

Yoga and the Spine

Extracts from “Yoga for Health”

By Didi Anandamitra Acarya

Yoga postures affect every aspect of human physique, and have a very positive effect on the body's axis, the spine. Spinal problems are getting more and more common as we walk, sit and even sleep in an unnatural way. Each asana pose exercises the spine, exposing it to stretching, tensions and twisting of various degrees. All this prevents and corrects wrong positions of the spine in all positions: upright, sitting and lying down. If you observe a sincere yoga practitioner, you will at once notice the correct, agile and elegant way that he or she sits, stands or moves.

(Dear reader, how are you sitting now?)



Yogis, who long ago realized the importance of the perfect health of the spinal column for human life designed many yoga postures especially to maintain the proper curvature of the spine, such as the Fish pose, the Cobra pose and the Spinal Twist pose.

These positions also stretch the ligaments and tendons that wrap the spine, thus relieving the painful compression of the nerves. And by strengthening the muscles of the spine, they maintain its proper curvature. In this way, yoga restores the childlike flexibility of the spinal column, and prevents the painful stiffening of the body as it ages.

Picture taken from indianetzone.com

An erect spine also has important psychological effects. Physical and mental equilibrium are closely connected, and it is difficult for a person who is physically imbalanced to maintain a mental equipoise. Depressed people usually walk with bent shoulders and curved backs. As they stoop forward, their para-vertebral muscles are chronically strained and aching. This chronic back pain in turn contributes to their mental depression, in a dangerous vicious cycle of psychosomatic illness.



Save the

Print on Both side of the paper... Little Action means a lot to the Mother Nature!