

Digestive System



All the food we eat has to travel an average distance of almost 11m (35ft) through the body. It passes through the mouth, gullet, small intestine, and large intestine. Food interacts with the saliva and with the secretions of the pancreas, gall bladder, and liver, and is broken down by digestive enzymes and acids. During this process, nourishment is absorbed by the body. Regular practice of these recommended asanas effectively alleviates digestive disorders.

Indigestion

This condition is associated with upper abdominal pain, discomfort, or distension which is either intermittent or chronic. Other indications are nausea, vomiting, belching, acidity, flatulence, and a constant feeling of being full.



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