

Calcaneal spur

<http://simplemeditation4health.wordpress.com>, 22 Sep 2014

I had been looking for remedies on calcaneal spur. On net, I found, many suggestions, opinions and experiences, but not good enough to implement.

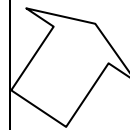
Finally, I came across, an old book on Yoga written by Mr BKS Iyengar. And I found three Asanas very useful to control Calcaneal spur. I am inserting wiki links if you want to get more details (benefits, risks, ...) about it.

I am benefitted by practicing these three Asnas along with others.



These asanas are

1. Supta Veerasan/ Vajrasan
2. Adhomukhi Shwanasan
3. Supta Mandukasan



This arrow is added to indicate key point/ joint/ position where it impacts the spur passively & effectively.

Supta veerasan/ vajrasan :- Etymology :- The name comes from the Sanskrit words *supta* (सुप्त) meaning "reclined",^[2] and *asana* (आसन; āsana) meaning "posture" or "seat".

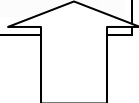
http://en.wikipedia.org/wiki/Supta_Virasana#Contraindications_and_cautions



Adhomukhi Shwanasan

Etymology: The name comes from the Sanskrit words *adhas* (अधस्) meaning 'down', *mukha* (मुख) meaning 'face', *śvāna* (श्वान) meaning 'dog',^[1] and *āsana* (आसन) meaning 'posture' or 'seat'.

http://en.wikipedia.org/wiki/Adho_Mukha_Svanasana



Supta Mandukasan/ Bhekasana

The name comes from the Sanskrit words *Bheka* (भेका, bheka) meaning "frog",^[1] and *asana* (आसन) meaning "posture"^[3] since the asana resembles a frog.

Benefits and Risks- <http://en.wikipedia.org/wiki/Bhekasana>

