

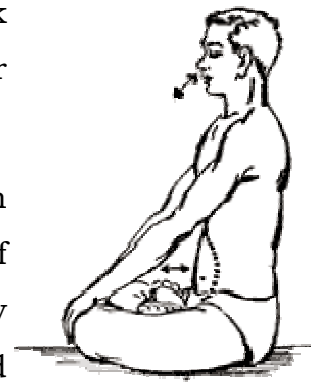
Kapalbhati (Stimulating the brain cells)

'Kapala' in Sanskrit means skull; and 'Bhati' means shine. So the term 'kapalabhati' means an exercise that makes the skull shine. It is one of the six Kriyas i.e the cleansing techniques.

Perform exhalation and inhalation rapidly like the bellows (of a **blacksmith**). Kapalabhati is a process for the purification of skull and lungs

Technique:

- Sit in comfortable crossed leg position with Back straight. Hands resting on knees in either chin or **Gyana mudra**. Face to be relaxed.
- Inhale deeply through nostril, expanding abdomen and exhale with the forceful contraction of abdominal muscles. (Pull the abdomen in by quickly contracting the abdominal muscles and exhale through the nose). Air is pushed out of lungs by contraction of the diaphragm.
- After exhalation again inhalation but inhalation should not involve any effort. To inhale just relax and the lungs will automatically expand and filled with air
- One can begin with 15 respirations. After completing inhale and exhale deeply. This is one round.
- One can start the practice of Kapalabhati Pranayama with 3 such rounds for practice.



- During this process note that there should not be any unwanted movements esp. in chest region.

Mode of Action:

1. As this process lead to increase **blood flow** to the brain, which will lead to cleaning of **frontal lobe** of the brain, hence activates it.
2. As this process involves forceful movement of abdominal organs, thus increases **inter abdominal pressure**, which help in increasing their function, thus removing the unwanted waste from the body.
3. As exhalation is active and inhalation is passive. This will **induces** a reversal effect in the flow of the **nerve impulses** to and from the brain thus bringing stimulation and awakening of brain center.
4. The passage of nasal is improved so the respiration and body can get more **vital energy** in from of oxygen.

Precautions:

Kapalbhati should not be practice by those:

- Suffering from heart disease
- High blood pressure
- Hernia
- Should never be practiced when an asthmatic attack is in progress
- If pain or dizziness is experienced, it is preferable to stop the practice till the sensation has passed.
- Practiced can be restarted with less force.