



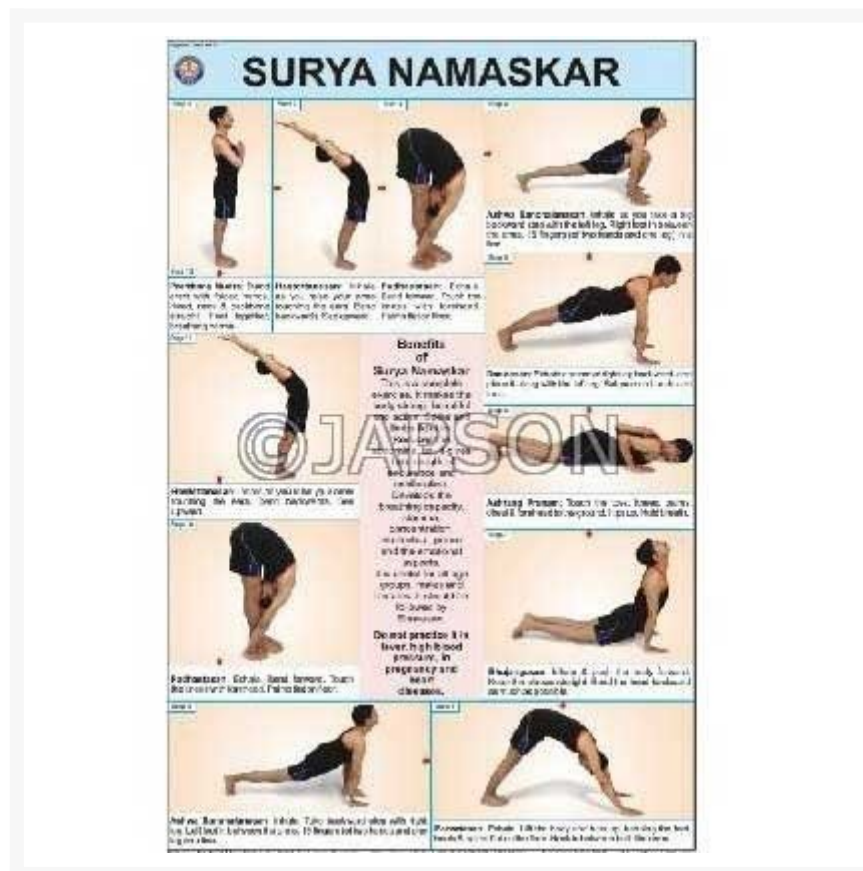
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Charts On Yoga, School Education

Product Image



Description

Standard Size: 50x75cms, Set of 12 Charts

Language: English

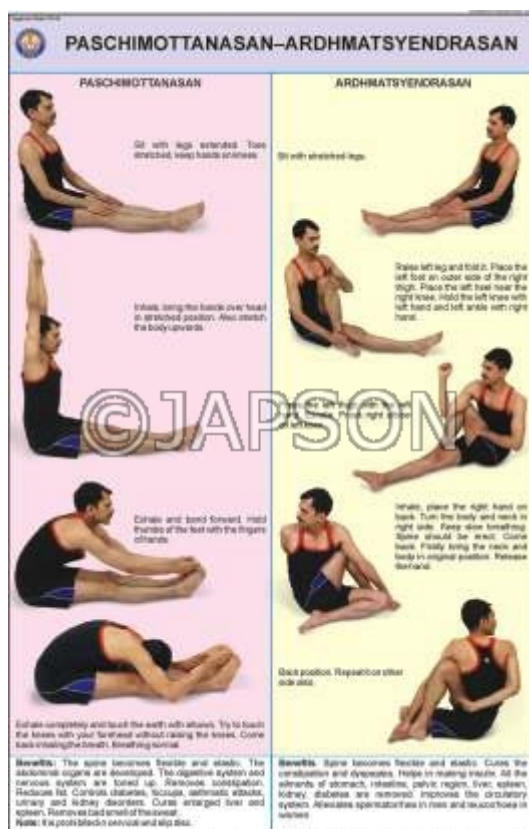
English-Hindi Combined

Laminated Paper Charts with Plastic Rollers. These Charts have technically accurate and detailed description in vivid colours.

Note: Based on minimum order quantity conditions, Charts can be customized to your requirements in terms of CONTENT, LANGUAGE, SIZE, etc. Please write back to us for discussion.

A. Charts, Paschimottanasan-
Ardhimatsyendrasan

B. Charts, Surya Namaskar



C. Charts, Bhujangasan, Shalabhasan, D. Charts, Healthy Eyes
Dhanurasan & Mayurasan



E. Charts, Shankh Prakshalan

F. Bandh and Pranayam












G. Charts, Vajrasan, Ushtrasan
& Suptavajrasan

H. Spine and Related Organs

K. Charts, Sarvangasan & Halasan



L. Charts, Shuddhi Kriyas

SHUDDHI KRIYAS (SHAT KARMAS)					
 <p>Kunjai (Vaman Dhauti) Sit in Utkatasana and drink 4-6 glasses of lukewarm salty water. Bend forward. Touch the uvula by two fingers and do Uddiyan Bandha. Throw out all the water through the mouth.</p>			 <p>Kapal Bhati Exhale forcefully through the nose, turning the neck left and right, up and down. Repeat it 10 times. Do it after Jalneti also. Brain is cleaned, intelligence develops.</p>		
 <p>Jal Neti Take salty lukewarm water in a spout lota (vessel). Tilt it to let water enter into one nostril and come out through the other.</p>		 <p>Sutra Neti After wetting the sutra (string), insert its thin end in one nostril. When it touches the inner throat, draw it out from mouth with two fingers. Repeat this exercise through other nostril also.</p>		 <p>Ghrit Neti Drop 3-4 drops of ghee (Clarified butter) in both nostrils before going to sleep.</p>	
 <p>Vastra Dhauti Keep wet dhauti's end on the last portion of the tongue and take it inside slowly. Keep a bit outside. Take out the vastra (muslin cloth) after Nauli/Uddiyan Bandha. Drink water if needed.</p>			 <p>Dand Dhauti Fill the stomach with normal water. Insert Dand Dhauti (rubber tube about one foot) in the mouth. Vomiting may happen. Take it out after doing Nauli or Uddiyan Bandha.</p>		
 <p>Nauli Karma First practice Uddiyan Bandha. Do middle Nauli, after that left & right and rotate right-left and left-right also many times.</p>			 <p>Basti (enema) Fill the enema pot with water. Put nozzle in anus to get the water in. Retain water for some time and go for latrine.</p>		 <p>Tratak Gaze at a bright point for 1 to 5 minutes. When water comes in eyes close them and do palming. Wash eyes with water.</p>
<p>Benefits</p> <ol style="list-style-type: none"> 1. Kunjal, Dand Dhauti & Vastra Dhauti: These remove the ailments of ulcer, blood, vatt (air), pitt (fire), kaff (water), skin diseases, constipation, asthma, dyspepsia, gas, blindness, anaemia. Remove heartburn and develop the appetite. 2. Neties: Ghrit Neti lubricates the nose, helps in sleep and to remove the mental dryness. Other netis are helpful in ear, nose, throat weaknesses, headache, sinus problems. 3. Nauli, Basti: Diseases related to stomach, kidney, urinary bladder and anus are removed. 4. Tratak — Develops concentration, will power and eyesight. 					

Disclaimer

The Products details given on this page are indicative in nature and JAPSON reserves the right to change them without prior notice. Buyer is also requested to re-check the specifications and other features of product at the time of order as product development is a continuous process and minor modifications may

be made to design based on latest availability, process and design.