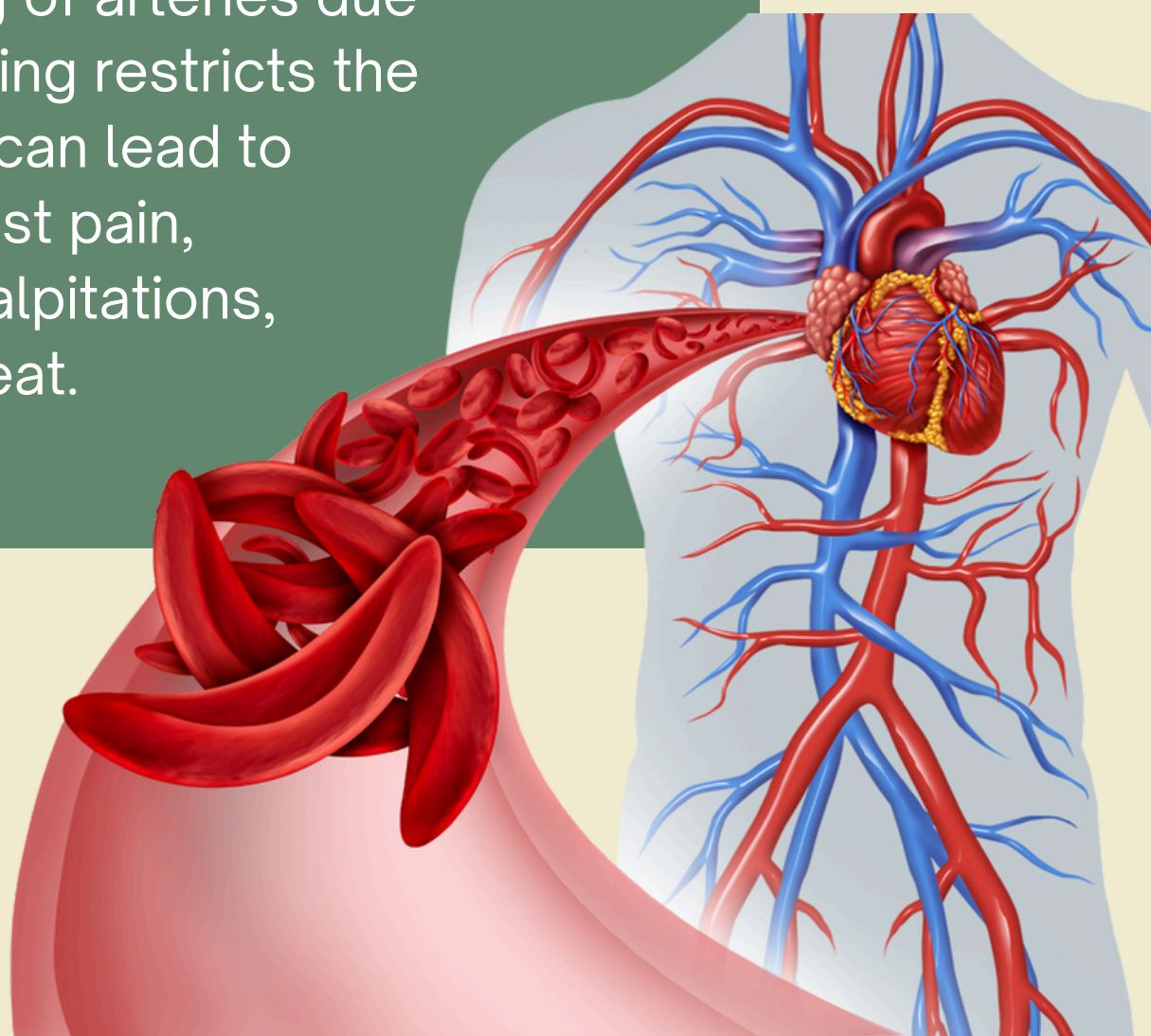


HEALTHPEDIA JUNE 2024



HEART BLOCKAGE

Heart blockage, also referred to as coronary artery disease, is a common condition characterized by the narrowing of arteries due to plaque build up. This narrowing restricts the blood flow to the heart, which can lead to various symptoms such as chest pain, shortness of breath, fatigue, palpitations, dizziness, and irregular heartbeat.



WHAT CAUSES A HEART BLOCKAGE?

A heart blockage occurs when fats or cholesterol start building up on the inner walls of the arteries of the heart. The risk factors for heart blockages include:

- High cholesterol
- High Blood Pressure
- Uncontrolled diabetes (high blood sugar levels)
- Being overweight or obese
- Physical inactivity
- Smoking & alcohol abuse



YOGA ASANAS FOR HEART BLOCKAGE



BIG TOE POSE (PADANGUSTHASANA)

This is a beneficial yoga pose for reducing excessive lipids and cholesterol levels in the body, which can otherwise contribute to the accumulation of plaque in the arteries. To perform this pose, follow these steps

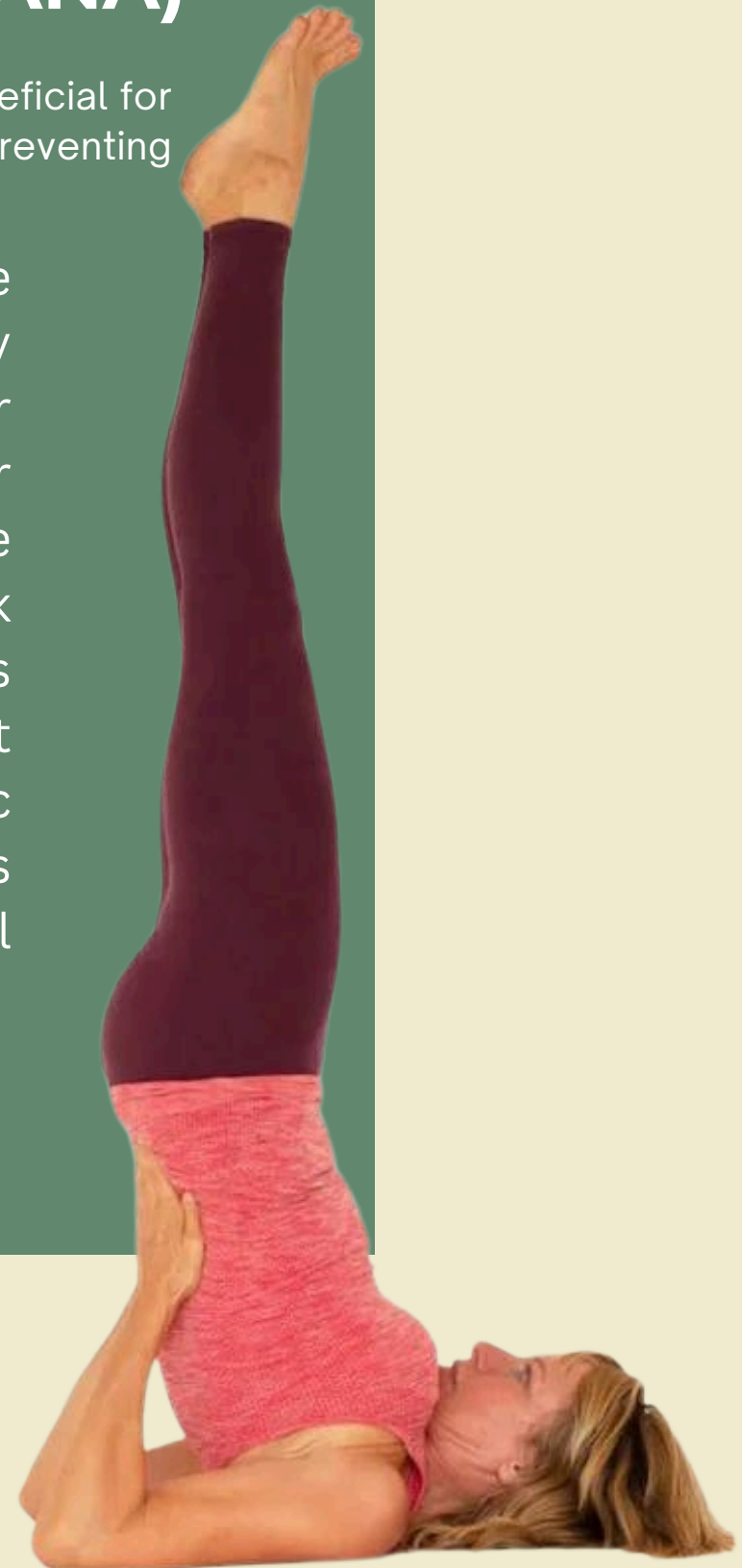
- Begin by standing in a relaxed position with your feet hip-width apart.
- Breathe steadily and gently bend forward from the hips, reaching towards your feet.
- Hold onto your toes firmly and aim to bring your forehead close to your thighs.
- Maintain the pose for 10-20 seconds, feeling a gentle stretch in the back of your legs, before releasing and returning to the starting position



SHOULDER STAND (SARVANGASANA)

The shoulder stand pose, also known as Sarvangasana, is highly beneficial for reducing high blood pressure, enhancing fat metabolism, and preventing heart problems. Here are the steps to perform this pose:

- Lie on your back while keeping your arms alongside your body. Press your arms into the floor and slowly
- lift your thighs and legs off the ground. Bend your elbows and keep your hands on the lower back for
- support as you raise your hips off the floor. Ensure your palms are fully spread across the lower back
- and continue lifting your legs until your spine is perpendicular to the ground. Keep your legs straight and pointing upward while maintaining a rhythmic
- breathing pattern. Hold the pose for 15-20 seconds before gently releasing and returning to the initial
- position.



BRIDGE POSE (SETU BANDHA SARVANGASANA)

This yoga asana is highly effective in reducing blood pressure as it improves blood circulation through the inversion of the body. This pose stretches the spine and back muscles while helping lower blood pressure, promoting a healthy heart. To perform this pose, follow these steps

- Lie on your back while keeping your hands resting by your sides and your knees bent.
- Gradually press your feet into the floor, lifting your hips off the ground while maintaining support with your hands.
- Press your palms against the floor to lift your pelvis upwards.
- Keep your thighs parallel to the floor and elbows straight.
- Hold the pose for approximately 30 seconds before gently releasing and returning to the initial position.



FORWARD BEND POSE (UTTANASANA)

This yoga asana provides numerous benefits for heart health and can help reduce insulin resistance in individuals with diabetes, thereby reducing the risk of heart disease. Follow these steps to begin:

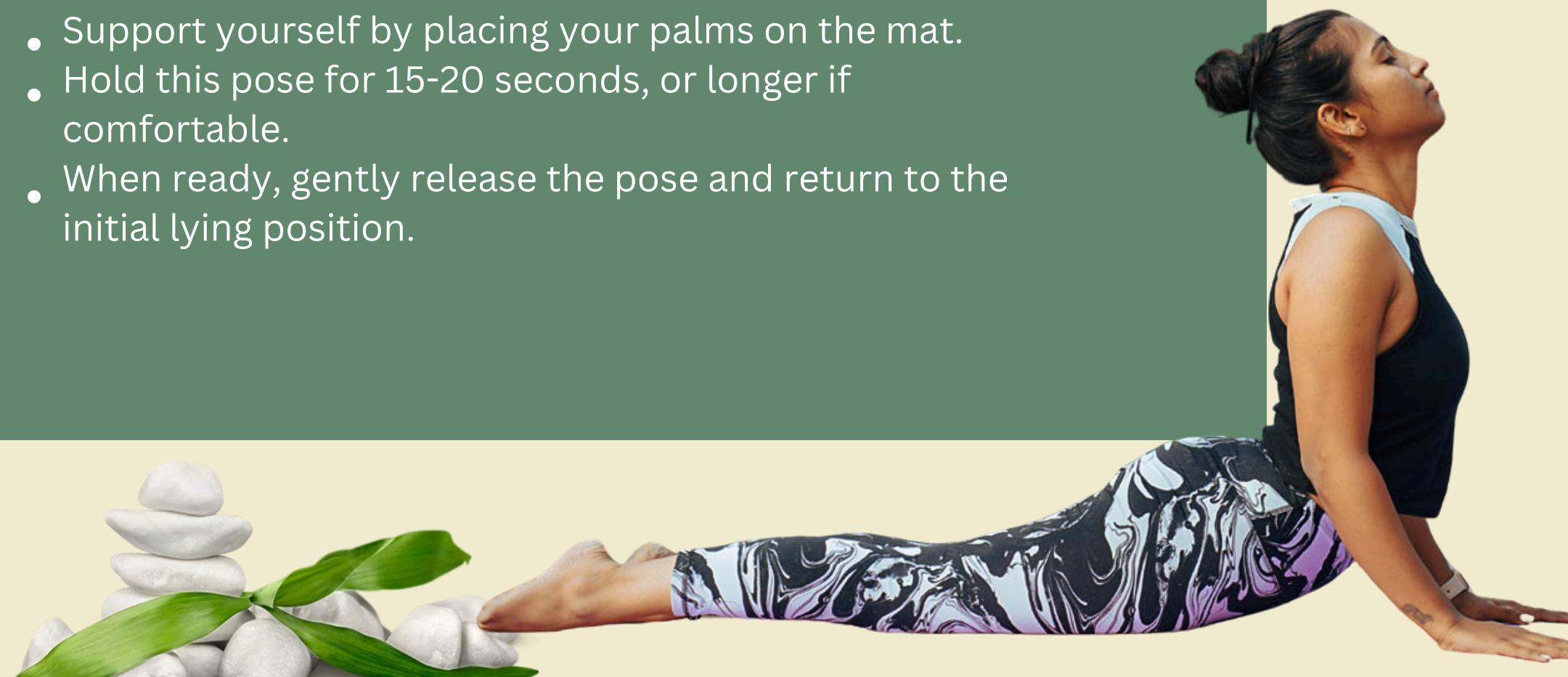
- Sit on the floor with your legs extended in front of you.
- Exhale while gently bending your body forward, aiming to bring your forehead toward your thighs without straining your hamstrings.
- Extend your hands and reach for your ankles or toes, maintaining a comfortable stretch.
- Hold the pose for approximately 30 seconds. When ready, release the pose and return to the initial seated position.



COBRA POSE (BHUJANGASANA)

This yoga asana is a beneficial pose that helps reduce stress, promote blood circulation, and improve heart health. Here's how to perform this pose:

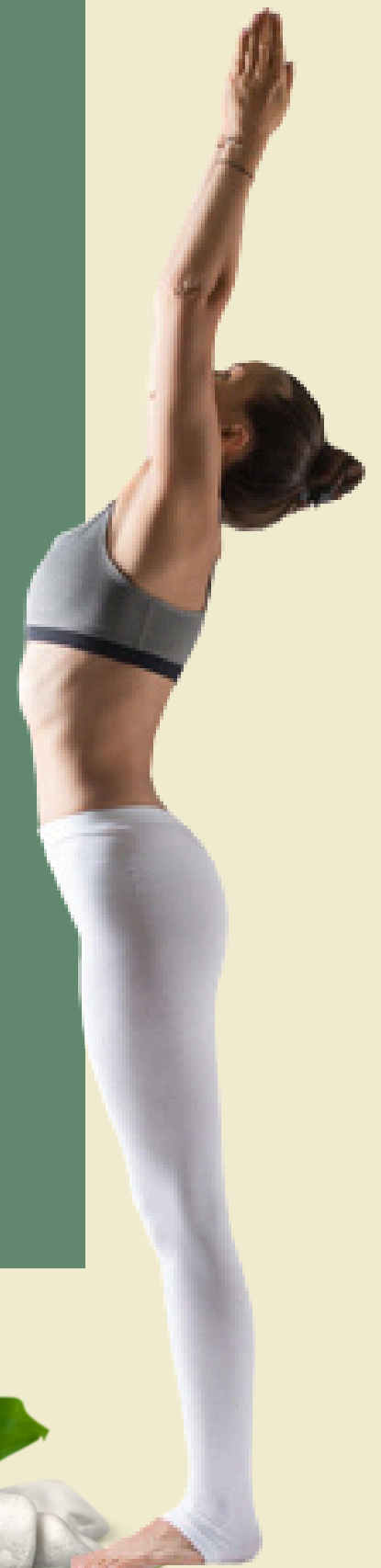
- Lie down on your stomach.
- Extend your legs and place the top of your feet on the mat.
- Position your elbows alongside your body and lift your upper body, focusing on lifting your chest off the floor.
- Support yourself by placing your palms on the mat.
- Hold this pose for 15-20 seconds, or longer if comfortable.
- When ready, gently release the pose and return to the initial lying position.



MOUNTAIN POSE (TADASANA)

This easy and beneficial yoga asana is extremely helpful in relieving tension, to normalizing blood pressure levels, it helps in strengthening your vertebral column. To perform this pose follow the steps given below:

- Stand upright with your feet slightly apart, ensuring that the soles of your feet remain in contact with the ground.
- Keep your hands straight up by your sides and gaze forward.
- Slowly inhale and lift your arms in front, bringing them up to shoulder height.
- Lock the fingers of both your hands together.
- Slowly rotate your wrist outwards, inhale again, and lift the hand over your head.
- While you lift your arms, simultaneously lift your heels off the floor, keeping your body weight balanced on the toes.
- Hold this pose for 20-30 seconds before going back to the initial position



WARRIOR POSE (VIRABHADRASANA)

This yoga pose helps relieve stress and enhances overall blood circulation. It keeps the heart rate in check, reducing the risk of developing arrhythmias. It also improves the body's balance and boosts stamina. Here's how to perform this pose:

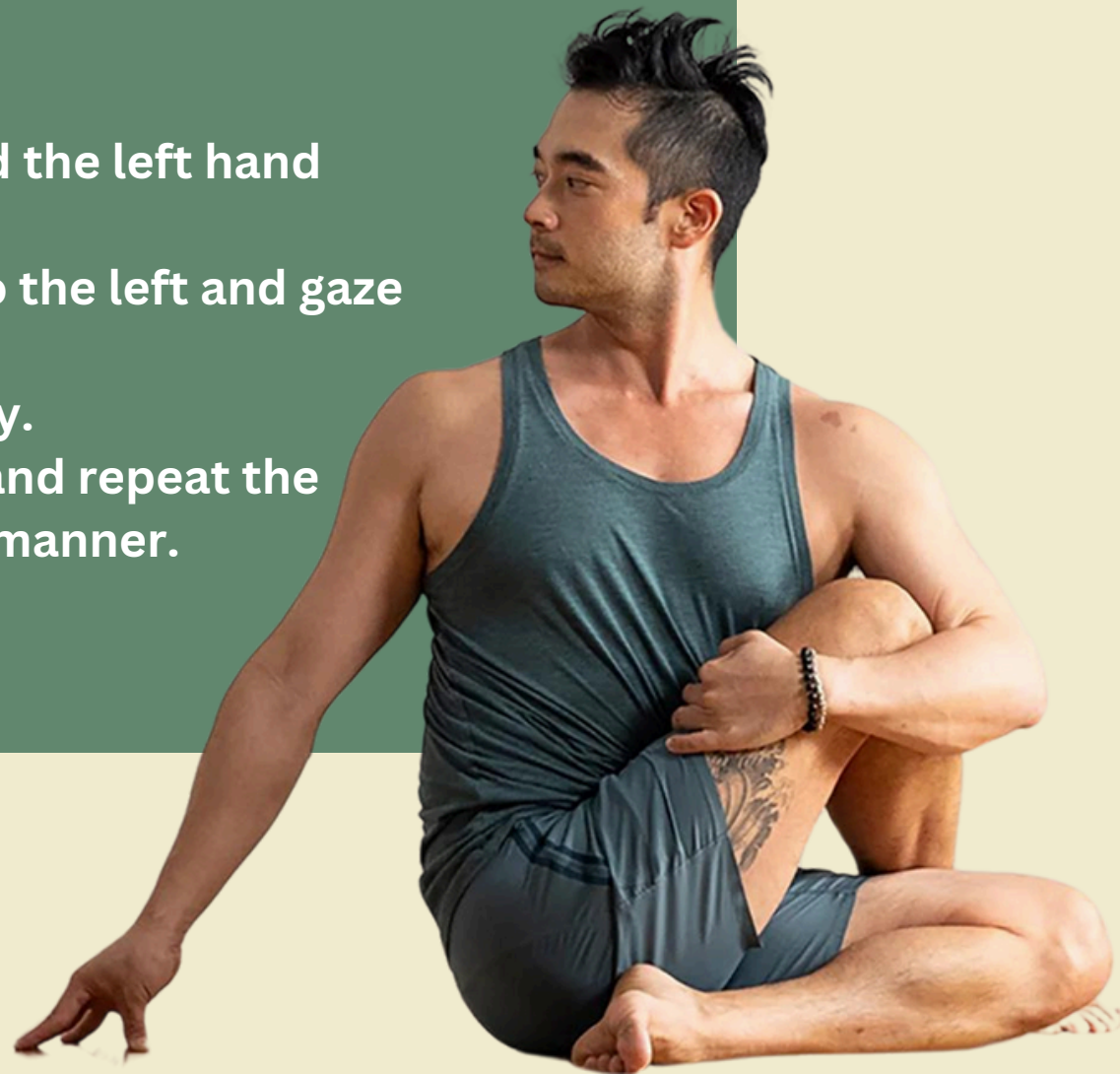
- Stand upright on the ground, facing forward.
- Keep your feet approximately 4 inches apart, moving them forward.
- Rotate your left foot outward by 90 degrees and your right foot inward by around 15 degrees.
- Extend both arms sideways until they are parallel to the shoulders.
- While exhaling, bend your left knee and turn your head to the left.
- Maintain steady breathing and widen the stretch of your arms.
- Gently lower your pelvis and hold the pose with the strength of a warrior.
- Repeat the sequence on the other side with your right foot forward.
- Perform this exercise 3-4 times, taking a minute of rest between each repetition for relaxation.



SITTING HALF SPINAL TWIST (ARDHA MATSYENDRASANA)

This yoga asana stimulates your heart muscles, regulates your heart rate, and eliminates stiffness from your vertebral column. Moreover, it helps prevent the buildup of cholesterol in your blood, reducing the risk of heart blockages and heart attacks. Follow these steps to perform this asana:

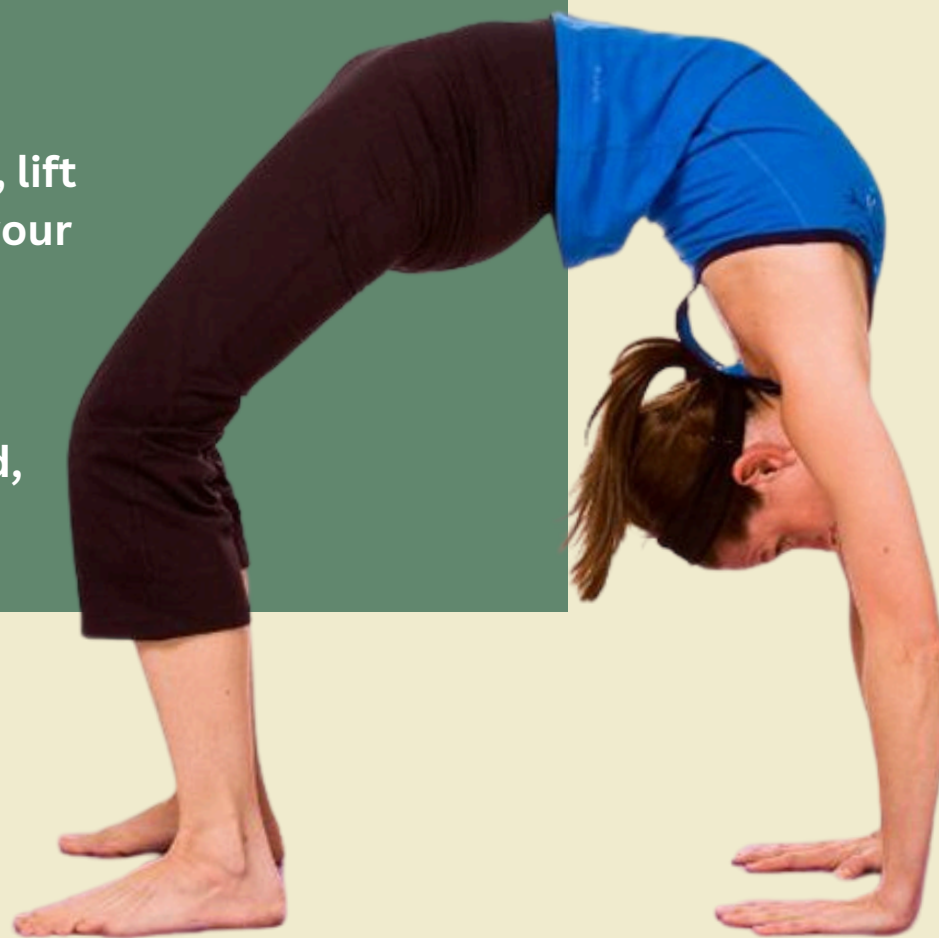
- Sit upright with your legs extended and feet together.
- Bend the right leg and position the heel of your right foot next to your left hip.
- Cross your left leg over the right knee.
- Place the right hand on the left foot and the left hand behind you.
- Twist your waist, neck, and shoulders to the left and gaze over your left shoulder.
- Maintain posture while breathing calmly.
- Gradually return to the initial position and repeat the sequence on the other side in a similar manner.



WHEEL POSE (CHAKRASANA)

This yoga asana is quite helpful in boosting heart function and preventing blockages in blood vessels. It also stretches the chest muscles and improves spinal flexibility. Here are the steps to follow to perform this pose:

- Begin by laying a thick yoga mat on a level surface and lying down on it.
- Bend your knees and keep your feet flat on the floor.
- Firmly press your feet into the ground.
- Position your hands next to your shoulders with your fingers pointing towards your shoulders.
- Apply pressure to your feet and hands and lift your upper body off the ground.
- Place the crown of your head on the yoga mat for support.
- With pressure on your inner thighs, pelvis, and feet, lift your body to create a curved wheel shape, raising your head and abdomen.
- Find a stable position and hold for 5-10 seconds, avoiding excessive strain on the neck or shoulders.
- Exhale and gradually lower your body to the ground, relaxing.



SEATED FORWARD POSE (PASCHIMOTTANASANA)

This yoga asana helps in reducing anxiety and boosts blood circulation, thereby promoting overall heart health. It also improves spine mobility and enhances overall flexibility. Here are the steps for performing this pose:

- **Begin by sitting on your yoga mat with your legs extended forward.**
- **From the waist, bend forward and fold your body so that your chest rests on top of your thighs.**
- **Keep your arms stretched forward alongside your legs.**
- **Engage your abdominal muscles and maintain a slight tension.**
- **Avoid overstretching and only bend your body to a comfortable extent.**
- **Hold this position for 5-10 seconds, then return to the initial seated position.**

