

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

Summary

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. 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.