

Matsyasana (Fish Pose)



Cure for: Matsyasana is beneficial in the treatment of acidity, constipation, diabetes, asthma, bronchitis and other lung disorders.

Method

1. Sit in padmasana or keeping you legs straight.
2. Bend backwards and lie flat on your back without raising your knees.
3. Press your palms beneath the shoulder. Push the hip backwards thus making a bridge -like arch with the spine.
4. Then making hooks of your forefingers, grasp your toes without crossing your arms.
5. Maintain this pose and breathe rhythmically and comfortably.
6. Reverse the order and return gradually to the starting position of Padamasana.