

CLASS-V

- Lesson 6 Pranayama and Kriyas
- Lesson 7 Practices of Concentration Development
- Lesson 8 Practices for Intelligence Quatient Development
- Lesson 9 Practices for Memory Development
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6

PRANAYAMA AND KRIYAS

Kriyas are yogic cleansing techniques, which helps in cleansing your internal organs like, eyes, digestive tract, respiratory tract, nasal passage. Pranayama techniques helps create awareness in the body through slow and deep breathing. It also helps to increase your lung capacity. Pranayama helps to slow down the breath and Kriyas helps to remove toxins from the body.

Slowing down the breath through Pranayama practice helps the children in calming down the mind, and makes them free from anxiety, hyper activity and anger. Pranayama and Kriya keeps you physically and mentally healthy.

You have learnt the basic Pranyama and Kriya earlier and you have learnt Vama Jatru Trataka, Ubhaya Jatru Trataka and Eye washing with cup under Kriyas. Cleansing Breath (Kapalabhati), Nadi Shuddhi, Vibhagiya Pranayama and Bhramari under Pranayama.

In this lesson you will learn to additional Kriyas namely - Jyoti Trataka and Jalaneti; and additional Pranayama namely Surya Anuloma Viloma and Chandra Anuloma Viloma.



Notes



OBJECTIVES

After studying this lesson, you will be able to:

- Explain the Kriya-Vama Jatru Trataka, Ubhaya Jatru Trataka, Eye washing with cup, Jothi Trataka and Jala Neti, and
- Describe types of Pranayama- Kapalabhati (Cleansing Breath), Vibhagiya Pranayama, Bhramari, Surya Anuloma Viloma, Chandra Anuloma Viloma, Nadishuddhi Pranayama.

6.1 KRIYAS

Kriya in sanskrit means ‘completed action’. It is also cleansing technique. There are six kriyas which helps to cleanse various internal organs. Kriyas are Yogic cleansing techniques, which helps in cleansing your internal organs like, eyes, digestive tract, respiratory tract, nasal passage. Here in this lesson you will learn Trataka - Jatru Trataka and Jyoti Trataka, Kapalabhati and also Jala neti, which helps to cleanse your eyes, frontal lobe and nasal passage.

- Trataka is for cleansing the eyes. It prevents eye disease both muscular and optical if they are practiced regularly. It boosts concentration, memory and promotes strong, healthy eyes.
- Kapalabhati is for cleansing frontal lobe.
- Jala Neti is the process of cleaning the nasal passage using water.

Trataka is a sanskrit word, which means 'to look' or 'to gaze'. As such, this meditation technique involves starting at a single point of focus. The object of focus may be tip of the thumb (Jatru) or candle flame (Jyotir Trataka).



Notes

I. Vama- Dakshina Jatru Trataka

- Make a fist of your left hand, raise your thumb.
- Take the left hand left way as long as possible without losing sight of the tip of the thumb.
- Maintain for a while more in the extreme end and bring the left hand to the centre.
- Maintaining the left hand at the centre, move the right hand as above, making a fist and raising the thumb right up.
- Do not move the head.
- Move the eyeball.



Fig. 6.1 Vama Dakshina Jatru Trataka



Notes

- Repeat the process three times.
- Do simple palming.
- Be relaxed.
- Do Bhramari Pranayama.

II. Ubhaya Jatru Trataka



Fig. 6.2 Udaya Jatru Trataka

- Stretch both the hands in the front. Raise the thumbs up.
- Start gazing at both the fingers.
- Start taking the right finger right way and the left finger left way.
- Maintain to gaze both thumbs simultaneously.
- If you cannot see both bring them little closer and maintain there.
- Slowly bring back both hands together without losing simultaneous sight of both thumbs.
- Do palming.



- Relax the arms.
- Slightly bend the head.
- Support the arms on the chest.
- Take a deep breath. Press the surrounding eye muscles.
- Do Bhramari Pranayama.
- Enjoy the vibrations of Bhramari through the surrounding eye muscles.

III. Eye washing with cup

PRACTICE

- Take an eye cup, fill it with water.
- Close the left eye with the left hand, bring the eye cup near the right eye with the right hand.
- Keep the right eyeball in water.
- Repeat blinking - closing and opening the eye at least 7 times.
- Hold the eye cup with left hand bend to right and allow all the water to fall down over the right eye ball.
- Similarly repeat on the left side also.
- After completion on both sides, gentle massage on the muscles above and below the eye ball so that any water remaining will fall down.
- This is called Tear Sac massaging.



Fig. 6.3 Eye washing



Benefits

- This practice washes the eyes.
- Removes allergies.
- Extremely useful in eyesight improvement.

IV. Jyoti Trataka

Trataka is the practice of focusing on a fixed gazing point. Jyoti Trataka involves gazing at a flame.

PREPARATIONS

- Get candles, candle stand and match box.
- Wash your eyes with cool and clean water before starting the practice for good result.
- When you practice in a group, sit around the candle stand, making a circle at sufficient distance from the candle stand (1.5 to 2 meters). Keep the candle at the same level as the eyes.

STHITI:

- Sit in any meditative posture.
- Keep your spine and neck erect perfectly vertical to the ground.
- Slowly close your eyes and collapse your shoulders.



Fig. 6.4 Jyoti Trataka



- Relax the whole body completely and face with a smile.
- Let us start Jyoti Trataka i.e., 'Effortless gazing or Focussing'.
- Gently open your eyes with a few blinks and look at the floor. Do not look at the flame directly.
- Slowly shift your vision to the base of the candle stand, then move to top of the stand, then to the candle and then slowly look at the flame of the candle.
- Now, start gazing at the whole flame without any effort. Do not blink your eyes.
- If you feel any irritating sensations in your eyes use your willpower and gaze in a relaxed way. If tears appear, allow it to flow freely. Let the tears wash out the impurities from the eyes.
- Gaze at the flame about 30 seconds.
- Slowly close your eyes, rub your palms against each other for a few seconds, form a cup of your palms and cover your eyeballs.
- Gently press and release palm.
- After completing five rounds, gently drop your hands down.
- Feel the cool sensation around the eyeballs. Relax for a few seconds. Do not open your eyes immediately.
- Next step we shall we combine palming with breathing and Bhramari. First apply constant pressure around your eyes, then



Notes

inhale and chant Bhramari Mm....; feel the vibrations of Bhramari throughout the body; repeat the same process.

- Inhale - chant Mm.... as you exhale, inhale Mm...., inhale Mm.... And the last round inhale Mm....; feel the sound resonance in the entire head region especially round the eye region.

Benefits

- It makes the eyes clear, bright and radiant.
- It cleanses the tear glands and purifies the optical system.
- It is an excellent preparation for meditation.
- Strengthens eye muscles.
- Improves concentration and memory

It is important to note here that

- Trataka Kriya helps to bring in concentration, which helps to focus on your studies.
- It prevents eye disease both muscular and optical if they are practiced regularly.
- Trataka and eye washing with cups helps to cleanse your eyes and also allergies, which helps in improving your eyesight and concentration.
- Trataka practice can be done by focusing on a small dot, moon, rising setting sun and green leaf without blinking.



V. Jala Neti

Jala Neti is the process of cleaning the nasal cavity using water. Salted lukewarm water is used to get rid of the congestion and blockages of the nasal and the respiratory tract.

PRACTICE

- Stand with legs apart.
- Hold the Neti pot in your right hand.
- Insert the nozzle of the Neti pot into the right nostril.
- Keep the mouth open and breathe freely through the mouth.
- Tilt the head first slightly backwards, then forwards and sideways to the left so that the water from the pot enters the right nostril and comes out through the left by gravity. Allow the flow till the pot is empty.
- Repeat the same on the left side.
- After finishing the process on both the sides, exhale forcefully from both the nostrils in all directions to get all the water out of the nostrils. This is the process of Kapalabhati.



Fig. 6.5 Jala Neti



Notes

Benefits

- Neti Kriya helps in curing sinusitis, ailments of nose, throat and eyes.
- It helps to reduce colds, coughs and allergies.
- It helps in reducing the congestion and blockages of the nasal passage and encourages smooth breathing exchange through the nostril.

It is important to note here that

- Water for Jala neti - Take 500 ml filtered lukewarm water and add 1 tsp. salt to it.
- After performing the Jala neti, Kapalbhati should be performed to dry the nasal region.
- Gently breathe through the mouth while performing the Neti kriya.



INTEXT QUESTIONS 6.1

1. What is Kriaya?
2. What are the benefits of Jala Neti?

6.2 PRANAYAMA

Prana means energy and Yaama is to regulate. Pranayama is that which regulates the energy. Pranayama help to make the breath slow and rhythmic. When the breath slows down, mind becomes calm.

Pranayama helps you to -

- Improve blood circulation.
- Give relaxation for body and mind.
- Improve your concentration skills.
- Release anxiety.
- Improve the lung capacity.



Notes

I. Kapalabhati (Cleansing Breath)

Kapalabhati is one of the yoga technique which is a breathing exercise. 'Kapalabhati' means 'shining forehead' in sanskrit.

Practicing Kapalabhati will help to remove carbon dioxide from your body, makes you feel fresh and oxygenated. It also helps in improving your memory as it stimulates your brain cells.

PRACTICE

- Sit straight in any meditative pose. Take a deep breath.



Fig. 6.6 Pranayama



- Exhale forcefully in such a way that the lower abdomen is contracted to expel out the air.
- Inhale spontaneously and passively without making any efforts.
- Air will enter the body through the passive inhalation. This is one practice stroke of Kapalabhati. Begin with 10 strokes at a time. This is one round.
- One can practice one to three rounds in a practical session.

Dont's:

- Do not move the chest or shoulders during exhalation.
- Do not make effort to inhale.

Benefits

- It stimulates the abdominal region and improves digestion.
- Kapalabhati expels more carbon-dioxide and other waste gases from the lungs.
- It improves heart and lung capacity and therefore good for bronchial asthma.
- It improves blood circulation throughout the body.
- It energizes the body and removes lethargy.

II. Vibhagiya Pranayama

This is pranayama which helps in utilizing all the three lobes or sections - abdominal, thoracic and clavicular which aids in deep

breathing. Breathing becomes continuous, smooth and rhythmic. It corrects the wrong breathing pattern and increases the vital capacity of the lungs.

A. Abdominal (diaphragmatic) breathing(Adhama)

Chin Mudra

- Let us now learn how to practice Chin Mudra which should be adopted while practicing Abdominal (diaphragmatic) breathing (Adhama).
- Touch the tips of the thumbs with the tips of the forefingers.
- Keep the other fingers straight.
- Rest the palms on the middle of the thighs.

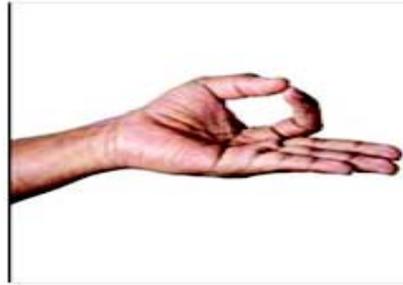


Fig. 6.7 Chin Mudra

Sthiti: Vajrasana

PRACTICE

- Place the hands resting on the thighs in Chin Mudra.
- Inhale, deeply, slowly and continuously, the abdomen bulges out.
- Exhale the abdomen is drawn inwards continuously and slowly.
- Repeat this breathing cycle five times.
- There should be no jerks in the whole process.
- It should be smooth, continuous and relaxing.



Notes



Notes

It is important to note here that

- In abdominal breathing the air fills the lower lobes of the lungs.
- Avoid movement of the chest.

B. Thorasic (intercostal) breathing (madhyama)

Chinmaya Mudra

- Let us now learn how to practice Chinmaya Mudra which should be adopted while practicing Thorasic (intercostal) breathing(madhyama).
- The tips of the forefingers touch the tips of the thumbs and all other fingers are folded into the hollow of the palms.
- Rest them on the thighs.



Fig. 6.8 Chinmaya Mudra

PRACTICE

Sthiti: Vajrasana

- Place the hands resting on the thighs in Chinmaya Mudra.
- While inhaling, expand the chest cage forwards, outwards and upwards.
- While exhaling relax the chest wall and return to resting position.
- Repeat this breathing cycle five times.
- Avoid movements of abdomen.

C. Upper lobar (Clavicular) breathing (Adya)

Adi Mudra

- Let us now learn how to practice Nasika Mudra.
- This Mudra should be adopted while practicing Surya Anuloma Viloma, Chandra Anuloma Viloma and Nadishuddhi Pranayama;
- Make fists of both hands with the thumbs tucked in.
- Rest the fists on the thighs.



Fig. 6.9 Adi Mudra

PRACTICE

Sthiti: Vajrasana

- Sit in any meditative posture.
- Place the hands resting on thighs in Adi Mudra.
- While inhaling raise the collar bones and shoulders upwards and backwards.
- While exhaling drop down the shoulders to the resting position.
- Repeat this breathing cycle five times.

It is important to note here that

- Try and avoid movements of the abdomen and chest.



Notes



Notes

D. Full Yogic breathing

Full yogic breathing is a combination of all the three sections of sectional breathing or Purna Shvasa.

PRACTICE

Sthiti Vajrasana

- Place the hands resting on the abdomen at the navel in Brahma Mudrá.
- During inhalation, the Adhama, Madhyama and Adya Pranayama occur sequentially. Now exhale in the same sequence (abdominal, chest and clavicular).
- Repeat this breathing cycle five times.

Benefits

- The purpose of this practice is to make you aware of the three different components of respiration (abdominal, thoracic and clavicular) and incorporate them into full yogic breathing.
- Even 5 minutes of full yogic breathing daily can work wonders.
- When you feel tired or angry, practice of full yogic breathing. It will help in calming down your mind and revitalizing it.

It is important to note here that

- The whole process should be relaxing and comfortable, with a smile on the face.
- Observe the time of your inhalation and exhalation.

- Breathing should be performed through the nose and not through the mouth. As you increase the number of rounds of the full yogic breathing day after day, you will come to develop this practice as an automatic and normal function of the body.



Notes

III. Bhramari

The word Bhramari is derived from Bhramara which means a ‘black humming bee’. In this pranayama, the practitioner makes the sound which resembles the buzzing sound of a black bee, therefore it is named as Bhramari pranayama.

PRACTICE

- Come into any meditative asana.
- Assume Chin Mudra.
- Inhale deeply.
- Exhaling, produce a low pitched sound resembling the humming of a female bee.
- Feel the vibrations in the entire head. After exhalation, bring your hands back on your knees and breathe in slowly. This completes one round.
- Repeat 10 rounds.

Benefits

- It helps to reduce anger.
- It helps in improvement of concentration and memory.



Notes

It is important to note here that

- During the practice of Bhrámarè use 'N-kára' and not 'M-kára'.
- With long practices try to feel the strong vibrations in the entire head region along with its resonating effect throughout the body.
- In the beginning, 5 to 10 rounds of Bhramari is sufficient.
- It can be practiced at any time to relieve mental tension.

NASIKA MUDRA



Fig. 6.10 Nasika Mudra

- Let us now learn to practice Nasika Mudra which should be adopted while practicing Surya Anuloma Viloma, Chandra Anuloma Viloma and Nadishuddhi Pranayama.
- Raise your right hand up and fold the index and middle fingers to touch the palm.
- Let the thumb, little and ring finger stay up. Try to keep it as straight as possible without unnecessary strain.



IV. Surya Anuloma Viloma Pranayama

Surya Anuloma Viloma Pranayama is done by where both inhalation and exhalation is done through right nostril adopting Nasika Mudra.

- It helps to increase the physical energy and revitalize you.
- It increases the heat in the body.
- Purifies the blood and improves digestion.
- Beneficial for weight reduction.

PRACTICE

- Slowly adopt Nasika Mudra with your right hand.
- Now close the left nostril with the little and ring fingers of Nasika Mudra.
- Slowly inhale and exhale slowly through the right nostril only.
- Keep the left nostril closed all the time during the practice.
- This one cycle of inhalation and exhalation is one round.
- Practice five rounds.

It is important to note here that

- All the inhalations should be done through the right nostril and exhalations also through the right.
- Surya Bhedhan pranayama should be practiced with empty stomach.
- This pranayama increases the heat of your body so it should be avoided if suffering from fever and in summers.



Notes

V. Chandra Anuloma Viloma

Chandra Anuloma Viloma Pranayama is done by where both inhalation and exhalation is done through left nostril adopting Nasika Mudra.

- It helps in cooling down the body.
- It is beneficial for anxiety and mental tension.
- It will help to calm down the mind.
- It is not advisable to practice in winter.

PRACTICE

- Slowly Adopt Nasika Mudra with your right hand.
- Close the right nostril with the tip of the thumb.
- Now inhale and exhale slowly through the left nostril only.
- Keep the right nostril closed all the time during the practice.
- One cycle of inhalation and exhalation is one round.
- Practice five rounds.

It is important to note here that

This pranayama cools the body.

VI. Nadishuddhi Pranayama

Nadi Shuddhi pranayama is alternate nostril breathing. Shuddhi means 'to purify'. The practice balances the flow breath through the right and left nostrils. This pranayama practice begins and ends by breathing through the left nostril. One inhales through the left nostril and then exhales through the right nostril, then the

order is reversed by inhaling through the right nostril, and exhaling through the left nostril. This pranayama is called Nadi-shuddhi pranayama. It is also called as Anuloma Viloma pranayama.

Nadi Shuddhi pranayama purifies the blood and respiratory system. The deeper breathing enriches the blood with oxygen. This pranayama strengthens the respiratory system and balances the nervous system. It helps to relieve nervousness and headaches.



Fig. 6.11
Nadishuddhi
Pranayama

Notes

PRACTICE

- Sit in any meditative posture.
- Adopt Nasika Mudra.
- Slowly close the right nostril with the right thumb and exhale completely through the left nostril. Then inhale deeply through the same left nostril.
- Close the left nostril with your ring and little finger of the Nasika Mudra, release the right nostril. Now exhale slowly and completely through the right nostril.



Fig. 6.12 Nadishuddhi Pranayama



Notes

- Inhale deeply through the same right nostril. Then close the right nostril and exhale through the left nostril. This is one round of Nadi Suddhi pranayama.
- Repeat five rounds.

Benefits

- Clears and releases toxins.
- Calms and rejuvenates the nervous system.
- Enhances the ability to concentrate.
- Brings balance of mind and clarity of thought.

It is important to note here that

- This practice will balance the two nostrils and also cleans the nasal tract.
- This pranayama brings calmness to the mind.

**INTEXT QUESTIONS 6.2**

1. What is Pranayama?
2. List any two benefits of Nadishuddhi pranayama

**WHAT HAVE YOU LEARNT**

- The concept of pranayama and kriya. You have learnt about the following Pranayama and Kriyas and the step by step to perform the same and noted the benefits of performing these pranayama and kriyas.



i. Pranayama

- Kapalabhati
- Vibhagiya Pranayama
- Bhramari
- Surya Anuloma viloma
- Chandra Anuloma viloma
- Nadishuddhi Pranayama

ii. Kriyas

- Vama Jatru Trataka
- Ubhaya Jatru Trataka
- Eye washing with Cup
- Jothi Trataka
- Jala Neti



TERMINAL QUESTIONS

1. What is Trataka?
2. What is Kapalabhati?
3. What is Bhramari pranayama?
4. What is Vibhagiya pranayama?
5. What is Nadi Shuddhi Pranayama?
6. Write the process of Chandra Anuloma Viloma.



Notes

**ANSWERS TO INTEXT QUESTIONS****6.1**

1. Kriyas are yogic cleansing techniques, which helps in cleansing your internal organs like, eyes, digestive tract, respiratory tract, nasal passage.
2. Jala Neti helps to reduce cold, coughs and allergies.

6.2

1. Pranayama techniques helps create awareness in the body through slow and deep breathing. It also helps to increase your lung capacity. Pranayama helps to slow down the breath
2.
 - Calms and rejuvenates the nervous system.
 - Enhances the ability to concentrate.
 - Brings balance of mind and clarity of thought.
 - Clears and releases toxins. (Any two)