

Pawanmuktasana

Part 2

Digestive & Abdominal Poses

Digestive And Abdominal Poses In Yoga – Pawanmuktasana Part 2

Pawanmuktasana Part 2 corresponds to the Digestive/Abdominal poses in Yoga. They are a group of asanas concerned specifically with strengthening the digestive system. This is the second part of the [Pawanmuktasana Series 1,2,3](#).

These are excellent for people with indigestion, constipation, acidity, excess wind or gas, lack of appetite, diabetes, disorders of the reproductive systems, and varicose veins. The digestive and abdominal poses (pawanmuktasana – 2) also help in eliminating energy blockages in the abdominal area.

Contents

Overview	4
Yoga poses in Pawanmuktasana Part 2	5
Chart of poses	6
Base Position Lying down	7
Raised Legs Pose (Padotthanasana)Raised Legs Pose – Padotthanasana	8
Leg Rotation (Pada Chakrasana)Leg Rotation – Pada Chakrasana	9
Cycling Pose (Pada Sanchalanasana)Cycling Pose – Pada Sanchalanasana	10
Leg Lock Pose (Supta Pawanmuktasana)Leg Lock Pose – Supta Pawanmuktasana	11
Rocking And Rolling Pose – (Jhulana Lurhakanasana)Rocking And Rolling Pose – Jhulana Lurhakanasana	12
Sleeping Abdominal Stretch (Supta Udarakarshanasana)Sleeping Abdominal Stretch Pose – Supta Udarakarshanasana	13
Universal Spinal Twist (Shava Udarakarshanasana)Universal Spinal Twist – Shava Udarakarshanasana	14
Boat Pose – NaukasanaBoat Pose – Naukasana	15
10 Amazing Benefits of Pawanmuktasana Part 2	16
Factors to consider	17
Awareness	17
Need for Periodic rest	17
Precautions	17
Precautions	17

Overview

English Name	Digestive and Abdominal Poses
Sanskrit Name	Pawanmuktasana – 2
Base position	Lying flat on the back with the legs together and straight.
Number of poses in sequence	8
Duration of sequence	15 minutes
Body Parts	Abdomen, thighs. Aids in digestion
Category	Pawanmuktasana series 1,2,3
Difficulty	Beginner
Benefits	The second pawanmuktasana sequence helps in aiding digestion. It is great for boosting digestion, and strengthening the abdomen and thighs.

Yoga poses in Pawanmuktasana Part 2

The sequence for Digestive and Abdominal Poses in Yoga – Pawanmuktasana Part 2 consists of 8 poses.

S No	Sanskrit Name	English Name	Body Part
1	Padotthanasana	Raised Legs Pose	Legs, thighs
2	Pada chakrasana	Leg rotation	Legs, thighs
3	Pada Sanchalanasana	Cycling in yoga	Legs, thighs
4	Supta pawanmuktasana	Leg lock pose	Abdomen
5	Jhulana Lurhakanasana	Rocking and rolling in yoga	Blood circulation
6	Supta Udarakarshanasana	Sleeping abdominal stretch pose	Abdomen
7	Shava Udarakarshanasana	Universal spinal twist	Spine
8	Naukasana	Boat pose	Abdomen, thighs

Chart of poses

Pose 1 (2 mins)

Raised Legs Pose – Padotthanasana

The diagram shows a person lying on their back with legs raised vertically and feet together. The hands are resting on the floor near the ankles.

Pose 2 (2 mins)

Leg Rotation – Pada Chakrasana

The diagram shows a person lying on their back with knees bent and feet flat on the floor. Arrows indicate the rotation of the legs.

Pose 3 (2 mins)

Cycling Pose – Pada Sanchalanasana

The diagram shows a person lying on their back with legs raised and bent at a 90-degree angle, mimicking a cycling motion.

Pose 4 (2 mins)

Leg Lock Pose – Supta Pawanmuktasana

The diagram shows two stages of the pose. Stage 1: A person lying on their back with knees bent and feet flat on the floor. Stage 2: A person lying on their back with knees bent and feet flat on the floor, with the feet locked together.

Pose 5 (2 mins)

Rocking And Rolling Pose – Jhulana
Lurhakanasana

The diagram shows two stages of the pose. Stage 1: A person lying on their back with knees bent and feet flat on the floor. Stage 2: A person lying on their back with knees bent and feet flat on the floor, with the feet locked together.

Pose 6 (2 mins)

Sleeping Abdominal Stretch Pose – Supta
Udarakarshanasana

The diagram shows a person lying on their back with knees bent and feet flat on the floor, with the feet locked together.

Pose 7 (2 mins)

Universal Spinal Twist – Shava
Udarakarshanasana

The diagram shows a person lying on their back with knees bent and feet flat on the floor, with the feet locked together.

Pose 8 (2 mins)

Boat Pose – Naukasana

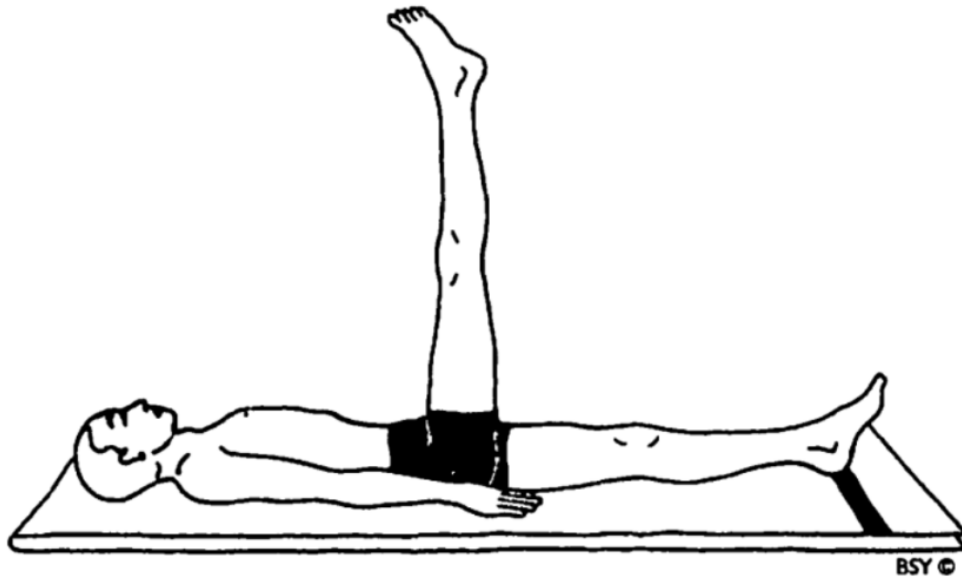
The diagram shows a person lying on their back with knees bent and feet flat on the floor, with the feet locked together.

Base Position Lying down



- The arms should be by the sides, palms down, and the head, neck, and spine in a straight line.
 - Be sure to use a thin mat or a blanket
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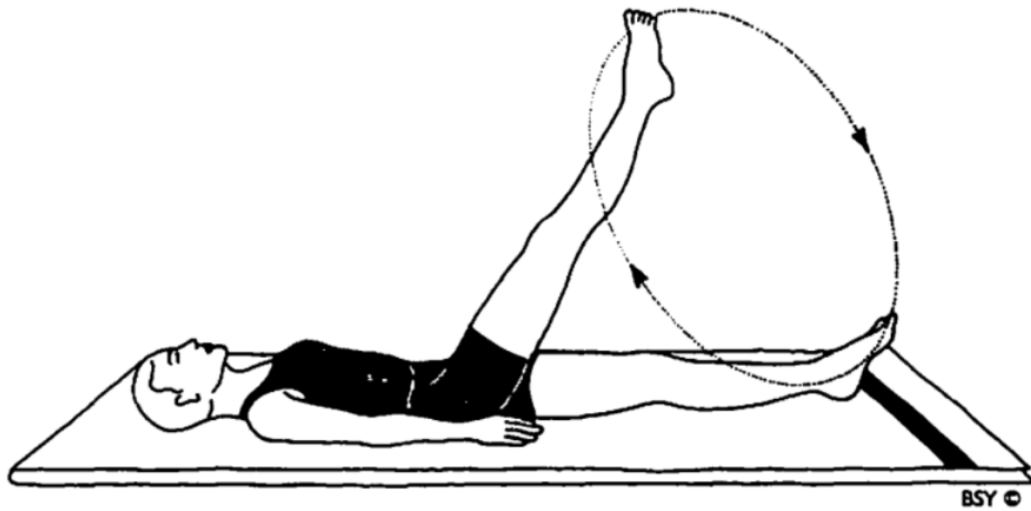
Raised Legs Pose (Padotthanasana)



Raised Legs Pose – Padotthanasana

- Inhale and raise the right leg as high as is comfortable, keeping it straight and the foot relaxed.
 - The left leg should remain straight and in contact with the floor.
 - Hold the posture for 3 to 5 seconds while retaining the breath.
 - Exhale and slowly lower the leg to the floor.
 - This is one round.
 - Practise 10 rounds with the right leg and then 10 rounds with the left leg.
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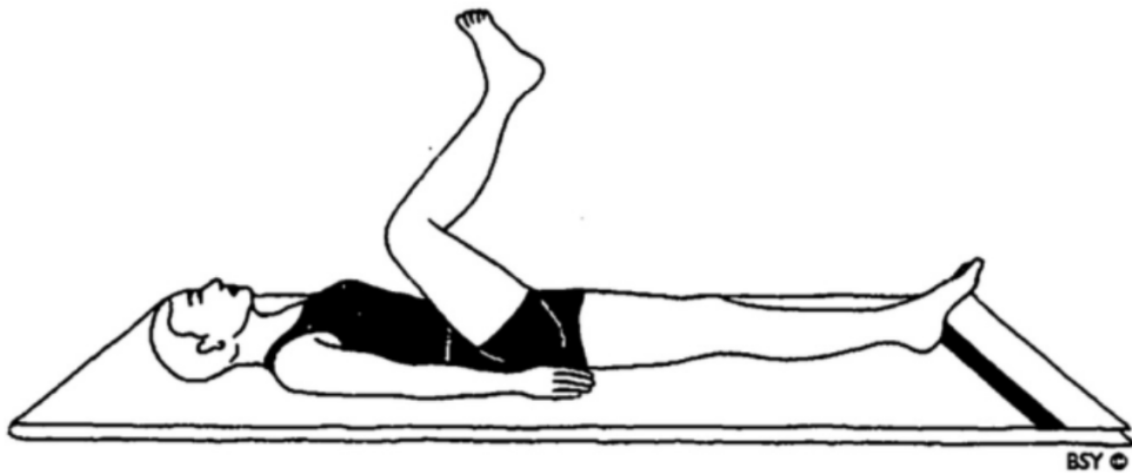
Leg Rotation (Pada Chakrasana)



Leg Rotation – Pada Chakrasana

- Raise the right leg 5 cm from the ground, keeping the knee straight.
 - Rotate the entire leg clockwise 10 times in as large a circle as comfortable.
 - The heel should not touch the floor at any time during the rotation.
 - Rotate 10 times anti-clockwise. Repeat with the left leg, first clockwise, then anti-clockwise.
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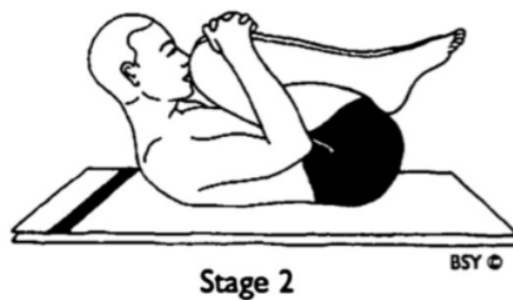
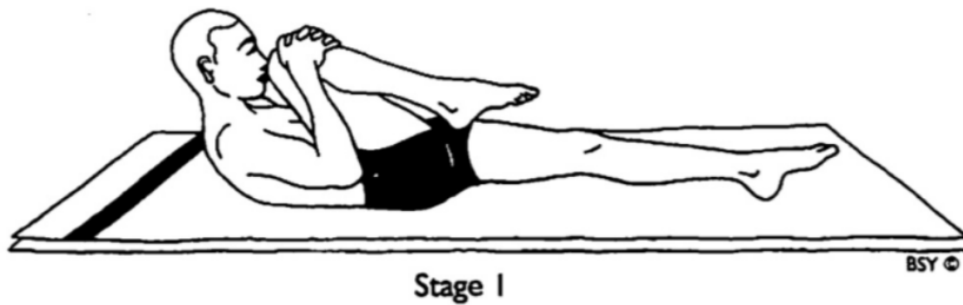
Cycling Pose (Pada Sanchalanasana)



Cycling Pose – Pada Sanchalanasana

- Raise the right leg.
 - Bend the knee and bring the thigh to the chest.
 - Raise and straighten the leg completely.
 - Then lower the straight leg in a forward movement.
 - Bend the knee and bring it back to the chest to complete the cycling movement.
 - The heel should not touch the floor during the movement.
 - Practise 10 times in a forward direction and then 10 times in reverse.
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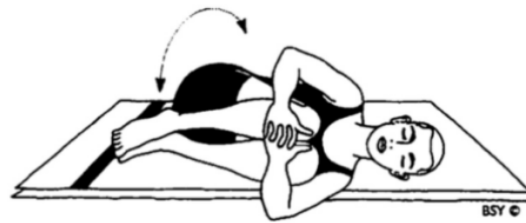
Leg Lock Pose (*Supta Pawanmuktasana*)



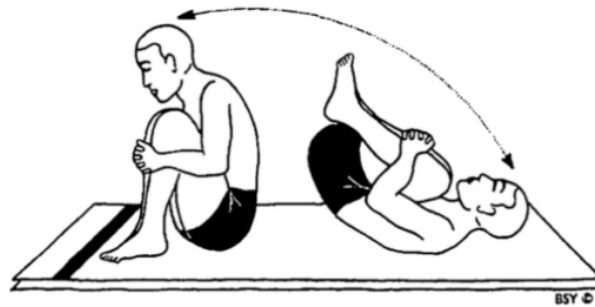
Leg Lock Pose – *Supta Pawanmuktasana*

- Bend the right knee and bring the thigh to the chest. Interlock the fingers and clasp the hands on the shin just below the right knee.
 - Keep the left leg straight and on the ground.
 - Inhale deeply, filling the lungs as much as possible.
 - Exhaling, raise the head and shoulders off the ground and without straining, bring the right knee to the nose.
 - Remain in the final position for a few seconds. While slowly inhaling, return to the base position. Relax the body.
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Rocking And Rolling Pose – (Jhulana Lurhakanasana)



Stage 1



Stage 2

Rocking And Rolling Pose – Jhulana Lurhakanasana

- Lie flat on the back. Bend both legs to the chest.
 - Interlock the fingers of both hands and clasp them around the shins just below the knees.
 - This is the starting position.
 - Roll the body from side to side 5 to 10 times, touching the side of the legs on the floor.
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Sleeping Abdominal Stretch (Supta Udarakarshanasana)



Sleeping Abdominal Stretch Pose – Supta Udarakarshanasana

- Bend the knees and place the soles of both feet flat on the floor, directly in front of the buttocks.
 - Keep the knees and feet together throughout the practice.
 - Interlock the fingers of both hands, place the palms under the back of the head and let the elbows touch the floor.
 - Breathe in, and while breathing out, slowly lower the legs to the right, trying to bring the knees down to the floor.
 - The feet should remain in contact with each other, although the left foot will move slightly off the floor. At the same time, gently turn the head and neck in the opposite direction to the legs. This will give a uniform twisting stretch to the entire spine.
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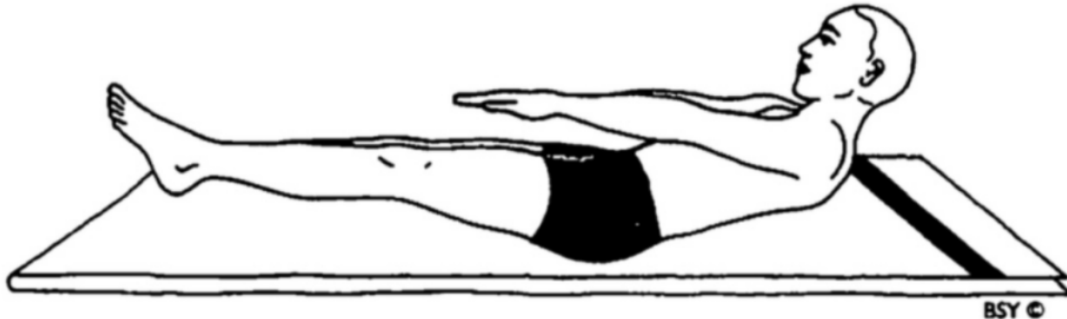
Universal Spinal Twist (Shava Udarakarshanasana)



Universal Spinal Twist – Shava Udarakarshanasana

- Lie in the starting position with the legs and feet together. Stretch the arms out to the sides at shoulder level with the palms of the hands facing down.
 - Bend the right leg and place the sole of the foot beside the left kneecap. Place the left hand on top of the right knee. This is the starting position.
 - Gently bring the right knee down towards the floor on the left side of the body, keeping the leg bent and the foot in contact with the left knee.
 - Turn the head to the right, looking along the straight arm, and gaze at the middle finger of the right hand.
 - The left hand should be on the right knee and the right arm and shoulder should remain in contact with the floor. In the final position, the head should be turned in the opposite direction to the folded knee and the other leg should remain straight.
 - Hold the position for as long as is comfortable.
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Boat Pose – Naukasana



Boat Pose – Naukasana

- Breathe in deeply. Hold the breath and then raise the legs, arms, shoulders, head and trunk off the ground. The shoulders and feet should be no more than 15 cm off the floor. Balance the body on the buttocks and keep the spine straight.
- The arms should be held at the same level and in line with the toes. The hands should be open with the palms down. Look towards the toes.
- Remain in the final position and hold the breath. Count to 5 mentally (or for longer if possible).
- Breathe out and return to the supine position. Be careful not to injure the back of the head while returning to the floor.
- Relax the whole body.

10 Amazing Benefits of Pawanmuktasana Part 2

1. Opens up the thighs & strengthens the thigh muscles. It's important to boost these in order improve metabolism
2. Helps lower knee pain. Stiff thighs tend to put pressure on the knee. Opening of thighs and calves helps alleviate it.
3. Improves flexibility of the spine (universal spinal twist)
4. Strengthens the core of the body (boat pose). It helps strengthen the abdominal muscles and the core.
5. Pawanmuktasana Part II is largely aimed at improving the overall digestion. It's a great sequence for morning.
6. Helps remove constipation (supta pawanmuktasana)
7. Helps remove stiffness in upper and lower back
8. Improve blood circulation in the body (rocking and rolling pose)
9. It helps reduce flatulence. It's a great sequence for morning.
10. Helps reduce pain in lower back by strengthening the core, opening up the thigh muscles.

Factors to consider

Following are important things to consider while doing the yoga sequence:

Awareness

Throughout the practice of digestive and abdominal poses in yoga (pawanmuktasana -2) become aware of the following:

1. Movement
2. Intra-abdominal pressure
3. The stretch of the muscles
4. Breathing

Need for Periodic rest

Before starting the practice of digestive and abdominal poses, the body and mind should be calm and relaxed. This is best achieved through the practice of [corpse pose](#) also known as shavasana in yoga. In addition, a short rest should be taken between asanas, lying in the corpse pose (shavasana). One minute or thirty seconds should be sufficient, but a more reliable guide is to rest until the breathing returns to normal.

Precautions

When starting this series, it is not advisable to attempt all the practices in one go, especially the ones which involve using both legs together. It is better to choose one practice at a time and incorporate that into the previous practices. The pawanmuktasana part 2 series requires a great deal of effort and may put a strain on the lower back. Therefore, be aware of physical limitations and do not strain.

Precautions

The practice of digestive and abdominal poses should not be performed by people suffering from high blood pressure, serious heart conditions, back conditions such as sciatica and slipped disc, or soon after abdominal surgery. If there is any doubt, please consult a competent therapist.