

Pranayama

Science of Breath

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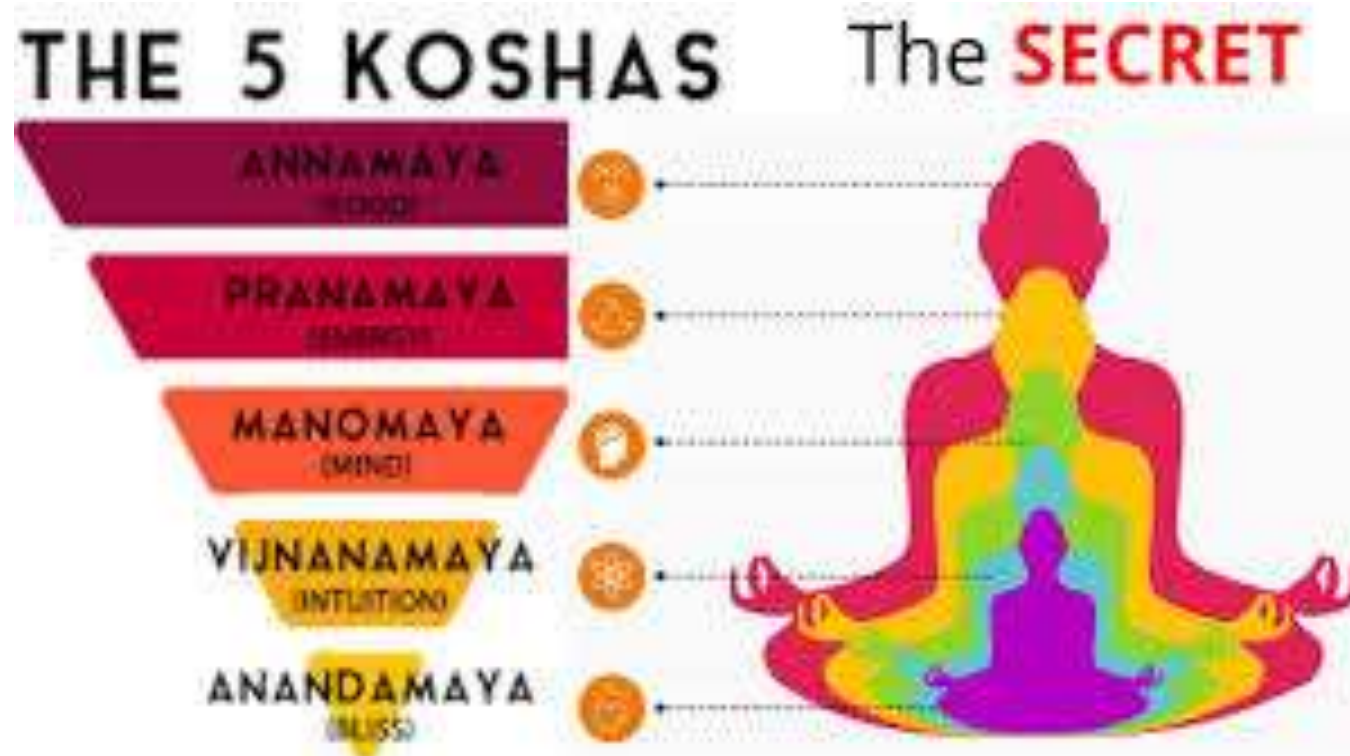
1. Meaning:

Pranayama is the practice of breath regulation. It's a main component of yoga, an exercise for physical and mental wellness. In Sanskrit, “prana” means life energy and “yama” means control

2. Benefits / Function:

- a. Increased energy level
- b. Facial Glow
- c. Reduces Anxiety
- d. Decreases Psychosomatic disorders
- e. Increases lung flexibility
- f. Blood circulation
- g. Better Digestion of foods
- h. Excretion

3. Panchakosha:



4. Pranas:

Sl. No.	Type	Function
01	Prana	Energy
02	Apana	Excretion
03	Udana	Mental strength
04	Samana	Heat
05	Vyana	Circulation

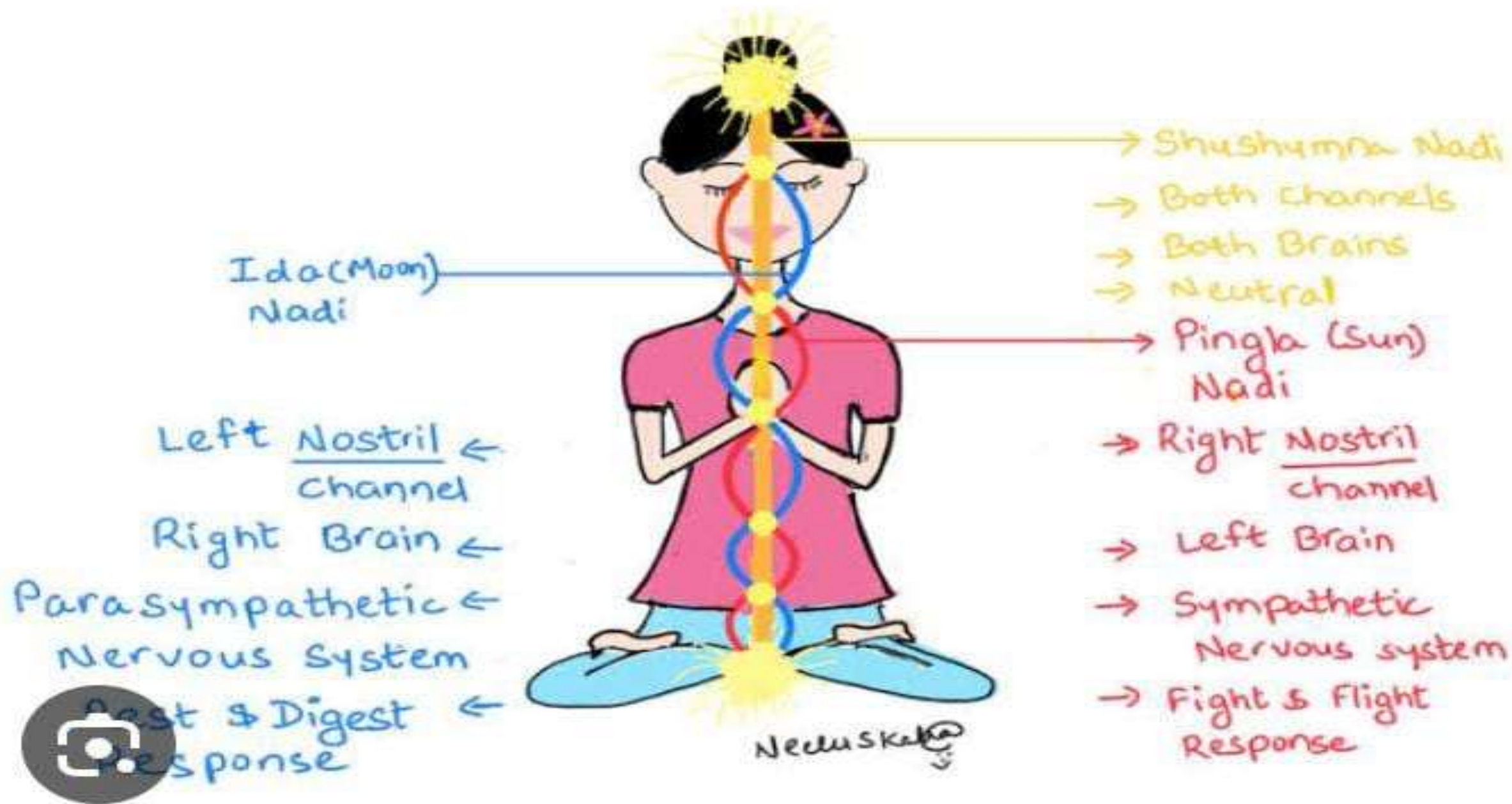
5. Chakras:

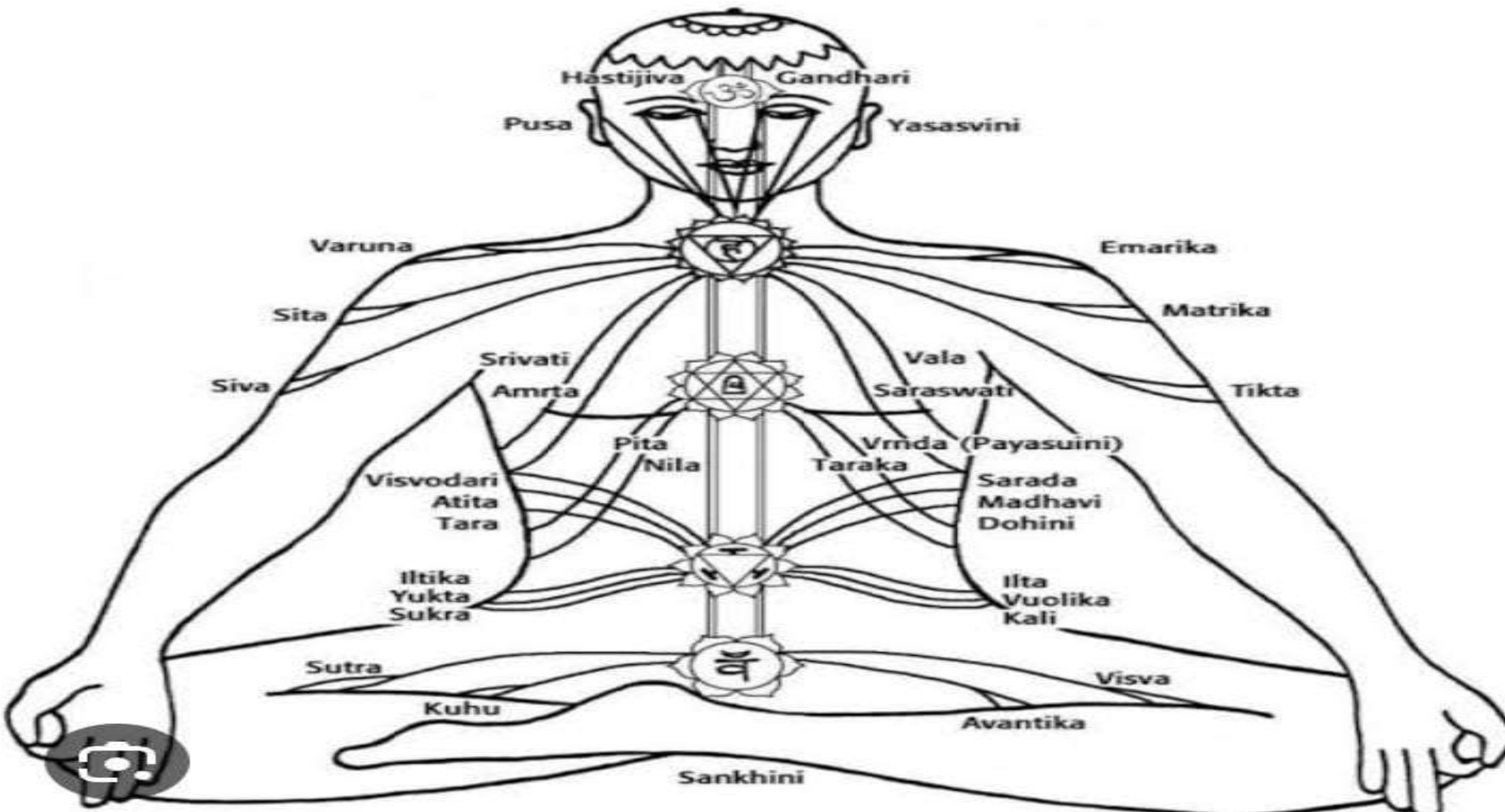
- Junction points
- Around 114 chakras
- 7 Chakras are major

Chakra No	Chakra Name	Sound	Element	Represent
01	Sahasrara	Om	Thought	Cosmic Energy
02	Ajna	Aum	Light	Insight
03	Vishuddi	Ham	Ether	Communication
04	Anahata Anahata	Yam	Air	Love
05	Manipura Naval	Ram	Fire	Power
06	Swadistana	Vam	Water	Sex, Self Esteem
07	Muladhara	Lam	Earth	Survival

6. Nadies / Pranic Channels:

- 72,000 Nadies
- Ida – Mental - Moon
- Pingala – Physical - Sun
- Susumna – Spiritual - Kundalini





7. Important Note for Pranayama:

- a. Do it with clam mind
- b. No hurry and worry
- c. Under guidance of supervisor
- d. Practice Basic Pranayama and not advanced

8. Practices:

- a. Deep Breathing
- b. Chandra Bedana and Surya Bedana
- c. Anuloma Viloma
- d. Kapalabhati
- e. Bhastrika
- f. Bramari
- g. Cat cow
- h. Side Stretch
- i. Sheethali
- j. Shitakari

Thank You