

Pavan mukta asana (The Wind - relieving Pose)

The Sanskrit word 'Pavana' means air or wind and 'Mukta' means freedom or release; therefore this is called as the 'Wind Relieving Posture.' This asana helps the body to release trapped digestive gas from the stomach and intestines. This asana helps to loosen the joints of the knee and the hip. It also helps to cure acidity and constipation.

Position of readiness

Lie down, facing upward, with the feet together, palms at your sides. Breath Normally.

Steps for Practice

1. Lie down on your back with the feet together, palms at your sides.
2. Inhale, and raise the right leg up to an angle of about 30 degrees.
3. Bend the right knee, catching the knee with both hands and pressing into the chest.
4. Exhale, and raise your head, touching the forehead to the knee.
5. Inhale and bring the head back to the ground.
6. Stretch the right leg forward at an angle of about 30 degrees.
7. Exhale, and bring the right leg back to the ground.
8. Repeat the steps with the left leg.
9. Next do the steps with both legs together.
10. Repeat a second time first with the right leg, then with the left leg, and finally with both legs together.
11. Rest in Shav Asana.

Daily Practice

30 seconds to 1 minute daily.

Benefits

1. This asana loosens the knee and hip joints addition to curing constipation, acidity and getting rid of gas. It works as a good massage to all the abdominal organs.
2. It activates the digestive system.
3. Releases the compression of mid & lower back vertebrae
4. Tones up the abdominal & thigh muscles
5. Activates the excretory system
6. But avoid this, especially if you are pregnant.

Contraindications

Do not lift the head up to knee in case of cervical, high blood pressure, pregnancy, menstruation; slip disc, ulcer, etc.