



Every one of us has experienced constipation and the painful discomfort — reasons might vary from your diet, daily habits, travel, or lack of physical activity. Basically, it means that you have dry and hard stools that are difficult to eliminate. This leads to having less bowel movement per day. Sometimes people can go weeks without bowel movements, which leads to chronic constipation and long-term damage to the excretory system. For a natural solution consider the Top 6 Yoga Poses for Constipation Relief.

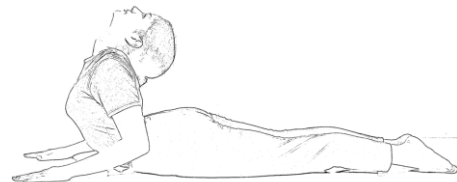
### 1. Vajrasana or The Adamant Pose

Offers uniform postural fixity and corrects postural defects. Improves blood circulation to the abdominal region – helps improve digestion. Beneficial in various conditions like chronic constipation, stomach disorders and digestive problems. Enables flexibility of lower limbs and strengthens digestive organs and the digestive tract. It is considered as one of the best yoga asanas for constipation and indigestion.



### 2. Bhujangasana or the Cobra Pose

This pose is effective and beneficial for improving the function of the digestion system. This yoga asana strengthens the abdominal muscles and cleans the entire digestive tract. Useful to cures constipation and indigestion problems.



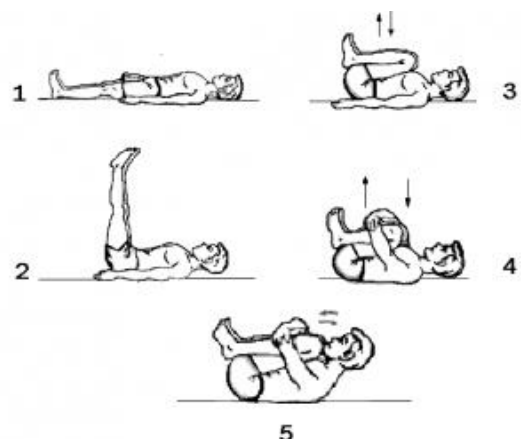
### 3. Halasana or the Plough Pose

This pose helps to strengthen the back muscles and reduces stress. It stimulates the abdominal viscera and the organs and aids in better digestion.



### 4. Pavanamuktasana or the Wind-Relieving Pose

It is effective for removing gases and improving the digestive system. Considered the ideal yoga poses for constipation and indigestion. This posture gives significant relief to flatulence by quickening the movement and expulsion of the intestinal flatus. Provides relief in case of chronic constipation and sluggish liver.





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## 6 Yoga Poses for Constipation Relief

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### 5. Paschimottanasana or the Forward Bending Pose

An excellent asana for constipation and digestive disorders- The deep intra-abdominal compression massages the abdominal viscera- provides relief in conditions related to constipation, weak digestion, and sluggish liver. Strengthens and stimulates the back muscles and the abdominal organs.



### 6. Dhanurasana or the Bow Pose

This asana strengthens the entire abdominal organs. Those suffering from gas and digestion problems should practice Dhanurasana regularly. This pose prevents diseases by aiding elimination through intra-abdominal pressure.

