

Important Rules to be followed after taking Meal to Enhance Digestion

1. Slowly walk to take about 100 steps (do not run). You may sit in *Vajrasana* for about 8-10 minutes.
2. Lie in supine, right and left lateral position for some time after meal.

After taking meal, food remains in stomach for 4-6 hours. This time period is required for proper mixing of food with juices present in stomach. During digestion the gastro intestinal system need maximum blood supply for digestion. So one should not run after taking meal, because this action will decrease the blood supply to gastro intestinal system and disturb the digestion.

Vajrasana: This is the only *asana* which can be performed after taking meal. It increases the efficiency of the entire digestive system, relieves stomach ailment like hyperacidity and peptic ulcer.

There are different postures given in Ayurvedic literature to enhance digestion. One should go on bed and rest in spine position till 8 breathings (inhalation, exhalation), in the right lateral position for 16 breathings, and in left lateral position for 32 breathings. It may be followed by lying in any position one feels comfortable with.

Both regimens help to enhance the digestion. Focusing the mind on breathing reduces stress and lowers the harmful effects of the stress hormones and enhance the digestion.

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