

**The Science of Upanishads – Part 50: Foundations of Modern Yoga Practice (Contd.):
Description of Pranayama (Breath Exercises) (Contd.) as The Fourth Anga (Limb) of The
Ashtanga Yoga (Eight Limbed Yoga) of The Yoga Sutras of Patanjali**
(February 28-March 6, 2018)

The last two weeks' Mandir Bulletins described four important Pranayama exercises, including (1) **Nadhi Sodhana (Anuloma-Viloma)**, (2) **Kapal Bhati (Skull Shining)**, (3) **Bhastrika (Bellows Breath)**, and (4) **Sheetali (Cooling)**. *This week, we will elaborate on two more important Pranayamas: (5) **Bhramari (Bee Breath)** and (6) **Pranav**.*

(5) Bhramari (Bee Breath) Pranayama: Bhramara is a Sanskrit word, which means "Bumble Bee". In Bhramari Pranayama the exhalation sound is very resembles to the humming sound of a bee, by this it is named as Bhramari pranayama. In this respiration process, your lips are purported to be shut, and you're purported to gently and swimmingly build a sound sort of a Bhramai buzzing bee in your throat. The practice of Bhramari Pranayama is very helpful for making the breath smooth and quieting the mind too. You easily can feel the sound vibrations in your jaws, throat and face. *This is simple and can be done by any age group of people.* Bhramari Pranayama edges in reducing high vital sign, fatigue, and mental stress. Conjointly active this Pranayama for ear, nose, mouth, and eye issues will have a positive impact. *This Pranayam is one of the great breathing exercises to release the mind of disquiet, anxiety or frustration and get rid of anger.* It is a simple to do breathing technique and can be practiced anywhere at work or home, it is a instant option for de- stress yourself.

How to Perform the Bhramari Pranayama:



- Sit on the Padmasana or any other sitting Asana.
- Close your eyes and breathe deeply.
- Now close your ears lids or flaps with your thumbs.
- Place your index finger just above your eyebrows and the rest of your fingers over your eyes with your middle fingers.
- Applying very gentle pressure to the sides of your nose.
- Now concentrate your mind on the area between your eyebrows.
- Keep your mouth closed; breathe out slowly through your nose with making a humming sound of Om.
- Repeat this process for 5 times. Important thing is that while doing this Pranayama assume that your are being connected to all the positive energies of the universe.

Benefits of Bhramari Pranayama

- This is the best method to achieve concentration of mind.

- It opens the blockage and gives a feeling of happiness to mind and brain.
- Beneficial in relieving from hypertension.
- It relaxes the mind and lowers stress.
- Helps in High blood pressure and heart problems.
- With the help of this, mind becomes steady, lower mental tension, agitation etc.
- Helpful in curing Paralysis and migraines.
- All ages people can try this breathing exercise including pregnant women.
- In the time period of pregnancy, it helps to maintain and regulate the functioning of the Endocrine system and provide easy child birth.
- It is very good for Alzheimer's disease.
- Most effective Pranayama for awakening the Kundalini

(6). Pranav (Om) Pranayama: Pranav is a Sanskrit word which means the sacred syllable "OM". Pranav Pranayama is the simplest Pranayama among the all, and **it is the last pranayama according to "Patanjali yoga sutra"**. You can also say this as an instant meditation of 2 or 3 minutes. **People in all the age group can practice Pranav Pranayama.** In this pranayama you have to keep your concentration on your breathing (inhaling and exhaling) or you can focus on the word Om in your mind while your inhaling and exhaling, it's your choice whether focusing on your breathe or the word Om.

How to Perform the Pranav Pranayama



Sit in the Padmasana, Vajransana or sukhasana, as you wish.

- Keep your eyes closed, your spine and head should be straight.
- Keep your fingers in 'Gyan mudra'.
- Focus on your normal breathing as you inhale and exhale or while normal breathing you can also focus on the word Om in your mind.
- Become centered within yourself and feel your connection with the positive energies which is present in the Universe.
- Do this process for 2 or 3 minutes.
- After two or three minutes raise your hands above your head and rub your palms together for about 20 seconds.
- After that place your palms over your eyes, feel the warmth of your palms over your eyes.
- Now slowly – slowly open your eyes (don't open your eyes immediately) with your hands still in front of your eyes.

- After that slowly lower down your hands and completely open your eyes.
- You can also increase the time limit from 2 minutes to 1 hour as per your available time.

Benefits of Pranav Pranayama

- Helps in High blood pressure and heart problems.
- With the help of this, mind becomes steady, lower mental tension, agitation etc.
- Helpful in curing Paralysis and migraines.
- It also relieves tension, anger and anxiety.
- It is the Excellent breathing exercises for meditation.
- Effective against hypertension.
- It cures problems related to sleep (Insomnia) and bad dreams.
- Control the high blood pressure and cure it.
- All ages people can try this breathing exercise including pregnant women.
- It relaxes the mind and lowers stress level.
- Helps in high blood pressure and other heart problems.

Read Here for more on [Bhramari](#) and [Pranav](#) Pranayama Exercises.