

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

FAQ's

Q-1 What is Jalandhar Bandha ?

Ans- It is known as the throat contraction. In Sanskrit the word 'jala' means 'net' and 'dhara' means 'stream 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 accompanies all practices of kumbhaka.

Q-2 What is Uddiyana Bandha ?

Ans- 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.

Q-3 What is Moola bandha?

Ans- In Sanskrit the word 'moola' means 'root'. Here this refers to the root of the spine or the perineum where the mooladhara chakra, the seat of kundalini is located. Therefore, moolabandha is known as the perineal lock. It is effective in awakening of mooladhara chakra. This bandha is an important practice of hatha yoga. At the physiological level, it is the contraction of certain muscles at the pelvic floor

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Q-5 What is Maha bandha

Ans- 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 practised as separate units, then incorporated by one by one until mahabandha is achieved