



Karuna Yoga Newsletter

Issue no: 76

October 2014

YOGA THERAPY THE CHANGING OF THE SEASONS

Autumn has arrived and it's a good time to pay attention to your kidneys and bladder as the season changes. Twisting postures and any postures that widen the hips and knees will be beneficial.

FUNCTIONS OF THE KIDNEYS

- The kidneys regulate blood volume by conserving or eliminating water in the urine. This helps control blood pressure, whether it is high or low.
- The kidneys produce two hormones: calcitriol, the active form of vitamin D, which helps regulate the amount of calcium in the body and erythropoietin which stimulates the production of red blood cells.
- The kidneys help to regulate blood glucose levels by using the amino acid glutamine. They can then release glucose into the blood to help maintain a normal blood glucose level.
- By forming urine, the kidneys help excrete wastes – substances that have no useful function in the body such as drugs and environmental toxins.

FUNCTIONS OF THE BLADDER

- The kidneys regulate volume, composition and pH of body fluids by removing wastes and excess substances from blood and excreting them in urine. The ureters transport urine from the kidneys to the **urinary bladder**, which stores urine until it is eliminated through the urethra.
- The urine in the bladder flushes microbes out of the urethra.

DEHYDRATION

With aging, the kidneys shrink in size and have a decreased blood flow. The sensation of thirst diminishes with age and so older individuals are often susceptible to dehydration. This can result in more urinary tract infections, kidney inflammations and kidney stones.







Make sure you drink lots of water even if you don't feel thirsty.

HOW YOGA CAN HELP

- The practice of pranayama (yoga breathing) improves circulation.
- Yoga postures improve the functioning of the kidneys. The twisting postures stimulate the kidneys by squeezing them and encouraging the flow of fresh blood.
- Yoga postures can tone the kidneys.
- Yoga can help treat disorders of the kidneys.
- Yoga can strengthen the bladder and correct a displaced uterus.
- Yoga tones the bladder and improves bladder control.

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POSTURES TO HELP THE KIDNEYS AND BLADDER

<p>PASCHIMOTTANASANA (intense back stretch)</p> <ul style="list-style-type: none"> • Stretches the spine, shoulders, hamstrings • Stimulates the liver, kidneys, ovaries, and uterus • Improves digestion • Helps relieve the symptoms of menopause and menstrual discomfort • Therapeutic for high blood pressure, infertility, insomnia, and sinusitis. 	 <p style="text-align: right; font-size: small;">MARTIN SCODUTO</p>
<p>BHARADVAJASANA (torso stretch)</p> <ul style="list-style-type: none"> • Helps to treat disorders of the kidneys, liver, spleen and gall bladder • Relieves indigestion • Massages the abdominal organs • Alleviates stiffness and pain in the lower back, neck and shoulders • Reduces pain in the hip joints. 	 <p style="text-align: right; font-size: small;">MICHAEL VENERA</p>
<p>BADDHAKONASANA (fixed angle posture)</p> <ul style="list-style-type: none"> • Keeps the kidneys and prostate gland healthy • Helps to treat urinary tract disorders • Keeps the ovaries healthy • Corrects irregular menstruation • Stimulates the bladder, kidneys, ovaries and prostate gland. 	 <p style="text-align: right; font-size: small;">MARTY SCODUTO</p>
<p>MARICHYASANA (torso and leg stretch)</p> <ul style="list-style-type: none"> • Improves the functioning of the liver, spleen, pancreas, kidneys and intestines • Tones and massages the abdominal organs • Increases energy levels • Strengthens and stretches the spine • Alleviates backache. 	 <p style="text-align: right; font-size: small;">MARTY SCODUTO</p>
<p>JANU SIRASANA (head to knee forward bend)</p> <ul style="list-style-type: none"> • Stretches the spine, shoulders, hamstrings, and groins • Stimulates the liver and kidneys • Improves digestion • Helps relieve the symptoms of menopause • Therapeutic for high blood pressure, insomnia, and sinusitis • Strengthens the back muscles when practised without coming forward, keeping your back spine concave and front torso long. 	 <p style="text-align: right; font-size: small;">MARTIN SCODUTO</p>
<p>VIPARITA KARANI (legs up the wall)</p> <ul style="list-style-type: none"> • Helps to treat kidney disorders • Regulates blood pressure • Prevents varicose veins • Relieves tired legs and feet. 	 <p style="text-align: right; font-size: small;">MICHAEL VENERA</p>