

Matsyendra asana

It was Matsyendra rishi (saint) who designed and practiced this Asana (Yoga Exercise), and hence its name Matsyendrasana. One of the prominent yogasanas, is very much useful in treating constipation and dyspepsia. It improves liver efficiency and removes kidney debility. It is also very useful in treating diabetes. It is very beneficial for strengthening the muscles of shoulder and back. It is mainly advised for those facing problems with stiffness in spine. Practicing Vakrasana before practicing this Asana is very helpful.

Position of Readiness: Sitting Position.

Steps for Practice

1. Sit extending both your legs together in front, hands by your side and palms resting on the ground. Point your fingers forward.
2. Fold your right leg at the knee. Slowly set your right heel at the perineum.
3. Now fold your left leg bringing it from above your right knee. Place your left leg by your knee's side on the ground. The knee of your left leg should be towards sky.
4. Now bring your right hand on the left side of your left knee. Your left knee should remain at the left side of your right armpit.
5. Now straighten your right hand, and hold the toe or ankle of your left leg.
6. Look backwards twisting your body to the left side. Place your left hand bringing it from the back on your right thigh. Your gaze must be towards back.
7. Returning to the original position first release your hand from your thigh, and turn your head forward.
8. Now bring your back to normal position after loosening your right hand.
9. Bring your left leg in original position.
10. Now bring your right leg also original position.
11. Repeat this similarly from the other side by folding your left leg first.

Daily Practice

In whatever form this Asana is taken up, it should be maintained for two minutes on each side. Then, try to have the ideal position and stabilize it for two minutes. After a good deal of practice, it can be kept for five minutes on each side.

Benefits:

This is the advanced stage of Vakrasana. Naturally, all the advantages of that Asana(exercise) are experienced more prominently in this Asana(exercise). It has favourable effects on constipation and loss of appetite and digestive system as a whole.

Precaution :

Maintaining the Asana with bearable strain, it should be released as stated above. Persons having spinal column complaints, should do this Asana(exercise) after consulting some Yoga Experts.