

Yoga Therapy for Life Style Diseases

Irregular and improper food habits, Sedentary Life Style, Lack of Minimum Physical Activity and Exercise, Excessive thinking resulting in piling up of Stress are major factors that affect the physical health. By changing the Life Style and Practicing Yoga one can overcome and get rid of ill-health. Regular practice of Asanas, Pranayamas, Bhnadhas & Mudras can keep a person healthy.

Here are some of the Protocols prepared by me for certain Life Style diseases, based on my long term research in this regard. These include the practices of

Hata Yoga, Astanga Yoga, Nada Yoga and Laya Yoga. It is strongly advised to do these practices under the guidance of a Experienced /Qualified Yoga Teacher.

Diabetes: This health disorder is the result of improper function of Pancreas.

Kriyaas: Agnisara / Vatha Sara, Vamana Dauthi, Nauli.Kapalabathi

Asanas: Vakrasana, Ardha

Mathyendrasana, Jaanu sirasana,

Pacchimotthanasana, Pavana mukhthasana,

Bhujangasana Ardha Dhanurasana,

Dhanurasana, Naoukasana and

Mayurasana. (choose any two or three which are easy for the sadhaka).

**Pranayamas: Nadi Sodhana, Anuloma
Viloma, Bastrika, Breath of Fire
(designed by me).**

**Mudras & Bhandas: Apana Mudra, Surya
Mudra, Vipareethakarini Mudra. Yoga
Mudra. Sunya Mudra & Uddiyana Bhandas**



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Apana Mudra

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