

Diabetes

Our body uses a hormone (insulin) to control the level of sugar in our blood. When our body does not produce sufficient amounts of insulin or when insulin does not work properly, diabetes occurs.

If diabetes is not controlled, it can lead to excessive weight gain, loss of vision, cardiovascular diseases.

Diabetes

Diabetes is such a disorder that it causes sugar to build up in our blood stream instead of being used by the cells in our body.

There are two types of diabetes:

Type I, pancreatic gland does not produce insulin. Hence, injection of insulin is required daily for its treatment. This type of diabetes are rare.

Diabetes

Diabetes is such a disorder that it causes sugar to build up in our blood stream instead of being used by the cells in our body.

There are two types of diabetes:

Type II, body does not produce sufficient amount of insulin hormone or the hormone is produced sufficiently but it is not used properly by the body.

Bhujang- asana

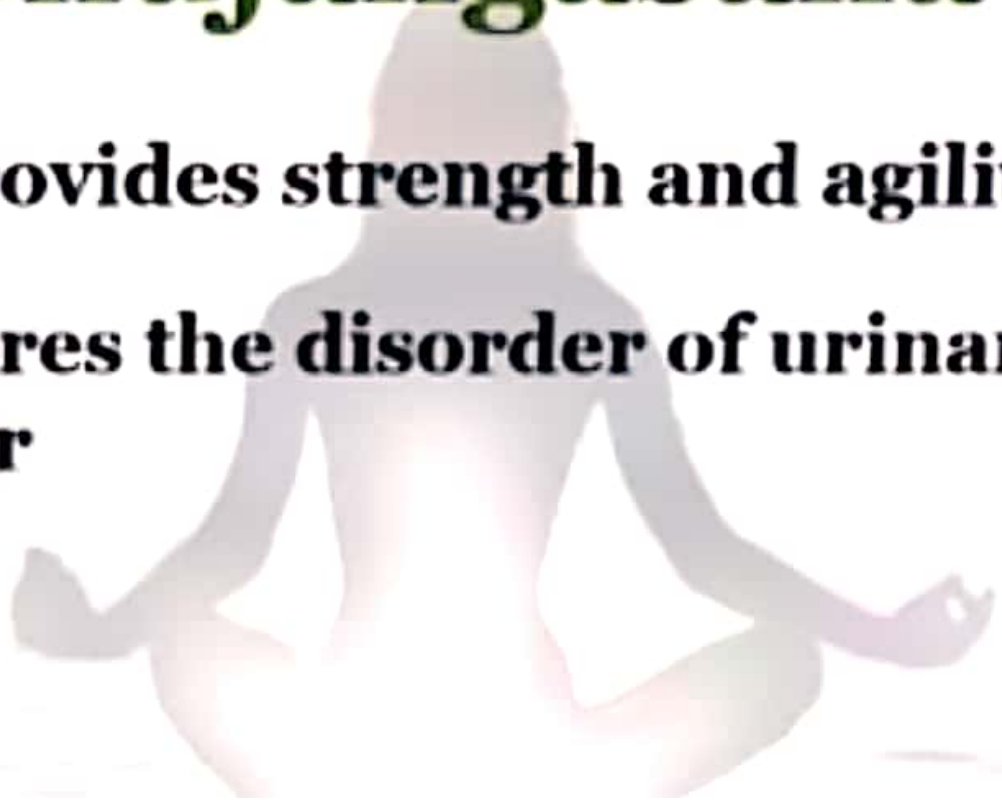
A person is shown performing Bhujangasana (Cobra Pose) in a yoga studio. They are on their hands, with their feet tucked under their knees, and their torso is lifted, forming an inverted V-shape. The background is a bright, minimalist studio with a white wall and a light-colored floor.

Benefits of Bhujangasana

- 1. It alleviates the obesity.**
- 2. It cures the disease of liver.**
- 3. It cures constipation, indigestion and gas disorder.**
- 4. It improves the blood circulation.**

Benefits of Bhujangasana

- 5. It provides strength and agility.**
- 6. It cures the disorder of urinary bladder**



Contraindications of Bhujangasana



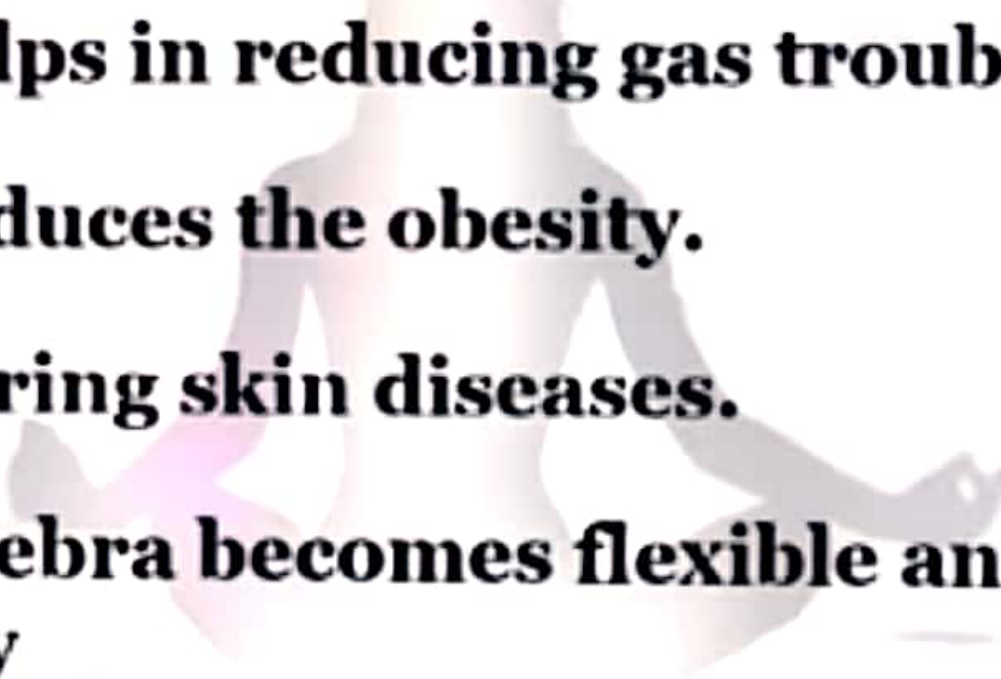
1. Pregnant women should not perform this asana.

2. Individual, who suffer from hernia, back injuries, headaches and recent abdominal surgeries.

Paschimottan- asana



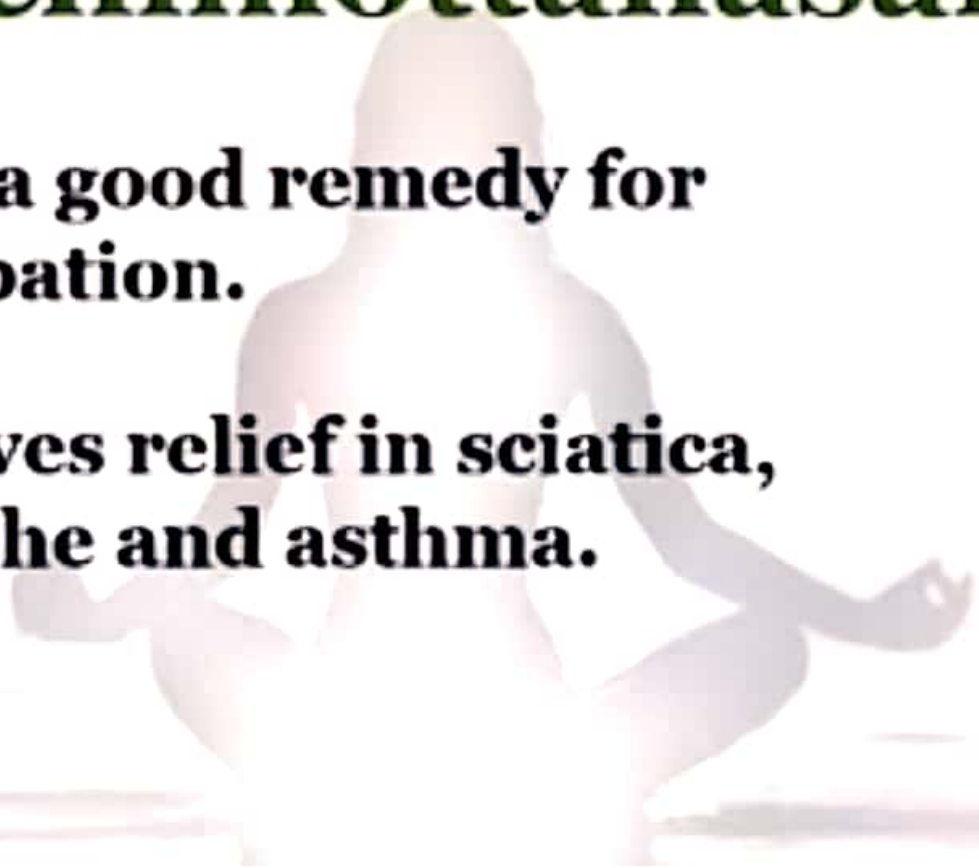
Benefits of paschimottanasana

- 1. It helps in reducing gas troubles.**
 - 2. It reduces the obesity.**
 - 3. It curing skin diseases.**
 - 4. Vertebra becomes flexible and healthy**
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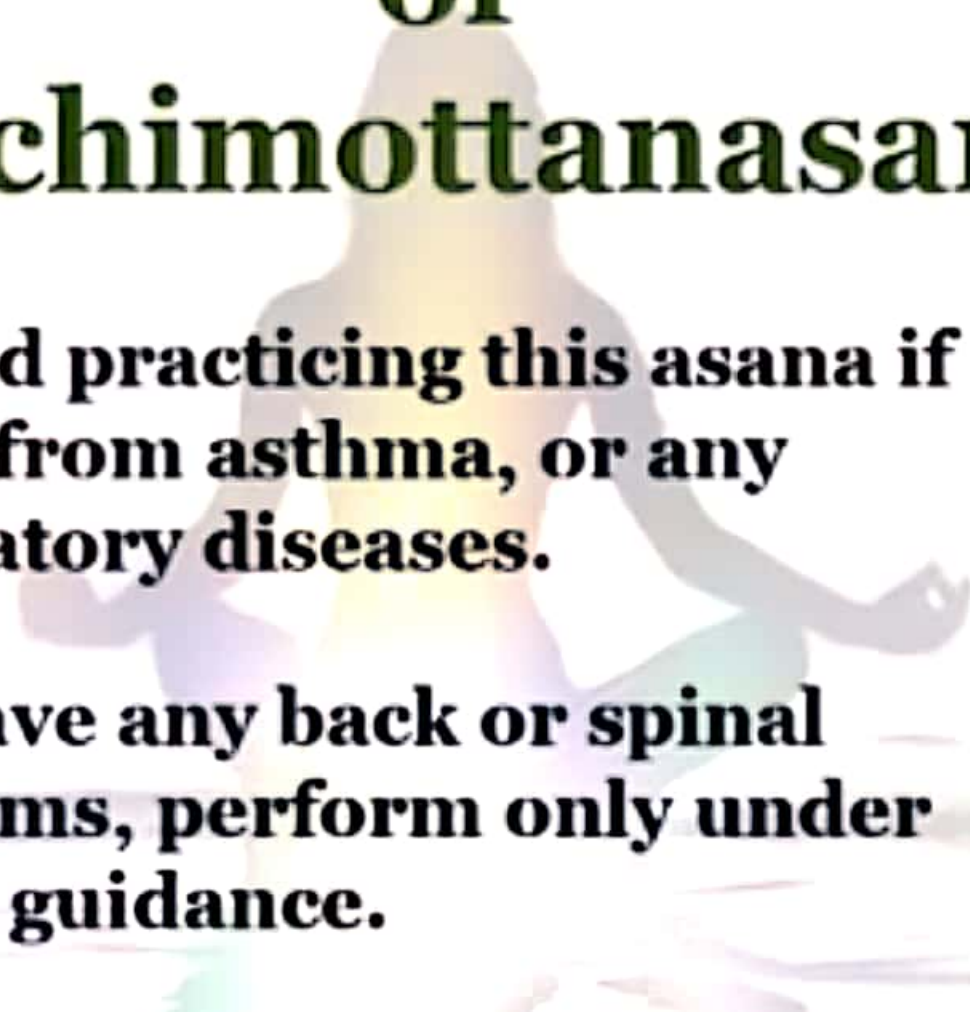
Benefits of paschimottanasana

5. It is a good remedy for constipation.

6. It gives relief in sciatica, backache and asthma.



Contraindications of paschimottanasana

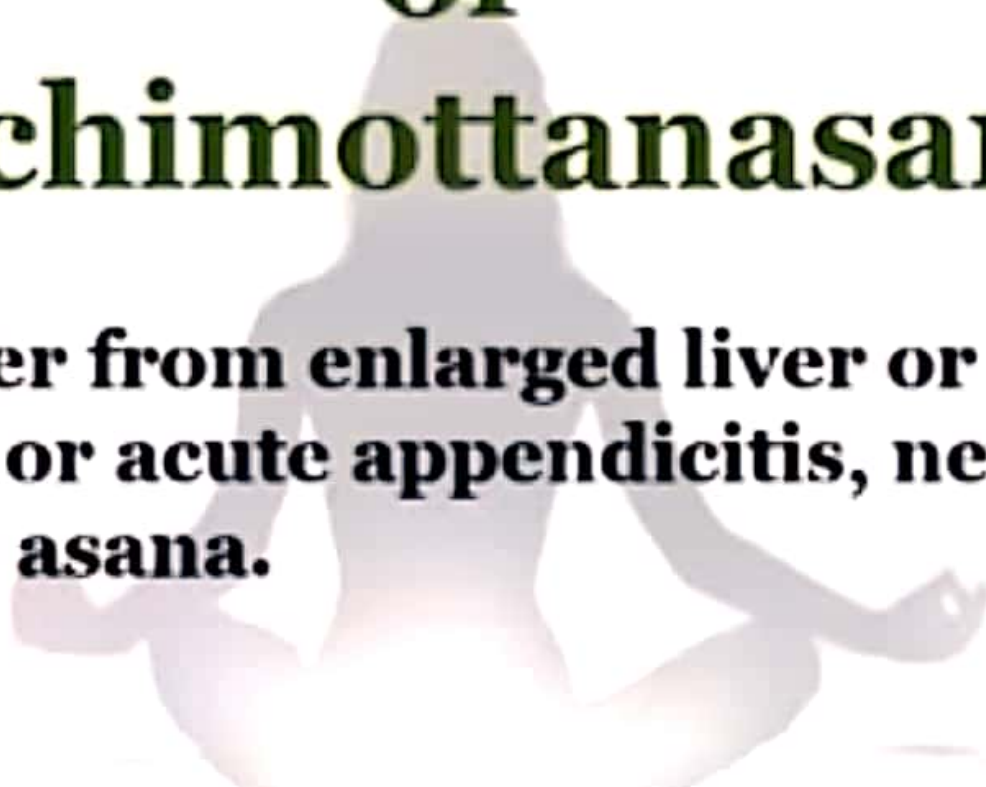


1. Avoid practicing this asana if suffer from asthma, or any respiratory diseases.

2. If have any back or spinal problems, perform only under expert guidance.

Contraindications of paschimottanasana

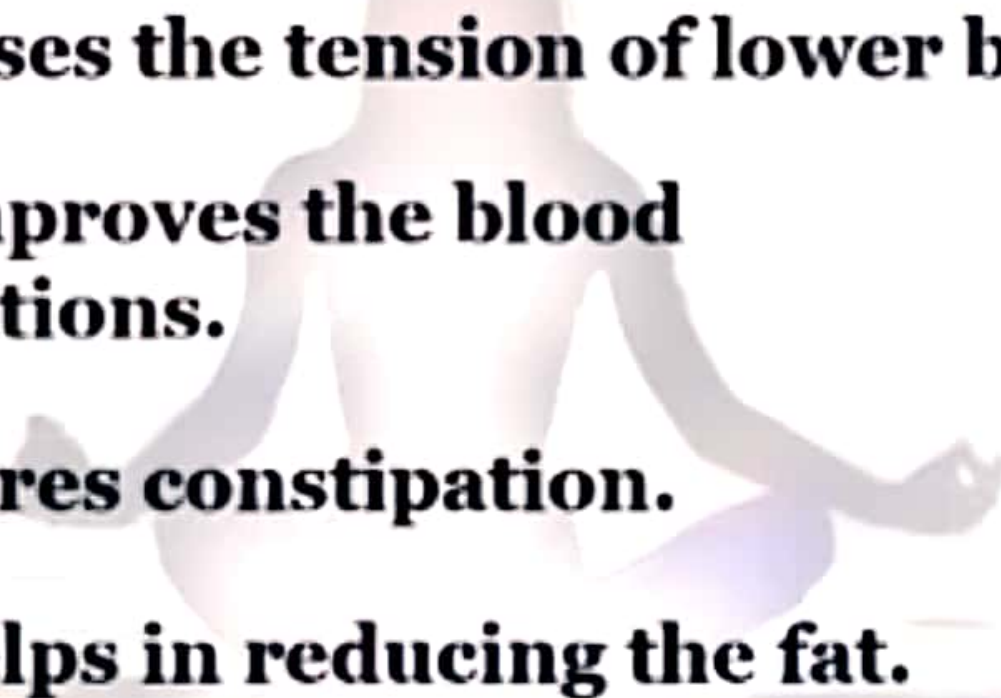
3. Suffer from enlarged liver or spleen or acute appendicitis, never do this asana.



Pawanmukt- asana



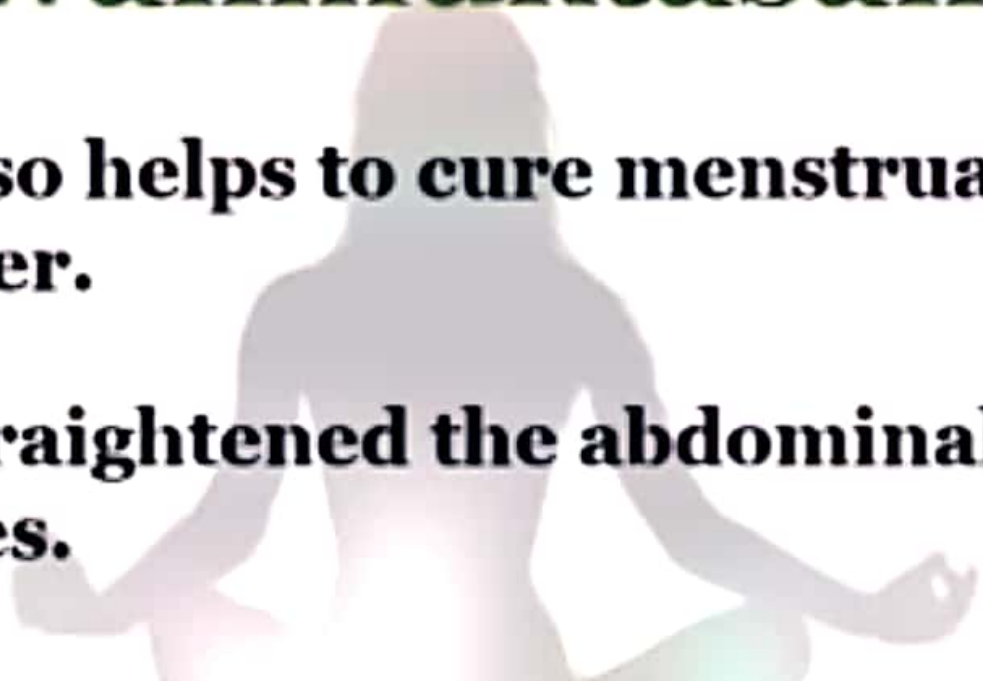
Benefits of Pawanmuktasana

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- 1. It eases the tension of lower back.**
 - 2. It improves the blood circulations.**
 - 3. It cures constipation.**
 - 4. It helps in reducing the fat.**

Benefits of Pawanmuktasana

5. It also helps to cure menstrual disorder.

6. It straightened the abdominal muscles.



Contraindications of Pawanmuktasana



1. Pregnant women should avoid doing this asana.

2. Suffering from heart problems, hyperactivity, high blood pressure should avoid practicing this asana.

Contraindications of Pawanmuktasana

A person is shown performing Pawanmuktasana (Wind-Relieving Pose) in a yoga studio. They are in a standing position with their feet wide apart, arms extended to the sides, and their torso leaning forward. The background is a bright, open space with a white wall and a wooden floor.

3. Individuals suffering from piles should avoid this asana.

4. Recently had an abdominal surgery should avoid performing this asana.



Ardhmat- seyendrasana

Asthma

Asthma is a disease of lungs in which the airways become blocked or narrowed causing difficulty in breathing.

Asthma can be allergic and non-allergic.

There are substances that causes allergies like irritants in the air including smoke from cigarettes, wood-fires, strong perfumes, sprays or scented soaps, etc.

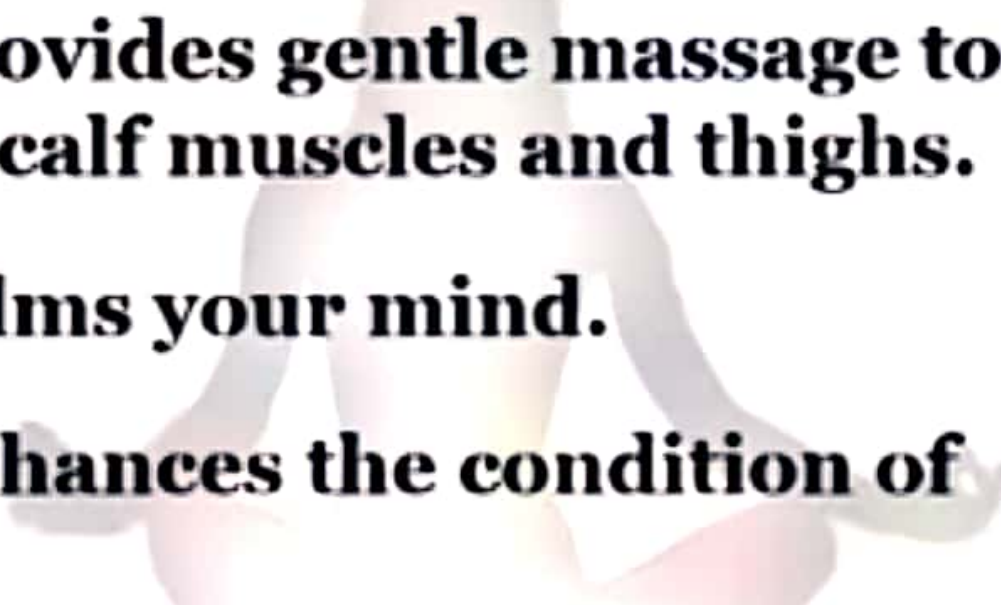
Sukhasana



Benefits of Sukhasana

- 1. It facilitates mental and physical balance without causing strain or pain.**
- 2. It reduces anxiety, stress and mental fatigue.**
- 3. It spreads a sense of calmness throughout body and minds.**

Benefits of Sukhasana

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- 4. It provides gentle massage to knees, calf muscles and thighs.**
 - 5. It calms your mind.**
 - 6. It enhances the condition of peace.**

Contraindications of Sukhasana



1. If knees and hips are injured or inflamed, should avoid practicing this asana.

2. If having slip disc problems, should take proper care while perform.

Chakrasana



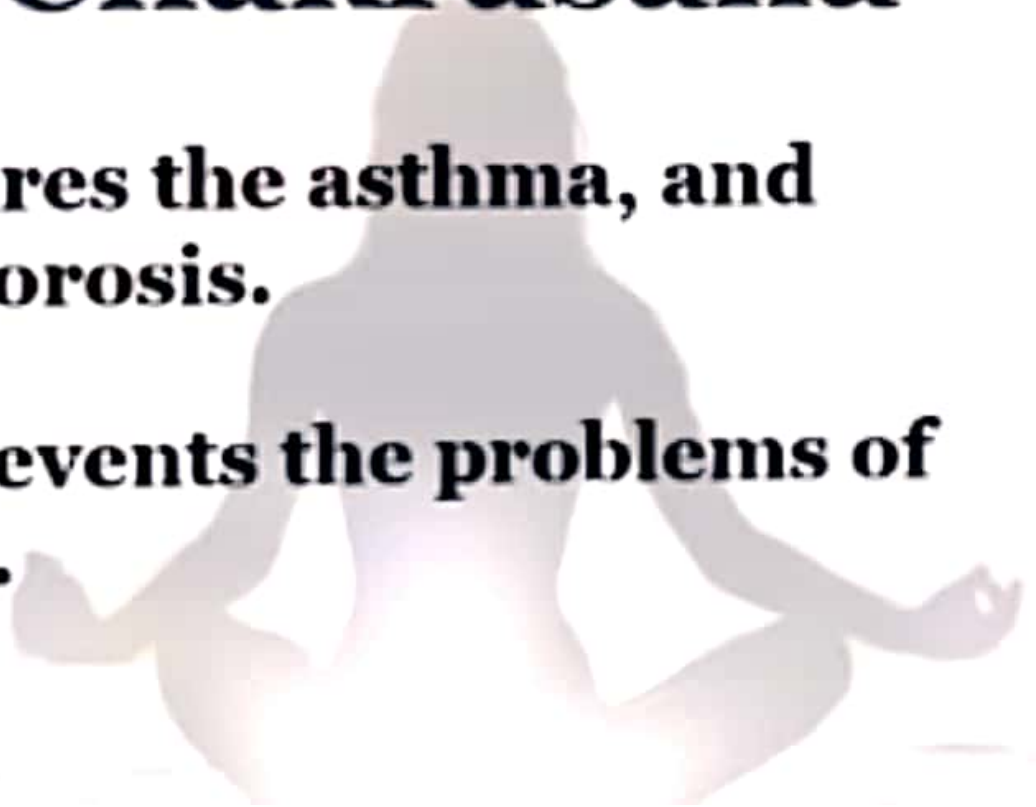
Benefits of Chakrasana

- 1. It cures back pain.**
- 2. It cures any pain in kidneys.**
- 3. It helps in reducing obesity.**
- 4. It gives relief from stress and depression.**
- 5. It stimulates pituitary and thyroid glands.**

Benefits of Chakrasana

6. It cures the asthma, and osteoporosis.

7. It prevents the problems of hernia.



Contraindications of Chakrasana



- 1. If suffer from headache or high blood pressure, should not perform this asana.**
- 2. In case of shoulder impingement, don't perform this asana.**

Contraindications of Chakrasana



3. If having tendonitis in the wrists, do not perform this asana.

4. Individual who suffer from serious spinal column ailments should avoid practice of this asana.



Gomukh- asana

Benefits of Gomukhasana

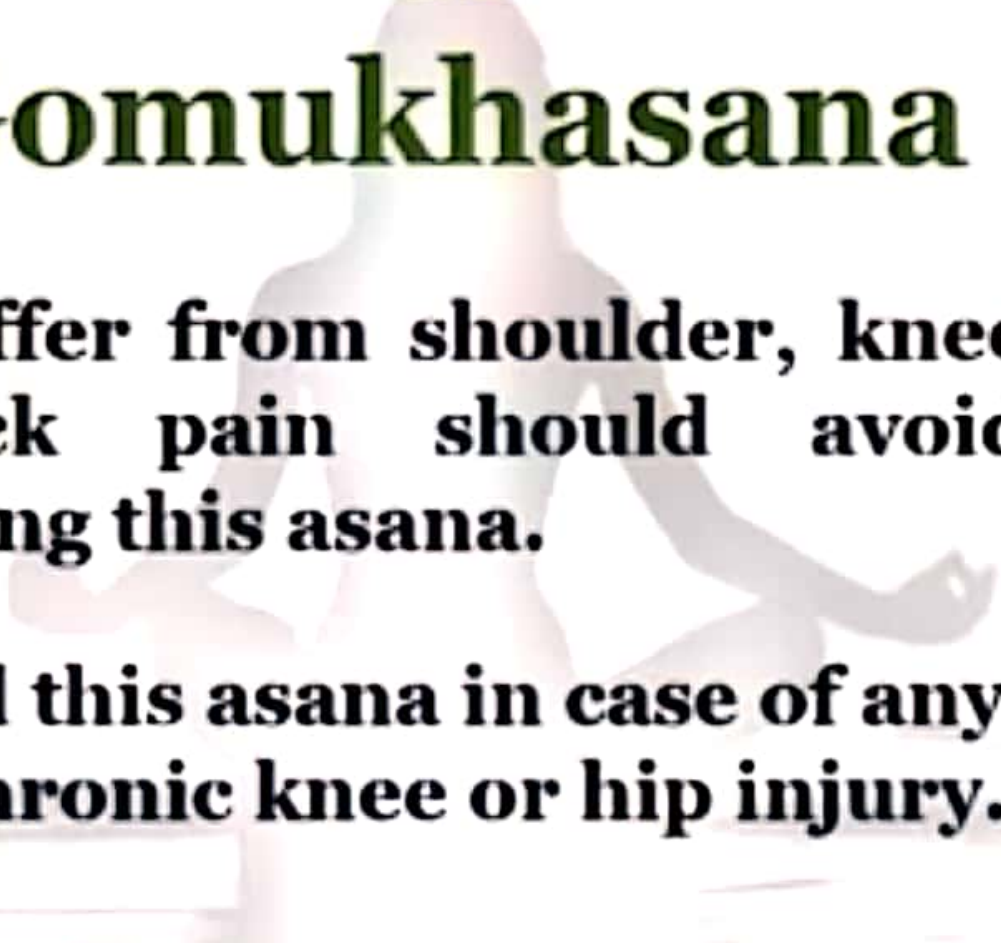
- 1. It makes the leg muscles strong and elastic.**
- 2. It improves the functioning of lungs.**
- 3. It reduces the stress and anxiety.**
- 4. Helps in the treatment of sciatica.**

Benefits of Gomukhasana

5. It improves the function of kidneys by simulating it thus helps, who suffer from diabetes.

6. Keeps the shoulder joints healthy, flexible and strong.

Contraindications of Gomukhasana



- 1. If suffer from shoulder, knee or back pain should avoid practicing this asana.**
- 2. Avoid this asana in case of any knee, chronic knee or hip injury.**

Bhujangasan



Hypertension

Hypertension means increased in blood pressure. It has become a worldwide health problem because a great number of people are facing the problem of hypertension throughout the world.

Hypertension used to be considered a middle-age problem but nowadays, youngsters also suffer from this problem due to their faulty lifestyle.

Hypertension

The main function of the heart is to supply pure blood to the various parts of the body through arteries. When the heart contracts, it pushes the blood through blood vessels and consequently the blood pressure increase in the arteries. This pressure is known as systolic blood pressure.

Hypertension

The normal blood pressure of an adult is considered 120/80 mm Hg. A person whose blood pressure readings are beyond 140/90 mm Hg., is said to be having hypertension.

Back pain

The pain which is felt in the back usually originates from bones, joints, muscles, nerves, etc.

It may be in cervical, thoracic or lumbar region.

Due to this problem the affected persons are not able to do their work smoothly and efficiently. It can be constant, affecting one region or radiate to other parts such as arms, hips or legs.

Back pain

Even there are number of cases when people start absenting themselves from their work.

Back pain is very common complaint or problem throughout the world

