

Precise series of Asanas



Drink 250ml of lukewarm saline water and perform these precise series of asanas (each 8-8 times)



5. Udarakarshan



4. Tiryaka Bhujangasana



3. Katichakrasana



1. Tadasana



2. Tiryakatadasana

Physiological Explanation of Asanas



1. Tadasana



Opens pyloric sphincter muscle of stomach, then water enters into small intestine.



2. Tiriyakatadasana



Contracts both sides of the intestinal layers repeatedly, then water enters into intestinal layers.



3. Katichakrasana



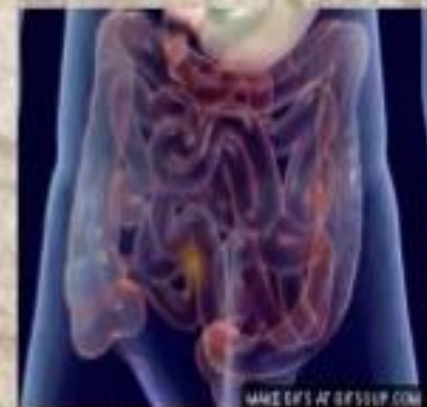
Twists whole smooth muscles of intestine then due to pressure water passes downwards.



4. Tiriyakabhujangasana



Opens the ileocecal sphincter muscle then, water enters into the large intestine.



5. Udarakarshana



Provides stretching in digestive organs then contraction & relaxation occurs in gastro intestinal tract.



Finally, stagnant stools and mucus are eliminated along with the evacuation of bowels from the gastro intestinal tract.

