

Say Yees to Effective Yoga Asanas To Treat Acid Reflux



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INTERNATIONAL YOGA DAY



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1. Kapalabhati Pranayama



This asana is good for curing obesity, stomach disorder, digestive disorder and many other disorders related to the stomach.

Steps:

- Sit on the floor and keep your legs folded. Close your eyes and keep your spine straight.
- Keep your left palm on the left knee and the right palm on the right knee.
- Take a deep breath. For your stomach to go deep inside exhale with force.
- Try to think that your disorders are coming out from your nose when you exhale with a sort of hissing sound.
- Try not to stress on inhaling. Inhaling should never involve a lot of effort. You can increase your time from 15 to 30 minutes.
- Do not do this very fast. The speed should be medium.

2. Vajrasana



This asana increases blood flow to the stomach and intestine and helps to digest food effectively, even if you have a weak digestive system.

Steps:

- Sit down on a yoga mat. Bend your knees and sit on your buttocks.
- Close your eyes and make sure your spine is straight.
- Keep your left palm on the left knee and the right palm on the right knee.
- Slowly inhale, then exhale.
- When you exhale, imagine your disorders and problems slowly going out through your nose.
- Stay in this position for 5 minutes, then take rest. You could also increase your time to 15 minutes.

3. Pawanmuktasana



This asana helps stimulate bowel movement which is very necessary for removing waste material and toxins from our digestive system.

Steps:

- Keep your legs straight and lie flat on your back and relax. Breathe rhythmically and deeply.
- Lift your legs and bend them while inhaling slowly. Bring your legs towards your chest till the thighs come in contact with your stomach.
- Hug your knees and lock your hands.
- With the tip of your nose, try to touch your knees. This might not be easy the first time, but with constant practice, you will be able to do this. Remain in the same position for half a minute.
- Now come back to the original position while exhaling slowly.

4. Anulom Vilom



This pranayama is very effective for purifying the body and mind. It helps in reducing anxiety and mental stress. It should always be practiced in the morning with an empty stomach.

Steps:

- Sit comfortably either on the flat ground or on a chair. Where you sit does not matter since this is a breathing exercise.
- Now use your right thumb to close your right nostril and breath in with the left nostril. Next, close your left nostril using your ring and middle finger and exhale through the right nostril.
- Again, inhale deeply through the right nostril and then close the right nostril and exhale deeply through the left nostril. Repeat this process.
- Do the same exercise for 5-10 minutes.
- Keep in mind that your lungs should be used when you breathe and not your nostrils.

5. Ustrasana (Camel Pose)



This yoga asana adds flexibility and strength to the body and also helps in improving digestion.

Steps:

- Kneel on the yoga mat and place your hands on the hips.
- Your knees should be in line with the shoulders and the sole of your feet should be facing the ceiling.
- As you inhale, draw in your tail-bone towards the pubis as if being pulled from the navel.
- Simultaneously, arch your back and slide your palms over your feet till the arms are straight.
- Do not strain or flex your neck but keep it in a neutral position.
- Stay in this posture for a couple of breaths.
- Breathe out and slowly come back to the initial pose. Withdraw your hands and bring them back to your hips as you straighten up.

Source:

<https://parenting.firstcry.com/articles/magazine-7-effective-yoga-asanas-to-reduce-acidity/>

<https://www.artofliving.org/in-en/yoga/health-and-wellness/yoga-acidity>

<https://www.youtube.com/watch?v=rSwxM0VeEQY>