

Sarvangasa activates the throat chakra

The Throat Chakra: Vishuddha chakra

Central theme communication, verbal ability, inspiration, truthfulness, intelligence, synthesis.

The throat chakra in Sanskrit is called the VISHUDDHA CHAKRA . Visuddhi means pure. Its role is to purify awareness and provide inner clarity. The vishuddha chakra is also called the neck chakra. The communication chakra or simply the fifth chakra.

The throat chakra is depicted as a flower with sixteen petals. Its color is the sky blue (or sometimes a shimmering silver) .just as the color blue recalls the expanse of heaven , so its corresponding element, ether, brings space and purity to mind. Thus ether is considered to be the basic medium of communication.

the throat chakra lies in the cervical vertebrae, near the larynx. Its energy influences the neck, jaw, larynx, oesophagus, and windpipe. The breath and voice also depend upon this chakra . It energizes the neck and shoulders: the thyroid and parathyroid glands can function harmoniously only when energy flows freely through this chakra.

Hence a yoga student who does the shoulder stand should breath very freely to get the benefits out of the asana.

laxmanayoga.com