



KAPALBHATI- A TECHNIQUE OF CLEANSING BODY

AUTHOR

ANURAG SACHAN, Research Scholar, JECRC University, Jaipur, Rajasthan

Dr. RINA, HOD Department of Physical Education, JECRC University, Jaipur

Email: as3323@gmail.com

Yogic science gives as a importance to certain cleansing processes as it does to asana or pranayama. Without regular cleansing of the structure you will not gain maximum benefits from your practice. Lacking purification of the body one will not be ready for the higher practices of yoga. When the body is free the mind also functions accurately.

Body cleansing is gained through the practice the six purificatory techniques.

The six cleansing process are: dhauti, neti, basti, trataka, nauli, kapalabhati.

Kapalabhati is related to the breathing technique, however it is not a type of pranayama. But, certain sadhakas believe in this manner and study kapalabhati under the impression that they are studying a type of pranayama. The Process of cleaning the wind pipe is one of the shuddhikriyas.

Kapalabhati is not a pranayama in the strictly technique sense of the word, it is definitely a breathing exercise and as such all that is said about the place, the seat, the time etc. A student of physical culture may assume any sitting posture that is convenient to him. We do not think that Kapalabhati may be gainfully practiced in standing posture. As will be seen later on, this breathing exercise requires a free movement of the abdominal muscles. Now the front abdominal muscles are not totally relaxed while one is standing, and as such cannot be freely manipulated. But while one is sitting these abdominal muscles can undertake complete relaxation and their movement can be thoroughly controlled in this pose. Hence even a physical culturist will do glowing to practice kapalabhati in a sitting position.



Rechaka is most important in the process. While performing Rechaka, it is to be performed by way of effecting a push with the help of abdomen muscles. The diaphragm and the muscles of the abdomen are to be moved violently and the air should be exhaled with the help of that movement. Hence, the rechaka is not prolonged and more air also is not exhaled. In day to day life, we exhale approximately 510 to 550 CC air per exhalation. During the Kapalbhathi process, approximately 60 to 70 cc more air i.e. 570 to 620 cc air is expelled. This shows that exhaling more air is not expected during the process. When the rechaka(exhalation) is performed after such a push, when the muscles of the abdomen and the diaphragm are loosened, then automatically the air is inhaled(pooraka). Only this minimal Pooraka is expected in the process. However, one Pooraka and one Rechaka do not constitute a rotation of Kapalbhathi.

A rotation of Kapalbhathi should be performed as follows :

1. Keep breathing gradually while sitting in Padmasana or Sukhasana.
2. Inhale(pooraka) and start performing Kapalbhathi as stated before. That means a strong Rechaka (exhalation), natural Pooraka (inhalation) and again strong(physically powerful) Rechaka and natural pooraka .
3. Keep on doing this rotation rapidly in rhythmic manner.
4. Perform as many rotations as possible and then keep breathing gradually. All these processes are included under one rotation of Kapalbhathi.

Bhalbhathi is explained in the Gherand Samhita: "Bhalbhathi(kapalbhathi) is of three types. These are vatkrama, vyutkrama and sheetkrama. They are helpful for eliminating phlegm and excessive mucus from the body.



Vatkrama involves inhaling the breath through left nostril and exhaling through the right nostril; then again inhaling through the right nostril and exhaling through the left nostril. The breathing should be slow and controlled.

Vyutkrama involves light warm water through the nose and expelling it through the mouth; it removes mucus dust from the nasal cavity.

Sheetkrama involves taking water through the mouth and with a sneezing sound expelling it through the both nostril.

Vatkrama is exactly the same practice as nadi shodhana pranayama. Vyutkrama and sheetkrama are similar to jala neti. However, we regard jala neti as being superior in every way. We don't therefore teach bhalbhati because it is included in other practices. Those who cannot obtain a suitable neti lota may find vyutkrama and sheetkrama useful.

BENEFITS OF KAPALBHATI

With the increased complexity of today lifestyle people have forgotten the importance of clean oxygen in maintaining the health of the body. Among the seven hatha yoga, Kapalbhati is one of the most important and is known as Sanjeevani of life on earth. The benefits of Kapalbhati are:

IMPROVES THE MENTAL WELL BEING

The kapalbhati involves powerful exhalation of inside air and inhalation part remains passive. During exhalation of impure air all negative thoughts are thrown out of the mind. During inhalation of pure air positive thoughts enter the mind, thus improving the mental well being of a person. Clears the frontal lobe of the brain by speeding up the blood flow.

**BENEFICIAL FOR DIABETICS.**

Kapalbhati stimulates the secretion of insulin from the pancreas. It thus helps in controlling diabetes.

BENEFICIAL FOR THE LIVER AND SPLEEN.

Kapalbhati helps to improve the functions of liver and spleen and thus helps to cure Cirrhosis of liver, hepatitis A, B, and C, and Anemia.

BENEFICIAL TO THE DIGESTIVE SYSTEM.

Regular practice of Kapalbhati Pranayama helps in relieving acidity, constipation, and anorexia. Massages and improves the functioning of the digestive system.

HELPS IN CURING BACKACHE.

The primary causes of back pain are weak back and abdominal muscles, improper posture, psychological disturbances. Regular practice of Kapalbhati helps in treating all the above causes and thus cures the problems of backache.

BENEFICIAL TO THE RESPIRATION SYSTEM.

kapalbhati cleans out the lungs. It improves their elasticity and makes oxygen carbon dioxide exchange more capable. It should certainly be practised by those people who suffer from respiratory ailments such as bronchitis, tuberculosis etc. Those who suffer from asthma will, from habit and necessity, utilize forceful exhalation to expel air from the lungs.

HELPS IN ALERTNESS.

kapalbhati wakes up the mind. So, if you have a lot of mental work to complete, yet feel tired, we suggest that you energize the mind with a few cycles of kapalbhati.



Times International Journal of Research

June Issue 2014

ISSN No. : 2349-4867

HELPS IN PURIFICATION OF BLOOD.

Kaplabhati helps in removing toxins form the body and purifies the blood. This makes the skin glorious, lustrous and free from wrinkles. It also helps in treating skin disorder like eczema, vitiligo, and leucoderma.

HELPS IN TREATING MANY DISEASES.

Kapalbhati helps in treating many respiratory diseases such as allergies, asthma, and sinus. It is also effective in curing disorders of the heart, and brain.