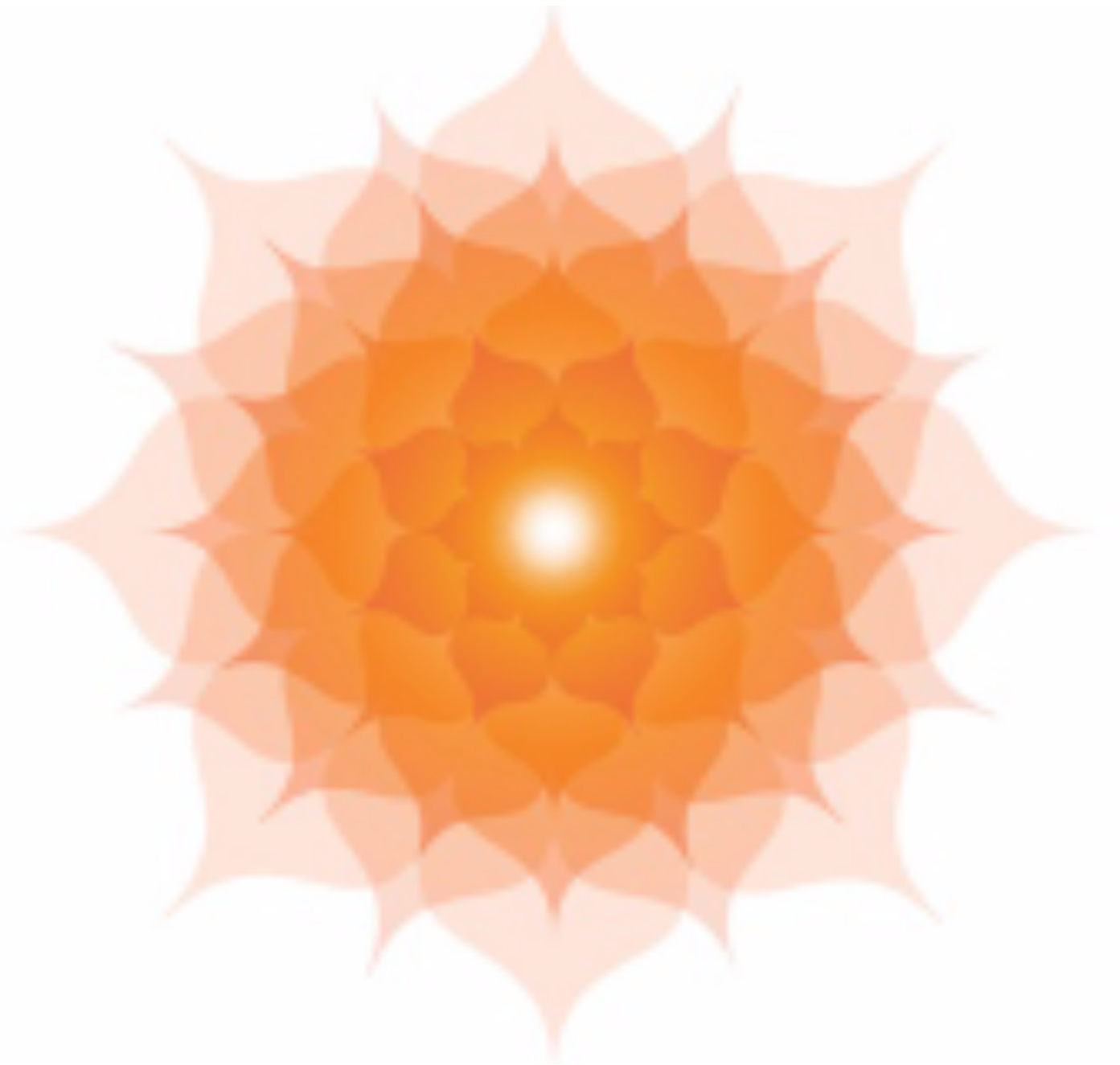
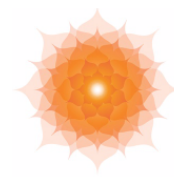


ASANAS TO HELP YOU IF YOU HAVE (HAD) COVID



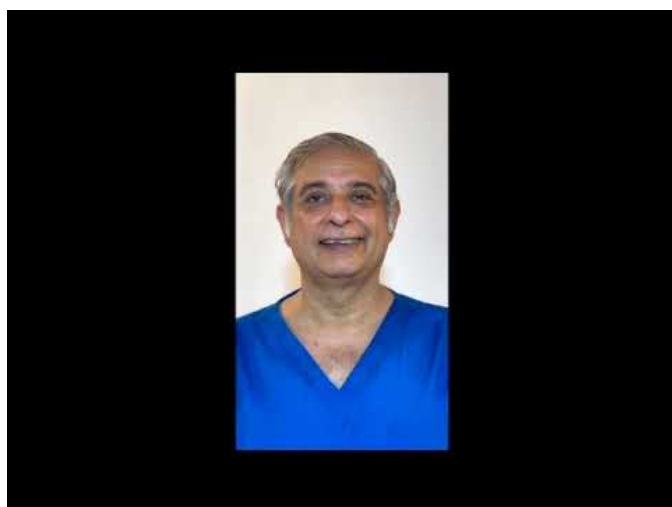
GYAN YOGA

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8 ASANAS TO HELP YOU IF YOU HAVE (HAD) COVID JULY 2021

Do these asanas along with the video!



Doing these asanas, helps you to improve air inflow into the affected areas of your lungs and learn to use the unused areas of your lungs.

These asanas can help to rebuild your lung capacity after Covid and prevent pulmonary fibrosis.

These asanas can be done standing, sitting or lying down. See which position you can manage to do them from.

Don't stress yourself while trying to do them!

Each asana consists of 3 deep inhalations and full exhalations, then 2-10 minutes of rest; standing, sitting or lying down, with eyes closed. This is 1 set. Do 3 sets of each asana.

Inhalation with your mouth and eyes open, synchronizing your movement with your breath. (see video)

Exhalation through your mouth with your eyes gently closed along with the movement back to your starting position (see video)

Do 3 or 4 of these asanas a time several times a day.

Your Lungs contain 4-5 litres of air which need to be exchanged with fresh air every minute.

With diaphragm breathing, you can increase your air and oxygen intake in a few minutes and you can get more oxygen into your body.

Healthy people usually breathe 300-350 ml per breath.

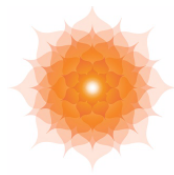
When you have Covid, Pneumonia or pulmonary fibrosis this can reduce to 100 -200 ml per breath.

With diaphragmatic breathing this can Increase to 850 ml of air per breath.



Dr. Manik Hiranandani

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YOUR POSITION DURING THE REST / OBSERVATION PERIOD OF 2 -10 MIN.

Before you start doing the asanas, you can see here which resting positions you can take. Choose a resting position in which you can relax best at that moment.

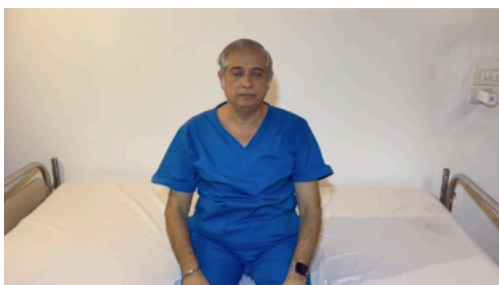
LYING DOWN

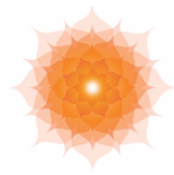
**LIE WITH YOUR ARMS AND HANDS RELAXED ALONG THE SIDE OF YOUR BODY
WITH YOUR LEGS A LITTLE APART,
AND YOUR EYES CLOSED**



SITTING

**WHILE SITTING KEEP YOUR HANDS LOOSE AND RELAXED ON YOUR THIGHS
WITH YOUR EYES CLOSED**





1-DIAPHRAGMATIC BREATHING

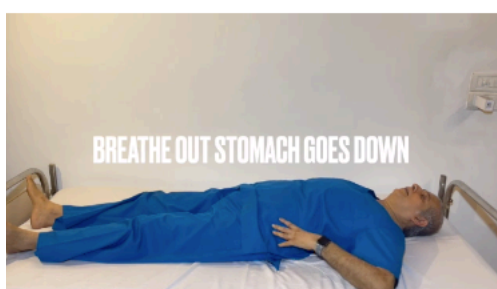
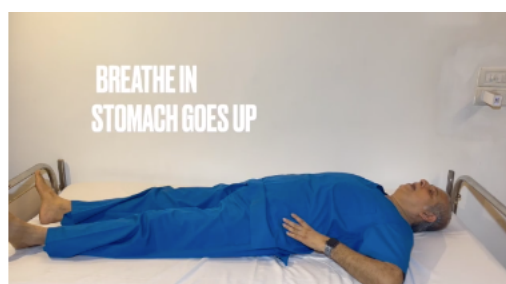
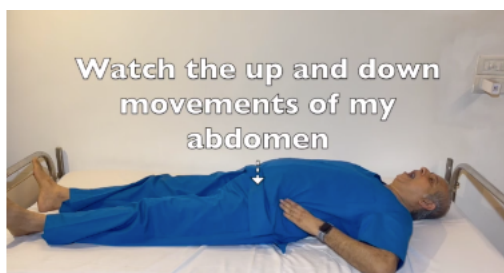
(This asana increase your oxygen intake by up to 800-850ml per inhalation)

Place the hands with the fingers closed, at the front and the thumbs at the back, firmly on the hips. Elbows are on the sides of the body, not pointed back. The closed fingers point diagonally to the pubic bone. There is a straight line from the elbows, through the lower arms, wrists, fingers to the fingertips.

Breathe in through the wide open mouth, eyes opened, and exhale completely through the mouth with softly closed eyes.

Do 3 breaths as described, take 2-10 min. rest, and do this a total of 3 times.

LYING DOWN: INHALE AND EXHALE



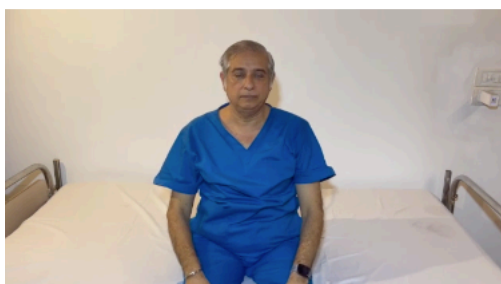
REST: LYING DOWN



SITTING: INHALE AND EXHALE



REST: SITTING



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2-SIDEWAYS CHEST EXPANSION

(This asana opens the front of the chest and the joints of your ribs with your sternum which are often displaced due to coughing)

Place the middle fingers over your nipples, thumbs open. Elbows are on the sides of the body, not pointed back. There is a straight line from the elbows, through the lower arms, wrists, fingers to the fingertips. You stretch your arms.

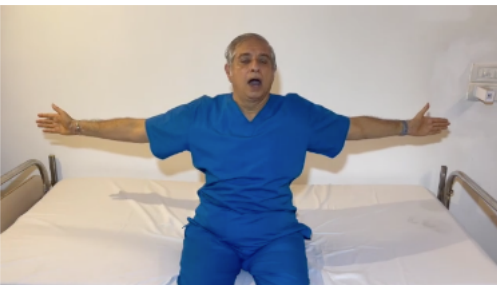
On the inhalation: hands and arms open sideways. On the exhalation bring your hands back to the starting position.

Do 3 breaths as described, take 2-10 min. rest, and do this a total of 3 times.

STARTING POSITION



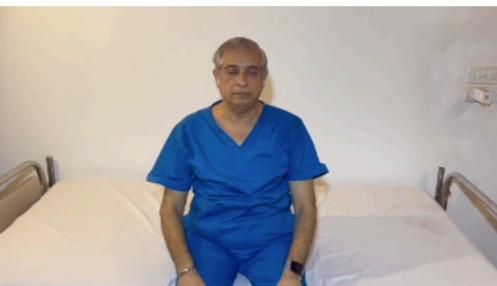
INHALATION



EXHALATION

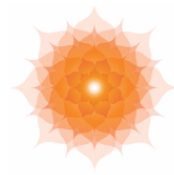


REST: SITTING POSITION OR



LYING DOWN IN A COMFORTABLE POSITION





3- RAISING HANDS ON UPPER ARMS ABOVE HEAD

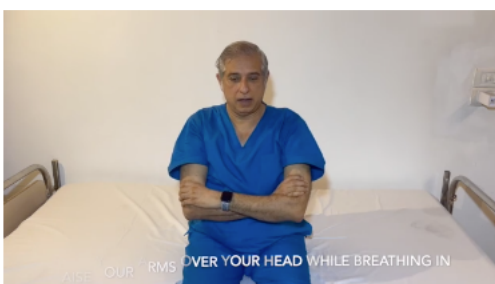
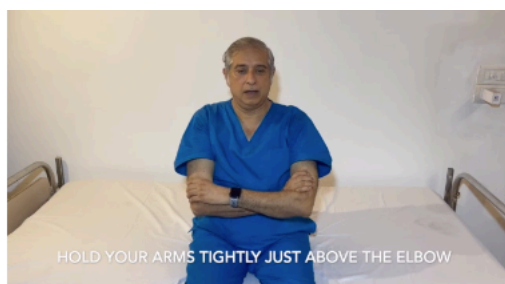
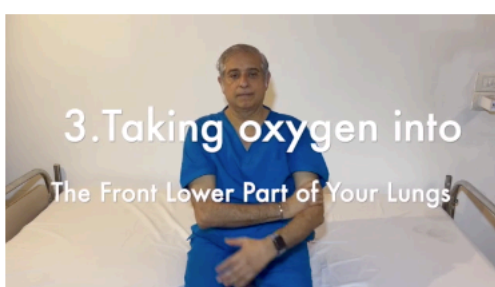
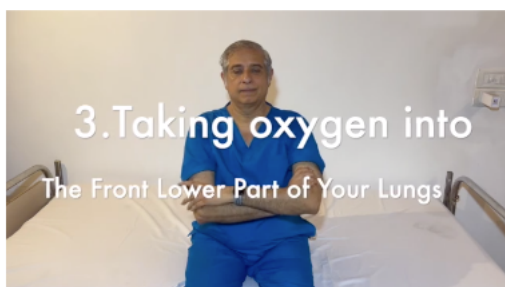
(In this asana oxygen goes into the front and lower part of your lungs.)

Hold your arms tightly just above each elbow, first right hand holds left arm and then left hand holds right arm.

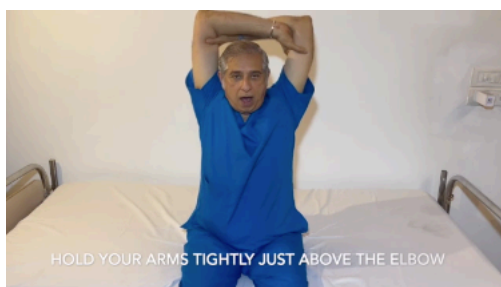
Then inhale deeply raising your arms above your head, or as far as your body allows.

Exhale and lower your hands to the starting position.

Do 3 breaths as described, take 2-10 min. rest, and do this a total of 3 times.



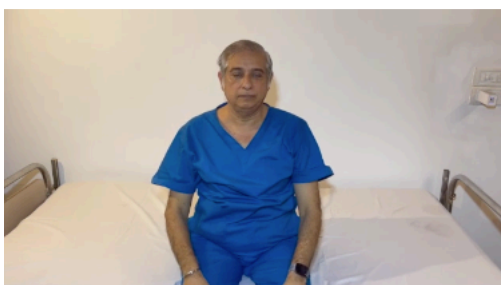
INHALATION: ARMS UP



EXHALE: ARMS TO STARTING POSITION



REST: SITTING



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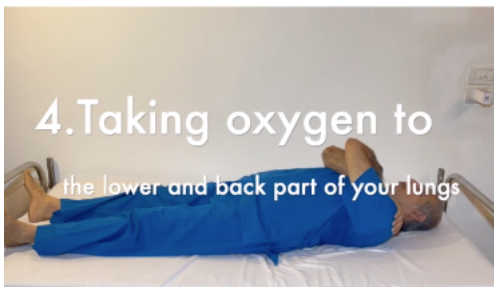


4- ARMS CROSSED ON CHEST

(This asana takes oxygen goes to the back of your lungs.)

Place your right hand on the left shoulder and hold firmly. Then hold your right shoulder with your left hand firmly. As you inhale press down with you elbows. This forces air into the portion of your lungs in your back and under your armpits. On the exhalation release the pressure.

Do 3 breaths as described, take 2-10 min. rest, and do this a total of 3 times.



RIGHT HAND FIRST



THEN LEFT HAND



INHALATION: PRESS THE ARM TO THE CHEST

EXHALE: RELEASE THE PRESSURE

REST: LYING



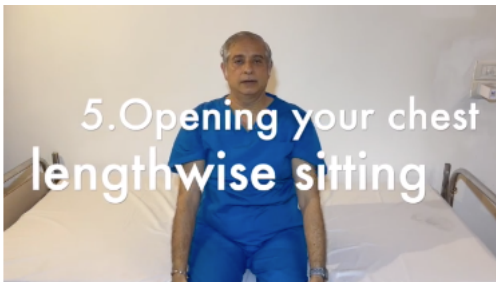
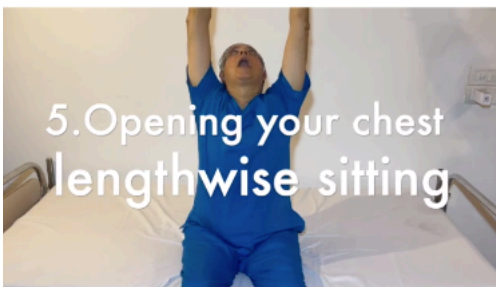
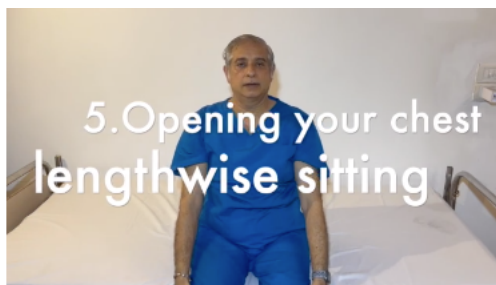


5- ARMS STRETCHED UP, PALMS FACE EACH OTHER

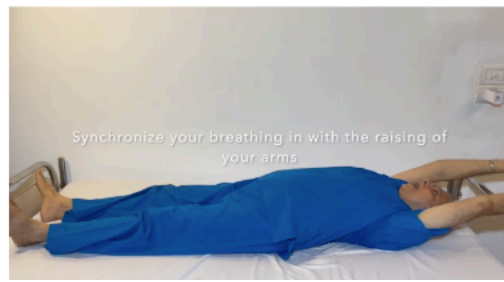
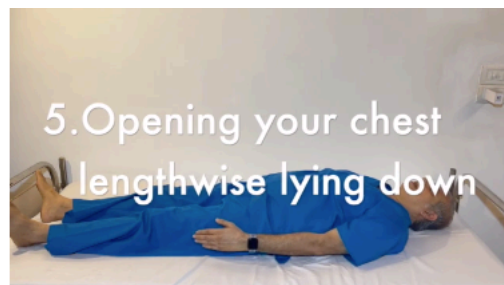
(This asana opens your chest lengthwise, allowing oxygen to go to areas you may not normally use.)

Place your arms relaxed at your sides. Inhale through your mouth with your eyes open, raise your arms straight up close to your body and as close to your ears as possible. Palms facing each other! Exhale through your mouth, eyes lightly closed, bring the straight arms back to your starting position. Do 3 breaths as described, take 2-10 min. rest, and do this a total of 3 times.

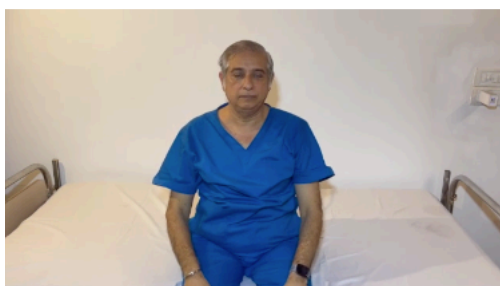
SITTING



LYING

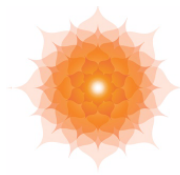


REST: SITTING



REST: LYING

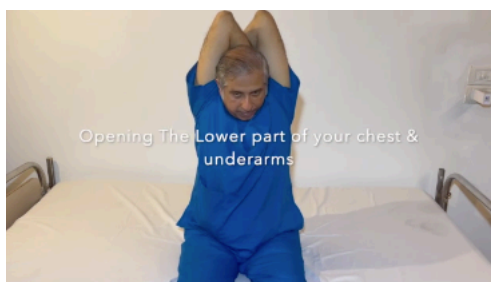




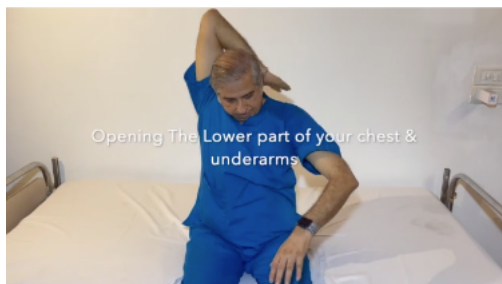
6- YOUR ARMS CROSSED BEHIND YOUR HEAD HOLDING YOUR SHOULDER BLADES

(This asana opens the lower part of your chest and under your arms so the air you breathe can enter those areas.)

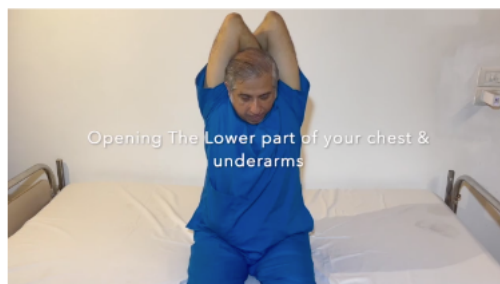
First, bring your right hand behind your head on your left shoulder blade. Then bring your left hand to your right shoulder blade in the same way. Keep elbows as close together as possible. Head may be slightly bent forward. Breathe in deeply through your mouth with your eyes open and out through your mouth with your eyes slightly closed. Do 3 breaths as described, take 2-10 min. rest, and do this a total of 3 times.



RIGHT HAND FIRST

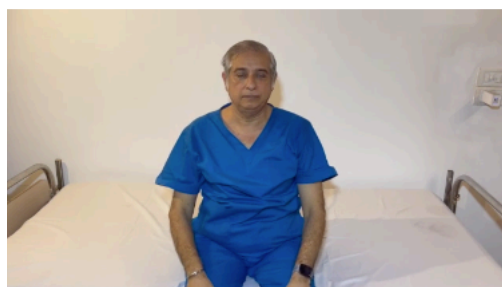


THEN LEFT HAND

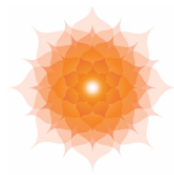


POSTURE: INHALE AND EXHALE

REST: SITTING



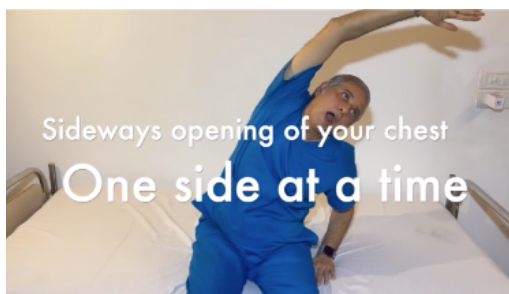
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7- SIDEWAYS BENDING WITH EACH ARM

(This asana opens the chest on one side, so more air enters one side while compressing the other lung.)

Breathe in through your mouth, eyes open, as you bring your right arm bent sideways over your head. Breathe out, through your mouth with eyes slightly closed, bring the arm back. Do the same with the left arm. Co-ordinate the bending with your breathing. Do this 3 times, repeat alternate sides 3 times to flush out your lungs with a rest in between repetitions of 2-10 min.



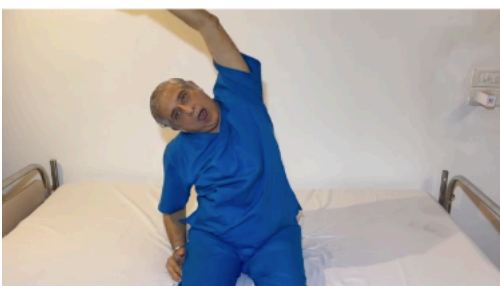
FIRST WITH THE RIGHT ARM



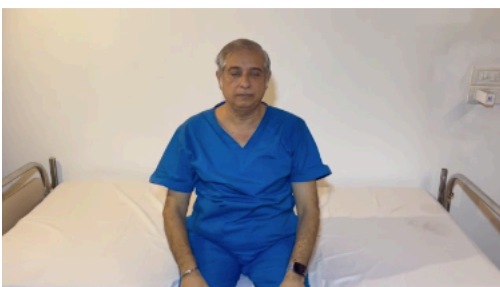
BACK TO STARTING POSITION



THEN WITH THE LEFT ARM

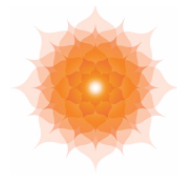


BACK TO STARTING POSITION



REST: SITTING

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8-FORCEFUL EXHALATION.

(This asana helps to cough up and bring out the phlegm.)

Advice: Take steam inhalations before and after this asana to loosen and expel the phlegm from your lungs. Do not swallow, but spit it out!

Place your hands on your knees and hold them tightly. Breathe in deeply through your mouth with your eyes open and exhale forcefully through your mouth with your hands on your knees and your eyes gently closed.

Do 3 breaths as described, take 2-10 min. rest, and do this a total of 3 times.

Do not do this asana if you have heart problems, glaucoma or high blood pressure.



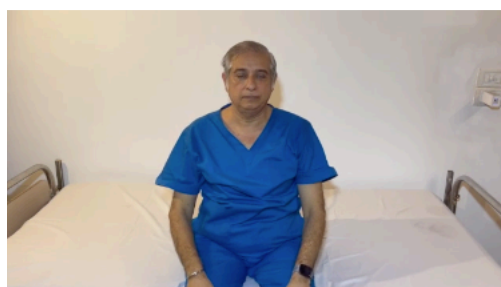
INHALE



EXHALE



REST: SITTING



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