

Prevent Aging-2

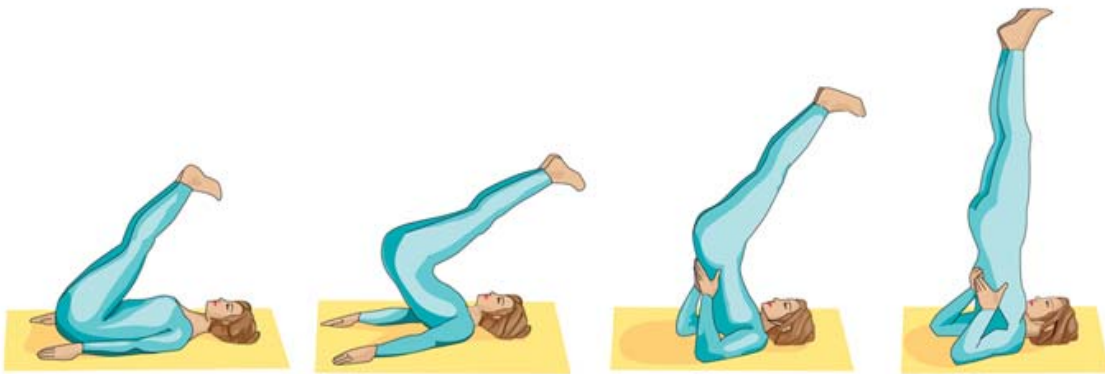
Aging is a natural continuous process that increases with time. It cannot be stopped but can be slowed down. Yoga is dynamite to make you feel younger with heightened mental prowess. Longer life often results from following yogic ways of health maintenance. When both external dangers and internal diseases and habits leading to degeneration have been removed, one naturally lives longer.

Inverted postures help:

- ❖ The inverted yoga postures often convert gray hair back to its natural color and they will certainly delay the onset of gray hair.
- ❖ Increases in blood supply to the hair follicles in the scalp.
- ❖ The increased flexibility of the neck produced by the asanas removes pressure on the blood vessels and nerves in the neck, causing an even greater blood supply to the scalp
- ❖ Hair follicles are better nourished and thicker healthier hair is the result.

The Shoulder Stand (Sarvangasana)

The Sanskrit name for this posture Sarvangasana means 'all the body'. This asana is sometimes called a "candle" because the body is kept straight as a candle in this posture.



This asana is equally important for both men and women. It can be tried by persons of all age levels.

Technique

- ❖ Lie flat on back. Inhale deeply while raising the legs and spine until the toes point to the ceiling.
- ❖ The body rests on the shoulders and the back of the neck. The body is supported by the hands, which are placed on the center of the spine between the waist and the shoulder blades. Keep spine and legs straight.
- ❖ Breathe slowly and deeply with the abdomen and concentrate on the thyroid gland.
- ❖ To come out of this posture, just bend knees, curve back and slowly return to lying on the floor while exhaling.

Benefits

- ❖ The main benefit is to get the thyroid gland working at peak efficiency, which is mainly responsible for correct weight and youthful appearance.
- ❖ The shoulder stand also regulates the sex glands.
- ❖ It vitalizes the nerves, purifies the blood and promotes good circulation, strengthens the lower organs and helps them to stay in place.
- ❖ It is beneficial for people suffering from poor circulation, constipation, indigestion, asthma and reduced virility. .

Time:

Retain this position for fifteen seconds to six minutes, adding fifteen seconds per week.