



**BHARATHIDASAN UNIVERSITY,
TIRUCHIRAPPALLI - 620 024**

(Accredited With A+ Grade By NAAC In The Third Cycle)

**Department Of Physical Education And Yoga
Bachelor Of Physical Education (B.P.Ed)**

CC-YOGA EDUCATION(21BPE21)

**Sem-
II**

Credit-4



UNIT – III

PRANAYAMA AND MEDITATION

Pranayama

- It is basically a breathing practice / technique. In Sanskrit ‘prana’ means ‘air/vital force’ and ‘*ayama*’ means ‘to withhold / to elongate’. Pranayama is otherwise called as science of breathing. It focuses on breathing exercises for healthy living. The few pranayama techniques are Nadi suddhi, Ujjayi, Kapalabhati, Satali and Sitakari.

Nadi Suddhi

- Nadi Suddhi means the alternate nostrils breath or Sun and Moon Breath. It is also called Anuloma Viloma

Procedure

- In nadi suddhi, one should sit in a comfortable sitting posture. Close the right nostrils by right thumb and slowly, smoothly and deeply inhale the air through the left nostril. Then close the left nostril by right hand little and ring fingers. Open the right nostril by releasing the right thumb, now slowly and smoothly breathe out the air through right nostril. Then slowly, smoothly, and deeply inhale the air through right nostril. Then close the right nostril by the thumb. Gently open the left nostril by releasing right hand little and ring finger. Now slowly and smoothly breathe out the air through left nostril. This is called one round or cycle. Three to five cycles can be practiced in a practice session.

Benefits

- As pure oxygenated air is breathed into the lungs with each cycle, the blood gets purified and circulation improves.
- This pranayama helps strengthen the lungs and increases overall lung capacity.
- Alternate Nostril breathing can help treat disorders of the respiratory system.

Satali

- Satali means cool, since it produce cooling effect to the body and mind.

Procedure

- Sit in any meditative pose. Extend the tongue and fold the sides to form a narrow tube. Inhale slowly and deeply through the folded tongue. Close the mouth and keep the tongue as it is in the normal. Retain the breath for few seconds by performing jalandhara bandha, uddiyana bandha, mula bandha and close the nostrils by traditional yogic method. Slowly release the jalandhara bandha and open the nostril passages.
- Gently let the air out slowly and continuously through both nostrils. After the complete exhalation of the air, slowly release the uddiyana bandha and mula bandha. This is called one cycle 3 to 5 cycle can be practiced in a practice session.

Benefits

- Sitali pranayama eliminates the thirst.
- During summer it reduces the body temperature to a great extent.
- It encourages free flow of prana through the body.
- Sitali is very useful for the persons who are having very hot-temperament in nature.

Sitakari - Sitakari produces cooling effect on the body and mind.

Procedure

- Sit in a comfortable pose. Keep the body the neck and the head erect. Concentrate your mind in your breathing and be relaxed. This is very similar to sitali pranayama. Extend the tongue and fold back in such a way that the lower surface of the tongue touches the upper palate. Clench the teeth together and kept the lips are slightly parted. Now forcefully inhale the air through the teeth by producing a hissing sound.
- The air thus going through the tongue has a cooling effect. The lungs are comfortably filled then the lips are closed. The tongue inside the mouth is placed as it in the normal. Closing both the nostrils by the yogic traditional method. Then hold the breath comfortably for a few seconds by applying all the three bandhas. Then slowly release all the bandhas and open both the nostrils and exhale the air fill through both nostrils. This is called one round, 3 or 5 round can be practiced in a practice session.

Benefits

- Sitakari is useful in appeasing hunger and quenching thirst. It purifies the blood as well as cool down the circulation system. It encourages free flow of prana through the body. Sitakari is very useful for the persons who are having very hot-temperament in nature.

Meditation

- Dhyana is unbroken continuous flow of consciousness the single object. Dhyana is otherwise called as meditation. Meditation is the practice involving control of the mental function which start from the initial withdrawal of the senses from external objects to the complete oblivious of the external environment. The popular forms of meditation are silent, mantra, object and breathing

Object Meditation

- Take a comfortable sitting position and close your eyes
- Look at the blank space that you see in front of your closed eyes
- Think of any object and try to visualize this object in chidakasha
- It may be difficult; don't worry
- Watch the image for a short time, stay up to thirty seconds and the image can be stationary or moving
- Then wipe out the image and think of another object. Create a new image
- Continue in this manner for as long as time can be spared for the practices

Breathing Meditation

- Take a comfortable sitting position and close the eyes
- Become aware of natural breathing
- As you breathe in, know that you are breathing in
- As you breathe out, know that you are breathing out
- Be completely aware of the process of breathing... nothing else.
- As you breathe in count one
- As you breathe out count two
- Continue in this manner until count of fifty is reached.

Bandha

- Bandha is a term for the body locks (bond, arrest). In other words bandha means to lock, to hold, or to tighten. The few popular Bhandha are Uddiyana Bandha, Jalandhara Bandha, Mula Bandha and Maha Bandha. The bandhas help you regulate and control all your internal systems, hormonal, sexual, metabolic, digestive, and more. Bandhas should not be practiced while pregnant.

Kriyas

- Kriya is a Sanskrit term, means ‘action’, ‘deed’ ,’effort’ and most commonly refers to a “completed action”. It focuses on physical as well as mental factors. It is the cleaning process which cleans the internal part of the body. It is classified as Shatkriya in some literature.

Dhauti - A series of techniques for cleansing the stomach. Practices included in this kriya,

- 1.Vamana Dhauti (Cleansing with water)
- 2.Vastra Dhauti (Cleansing with fine cotton cloth)
- 3.Dhanda Dhauti (Head cleansing technique)

Kapalabhati - A breathing technique for purifying the frontal region of the brain.

Trataka - The practice of intense gazing at one point or object which develops the power of concentration. In Sanskrit Trataka means central fixation. It is one of the purificatory processes in Hatha yoga practices. Also it is used to purify the vision of the individual.

Neti - A process of cleansing and purifying the nasal passages. Practices included in this category,

- Jala Neti (Cleansing with water),
- Sutra Neti (Cleansing with thread or rubber catheter)

Mudras

- Mudra is a Sanskrit term which means "seal", "mark", or "gesture". It is a symbolic or ritual gesture in Hinduism and Buddhism. Some mudras involve the entire body most are performed with the hands and fingers. The main source mudra literature comes from Gherandya Samhita by Sage Gherandya, Hathyoga Pradipika by Swami Swatmarama and various works of Swami Satyanand Saraswati (Bihar School of yoga).

There are huge numbers of mudras available in the literature among them, few popular mudra are

- Chin Mudra,
- Chinmaya Mudra,
- Adi Mudra,
- Brahma Mudra and
- Prana Mudra. Mudras stimulate glands and nerve and also regulate the blood flow.

Thank

You