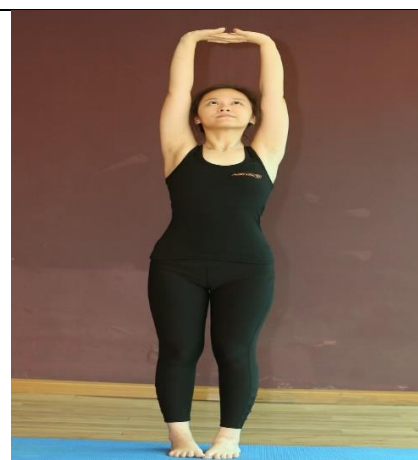
Raise your feet also and hold for 1 minute or as much you can hold your breath.

Start exhaling and bring your hands down while exhaling and relax.

Repeat this set for 3-5 times

HIGHLIGHTED BENEFITS

- OPENS CHEST AND IMPROVES LUNGS FUNCTION
 - LENGTHENS THE SPINE
 - STRENGTHENS BUTTOCKS, THIGH AREA AND LEGS
 - RELIEVES SCIATICA
1. GOOD FOR POST MENOPAUSAL SYNDROME



HIGHLIGHTED BENEFITS

- STIMULATE NERVOUS SYSTEM
- INCREASES HEIGHT
- TONES UP MUSCLES
- INCREASES CONCENTRATION