

Chandrabhedhi Pranayama

Inhaling is done by left nostril named as Chandra swar, it is called “Chandrabhedhi Pranayama’

Method:

Sit in any comfortable asana such as Padmaasana, swastika asana, vajrasana etc. Keep your spine and neck straight. Look straight. Close your right nostril with your right thumb. Keep your index finger between two eyebrows and finger on your left nostril. Inhale slowly and deeply, through the left nostril, when you inhale slowly, it results in long inhaling (Dirgha Puruka), Fill the complete portion from nose to throat to lungs with air. Hold the breath till you feel comfortable. Exhale through right nostril (surya swar). Hold the breath out for a while. Again inhale through left nostril and repeat the cycle.

To start with do nine repetitions. Slowly increase the repetitions.

This pranayama can also be done with one nostril. That means inhaling and exhaling both with only left nostril, keeping right nostril closed. This pranayama can be practiced without Kumbhaka also.

Duration:

Start with 3 repetition. Increase one pranayama, daily reach upto 27 pranayama. Then do 9 repetitions every morning, afternoon and evening.

Person with heart problem, high blood pressure or Asthama patients should not hold the breath.

Cautions:

In winter do not practice chandra bhedi pranayama, as it has a cooling effect on the body benefits. Problems caused by the excess bile (pitt) in the body are cured. Persons having low blood pressure and common cold (kaph temperament) cough should avoid this pranayama **precaution**. In summer almost all can practice. In summer start your practice of pranayama with Chandra swar and in winter with surya swara. Person with kaph temperament should start the practice with surya swara and persons with pitta temperament should start the pranayama with Chandra swara.

Benefits:

Helps in problems caused by pitt (bile) purifies the blood. It clam down the mental agitation. You feel energetic after doing this.



Suryabhedi Pranayama

In this, inhaling is done only through right nostril - surya swara, so it is called Surybhedi pranayama

Method:

This is the opposite of Chandrabhedi Pranayama. Everything is same as Chandrabhedi except the inhaling is done through the right nostril (suryaswar) and exhaling through the left nostril

Duration :

Same as Chandrabhedi

Precaution:

Do not practice in summer as it increases heat in the body. Those who have excess bile (pitt) in their system should not practice. In winter, almost everyone can practice. You can avoid this in afternoon, but can be practiced in the morning and in the evening.

Benefits :

It is beneficial vata (gas) and daph (common cold). It increases pitta, it increases appetite. It removes laziness