

## **Bhujanga Asana (The Cobra Position):**

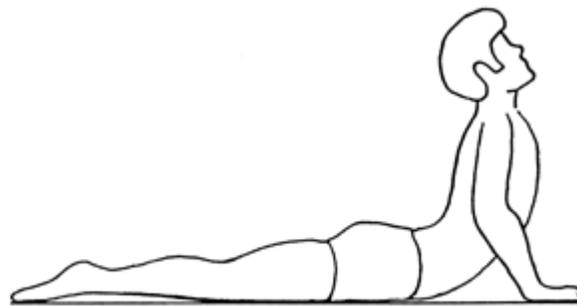
This is one of the postures in Surya Namaskar. However, it is presented separately because of its importance. This can be performed independently too.

### **Position of readiness**

Lie straight on your stomach, keeping the palms on the floor below the shoulder blades and the elbows touching the middle part of the body. Keep the heels together and toes flat on the floor. Breathe normally.

### **Steps for Practice**

1. Lie down straight on your stomach with your legs together and your hands palms down under your shoulders. Rest your forehead on the floor.
2. Inhaling, bring your head up, brushing first your nose, then your chin against the floor. Now lift up your hands and use your back muscles to raise your chest as high as possible. Hold for a few deep breaths then exhaling slowly return to position 1, keeping your chin up until last.
3. Inhaling, come up as before, but this time use your hands to push the trunk up. Continue up until you are bending from the middle of the spine. Hold for two or three deep breaths, then exhale and come slowly down.
4. Inhaling, raise the trunk as before, but this time continue up and back until you can feel your back bending all the way down from the neck to the base of the spine. Breathe normally.
5. Salabha Asana- To complete the asana move your hands in toward your body, straighten the arms, and lift the pelvis slightly. Separate the legs, bend the knees and, pushing out the chest, drop the head back and touch the feet to the head. Breathe normally, then slowly come down, as before.



**Cobra Posture**

### **Synchronisation of Breath**

Breathe in while bending backward, have inner retention while in the final posture and exhale while returning to the normal position

### **Daily Practice**

Start with three rounds on the first day and increase to a maximum of four rounds.

### **Benefits**

1. Bhujanga asana activates and energizes the upper areas of the body like the chest, shoulders, neck, face and head, giving a youthful appearance and the abdominal area, because of this activation, the pancreas, liver and other organs of the digestive system are strengthened and normalized.
2. Relieves pain in the back caused by overwork.
3. The abdominal muscles are pulled and thereby strengthened.
4. Increases inter-abdominal pressure.
5. Raises body heat and destroys many ailments.
6. Good for injured and slightly displaced spinal discs. Puts discs in their original position.
7. The spinal region is toned.
8. The chest is expanded.
9. Reduces abdominal fat.
10. Relieves constipation and flatulence and cures indigestion, dysentery, stomach ache and other abdominal problems.
11. Helps overcome longstanding spinal pain even when caused by osteo-arthritic changes in spine.
12. Tones up muscles, tendons and ligaments, as well as nerves and blood vessels of the spinal region.
13. Brings suppleness to the spine, which is the source of health, vitality and youthfulness.
14. Aids in normal functioning of thyroid gland if there has been any departure from the normal.
15. Tones up supra-renal medulla, which manufactures adrenalin, the hormone promoting energy.
16. The thoracic cavity is widened and allows full expansion of the lungs, thereby increasing breathing power.
17. During the final posture the gallbladder, spleen and pancreas are stimulated by the gentle and deep massage. Promotes beauty and increases feminine charm.
18. Awakens Kundalini Shakti.
19. Sexual performance of men and women is considerably improved as this Asana provides superb exercise to the spinal sex centre.
20. Activates chest, shoulder, neck, face and head areas in an effective way, enhancing facial beauty.
21. Increases flexibility, rejuvenates spinal nerves and brings a rich blood supply to the spinal region.

22. It has some special benefits for women. Helps cure female sexual disorders like leucorrhoea (white discharge), dysmenorrhoea (painful or difficult menstruation) and also helps relieve problems of the uterus and ovaries and menstrual problems.
23. A regular practice of this asana makes child birth easy.

**Note:** It is recommended to practice the Salabha Asana after releasing the Bhujanga Asana.

**Activates the Subconscious Mind:**

Asana is particularly suited for toning up the spine and regular practice makes the spine supple and flexible. Since the suppleness of spine ensures radiant vitality and youthfulness.

**Restriction:**

Start with three rounds on the first day and increase to a maximum of four rounds. Take rest for sometime between each round. As you practice, you can increase the retaining period of the position gradually from 6 seconds to 1 minute. Do not practice the cobra while pregnant, although this asana is excellent way to prepare the body for pregnancy.