

Course Name : Bachelor of Physical Education

Year : IInd (Part - I)

Paper Name : Yoga

Paper No. V

Lecture No. 7

Topic no. : Sect - A(2)

Lecture Title : Pranayama : Suryabhedhi, Ujjai, Bhastrika

F.A.Q.

Q1. What is Prana ?

A1. Prana is the universal principal of energy for force. It is the vital force. It is all-pervading. It may be either in a static or dynamic state.

Q2. What type of forces can a yogi control by prana ?

A2. prana you completely control all the forces of the universe, Mental and physical. The yogi can also control the omnipresent manifesting power out of which all energies take their origin, whether magnetism, electricity, gravitation, nerve-currents vital forces or thought vibration.

Q3. How Pranayam helpful to us ?

A3. This pranayam removes all diseases, purifies the nadis, steadies the mind in concentration, improves digestion increases the digestive fire and appetite, help to maintain brahmacharya and awakens the kundalini shakti. Purification of nadis all set in rapidly.

Q4. What is sitai? What is its importance ?

A4. Protrude the tongue a little away from the lips. Fold the tongue like a tube lengthwise. Draw in the air through the mouth with the hissing sound SI. Retain the breath through both the nostrils. This pranayam purifies the blood. It quenches thirst and appeases hunger. It destroys inflammation of various chronic diseases, fever consumption, indigestion, bilious disorders, etc.

Q5. How suryabhedhi helpful to us ?

A5. Suryabhedhi pranayam has been praised in the Hatha Yoga Pradipika as the pranayam that cleanses the skull, destroys wind related diseases and removes worms (microorganisms like bacteria and viruses).