

Supta-Vajra Asana (Reclining Thunderbolt or Diamond Pose)

The Sanskrit word “Supta” means “sleeping”. In this asana, after doing Vajra asana one lays himself down on his back. Therefore this asana is called Supta Vajrasana.

Supta-Vajrasana is further development of Vajrasana. We lie on our back with folded legs, hence, it is called Supta-Vajrasana. This yoga pose is recommended for spiritual reasons and general improvement of internal organ functions. It is believed to redirect sexual energy to the brain, which can help reduce sexual urges and improve creativity.

Position of Readiness: Sit in Vajrasana.

Steps for Practice

1. Start from Vajrasana.
2. Bend back slowly, vertebrae by vertebrae and place your elbows next to you for support, one elbow after the other.
3. Continue bending back and place the top of your head on the ground, arching your back.
4. Move your hands to your thighs.
5. Breathe in deeply and slowly.
6. Close your eyes and relax your body. Aim to stay in this position for at least a minute if you can. Beginners should start with a few seconds only.
7. When you are ready to return to Vajrasana, start by bringing your upper body back up to the starting position, slowly and use your elbows to help you up.

Once you are back in Vajrasana, you can straighten your legs.

It is important to not straighten the legs before your back is up as you could dislocate your knees by straightening the legs first.

Daily Practice Do it three to four times daily.

Benefits

1. It has special benefits for diabetes, though the asana activates the pancreas.

2. It also corrects the disorder of the stomach, intestine, liver, kidneys, spleen and the organs of the abdominal area by activating and energizing them.
3. It has also good effect on sex glands. It enhances sexual potentiality. It is useful in high blood pressure and sciatica.

Note: Those suffering from gases and pain in hip should consult yoga expert before practice it.