

**Course Name : Bachelor of Physical Education**

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

**Paper Name : Yoga**

**Paper No. : V**

**Lecture No. : 5**

**Topic no. : Sect - A (2)**

**Lecture Title : Pranayam - I**

**FAQ's**

**Q1. What is the use of performing Pranayama ?**

**Ans** - The science of breathing (Pranayama) is very helpful in making mental and spiritual progress. It is equally important for physical improvement and maintaining health. Breathing is the most essential means of sustaining human life. We can live for some time without food and water, but without Inhaling and exhaling air, it is not possible to live longer than a few minutes.

**Q2. What is meant by kumbhaka ?**

**Ans** - Kumbhaka means a water-pot. Just as a water-pot holds water when it is filled with it, so in Kumbhaka the breath is held after filling the lungs. Actually, Kumbhak can be practised in two ways. We can hold the breath in after a purak that is called Antah or Antaranga or Abhyantara Kumbhak means Inner Retention. The second variety is called Bahya or Bahiranga Kumbhak means external Retention or we can hold the breath out after a Rechak is called Bahya or Bahiranga Kumbhak means external Retention.

**Q3. What is Puraka in Pranayama ?**

**Ans** - It is the act of inhalation. It should be deep and complete. At the end of the puraka the lungs should be filled completely. It should be a slow act, there being no extra force applied for sucking the air in. The

flow of air should be uniform from the beginning to the end of a puraka. The time taken by each puraka should be the same. Thus Puraka is not just any form of Inhalation but it is controlled Inhalation.

**Q4. Which three terms are used in Pranayam ?**

**Ans -** Purak, Rechaka and Kumbhaka.

**Q5. How Pranayama is useful ?**

**Ans -** Large number of Psychosomatic, somopsychic diseases and mental imbalances like stress and worry can be removed by Pranayama, or we can say the regular practice and the different techniques of Pranayama can remove most of the diseases like asthma, diabetes, hypertension, and so on.