



**Santhika
Retreat
Center**

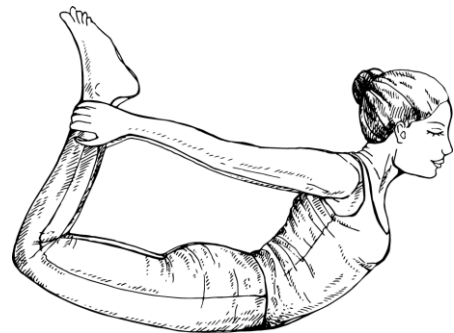
4 Yoga Asanas For Healthy Kidneys

www.santhikaretreatcenter.com

We all are subjected to a multitude of external and internal toxic sources such as pollution and pesticides from fruits and vegetables which leads to the accumulation of a lot of toxins in the body. Kidneys play an important role in eliminating these toxins from our body. Any disturbance in the formation, collection, storage or excretion of urine from the body can cause the kidneys to become sluggish, and in some extreme cases stop functioning entirely. Through the correct practice of specific yogic techniques you can boost the health of your kidneys and also stimulate the functioning of other digestive organs.

1. Dhanurasana or bow pose

Our kidneys work like a sieve and filter toxins out from the blood. Any disturbance in the kidneys throws the whole body out of balance. Stretches such as dhanurasana serve as a preventive measure as it helps boost the health of your kidneys and help develop resistance against future problems.



Steps to do the pose:

- Lie on your stomach with your feet hip-width apart and keep your arms by the side of your body. Fold your knees holding your ankles with your hands.
- Breathing in, lift your chest off the ground and pull your legs up and back.
- Pay attention to your breath and keep the pose stable. Relax and continue to take deep breaths
- After 15 -20 seconds, gently bring your legs and chest to the ground while you exhale. Release the ankles and relax.

2. Paschimottanasana or seated forward bend pose

One of the many benefits of yoga practice is that it can boost the functioning of internal organs. A forward bend, such as paschimottanasana, encourages the free flow of breath and stimulates the kidneys and other digestive organs.



Steps to do the pose:

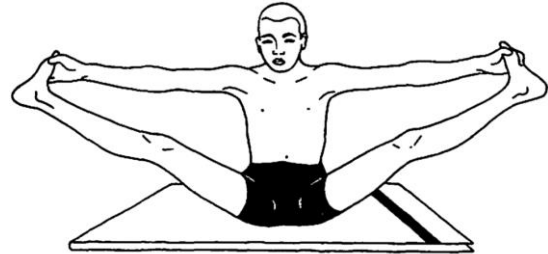
- Sit straight, keeping your legs together and stretched out on the floor, such that your feet are pointing towards the ceiling.
- Inhaling, stretch both arms upwards. Now exhaling, bend forward towards your toes by keeping the spine erect. Hold the big toe of your feet with the index finger and thumb.
- Breathe out and slowly bend forward to touch your forehead to the knees, ensuring that your elbows are touching the floor.
- Hold your breath and stay in this position for at least 10 20 seconds.
- Breathing in, slowly get back to the sitting position.



4 Yoga Asanas For Healthy Kidneys

3. Merudandasana or balancing bear pose

If your kidneys are not functioning properly, they might not be able to remove the extra fluids from the body that can result in the swelling of your lymph. You are also likely to feel lethargic. Merudandasana tones abdominal organs, especially the kidneys. The posture ensures the digestive system functions properly, and that body waste is eliminated effectively.



Steps to do the pose:

- Sit straight with your legs outstretched on both sides. Now slowly lean backward and balance your body.
- Inhale and raise your legs upward, keeping your spine straight.
- Raise your arms and try to hold the toes of both your legs. Try and stretch the legs as wide as possible as you do this.
- Hold this position for 15-20 minutes and keep breathing slowly.
- Release, and slowly get your arms and legs down.

4. Ardha Matsyendrasana or sitting half spinal twist

Asanas such as ardha matsyendrasana, squeeze out toxins out from your organs as you twist, stimulating the kidneys and the liver. When the twist is released, fresh, clean blood enters these organs, providing cells with nutrients and oxygen.

Steps to do the pose:

- Sit straight, keeping your legs stretched in front of you. Make sure your feet are placed together, and your spine is kept erect.
- Now bend your left leg such that the heel of your left foot touches your right hip.
- Now bring the right leg over your left knee. While you do this keep your left hand on your right knee and your right hand should be behind you.
- Twist at the waist, neck, and shoulders in this sequence to the right and look over the right shoulder. Hold this position and continue taking gentle breaths.
- To come back to the starting position, continue breathing out, release the right hand first then the waist, the chest, lastly the neck. Sit up and repeat on the other side.

