



**Santhika  
Retreat  
Center**

## Yoga Poses for Urine Infection

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Management of UTI symptoms through Yoga is committed to restoring the depleted energy in the body's reproductive and urinary systems. When the underlying condition of developing UTI gets removed, infections are no longer able to get a foothold in the urinary passages.

Here are some of the Yoga Asanas for UTI that can help you attain relief from the underlying symptoms. All these mudra for urine infection can be done daily to achieve effective results.

### **Chair Pose or Utkatasana:**

Awkward Chair Pose is a standing pose that strengthens your lower body and gives a stretch to your upper back. It is part of Sun Salutations B (Surya Namaskar B) and is often a transitional pose or starting position for other poses.

This yoga pose helps strengthen the pelvic floor and helps the digestive system. It activates the bladder muscles and strengthens them, thus, helping with UI. As it does not put any pressure on the tailbone, it can be easily practiced by people who may have lower back issues.

**Benefits:** It helps in replenishing your digestive system, urinary system, and heart. It is also highly therapeutic for flat feet. Awkward Chair is a standing squat that engages the muscles in your buttocks, hips, and thighs. It also engages your core to stabilize you in the pose and works on developing your balance. It's considered a functional exercise as you need strength and balance in performing everyday tasks, even for getting in and out of a real chair. It is also a warming pose, which can be helpful in winter.

**Side Tip:** The best position is by maintaining a slight arch to your body.

### **How to do:**

You can perform this pose anywhere. Begin standing upright in Mountain Pose (Tadasana), the first pose in Sun Salutations B, with your feet together and arms at your sides.

- Bend your knees until the thighs are almost parallel to the floor. The feet should be parallel. If your feet are touching, keep your knees together. If your feet are slightly separated, that's OK but make sure your knees are separated the same amount.
- Brush your fingertips against the floor to make sure that you are getting really low.
- Keep your knees bent and your butt low as you lift your arms up.
- Hold for 5 to 10 breaths.
- To release, inhale and straighten your legs, lifting your body up through your arms.
- Exhale and return to Mountain Pose or continue to the next pose in the sequence (for Sun Salutations B, this is Standing Forward Bend).

Awkward Chair Pose is usually taught in one of two ways:





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1. In the first way, the priority is to keep the thighs parallel to the floor. In this case, the torso and extended arms can be at about a 45-degree angle from the floor.
2. If you want to emphasize an erect spine instead, bring the torso up to a perpendicular position and extend the arms straight toward the ceiling. Your upper spine is in a slight backbend. This may cause you to raise your butt slightly.

### Triangle Pose or Trikonasana:

This yoga asana for UTI helps provide strength to the legs, knees, arms, chest, and ankles.

**Benefits:** It helps in stretching the areas like the pelvis, groin, hips, and lower abdomen. It strengthens the urinary system of the body. Other benefits:

- ✓ Helps in Stretches hips, back muscles, chest and shoulders.
- ✓ Stretches the spine.
- ✓ Give Strength to the thighs, calves and buttocks.
- ✓ Stimulates the spinal nerves.
- ✓ It improves the flexibility of the spine, correct alignment of shoulders
- ✓ It relieves from backache, gastritis, indigestion, acidity, flatulence
- ✓ Assists treatment of neck sprains, reduces stiffness in the neck, shoulders and knees, strengthens the ankles and tones the ligaments of the arms and legs
- ✓ It also stimulates the nervous system and alleviates nervous depression, strengthens the pelvic area and tones the reproductive organs.



**Side Tip:** Avoid this asana in case of severe neck, back, or shoulder pain.

### How to do:

- Stand with the feet one leg-length apart, knees should unbent.
- Turn your right foot completely to the outside and the left foot less than 45 degree to the inside, keeping the heels in the line with the hips.
- The arms are spread out to the sides, parallel to the ground, palms facing down, the trunk is extended as far as is comfortable to the right while arms remain parallel to the floor.
- Once the trunk is fully extended to the right, the right arm is dropped so that the right hand reaches the Shinto the front of the right foot, with the palm down if flexed.
- The left arm is extend vertically and the spine and trunk are gently twisted counterclockwise using the extended arms as a lever while the spine remains parallel to the ground.



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- The arms are stretched away from one another and the head is often turned to gazing at the left thumb, slightly intensifying the spinal twist.
- Hold this position for 5 to 10 breaths then change side.
- Repeat the posture but change our legs position.

### **Squat Pose or Malasana:**

Garland Pose (Malasana) is yoga's deep squat. It opens your hips and groin in counterbalance to the tightness you can develop from sitting too much. You can make use of props for support at first so you can do the pose in a way that's not painful. Then work over time to slowly wean yourself from the props by lowering them little by little. It can be a long process, but it works and is important for your long-term mobility and for pain prevention. Malasana helps with calming your body and senses while reinforcing the lower body and digestion.

Benefits: As it helps in stretching the lower back and groin and toning the abdominal muscles, it can provide ample relief with UTI conditions.

Side Tip: Ensure you use your buttock to go down and not your knees.

### How to do:

- Come to stand with your feet about mat's width apart.
- Bend the knees and lower your butt toward the floor to come into a squat.
- It's natural for your toes to want to turn out and that's OK, but don't overdo it. Eventually, you're working toward keeping the feet closer to parallel.
- Take your upper arms inside your knees and bend the elbows to bring the palms together into anjali mudra (prayer position).
- With hands to your heart center in anjali mudra, see if you can allow your thumbs to touch your sternum as if to help keep the chest lifted. Continue pressing upper arms into thighs and thighs into upper arm to stay engaged.
- Keep your spine straight, your butt moving toward the floor, and your shoulders relaxed away from your ears.
- Stay here for five breaths, then straighten the legs to come out. You can come directly into a Forward Fold if you like.
- Try repeating the pose three times to take full advantage of getting warmed up. If you are practicing at home, it's fine to do some other poses in between your squats.

All the asanas form a part of Yoga for UTI relief can help in stretching your body, strengthening your pelvic floor, and helping with the digestive system of the body. You are not required to do Yoga for UTI for extended hours. With only a few minutes of doing Yoga for urine infection, you will start observing positive results once you practice it every day.

