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Dear Doctor,

We are glad to inform you that your following article has been reviewed and got approved from our Editorial Board for publication in May 2018 issue of HEALTH.

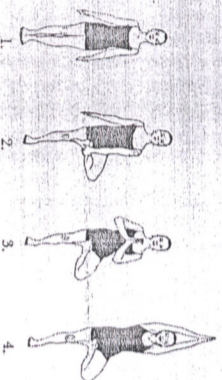
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Article	Health Benefits of Vrikshasana
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The above article has been published and is available in the **page no. 36 - 37** of May 2018 issue of "HEALTH" (Vol. 96 – No. 5) and we have dispatched hard copy to the above address today.

HEALTH BENEFITS OF VRIKSHASANA

Introduction

The name 'Vrikshasana' comes from Sanskrit, in which 'Vriksha' means tree and meaning of Asana is to seat, pose or posture. When this pose is performed effectively, it would seem as a tree.



g) Then join your palms & fingers and place them to the side of your left leg.

English name – Tree pose

Position – Standing

Getting into Tree Position –

- a) Stand in Tadasana or mountain pose. Keep your arms at particular sides.
- b) Without twisting your left knee, lift up your right foot and hold the lower leg from your right hand.
- c) Now fold your right leg at knee joint.
- d) By using your both hands, put the right heel on the left thigh as high as could be expected under the circumstances. Your toes should be indicating downwards.
- e) Your right heel ought to press within the thigh.
- f) Now try to balance yourself on the left leg.
- g) Also join your palms and fingers and place them to the mid-section of your chest. At this point, your fingers should be indicating upwards like Namaskar pose or petition to God posture.
- h) Try to stretch up yourself and stand straight keeping your balance.
- i) Now breathe in and lift up your held hands gradually over your head.
- j) Try to stretch up yourself and stand straight keeping your balance.
- k) Look straight and keep up this posture breathing ordinarily.
- l) Breathe out and bring out your hands to the chest.
- m) Come back to the initial pose.
- n) Repeat the pose with your other leg.

Benefits of Vrikshasana

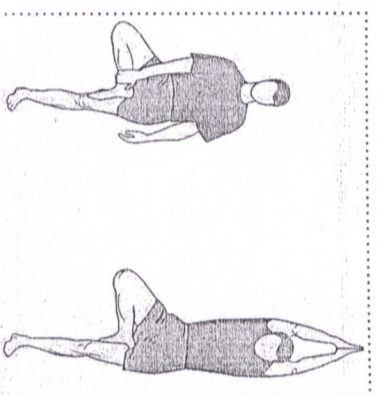
Following are the benefits of Vrikshasana -

- a) Strengthens the spine
- b) It strengthens the tendons and ligaments to feet
- c) It tones up the leg muscles.
- d) Strengthens the knee
- e) Flexibles the hip joints
- f) Strengthens the inner ears, eyes and shoulders
- g) Beneficial in scintica & useful in flat feet problem
- h) Gives calmness to mind and makes your body sturdy as well as flexible
- i) Boost the concentration and mental faculties
- j) Best for problems related to postural problems
- k) It helps to cure rheumatic pain and also treats numbness
- l) Calms and relaxes the central nervous system
- m) It increases your stamina, concentration and immunity

Vrikshasana - Tree Pose Precautions

Following persons should not practice Vrikshasana –

- Those who are suffering from
- Headache
- Migrain
- Insomnia
- Low or high BP



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Negligence towards regular medical check-up - unable to detect onset of disease

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