

## Practical 21

### Spinal Twisting Asanas

Spinal twisting asanas is an important series of asanas for spinal health. On the emotional and psychological levels controlled twisting represents a means of managing the knots and problems of life.

#### Aim

To perform the Ardha Matsyendrasana.

After completion of this practical, you will be able to perform and demonstrate this practice in appropriate format.

#### Requirements

- Yoga mat – 1
- Cylindrical cushion (1-2 ft length and thickness 10-15 cm) – 1

#### Preparation of Yoga classroom

- The room should be clean and well ventilated

#### Preparation of practitioner

- Wear comfortable loose, light cotton clothes (Not too tight)
- Remove accessories like spectacles, wrist watches, belt etc before practice.

#### Method

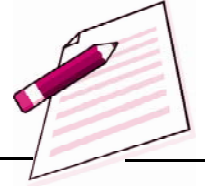
**Starting pose** – Base position (prarambhik sthiti) as given below:

- Sit with the legs outstretched in front and palms on the floor beside the hip, fingers pointing backward.
- Head, neck and back should be in a straight line.
- Keep your eyes closed and relax the whole body.
- Bend the right leg from the knee and place the right foot flat on the floor, outside of the left knee.
- Bend the left leg and bring the foot around the right buttock, make sure your heel should touch the hip only and are not under the buttock (Not to sit on the heel).





Fig. 21.1: Ardh Matsyendrasana



**Note**

- Place the right arm beside the right hip finger pointing backward or the right arm wrapping the mid back with palms facing outward.
- Hold the right foot or the ankle with the left hand so that the right knee is close to the left arm pit.
- Sit up straight as possible.
- Slowly twist to the right and simultaneously move the arms, trunk and head while exhaling.
- Do not strain, hold the position at normal breath for few seconds (20-30 seconds) (if comfortable hold the breath and hold this position).
- Breathe in and come back to the starting position.

**Practice note** – Make sure that if the right knee is upright then twist to the right and if left is upright then twist to the left.

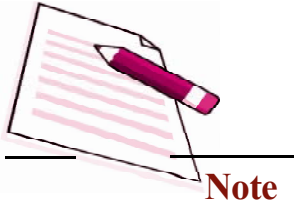
**Contra-indications**

People suffering from peptic ulcer, hernia and pregnant women should not attempt this practice

**Benefits**

- It tones the nerves of the spine
- Make the back muscle strong and flexible
- It massages abdominal organs and optimizes the function of pancreas and is supposed to be the best practice for diabetes





**Note**

**Effects and observations**

- Perform this practice as mentioned above daily for 8 weeks and observe the effects

Physical Effects	W1	W2	W3	W4	W5	W6	W7	W8
Back muscles stretch/ compress								
Abdominal muscles compress/ stretch								
Fat reduction Body relaxation								
Effects on mental state								

- ✓ or × under physical effect and submit the record.

**Observation**

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**Remarks**

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**(Signature of the Instructor)**

