



REVIEW OF ARDHA MATSYENDRASANA AND ITS HEALTH BENEFITS

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Abstract: Asana is one of the foundation of effective Yoga practices. Asana is third part of Yoga, which includes different yogic posture, it helps to attain further steps of Yoga. By practicing Asana one can develop mental equilibrium, balance, endurance, and great vitality. Ardha matsyendrasana, or the 'Lord of the Fishes' pose, is named after Matsyendranath, a ninth-century yogi and founder of Hatha yoga. Its name comes from the Sanskrit language. The word "Ardha Matsyendrasana" is derived from Sanskrit language. Vakrasana is another name for this asana. In Sanskrit, 'Vakra' signifies twisted. Ardhamatsendra Asana is one of the most effective Yoga posture that benefits the lung, liver, spine, and digestive system. It is half spinal Yoga posture. Practicing this Asana helps to relieve stress and tension that is trapped in the back.

Index: Yoga, Asana, Ardha Matsyendrasana, etc

INTRODUCTION :

Ardha matsyendrasana, or the 'Lord of the Fishes' pose, is named after Matsyendranath, a ninth-century yogi and founder of Hatha yoga. Its name comes from the Sanskrit language. The word "Ardha Matsyendrasana" is derived from Sanskrit language. Vakrasana is another name for this asana. In Sanskrit, 'Vakra' signifies twisted. Ardhamatsendra Asana is one of the most effective Yoga posture that benefits the lung, liver, spine, and digestive system. It is half spinal Yoga posture. Practicing this Asana helps to relieve stress and tension that is trapped in the back.

Common Name	Ardha matsyendrasana
English Name	Lord of the Fishes pose
Position	Sitting
Chakra	Manipur chakra, Swadisthana chakra, Muladhara chakra
Type	Twist, stretch
Style	Hatha Yoga
Duration	2 to 5 min

Table no.1

How to do Ardha matsyendrasana – [1]

- 1) Sit erect with your legs stretched out. Make sure that your feet are placed together and your spine is absolutely erect.
- 2) Lift your right knee up to place the sole of your right foot on the mat outside of your left knee.
- 3) Place your right hand to the floor outside of your right hip for support. Make sure you are sitting evening on both sitting bones.
- 4) Inhale and raise your left hand to the ceiling. Exhale and bring your left elbow down to the outside of your right knee. Press your knee and elbow together to create some resistance.
- 5) Turn your head to the right, looking past your right shoulder. Make sure you don't strain your neck.
- 6) Breathe as you hold the pose, lengthening on each inhale and gently twisting a bit more with each exhale.
- 7) To exit the pose, inhale to reach the right arm up and unwind the body. Exhale to release back to center. Repeat on the other side.

The Asana Position :

In this position there is a strong twist on the spine and abdomen. The right arm is pressed against the left knee and the left arm is wrapped behind the back, leading to an increased twist on the body. The chest is open and the spine is erect. One side of the abdomen is compressed and the other side is stretched. The right leg and knee remains on the floor. The left knee should be close to the right armpit.

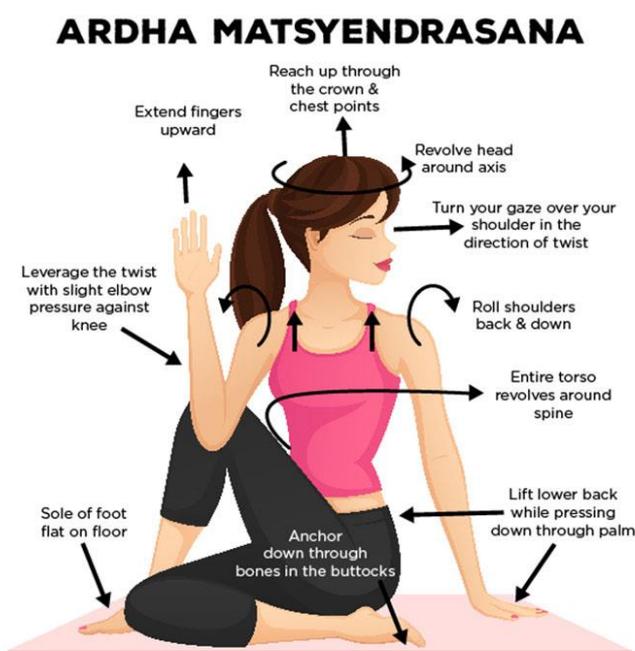


Fig.no.1 Ardha matsyendrasana

Muscle involved in Ardha matsyendrasana :[2]

Ardha matsyendrasana benefits the following muscles -

- Rhomboideus
- Sternocleidomastoideus
- Latissimus dorsi
- Erector spinae
- Quadratus lumborum
- Iliopsoas
- Adductor longus
- Obliquus internus
- Obliquus externus



Fig. no. 2 Half Lord of the Fishes Pose (Ardha matsyendrasana)

Benefits of Ardha Matsyendrasana:

- 1) Obesity and excessive body weight may be linked to several diseases, mainly heart-related diseases, obstructive sleep apnea, type 2 diabetes, osteoarthritis, and certain types of cancer. Ardha matsyendrasana, along with other yoga asanas, might help get rid of excessive fat.[3]
- 2) Helps to maintain the spine's natural range of motion.
- 3) Stretches your hips, shoulders and neck.
- 4) Stimulates the abdominal area and can help digestion.
- 5) Relieves backache and tension.
- 6) Especially good if you have been working at a desk all day.
- 7) This Asana increases the circulation of blood, purifies the blood and detoxifies the internal organ.
- 8) Helps to cure urinary tract infection.
- 9) Helps to cure slipped discs

Contraindication of Ardha Matsyendrasana:[4]

- 1) This Asana must be avoided in pregnancy and menstruations as it entails string twist at the abdomen.
- 2) Injury and surgery :People suffering from severe back pain or neck pain should practice with caution and close supervision.
- 3) Ardha Matsyendrasana shall be avoided in senior citizen.

Duration:

To begin with this asana may be held for only a short time but should gradually be built up to 2 minutes. After more practice it can be held for up to 5 minutes on each side.

Conclusion :

Ardha matsyendrasana is one of the best asanas that may help the body to improve the flexibility and agility. It has many benefits for the spine, kidney, urinary tract, heart, liver, etc. However, while practising this asana, you must keep all the precautions in mind and maintain a good posture. Doing Ardha matsyendrasana correctly is crucial to extract all its benefits. Therefore, it would be best to practise this asana under a qualified yoga expert to avoid mishaps.

REFERENCES

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