

**Course Name: Bachelor of Physical Education**

**Year - IInd (Part-1)**

**Paper Name - Yoga**

**Topic Name – Bandha Mudra**

**Topic No. – Section C (6)**

**Paper No. - V**

**Lecture No. – 22**

### **Lecture Title**

#### **Bandha & Mudras Part - 1**

#### **Script**

Hello here today we are going to discuss the topic bandha and mudras the important part of yoga-  
age The word ‘bandha’ means ‘to hold’ or ‘to tighten’. In this sense it is a physical action that is  
needed to perform other yogic practices. Through bandha’s the practitioner contracts and  
tightens some of the parts gently but powerfully. In yoga, the significance of bandhas is even  
greater than that of Asanas and Pranayam.

The bandhas which have been described in the yogic texts are helpful in putting to rest and  
controlling the sensations and stimulations of the nervous system.

According to Maharishi Gheanda any process of contraction or expansion in the internal organs,  
whether in the neck, throat and region, changes the reactions, emotions and the quantum of  
energy in the internal organs is called the bandhas

It brings the body to a peaceful state, resulting in the experience of a feeling of inner stability

#### **Types:**

There are various types of bandhas out of which four are important.

- a. Jalandhar bandha ( the chin lock)
- b. Uddiyana bandha (abdominal retraction)
- c. Mool bandha (the perineum retraction lock)
- d. Mahabandha (the triple lock)

#### **Jalandhar Bandha (The chin Lock)**

It is known as the throat contraction. In Sanskrit the word ‘jala’ means ‘net’ and ‘dhara’ means ‘steam or flow’. Jalandhar bandha is thus the physical contraction or lock which controls the network of nadis, nerves and blood vessels flowing through the neck to the brain. It is the most important bandha associated with pranayam as it accompanis all practices of kumbhaka.

**Techniques:**

- Sit in any meditative asana but the knees must touch the floor firmly.
- Place the palms on the top of the knees.
- Spine should be straight
- Relax the whole body
- Close the eyes
- Inhale deeply and fully. Retain the breath inside
- Bend the head forward and press the chin tightly against the chest
- Remain in this position for as long as you are able to hold the breath without straining.
- When releasing the bandha, relax the shoulders, slowly raise the head, and exhale
- Slowly open your eyes.

The whole process can also be performed with the breath retained outside.

One can repeat the practice when the respiration becomes normal.

**Precautions:**

- Persons with high blood pressure or heart ailments should not practice it.
- If any sensation of suffocation, fainting or dizziness is felt, immediately stop and rest.
- People suffering from cervical spondylitis should not practice this bandha.

**Benefits:**

- The practice of Jalandhar bandha helps in awakening the vishudhi chakra's when this chakra is awakened a state of immortality is attained, that is the control over the changes which takes place in the body.
- This bandha closes the wind pipe and compresses the various organs in the throat. And the stimulus to the throat helps to balance thyroid function and regulate the metabolism

- This bandha massages and tones the thyroid gland, enhancing its efficiency
- It prepares the body for meditation.

## **2. Uddiyana Bandha (The abdominal retraction lock)**

The second bandha is uddiyana bandha, the abdominal lock. The word uddiyana means ‘to raise up’ or ‘to fly up’. This practice is so called because the physical lock applied to the abdomen causes the abdomen and the diaphragm to rise towards the chest.

The practice of this bandha can be done both in the standing position as well as in the sitting position. The standing position is easier for the beginners

### **Technique;**

- Sit in any meditative asana like padmasana, sidhasana, vajrasana, sukhasana etc.
- Place the palms flat on the knees.
- Inhale deeply through the nostrils
- Exhale fully through the mouth, emptying the lungs as much as possible
- Hold the breath outside
- Lean forward and press down on the knees with the palms. Straighten the elbows
- Do spontaneous jalandhara bandha
- Contract the abdominal muscles, bringing the navel inward and upward
- Hold the abdominal lock with the breath out for as long as possible without straining
- Release the abdominal lock
- Raise the head and then slowly inhale.

When the respiration returns to normal, begin the next round

It is to be noted that this bandha is performed with external breath retention only, and the ability to retain the breath outside needs to be developed

### **Precautions:**

- One should do this practice only when the stomach is empty.
- It is an advanced technique and should be attempted only under the guidance of a teacher.

- People suffering from colitis, intestinal ulcers, high blood pressure, heart diseases and glaucoma should not perform this practice.
- It should also be avoided during pregnancy but the practice is useful after delivery to strengthen the abdominal muscles and restore the abdomen to its original shape.

### **3.Benefits:**

- Uddiyana bandha massages and tones all the abdominal organs
- The adrenal glands are also normalized by the practice of this bandha
- It removes lethargy and soothing anxiety and tension
- It stimulates the digestive fire and squeezes the stomach like a sponge so that stagnant fluids are pushed out
- It stimulates the function of the pancreas and liver
- This bandha enhances the blood circulation throughout the body
- Uddiyana bandha stimulates the solar plexus which has many subtle influences on the distribution of energy throughout the body
- It removes all the abdominal and stomach ailments
- With the practice of uddiyana bandh, manipura chakra is awakened.

### **Moola bandha( perineum contraction)**

In Sanskrit the word 'moola' means 'root'. Here this refers to the root of the spine or the perineum where the mooladhar chakra , the seat of kundalini is located. Therefore, moolabandha is known as the perineal lock.

it is effective in awakening of mooladhara chakra. This bandh is an important practise of hatha yoga. At the physiological level, it is the contraction of certain muscles at the pelvic floor

techniques:

1. Sit in sidhasana (the left heel is pressed into the perineum, close to the anal passage )
2. Close the eyes and relax the whole body.
3. Focus the awareness in the perineal /vaginal region.
4. Contract the perineal /vaginal region a little tighter, but keep the rest of the body relax.
5. Contract only those region or muscles related to the mooldhar.

6. Breathe slowly and deeply. With each inhalation, contract the perineum or inner walls of the vagina.
7. Feel the upward pull of this area towards the naval
8. With every exhalation, release the contraction and relax
9. Do five to ten rounds

This bandha can also be performed by exhaling and retaining the breath outside.

Precautions:

Do not practise this bandha during menstruation.

People with heart ailment and high bloodpressure should practise this bandha under the guidance of a teacher.

Benefits:

1. It stimulates the pelvic nerves, and tones the uro genital and excretory system
2. It helps in relieving constipation and piles
3. It is also beneficial for anal fissers, ulcers and chronic pelvic infections. It also relieves depression
4. Moolbandha helps to attain sexual control.
5. It enables sexual energy to be directed either upward for spiritual development or downward to enhance marital relaxation
6. It helps to relieve sexual energy and feelings of sexual guilt.

Maha bandha (the great lock)

The use of all the three types of bandha together makes mahabandha. It is superior to all other bandhas

When learning mahabandha. Today, the three bandhas are first practise as a separate units, then incorporated by one by one until mahabandha is achieved

Technique:

1. Sit in any meditative asana with the hands on the knees.
2. Spine should be straight and eyes and mouth closed.
3. Inhale through nose slowly and the exhale completely
4. Successively perform jalandhara, uddiyana and moolbandha in this order while retaining the breath outside
5. The longer the breath is retained, the more effective the practise.
6. Hold the bandha and breath for as long as is comfortable without straining.
7. Then release moolbandha, uddiyana bandh and jalandhar bandha in this order only.
8. Inhale deeply and allow the breath to return to normal

9. This is one round of mahabandha

Precautions:

1. Mahabandha should not be attempted until the other three bandhas have been mastered.
2. The practise of maha bandha should not be under taken without guidance.
3. People suffering from high or low blood pressure, heart conditions, hernia, intestinal and stomach ulcers should avoid this practise.
4. Pregnant women should not attempt this practise.

Benefits:

1. Mahabandha practise is important for awakening the chakras, particularly mooladhara, manipura and vishudhi chakra.
2. It is very powerful method of stimulating the flow of psychic energy and making the mind introvert
3. Its practise soothes the anger.
4. It affects the hormonal secretions of the pineal gland and regulates the entire endocrine gland.