



Bhilai Institute of Technology, Raipur: International Yoga Day



Seven Pranayama: Breathing Techniques, Procedure

The ancient science of yoga taught us a technique of deep breathing "Yoga Breathing" or "Pranayama". Pranayama arouses the internal energy of a person and makes him healthy, balanced and active. Baba Ramdev ji advises the seven-step pranayama package for a healthy, and stress free living. The whole process takes around 45 minutes and the duration can be increased up to two hours also. Morning time is ideal for its practice. Take bath and wear loose clothes. Sit straight; keep the neck and head absolutely straight. The body should be stable and spine should be straight.

1. Bhastrika Pranayama

Procedure : Sit in a comfortable Asana. Breathe in through both the nostrils, till the lungs are full and diaphragm is stretched. Then breathe out gently. Take deep breaths and then completely breathe out.

Duration : 2 minutes atleast. 5 mins max.

Benefits : Heart, Lungs, Brain, Depression, Headache, Migraine, Paralysis, Neural System, Aabha Tej, Obesity, Constipation, Gastric, Acidity, Croesus (liver), hepatitis B, uterus, diabetes, stomach problems, cholesterol, allergic Problems, Asthma, Snoring, Concentration, and even Cancer and AIDS.

2. Kapal Bhati Pranayama

Procedure : Kapalbhati Pranayama consists of short, powerful exhales and passive inhales. Push air forcefully out. Stomach will itself go in.

Duration : Start with 30 times or 1 min. increase upto 5 mins min. upto 10 minutes max.

Benefits : Increases aabha and tej. Helps in obesity, constipation, gastric, acidity, Croesus(liver), hepatitis B, uterus, diabetes, stomach problems, cholesterol, allergic problems, asthma, snoring, concentration, and even cancer and AIDS.

Tips : Heart and High Blood pressure patients , and weak people should do it slowly.

3. Bahaya Pranayama

Procedure : Breathe air out, touch chin to chest, squeeze stomach completely and hold for a while. then release chin, breathe in slowly. Repeat the process.

Duration : Beginners should perform Bahya Pranayama 3 to 5 times. Advanced practitioners can do 11 repetitions. However, in the winter, advance practitioners can do up to 21 repetitions.

Benefits : Good for hernia, stomach ailments, uterus prolapse and all urinary and prostate problems. Channels the energy of the root lock hernia .

Tips : People with hypertension and heart problem should avoid performing Bahya Pranayama.

4. Anulom Vilom Pranayama

Procedure : Hold your right nasal with thumb, breathe in from left. Now open right nasal and close left nasal with middle and ring finger and breathe out from right nasal. Now breathe in from right nasal. Now close right nasal and open left and breathe out and in from left nasal. and so on.

Duration : Atleast 10 minutes.

Benefits : Heart, high BP, heart blockage, vat-cuf-pit, arthritis, cartilage, bent ligaments, sinusal fluid reduced, parkinson, paralysis, neural related, depression, migraine pain, asthma, sinus, allergy.

Tips : Breathe into lungs not to stomach. no organ in stomach absorb oxygen. Do not hurry. Do it slowly.

5. Bharamari Pranayama

Procedure : Close ears with thumb, index finger on forehead, and rest three on base of nose touching eyes. Breathe in. And now breathe out through nose while humming like a bee.

Duration : 10 minutes.

Benefits : Concentrating on the center of the eyebrows (ajna chakra) visualize light in the center. Good for sinus problem, hypertension, heart blockage, etc. Vibrations created by humming destroys negative energy, reduces stress/tension, depression, fears and doubts. Feel that your body, mind and soul are radiating with light.

6. Udgeeth Pranayama

Procedure : Inhalation and exhalation should be long, slow, soft and subtle. Inhale slowly and when ready to exhale, chant Om slowly and steadily. With practice, lengthen each breath to one-minute, that is, to say inhalation and exhalation should total one-minute of time. Visualize the breath entering and moving inside the body.

Duration : 10 minutes.

Benefits : Good for insomnia and for deepening the quality of sleep and relieving bad dreams. Helps the mind to become one-pointed and facilitate the practice of conscious sleep (Yoga Nidra).

7. Pranav Pranayama

Procedure : Close your eyes and sit quietly. Breathe in naturally.

Duration : 2-3 mins or more.

Purpose: Spiritual development and to widen your perspective so that you begin to realise the One In All and the All In One - the constant universal vibration AUM/OM, which is found in every single minutest atom

Benefits : meditation.

Courtesy: Shri Ramdev Baba