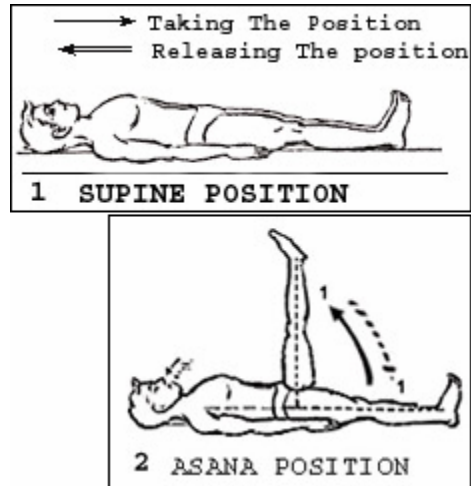


Uttanapadasana (Left-Lifting Pose)



Cure for: This asana is helpful for those suffering from constipation. It strengthens the abdominal muscles and intestinal organs.

Method

1. Lie on your back with leg and arms straight, feet together, palms facing downwards, on the floor close to the body.
2. Raise your legs above two feet from the floor without bending your knees.
3. Maintain this pose for some time.
4. Then, lower your legs slowly without bending the knees.