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The Beneficial Effects of Kapalbhati Pranayama for Complete Fitness



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Sponsored by ICSSR

Held on (01 February 2020, Saturday)

Organized by: Department of Psychology, Sports and Physical Education
Shivaji College Hingoli-431513 (Maharashtra)



The Beneficial Effects of Kapalbhathi Pranayama for Complete Fitness

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ABSTRACT

The word *Kapalbhathi* is made up of two words: 'Kapal' means forehead, skull or cranium and 'Bhati' means light, splendor, Shining, illuminating, perception of knowledge and clean which cleans the inner parts of skull i.e. sinuses and nasal cavities. It affects those diseases which are impossible to be cured by medicines such as cancer, diabetes, asthma etc. It needs to understand the method of *Kapalbhathi*. It is a technical kriya which has a lot of benefits. It also called 'shat' kriya technique that flushes out toxic air from the body and cleans it through the process. The practice of *Kapalbhathi* is forbidden in the high blood pressure, heart disease and the internal pressure of the brain. The purpose of the study is to examine the beneficial effects of *Kapalbhathi Pranayama* for complete fitness of human being. It is concluded that the finding of this study can be used to make people healthy from mind and body.

Keywords: *Kapalbhathi Pranayama, Beneficial, Effect, Fitness*

Introduction

Our forefathers have been made several invaluable contributions for the welfare of the mankind. Yoga is one of them. The Sanskrit word "Yuj" which means "Union" gives the word "Yoga". (Srinivas, 2) Yog Guru Ramdevbaba has made it popular in the word. The review on yoga showed that yoga has beneficial effects for complete fitness of human being.

The word *Kapalbhathi* is made up of two words: 'Kapal' means forehead, skull or cranium and 'Bhati' means light, splendor, Shining, illuminating, perception of knowledge and clean which cleans the inner parts of skull i.e. sinuses and nasal cavities. It is a Sanskrit word which means forehead shining breathing technique. This technique involves short and strong forceful exhalations and inhalation happens automatically, known as automatic inhalation technique. It gives you a shining forehead and bright intellect. Pranayama is one of the pillars of Asthnga yoga denotes extension of life, as 'prana' means life force and 'ayama' means expansion. The aim of the study is to find out the beneficial effects of *Kapalbhathi Pranayama* for complete fitness.

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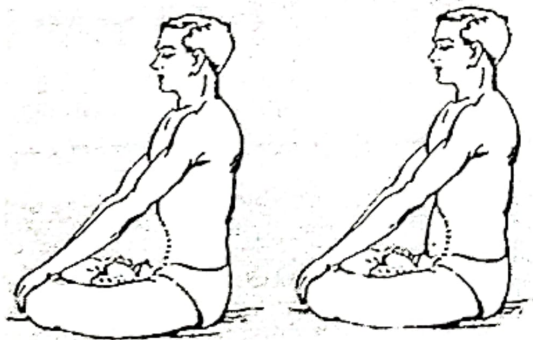


In thousands years ago, Kapalbhathi Pranayama is an amazing yoga breathing exercise for complete fitness invented by Indian yogis. It affects those diseases which are impossible to be cured by medicines such as cancer, diabetes, asthma etc. Numerous patients have gained healthy and happy life by adopting it in their daily lives. (Chavhan, 1-8) It maintains the efficiency power of heart, liver, pancreas, spleen, pathardy, gastrointestinal, kidney, etc. Elephants and Tortoises take longer breathes, so they live longer whereas dog and cat breaths faster so they have shorter lifetimes.

Pranayama encompasses two types of breathing techniques; one is slow and other is fast. *Kapalbhathi* is one of the fast breathing techniques, known as automatic inhalation technique, the other one being forced inhalation or *Bhastrika*. Though *Kapalbhathi* is the common term used for both automatic and forced inhalation, some practioners use *Bhastrika* for a more advanced technique that includes breath holding. (Ansari, 163-167)

This technique as described by Swami Kavalayanandaji is known as 'practice of active exhalation and passive exhalation'. Exhalation is active-because one has to take effort for sudden expulsion of breath through the nostrils. Inhalation is passive because nothing is done for taking the air in. Air automatically rushes in simply because of going down of diaphragm with the relaxation of abdominal muscles. This technique i.e. going down of diaphragm and relaxation of abdominal muscles, results into inhalation. (Sahay & Bhogal, 326-328) *Kapalbhathi* technique helps to purify blood and tone abdominal muscles. It makes the forehead luminous. Nirmala N. Nayak reported that, "various yogasanas including *Kapalbhathi* seem to have a positive effect in reducing obesity." (Nayak, 783-798)

Methods of Kapalbhathi Pranayama



How-To- Do- Kapalbhathi-Pranayama

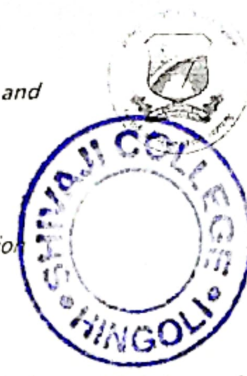
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It needs to understand the method of Kapalbhathi. It is a technical kriya which has a lot of benefits. It also called 'shat' kriya technique that flushes out toxic air from the body and cleans it through the process. First sit in Padmasan or Siddhasan, hands resting on knees. The neck and head should remain straight keep eyes closed and body relaxed. It involves abdominal muscle contractions with forceful exhalation and natural inhalation. Breathing will naturally go in but you should not pay attention to it otherwise breathing will cause blockage to come out. Your entire focus should be on exhaling with some force repeatedly. In this exhale 20 times in a row and then take out the long longevity breaths and apply it to the Jalandhar bandh. When you are unable to stop breath outside, then take breaths while loose the Jalandhar bandh. Repeat the whole action again.

Both can also perform this action by alternating with the nose. Initially thrice frequencies can be increased later as needed. The practice of *Kapalbhathi* is forbidden in the high blood pressure, heart disease and the internal pressure of the brain. By greater operation of the diaphragm, there may be sweet pain in the abdomen. The pain will be disappeared in 2-4 days. In this case reduce the frequency. The nose skin shall not be stressed while exhaling. While exhaling stress should not be on the skin of the mouth. The shape should be natural. In the final situation, instead of closing Jalandhar, you can try to keep a close watch in the darkness in front of the forehead, in the same way you can try to see for a few moments with closed eyes. (Pramanik, 170-180)

Kapalbhathi Precautions

The practice of *Kapalbhathi* should be taken with care and there are several precautions that you must take into consideration while doing *Kapalbhathi*.

- If you are 40 years old or above, you can take one exhalation stroke per second. Youngsters can take two exhalation strokes per second because they like speed. If you are in practice from one year you can two strokes per second.
- One second one stroke is a safe practice of *Kapalbhathi* in a morning with empty stomach.
- If you are suffering from heart diseases, exhale slowly and should not increase the strokes of *Kapalbhathi*.
- If you are suffering from ulcer be careful while practicing the technique otherwise take the opinion from your yoga teacher and you doctor whether it is safe for you.
- Women should avoid doing *Kapalbhathi* in their menstrual period and pregnancy.
- People should avoid doing *Kapalbhathi* who have placed stents in their blood vessels.

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- Do not increase the speed of stroke without coordinating abdominal movements and breathing.
- Do not move shoulder and chest while doing *Kapalbhati*.

Numerous Benefits of *Kapalbhati*

Kapalbhati Pranayama has numerous benefits for complete fitness for body and mind of human being. Some of them are as follows:

- It can soothe your eyes and can remove dark circles under the eyes.
- You can get rid of from heartburn, acidity and gas.
- It helps to improve blood circulation and digestion.
- It strengthens the bones and increases body's calcium levels.
- For women, it can regularize menstrual cycle and prevent its cramps.
- It removes the wastes and toxins from your body by generating heat.
- It lowers blood sugar and stimulates the pancreas.
- It can improve immune system and ability to fight disease-causing microbes.
- It makes you feel positive and prevents depression.
- It can improve the memory and helps to concentrate better.
- It can keep the mind calm and provide the sense of balance.
- It can clear the clots of body.
- It can clear the clogged skin pores and gives the radiant or luminous glow.
- It can prevent the premature graying of hair and strengthens the roots of the hair.
- It helps to eliminate toxins from the body and slow ageing.
- It reduces the risk of frequent cold sores, headache and asthma.
- It makes lungs stronger so they can increase inflammation.
- It clears the respiratory tract and boos its immune system. (Khodskar, 62-63)

In *Kapalbhati*, the breathing has high force in a shorter span and has greater impacts on the abdomen and its contents especially the glands. It helps to increase the blood circulation and correct the glandular secretions. Though the beneficial effects of *Kapalbhati* are numerous, the noteworthy ones include balance of Vita (wind) Pitta (bile) and Kapha (phlegm), psychological balance, awakening of "Kundalini" power and improvement of concentration. (Dipak, 2013)

Objective

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The purpose of the study is to examine the beneficial effects of Kapalbhathi Pranayama for complete fitness.

Conclusion

It is concluded that the finding of this study can be used to make people healthy from mind and body. Further studies are required to understand the physiological and psychological changes followed by the practice of *Kapalbhathi* proven among the people.

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