

SURYA BHEDANA, CHANDRA BHEDANA & NADI SODHANA

SURYA BHEDANA

Surya is sun, and “Bidh” the root of bhedana, it means perforate or go through.

TECHNIQUE

In Surya Bhedana Pranayama all inhales are done through the right nostril and all exhales through the left.

Pranic energy of all inhalations are channeled through Pingala or Surya Nadi and all exhales, through Ida or Chandra Nadi. The flow of breath is controlled by the fingers and lungs absorb more energy from the inhalation.

BENEFITS

- Nourish the body.
- Increases the body heat and digestive power.
- Balances the sympathetic nervous system, calm and strengthens the nerves.
- Clean the cranial sinuses.
- Recommended for people with low blood pressure.
- Provides vigor, concentration, alertness, willpower and readiness for action.

CHANDRA BHEDANA

TECHNIQUE

All inhales are done by the left nostril and the exhalations from the right nostril.

Pranic energy of all inhalations are channeled through Ida or Chandra Nadi. All exhalations go through Pingala or Surya Nadi.

BENEFITS

They are similar to surya bhedana except this pranayama purifies and refreshes the body.

- Balances the parasympathetic nervous system providing receptive energy.
- Recommended for people with high blood pressure.
- Provides calmness, sensitivity, empathy and synthesis.

NADI SODHANA

Nadi Sodhana, also known as Anuloma Viloma, is an alternate nostril pranayama which combines Surya Bhedana and Chandra Bedhana pranayamas in one cycle.

Sodhana means “to clean or purify” is a balancing pranayama that affects the physical (nostril passages) and the mental aspects (left and right side of the brain). The breath is a sound-less breath, so the is coming in and out very smoothly.

TECHNIQUE

Inhale through one nostril

Exhale through the second

Inhale through the second

Exhale through the first

- *In afternoons, evenings or when you are overheated start with the left nostril.*
- *In the morning, up to early afternoon or where you are in a cold temperature, start with the right nostril.*

BENEFITS

- Revitalize the cerebral hemispheres, both on the front: as active and calculator, and on its back (at the base of the skull): contemplative part, seat of wisdom.
- By changing sides for inhalation and exhalation, the energy reaches the most remote parts of the body and brain through the interbreeding of nadis in the chakras. - Provides peace, balance and harmony.
- The nerves are calmed and purified.
- The mind becomes calm and lucid.
- Maintains body heat.
- Destroy diseases, provides strength and gives serenity.
- The respiratory control center of the brain is stimulated, becoming cool, clear and calm.
- Leads to right lifestyle, right thinking, quick action and healthy reasoning.

VISHNU MUDRA FOR SURYA BHEDANA, CHANDRA BHEDANA & NADI SODHANA:

Bring the right hand into Vishnu mudra by folding the tips of the index and middle fingers inward until they touch the palm at the base of the right thumb. Align the length of the ring and pinky fingers on the right hand. During this practice, you will alternately use the right thumb to close the right nostril and the right ring and pinky fingers (together) to close the left nostril.