

Yogic Practices for Management of Stroke

S.No.	Name of the Practice	Duration
1	Yogic Prayer	1 min
2	Shodhana Kriyas ✓ Jalaneti (Twice a week)	5 mins
3	Yogic Sukshma Vyayama (3 rounds each) ✓ Griva Shakthi Vikasaka-1,2&3 ✓ Bhujbali shakthi Vikasaka ✓ Manibandha Shakthi Vikasaka ✓ Kahni Shakthi Vikasaka ✓ Kartal Shakthi Vikasaka <i>Joint movements (Depending on the balance can be done standing (near a wall), on a chair or in Danasana (with back support - next to the wall).</i>	10 mins
4	Yogasanas ✓ Tadasana ✓ Hastottanasana ✓ Katichakrasana ✓ Ardha Ushtrasana ✓ Shashankasana / Makarasana /Setu Bhandasa breathing <i>(depending on ability it can be just a contraction of the buttocks).</i> ✓ Bhujangasana ✓ Eka pada Uttanapadasana (single leg raising) ✓ Pavanamuktasana (With assistance) ✓ Jataro Parivartanasana (Assistance can be given to get the body to roll to each side) ✓ Shavasana	15 mins
5	Breathing practices & Pranayama ✓ Hands in and out breathing (feet can be apart if balance is a problem or chair/Dandasana as before) ✓ Vyagra Swasa - Tiger breathing (only if they are able to get to the floor) ✓ Pavanamuktasana Kriya breathing (for the weak side, gentle assistance will have to be given to the leg into the chest.) ✓ Nadishodhana Pranayama (5 rounds) ✓ Bhramari Pranayama (3 rounds)	7 mins
6	Dhyana (Meditation) ✓ Om Meditation	7 mins
TOTAL DURATION		45 MINUTES