

**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**

### **Introduction**

Hello friends in our earlier episodes we discussed about the four important limbs of ashtanga yoga. i.e. Pranayama its meaning, definition, benefits and some of the major precautions. Now today I am going to discuss about the types of Pranayama and according to the syllabus specially the three types of Pranayama. They are

Surya bheda pranayama

Bhastrika pranayama

Their techniques, how to perform their benefits and precautions.

Now let's discuss about the

### **Types of Pranayama**

There are so many types of Pranayama which are described in the shashtras. But few of them are supposed to be important ones. These are:-

1. Nadi Shodhana Pranayama
2. Bhastrika Pranayama
3. Ujjayee Pranayama
4. Bhramari Pranayama
5. Sheetali Pranayama

6. Sheetkari Pranayama
7. Surya Bhedi Pranayama
8. Plavni Pranayama

### **Surya - Bhedi Pranayama (Sun Cleaving Breath)**

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.

#### **Hath Yog Technique**

1. Assume a comfortable meditation asana with the head and spine straight. Place the hands on the knees in either chin mudra or janana mudra.
2. Close the eyes and relax the whole body. When the body is comfortable, still and relaxed, watch the breath for a few minutes until it becomes slow and deep.
3. Then placing the index finger of the right hand on the eye brow centre. Place the thumb over the right nostril and the ring finger on the left nostril.
4. Close the left nostril with the middle and ring finger and inhale slowly and deeply through the right nostril, counting the breath so that it is measured.
5. At the end of the Inhalation, close both nostrils, retain the breath, and perform Jalandhara and Moola Bandhas. Maintain just for a few seconds.
6. Then release moola bandha and then Jalandhara Bandha. Bring the head up right and exhale slowly through the right nostril only.
7. This is one round. Slowly increase the length of retention. Once the

basic technique is clear, introduce the ratio of Inhalation, retention and exhalation as 1:4:2.

### **Benefits:-**

1. It activates the Pingla Nadi.
2. It awakens Kundalini Shakti.
3. It activates agni or heat in the body and it can be experienced as a benefit by practising it during winter.
4. It is especially recommended for those who are dull and lethargic or who find it difficult to communicate with the external world.
5. It makes the mind more alert and perceptive.
6. It is also useful in the treatment of low blood pressure, infertility and worms.
7. It purifies blood and increases the red blood corpuscles.

**Precautions:-** Do not practice when suffering from heart disease, external heat, peptic-ulcer, epilepsy, anger.

This Practice must be done in winters.

### **Bhastrika Pranayama (Bellows Pranayama)**

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.

### **Technique**

1. Sit in any meditative asana or any comfortable asana. Hold the head and spine erect. Close the eyes and relax.
2. Now go through the round of rapid exhalation and inhalation, moving the belly like the bellows of the blacksmith, atleast for 20 times from both nostrils.
3. After the last round of exhalation now make a Pranayam mudra

with the right hand (Place the Index finger of the right hand on the eyebrow centre. Place the thumb over the right nostril and the middle and ring finger on the left nostril.)

4. One should take a deep breath through the right nostril.
5. After this Purak the breath is to be held inside closing both the nostrils and perform the bandhas, i.e. Jalandhara, and Moolabandh.
6. Retain the breath for a comfortable period of time. Now release the bandhas one by one.
7. After that exhale the breath from the left nostril.

This is one round. Practice 3-4 rounds.

### **Benefits**

1. It influences all the three Nadis- Ida, Pingla and Sushmna.
2. The whole body organs with the entire nervous system are forced to over activity.
3. It purifies the blood and is helpful for skin diseases.
4. It is recommended for the asthmatics and those sufferings from other lungs disorders like tuberculosis.
5. Bastrika activates the brain and induces the clarity of thoughts and concentration.
6. It removes the Inflammation of throat and any accumulated phlegm.
7. Bhastrika opens up the closed air sacs and expels the germs, excess mucus and impure air from the lungs. In other words, we can say it strengthens the lungs from top to bottom.
8. Vatta, Pitta and Kapha are balanced by the Practice of Bhastrika Pranayama.
9. The Practice of Bhastrika is also a powerful means of purification. There are several layers of tissues which are called

dhatus and these are - rasa, blood, muscles, bones, fat, nerves, and the reproductive tissues, when we purify the blood through the practice of bhasrika, we are also able to purify the body at these different levels.

10. The rapid movement of the diaphragm and the breath moves Vaya into the internal organs and the nerves, so that the purification takes place in the cells.

**Precautions:-** Bhasrika Pranayama 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.

### **UJJAYI PRANAYAMA (Psychic breath)**

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.

#### **Technique:-**

1. Sit in any comfortable asana.
2. Inhale through both the nostrils. The breath is to be taken in deeply and the air is to be sucked through the heart and throat, it means the process of contracting the throat and producing a subtle sound while inhaling.
3. The breathing sound should not be too loud. It should only be heard by the practitioner, not by others.
4. After inhalation, internal breath retention and Jalandhar bandh is practiced.
5. Then producing a similar sound the breath is slowly let out by exhalation.

This process makes clear that Ujjayi Pranayama is a process of breathing deeply.

Practice for 10 to 20 minutes.

### **Benefits:-**

1. Its practice is used in yoga therapy to soothe the nervous system and calm the mind.
2. It has a relaxing effect at the psychic level.
3. It helps to relieve Insomnia.
4. All the ailments of throat, nose and ear are cured.
5. The practitioner does not suffer from kapha disorders, constipation, intestinal ulcers, colds, liver problems.
6. Without breath retention or bandhas slows down the heart rate and is useful for people suffering from H.B.P.
7. Ujjayi Pranayama also removes the tonsils.

### **Precautions:-**

1. People who are too introverted by nature should not perform this Pranayama.
2. People who are suffering from heart disease should not combine bandha and kumbhaka.

### **Conclusion**

So viewers we discussed about the important topic i.e. pranayama. The fourth limb of Ashtanga Yoga, its benefits, how it plays an important role in our day to day life, its definition according to Patanjali Yogasutra, its precautions and one of our today's important type of pranayama i.e. suryabhedhi pranayama. We discussed its techniques, how to perform what are the major precautions while performing suryabhedhi pranayama and some of the major benefits of suryabhedhi pranayama.