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5 yoga ways to bust stress

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Wednesday, June 23, 2010 11:00

In a time when the world travels faster and you need to go faster to keep up, there's bound to be much pressure and stress on the mind. But there's a shortcut to escaping it all and that could be as short as reaching for your yoga mat.

Yoga expert Radhika Vachani affirms that yoga can help relieve mental stress."

"In yogic science, the secretions of the hormonal system are believed to influence the mind and the nervous system. There are several asanas that can be practiced to work on the endocrine glands and nervous system, that help pacify the nerves, reduce the respiratory rate, calm a stressed body and mind, and help develop a more positive and stronger state of mind," adds Radhika.

Here are a few asanas with their benefits by Radhika:

Uttanasana: Relieves mental and physical exhaustion, slows down the heart beat, tones the liver spleen and kidneys, checks heavy menstrual flow. To be avoided if you have a spinal disc problem.

Viparita Dandasana: Builds up emotional stability and confidence, stimulates the adrenal, thyroid, pituitary and pineal glands, increases lung capacity, increases flexibility of the spine, and soothes the brain. Avoid you suffer from stress related headaches, eye strain, diarrhoea, constipation, dizziness or insomnia.

Janu Sirsasana: Reduces stress related symptoms on the heart and mind, corrects curvature of spine, stabilizes blood pressure, and tones the abdominal organs.

Supta Virasana: Massages and strengthens the heart, helps prevent arterial blockage, and increases coronary blood flow, increases elasticity of the lung tissue, relieves indigestion, acidity and flatulence. Avoid if have partially blocked arteries, angina and lower back pain.

Halasana: Relieves exhaustion, and boosts energy levels, reduces hypertension, lengthens the spine and improves alignment, and digestion. Avoid if have cervical spondylosis, diarrhea, and with high blood pressure, asthma, or are overweight, use props.

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