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Introduction

Hello viewers today we are going to discuss about the two main topics i.e. kapalbharti kriya and another is Nauli Kriya. They both are very important part of shatkarma.

Kapalbhati

Kapalbhati 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 bhati is bellows. In English it is called the 'Frontal brain cleansing' technique. In normal breathing, inhalation is active and exhalation is passive. This practise reverses that process so that exhalation becomes active and inhalation passive.

Saga Gheranda discussed three variations of Kapalbhati-Vata Krama, which uses air. Vyutkrama and Sheetkrama which both use water.

But in Hath yoga Pradipika (2:35) only one technique Kapalbhati is described and that is Vatakrama Kapalbhati. However, the technique of both is slightly different.

Technique:-

1. Sit in any comfortable asana.
2. The spine should be straight.

3. Eyes gently closed and the whole body relaxed.
4. Place the Hands in either chin mudra or janana mudra.
5. Inhale through both nostrils, the inhalation is passive.
6. The breath should feel as if it enters the abdomen, not the chest, which remains still.
7. Contracting the abdominal muscles, breathe out forcefully through both nostrils.
8. After that take a deep breath in and again exhale forcefully through both nostrils. Make clear that the exhalation is active but the Inhalation is passive.

In the beginning, 10-15 breaths make one round. The count and number can be increased gradually, depending on the capacity. Do not strain. For the entire practice breathing should be through the nose, not the mouth.

If tiredness or strain is experienced, wait for some time, allowing the breath to return to normal before starting a second round.

Precautions:-

1. Do not practice Kapalbhathi in extremely hot weather, or when dehydrated or if suffering from irritability or anger.
2. It is not recommended during pregnancy, and menstruation period.
3. People suffering from high blood pressure, heart problems, ulcers, fever, hernia, constipation or anger should not practice Kapalbhathi.
4. If you experience dizziness while practising, it means you are breathing too forcefully. If this is the case, stop the practice and sit quietly for a few moments. When you begin to practise again, do it with more awareness and with less force.

Benefits:-

1. Fresh air reaches the lower peripheries of the lungs, and cleanses them.
2. With the practice of Kapalbhathi the responsibility system is activated and the exchange of oxygen and carbon dioxide is increased.

3. This practice benefits people suffering from respiratory ailments like chronic bronchitis and tuberculosis.
4. It also activates massages and strengthens the digestive organs.
5. It is a powerful technique to make the mind peaceful and aware.
6. It removes nervous tension and headache.
7. Blood is purified by this practice.
8. Practice of Kapalbharti activates the brain cell.

Vyutkarma Kapalbharti

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 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 maintaining 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.

Vyutkarma Kapalbharti improves your sense of smell and taste. Removes dirt and infectious micro-organisms from the nasal cavities. Reduces the frequency and duration of colds. It reduces allergies problems like hay fever. Its practice improves your nose breathing generally.

But friends there are some contraindications also- do not use if bleeding from the nose. Do not use if your nose is completely blocked. Do not use if you cannot get a sufficiently clean water.

Sheetkarma Kapalbharti

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.

NAULI: - 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.

The word Lauliki is derived from the root Lola, meaning to roll and in this practice the abdomen is rotated and contracted so that all the abdominal organs as well as the muscles and ligaments are stimulated and activated.

Nauli has four stages:-

1. Madhyama Nauli
2. Vama Nauli
3. Dakshina Nauli
4. Bharamara Nauli

First three practices are done separately one after the other and complement each other. When complete mastery is gained over all the stages, then fourth type Nauli should be practised.

It is essential to perfect Uddiyana Bandha prior to Nauli Kriya; otherwise this kriya is extremely difficult to perform.

Technique:-

1. Stand upright with the feet one meter apart.
2. Exhale through the mouth while leaning forward and perform Uddiyana bandh.
3. Bend the knees slightly and place the hands on the thighs.
4. The arms should be straight throughout the practice.
5. Keep the head up and the eyes open.
6. While retaining the breath outside, such in the lower abdomen towards the spine.

7. Bring all the abdominal muscles into the centre of the abdomen.
8. Contract the abdominal muscles as much as possible, but avoid strain. This is Madhyama Nauli.
9. Now relax the right side abdominal muscles, and contract the abdominal muscles on the left side.
10. Vama Nauli is made easier if the pressure of the right hand on the right thigh is released, and one bears down on the left thigh with the left hand. This is Vama Nauli.
11. After Vama Nauli return to Madhyama Nauli.
12. Now for Dakshina Nauli relax the abdominal muscles on the left side of the abdomen and contract the muscles on the right. This is Dakshina Nauli.
13. Return to the Madhyama Nauli.
14. Do Uddiyana Bandh, release and relax in the upright position.
15. All the three stages of Nauli can be repeated according to Individual capacity and time available.
16. Now again practice Madhyama Nauli, followed by Vama Nauli and Dakshina Nauli. This is one complete rotation of the abdominal muscles.
17. Stop rotating the abdominal muscles and relax them.
18. Stand upright and breath in.
19. Again practice Madhyama Nauli and rotate the abdominal muscles in the opposite direction i.e. Madhyama Nauli and Vama Nauli and finally perform Madhyama Nauli again.

This is Bhramara Nauli, and this nauli should not be attempted until the earlier three stages have been perfected.

For the beginners 4-5 rounds are sufficient. Gradually increase the rounds. Do not strain.

Precautions:-

1. If there is any pain in the abdomen during Nauli, the practice should immediately stop.
2. This Kriya should be undertaken only on an empty stomach.
3. People who are recovering from major or abdominal surgery, suffering from H.B.P., hypertension, heart-disease, hernia, gallstones, and peptic ulcer should not practice nauli kriya.
4. It should not be practised during pregnancy, and menstruation etc.
5. People suffering from serious digestive disorders should avoid this practice.

Benefits:-

1. According to Kundalini and Hatha yoga the practice of Nauli is helpful in awaken the chakras, psychic centers.
2. With the practice of Nauli all the organs of the abdomen and stomach are not only toned but all are massaged also.
3. The abdominal muscles become strong and healthy.
4. The pancreas is energized and insulin is secreted, so this kriya is beneficial in diabetes.
5. The digestive fire is activated; reduce constipation, acidity, urinary disorders.
6. It plays a significant role in awakening Manipura chakra.
7. It Influences the physical, mental and pranic consciousness.
8. It helps in removing impurities stuck on the lining of the Intestines.
9. Nauli stimulates digestion.
10. It balances the endocrine system and helps control the production of sex harmones.

Conclusion

So viewers, we discussed about the two important parts of shatkarmas, kapalbharti and Nauli. In kapalbharti we discussed three types of kapalbharti some of them are used by water and some are performed by air. Another is the nauli kriya. In this we discussed 4 stages of Naulikriya i.e Madhyama Nauli, Vama Nauli, Dakshina Nauli, Bharamara Nauli

They both are very much helpful in today's life.