

# Sukha Pooraka Kumbhaka Pranayam

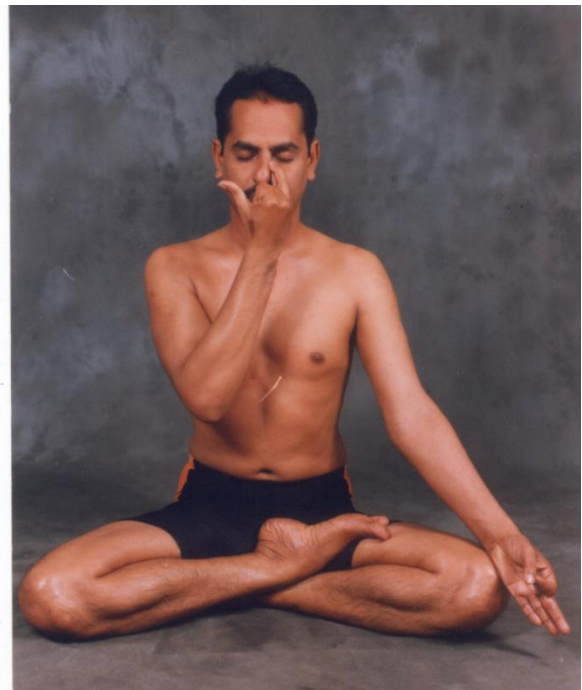
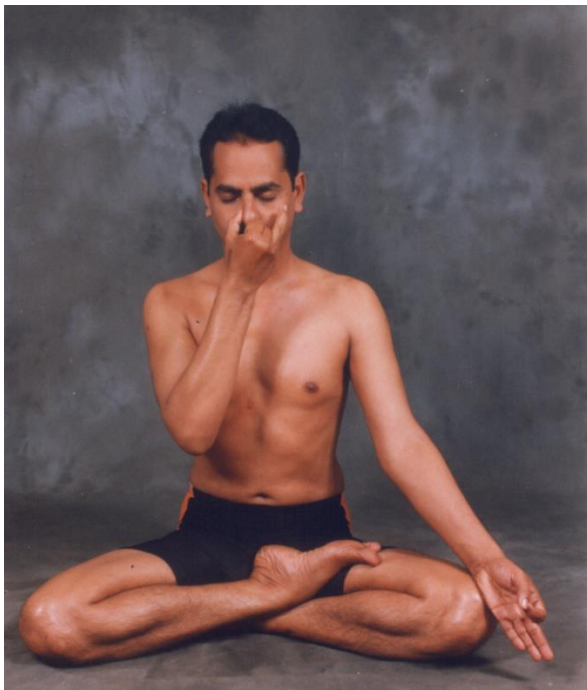
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*Sukha* means comfortable, *Pooraka* means inhalation, *Kumbhaka* means holding the breath. In this practice we combine these three aspects: Sukha – Pooraka – Kumbhaka.

It is developed based on the *Kevala Kumbhaka* practice of Patanjali Yoga Sutra 2-49.

Some of the benefits are:

- It is one of the best methods for “*chitta vritti nirodha*” (PSY 1-2) (restricts modifications of the mind) which is goal of the Yoga according to Maharshi Patanjali.
- Reduces metabolism of the body that helps in alleviating Hypertension, Anxiety, Depression.
- Improves lung capacity that increases oxygen absorption - enhances immunity.
- Strengthens the Intercostal Muscles
- Very useful in eliminating all types of Psychosomatic Disorders like Asthma, Rheumatoid Arthritis, Peptic Ulcer.



## Method of Practice

1. It can be practiced while sitting on a chair or in any meditative asana (e.g. Sukhasana, Siddhasana, Padmasana or Vajrasana).
2. Keep the left hand in Chinmudra (or in any meditative Hastha Mudra).

3. Close the eyes and focus on eyebrow center.
4. Close right nostril with right thumb, exhale completely through the left nostril.
5. Breath-in completely through the left nostril.
6. Close left nostril with ring finger.
7. Loosen the thumb and start exhaling through the right nostril up to half of the lung capacity.
8. Breath-in completely through the right nostril, and close right nostril with thumb.
9. Loosen the ring finger and start exhaling through the left nostril up to half of the lung capacity.
10. Breath-in completely through the left nostril, and close left nostril with ring finger.
11. Practice steps 7 through 10 for about 5-20 minutes.

This can be practiced with *Ajapa Gayatri Mantra* (So ... Hum ...) as well for better benefits. While inhaling mentally chant *So ...* and while exhaling *Hum ...*

If practiced before starting meditation it gives a deeper meditation experience.

### **Advanced Practice**

Hatha Yoga Pradipika 2.2 says “*chale vate chale chittam, nischale nischalam bhavet*” which means as the breath moves so the mind, so when the breathing slows down the movement of the mind also slows down.

After developing comfort in practicing Sukha Pooraka Kumbhaka Pranayam for longer periods of time, the size of the breath can be reduced (that means the air held in the lungs has increased). This aids in deeper meditation experience and aids in awakening *Kundalini*.