

## Pranayama

While asana are useful for maintaining good health, Pranayana gives new life. Pranayama awakens and strengthens the “Pran Energy”. Pranayama means controlling and/ or lengthening inhalation and exhalation and retention.

Pranayama revitalizes the whole body and at the same time it purifies that mind also, which helps elevate spiritual power. Pranayama makes mind cool and helps increasing spirituality. It helps achieve “Samadhi”

Maharshi Patanjali has written that “Tat kshiyate prakashavaranam”- the practice of Pranayama helps to remove the mask on the covers the light of atma’

Pranayama is not merely a breathing exercise, but it also helps dissolve bad karma, due to which (chitt) mind gets purified capacity grasping the knowledge increases, and sensory perception increases. Merital happiness and concentration also improves.

The following shloka has been mentioned in reference to pranayama in ancient yoga books Gherand samhita

“Sahitah suryabhedshcha ujjayi shitali tatha.

Bhastrika bhramari murch kevali chastkumbhaka”

(1) Sahit (2) Suryabhedhi (3) Ujjai (4) Sheetali (5) Bhastrika  
(6) Bhramari (7) Murchha (8) Kevali are eight types of Kumbhaka described in “Ghrand Samahita’

According to yoga masters Pranayama is attained the stable asana. Exhaling is called ‘Rechana’ inhaling is called ‘puraka’ and holding the breath internally or externally is called “Kumbhaka’

Rachaka by regular practice, when extended to a rate of 1 exhalation/minute, it is called ‘Dirgha Praswas Rechaka” Same way 1 inhalation per minute is called ‘Dirgha Puraka” Sukshma means inhaling and exhaling slowly. Complete inhaling and exhaling. Do not haste to increase the duration of inhalation and exhalation or holding of the breath. By holding the breath inside or outside Pran-Apana etc gets purified by regular practice of pranayama we can make ‘pran’ longer and shorter.

Sukshma Pranayama is subtle Pranayama in which person sitting next to you can not know your inhaling and exhaling Bhramari and Ujjai pranayama are called shakti samvardhan in which person sitting next to you can come to know your inhaling and exhaling from sound and movement of your body.

## ANULOMA - VILOMA

Anuloma - Viloma means alternate breathing. Here the inhalation and exhalation is done alternatively from left nostril and right nostril as described below in Prekshadhyan-alternate breathing with awareness is called Samvratishwasa- Preksha

### Position:

Sit in any comfortable asana, such as Padmasana, Ardha Padmasana, Sidhasana etc keep your spine and neck straight. Place index finger in between both the eyebrows (darsana Kendra) and middle finger on the left nostril According to the season start inhaling from right or left nostril

### Method :

- \* inhale slowly through right nostril
- \* Exhale slowly through left nostril
- \* Inhale slowly through left nostril
- \* Exhale slowly through right nostril

### Duration

Do nine repetitions every morning.

### Benefits:

- \* It is beneficial for the nervous system benefits the nervous system
- \* It helps maintaining the body temperature
- \* This results in balance of the body
- \* Precautions in summer, first inhalation should be from left nostril and in winter first inhalation should be from right nostril.
- \* After enough practice and with some precaution the student can may start retention of breath (kumbhak). Holding inside after inhalation is Antar Kumbhaka.
- \* Holding after exhalation is called Bhirakumbhaka. This should be practiced in guided & ..... in beginning

