

**Course Name : Bachelor of Physical Education**

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

**Paper Name : Yoga**

**Paper No. : V**

**Lecture No. : 6**

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

**Lecture Title : Pranayam - II**

## **FAQ**

### **Q1. What is Bhastrika Pranayama ?**

**Ans** - This variety of Pranayama is different from all other varieties. It includes a few strokes of Kapalbhati in the beginning of every round, by filling and emptying the abdomen like the bellows of a blacksmith. This Pranayama is done in various ways. According to the Hathayogpradeepika one of the techniques is like this.

### **Q2. What is Ujjayi Pranayama ?**

**Ans** - In this variety of Pranayama both the nostrils are used for Puraka. The sound of inhalation represented the letter 'hm' and this sound is a peculiarity of this pranayama and its name is derived from this fact.

### **Q3. What is Surya-bhedi Pranayama ?**

**Ans** - The word Surya means the 'Sun', which is referred to here as the pingala nadi and bheda means to pass through', or to purify. So Surya bheda means to purify or to activate the pingala nadi in order to increase the vital energy and heat in the body. Surya Nadi is the right nostril. In this variety of Pranayama the right nostril is used for Puraka and Rechaka as well.

### **Q4. What are the Precautions in Ujjayi Pranayama ?**

**Ans** - People who are too introverted by nature should not perform this Pranayama. People who are suffering from heart disease should not

combine bandha and kumbhaka

**Q5. What precautions are to be followed in Bhastrika Pranayama ?**

**Ans -** It should not be practiced by people who suffer from H.B.P. heart disease, hernia, gastric ulcer, epilepsy. This should not be practiced without the instruction of Guru or a teacher.