

**Course Name : Bachelor of Physical Education**

**Year : IInd (Part - I)**

**Paper Name : Yoga**

**Paper No. : V**

**Lecture No. : 20**

**Topic no. : Section -B (3)**

**Lecture Title : Shudhi Kriyas Part - I**

### **FAQ**

**Q-1 What is Basti Kriya ?**

Ans - Basti Kriya is second Kriya. In basti, water is sucked up through the anus and kept in the large intestine for some time and after that water is expelled. Basti is more natural and more appropriate as compare to enema.

**Q-2 What are the types of Basti ?**

Ans - Jala (water) - Suck water in large Intestine through the anus and then expel it. Sthala (dry) - You suck air into the large Intestine.

**Q-3 What is Kapalabhati ?**

Ans - The sixth practice is Kapalabhati. This is a breathing technique or we can say it is a vigorous exhalation. It helps to remove defects of the lungs, trachea or windpipe. It also purifies the blood. Kapalabhati is also useful for weaken memory and mental disorders.

**Q-4 What is Neti ?**

Ans - Neti Kriya is commonly known as nasal cleansing. It works like an ENT specialist, cleansing the nose, ears and throat. There are many variations of Neti in Hath yoga

Q-5 What are the types of Trataka ?

Ans - Bahiranga Trataka (External), Antaranaga Trataka (Internal)