

**Course Name : Bachelor of Physical Education**

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

**Paper Name : Yoga**

**Paper No. V**

**Lecture No. 21**

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

**Lecture Title : Shudhi Kriyas - Part 2**

### **FAQ**

1. What is Kapalbharti ?

Ans- Kapalbharti is a high speed breathing process through abdominal strokes to cleanse the entire respiratory passages as well as to stimulate blood circulation throughout the body. The literal meaning of Kapala is skull or forehead and bharti is bellows. In English it is called the 'Frontal brain cleansing' technique. In normal breathing, inhalation is active and exhalation is passive. This practice reverses that process so that exhalation becomes active and inhalation passive.

2. What is Vyutkarma Kapalbharti ?

Ans- It follows the same as Jala Neti. It is a nasal irrigation technique which is an important part of the yogic system of body cleansing techniques. It is greatly assists removal of nasal mucus, dust and other products of elimination from nasal cavities, thus helping the cure in related diseases such as colds, sinusitis etc. its use is also recommended for maintain optimal health. The practice involves sniffing lukewarm normal saline water through the nostrils and letting it flow down into the mouth and then spitting it out.

3. What is Nauli

Ans- - Nauli is the Isolation and the manipulation of the abdominal recto muscles to stimulate the healthy functioning of the abdominal organs. The root word nala

means the 'naval-string' that is rectus abdominal muscles. Another name for the nauli kriya is the Lauliki.

4. What is **Sheetkarma Kapalbharti** ?

Ans- This practice of sheetkarma is the reverse of vyutkarma. The word sheet means cool or passive. You should remain relaxed throughout the practice. The gheranda Samhita says that not only do these practices rid the sinuses of old mucus, but they also make one attractive and prevent the ageing process from occurring kapalbharti. It helps relax facial muscles and nerves. It rejuvenates tired cells and nerves, keeping the face young, shining and wrinkle free. Spiritually this kapalbharti helps to awaken ajna- chakra.

5. How many stages are there in Nauli ?

Ans- Madhyama Nauli, Vama Nauli, Dakshina Nauli, Bharamara Nauli