

Practical View in Kabalapati Pranayama

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ABSTRACT

Kabalapati pranayama practice is an advanced pranayama practice. The exercises to be done before doing this exercise are the Agni Astra training system called Agni Sara and the experience pranayama training called sun pranayama training and then the kabalapati pranayama training instructions. The scientific evidence for health is exemplified from research paper data.

Keywords: Kabalapati pranayama training experience; Pranayama training; Agni sara kriya; Agni nadi

INTRODUCTION

Kabalapati pranayama is a fast pranayama training method. This exercise reduces the activity of the sympathetic nerves. Stimulate hypothalamus function. Anxiety, stress, blood pressure go away. Positive mood, perception, tolerance develops. So self-management, decision making, and future planning improve.

Practical procedure of kabalapathi pranayama

Anyone between the ages of 12 and 80 with a healthy body and mind can practice Kabalapati pranayama. After practicing Agni Sarakriya, one should practice Sun Prana Pranayama. Then one should practice Kabalapati Pranayama. It can be done from morning 4 am to 7 am. It can be done from evening 6 pm to 7 pm. It can be done at least 3 hours after a meal. The stomach should be empty. This can be done after a short period of warm water by drinking a tumbler of water. You can also use a flat cotton blanket, tarpaulin mat or rug on a flat surface. Have a handkerchief ready to clean your nose and mouth.

The process of Agni charakriya

This is an exercise to increase the heat of the abdomen. Agni astram means to use fire as a weapon. Helps to strengthen the abdominal organs. Breathing should be normal. Sitting on the Vajrasana or Padmasana, the hands should be placed on the knees with the chin seal or meditation seal. Sit with the spine, neck and head straight and practice.

Pull the abdomen in and let it out. Pull the abdomen in and out without stopping. Try to do this for 1 to 5 minutes. Those who

can easily do 5 minutes of continuous training should practice for 10 minutes and 15 minutes. Only the abdomen should move during training. Do not move the head, shoulders, neck, or other limbs. People who have had abdominal surgery and are in trouble should not do this exercise [1].

Sunstroke pranayama training or anuloma viloma pranayama level 2 process

This exercise involves pulling the breath in through the right nostril to the sun and stopping the breath out of the right nostril at the end of the exercise. Sitting on the Vajrasana or Padmasana, the hands should be placed on the knees with the chin seal or meditation seal. Sit with the spine, neck and head straight and practice.

Inhale through the right nostril and exhale through the left nostril. Now inhale through left nostril and exhale through the right nostril without stopping the air inside. This is a round exercise. Again inhale right nostril and exhale through the left nostril. Do two, three of my rounds like this to do 30 to 60 rounds in a row. Or practice for 1 to 5 minutes. People with high blood pressure and heart disease should not do this exercise [2].

DESCRIPTION

Kabalapati pranayama training process

The word skull means the skull or forearm across the brain in them. Half here means perception and knowledge, and the other are sublime or light. This action removes carbon dioxide from

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the blood. Cleanses the airways and stimulates the organs of the stomach. Thus stimulating brain cells [3].

Here the kabalapati pranayama training process refers to the following training method. Breathing should be normal. Sitting on the Vajrasana or Padmasana, the hands should be placed on the knees with the chin seal or meditation seal. Sit with the spine, neck and head straight and practice. Pull the abdomen in fast, while exhaling rapidly through both nostrils. At this point the supporter should focus on the abdomen or between both eyebrows. Simultaneous inhalation of the stomach and expulsion of air through the nose should take place. This is a round exercise. The inhaled breath in the middle of the next round should be as slow as the air we inhale during our normal breathing.

Pull the abdomen in fast again and exhale rapidly through both nostrils at the same time. Do 30 to 60 rounds like this? Or practice for 1 minute to 5 minutes for the first 10 days. Practice continuously for 5 minutes to 10 minutes for the second 10 days. Practice continuously for 10 to 15 minutes over the third 10 days. Once the exercise is well accustomed, after 5 to 10 minutes to 15 minutes of continuous exercise, inhale the breath 3 or 4 times as much as possible and count to fill all areas, including the abdomen. Focus on the middle of both eyebrows once filled. Or focus on the scalp (top center of the brain). This place is called sahasrara. Then slowly exhale. In this condition the stomach, body and brain temperature will increase. We call this wisdom fire. Increased blood flow to the frontal lobe. Only the abdomen should move during training. Do not move the head, shoulders, neck, or other limbs. People who have had abdominal surgery and are in trouble should not do this exercise. People with high blood pressure and heart disease should do it slowly [4].

Values of kabalapati pranayama

Research based benefits of kabalapati pranayama: Kabalapati pranayama is done for 5 minutes every day for 6 consecutive weeks to strengthen the lung muscles. Increasing the activity of the lungs. Sympathetic nerves decrease activity respiratory rejuvenation [5]. High Frequency Yoga Breathing (HFYB-High Frequency Yoga Breathing) stimulates the forebrain brain functions. Refresh. Compassion sympathetic nerves decrease activity [6]. Red blood cells are refreshed. Solar pranayama training improves physical and mental health by doing kapalapathi exercises [7]. Reducing suffering for people with insomnia, asthma, and breast cancer studies show that craniocerebral palsy is effective [8]. Studies show that Kabalapati pranayama, lunar and solar pranayama are effective in alleviating anxiety, suffering and mental disorders [9]. Poly Cystic Ovary Syndrome (PCOS) is a joint disease in women caused by an increase in the androgen gland called androgen. Kabalapati Pranayama Therapy plays an important role in working against

this. Puducherry Gimper Hospital Research Paper Explains the benefits of slow pranayama exercises compared to the benefits of fast pranayama exercises. Studies show that regular abdominal exercises reduce the abdominal muscles and waist circumference.

The Bhagavad Gita states that pranayama is the erasure of sins. Scientific Research Results Kabalapati Pranayama Values ensure the improvement of physical health, mental health and biological health.

CONCLUSION

High frequency yoga breathing, also known as kabalapati pranayama, paves the way for the spiral nadi to become the fiery nadi. Only when the mind is subdued can one realize the life of knowledge. Continuing kapalapiti pranayama practice greatly helps to create the enlightenment of agnikala nadi from lunar art, solar art. The mind becomes refined. Myself Harinath K, I have been doing this kapalapati pranayama more than 14 years and I agreed my personal experience it is good for mind and soul and rejuvenate the same.

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