

## **Questions and Answers**

1. Does exercise help with painful sciatica symptoms? Can they be a godsend for sciatica sufferers?

**Ans:**

- Exercise helps ease sciatica pain.
- The sciatic nerve begins at the lower back, hips, and buttocks, going down each of the legs and bending at the knees.
- Sciatica pain can also happen due to a condition called piriformis syndrome.

### **Exercises for Sciatica:**

- ❖ reclining pigeon Pose
- ❖ forward pigeon Pose
- ❖ sitting pigeon Pose
- ❖ knee to opposite shoulder
- ❖ sitting spinal Stretch
- ❖ basic seated Stretch
- ❖ Standing piriformis Stretch
- ❖ scissor hamstring Stretch

### **1. Reclining pigeon pose (Supta kapotasana):**



- It works to open the hips.
  - ❖ While on your back, bring the right leg up to a right angle. Clasp both the hands behind the thigh, locking you fingers.
  - ❖ Lift the left leg and place the right ankle on top of the left knee.
  - ❖ Hold the position for a moment. This helps stretch the piriformis muscle, which sometimes becomes inflamed and presses against the sciatic nerve, causing pain.
  - ❖ Do the same exercise with the other leg.

### **2. Forward pigeon pose:**

- ❖ Kneel on the floor on all fours.
- ❖ Pick up the right leg and move it forward on the ground in front of the body. Right foot should be in front of the left knee while the right knee stays to the right.

- ❖ Stretch the left leg out all the way behind you on the floor, with the top of the foot on the ground and toes pointing back.
- ❖ Shift the body weight gradually from the arms to legs so that the legs are supporting the weight. Sit up straight with the hands on either side of the legs.
- ❖ Take a deep breath. While exhaling, lean the upper body forward over the front leg. Support the weight with the arms as much as possible.
- ❖ Repeat on the other side.



### **3. Sitting pigeon pose:**



- ❖ Sit on the floor with the legs stretched out straight in front of you.
- ❖ Bend the right leg, putting the right ankle on top of the left knee.
- ❖ Lean forward and allow the upper body to reach toward the thigh.
- ❖ Hold for 15 to 30 seconds. This stretches the glutes and lower back.
- ❖ Repeat on the other side.

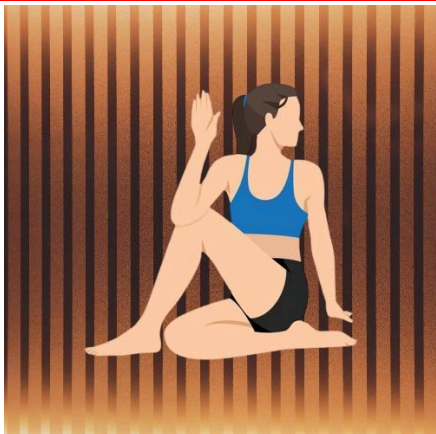
### **4. Knee to the opposite shoulder:**



- This stretch helps relieve sciatica pain by loosening the gluteal and piriformis muscles.

- ❖ Lie on the back with the legs extended and the feet flexed upward.
- ❖ Bend the right leg and clasp the hands around the knee.
- ❖ Gently pull the right leg across the body toward the left shoulder. Hold it there for 30 seconds. Remember to pull the knee only as far as it will comfortably go. You should feel a relieving stretch in your muscle, not pain.
- ❖ Push your knee so your leg returns to its starting position.
- ❖ Repeat for a total of 3 reps, then switch legs.

#### **5. Ardha Matsyendrasana (Sitting spinal stretch):**



- Sciatica pain is triggered when vertebrae in the spine compress. It helps create space in the spine to relieve pressure on the sciatic nerve.
- Start Ardha Matsyendrasana by sitting in Dhandasana. Legs must be stretched in front.
  - ❖ Flex the right knee and place the right foot outside the left knee.
  - ❖ Bend the left knee and bring the left foot around the right hip.
  - ❖ Inhale deeply and raise the left arm as you twist the torso. Pass the left arm around the outer edge of the right knee.
  - ❖ Hold the right foot with the left hand so that the right knee is closer to the left armpit.
  - ❖ Inhale deeply and while keeping the back straight, raise the right arm in the front and gaze ahead.
  - ❖ Exhale and continue twisting towards the right.
  - ❖ Fix the gaze towards the right and look past the right shoulder.
  - ❖ Hold the pose for 30-40 seconds.
  - ❖ Return to the starting position and repeat on the left side.

#### **Benefits:**

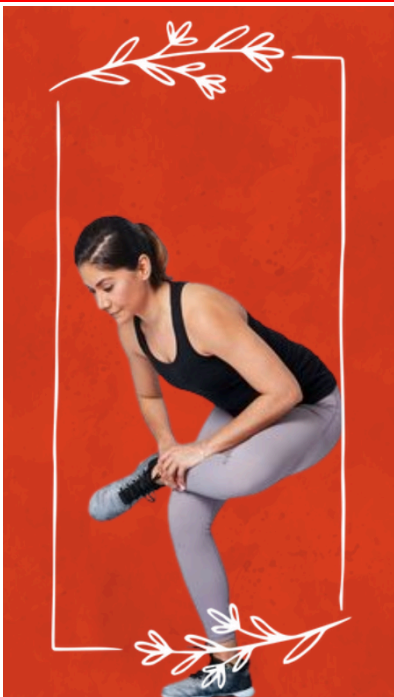
- ❖ Reduces sciatica pain. People with severe back pain should avoid this asana.
- ❖ Improves digestion.
- ❖ Hip muscles will decrease.
- ❖ Weight loss.
- ❖ Helps the prostate gland to function well.
- ❖ It secretes insulin properly and controls the sugar level in the body.
- ❖ Helps the kidney to function well.

#### 6. **Basic seated stretch:**

- ❖ You begin this stretch by sitting down on a chair and crossing the painful leg over the knee of the other leg.
- ❖ Bend forward with the chest and try to hold the spine straight. As long as it is not painful, try to bend over a bit more. stop if you feel any pain.
- ❖ Keep this position for 30 seconds and repeat the exercise with the other leg.



#### 7. **Standing piriformis stretch:**



- This standing stretch that can help with sciatica pain.

- You can do this without support if you are able, or you can stand against a wall and place the feet about 24 inches from the wall.

- ❖ Put the painful leg over the knee of the other leg while standing. Bend the standing leg and try to make the number 4 with the hips lowered to the ground at a 45degree angle.
- ❖ Bend the waist down and swing the arms down while holding the back straight. Stay in position for 30 to 60 seconds.
- ❖ Switch the legs and repeat.

## 8. **Scissor hamstring stretch:**

- The ischial tuberosity, also known as the sit or sitz bones, begins at the ischium, which is one of the parts that make up the pelvic girdle along with the ilium and the pubis.

- The hamstring muscles attach to the ischial tuberosity via the Sacro tuberos ligament. This stretch can help loosen those hamstring muscles, helping relieve their pressure on the sciatic nerve.



- ❖ Place the right foot about 3 feet behind the left foot.
- ❖ Pull the hips forward and push the shoulders back, but the right hip shouldn't be farther forward than the left hip.
- ❖ Put the hands on the hips. you may use a chair for balance if you need it.
- ❖ Push the torso a bit over the front leg by bending the waist while keeping the back straight. Keep the weight on the front leg.
- ❖ keep this position for 5 to 10 seconds, then repeat the stretch with the opposite leg. Do the stretch for each leg 3 to 5 times.

## 2. What are the strange home remedies for Sciatica?

**Ans:**

Garlic Milk:

Take one tumbler of milk, 1/2 tumbler of water, 5 cloves of garlic. Crush the garlic and add milk and water to boil. Then take it out and let it cool for a while and add honey to taste and drink it. If you drink a glass of garlic milk daily, you'll get good results.

### **Gatyatmak Meru Vakrasana:**

- ❖ Spread a yoga mat and sit on it with both legs outstretched.
- ❖ Separate the legs as far apart as is comfortable without straining.
- ❖ Stretch the arms sideways at the same level as that of shoulders. This is the initial position.
- ❖ Note that the knees shouldn't bend throughout the practice.
- ❖ Exhale and turn to the left and bring the right hand towards the left big toe.
- ❖ Keep the arms straight.
- ❖ Stretch the left arm behind the back, twisting the trunk to the left, keeping both the arms in a straight line.
- ❖ Turn the head to the left and fix the gaze at the middle finger of the left outstretched hand.
- ❖ Inhale and return to the starting position.
- ❖ Exhale and turn in the right direction bringing the left hand down towards the right big toe while practicing the pose.
- ❖ Stretch the straight right arm behind the back, twisting the trunk to the right and keeping the arms in a straight line.
- ❖ Turn the head to the right and gaze at middle finger of the right outstretched hand.
- ❖ Inhale and return to the initial position. This completes one round of Gatyatmak Meru Vakrasana.
- ❖ Practice 10 rounds of the Dynamic spinal twist pose.
- ❖ Start slowly and then gradually increase the speed while practicing this yoga pose.
- ❖ Maintain the awareness on the torsional stretch of the spine and other stretches in the body along with the breath throughout the practice.
- ❖ After the practice, rest in Savasana.



### 3. Which fruit are good for cough?

**Ans:**

- ❖ Lemon. Drinking lemon juice mixed with honey will cure cough.
- ❖ Pineapple is a potent cough aid.
- ❖ Orange.
- ❖ Cough – Fenugreek leaves.
- ❖ Cough – Carom (Ajwain) leaves.