# UNIT 9 - SAHAJ PRANAYAMA

(Swami Sivananda Saraswati)

9.1 Learning Objectives

9.2 Introduction

9.3 Sahaj Pranayama

9.4 Types of Sahaj Pranayama

9.5 Let Us Sum Up

Check your progress

9.6 Answers to Check Your Progress

9.7 Further Readings

9.8 Model Questions

## 9.1 Learning Objectives

After going through this unit, you will be able to:

- learn the meaning, concept of Sahaj Pranayama prescribed by Swami ShivanandaSaraswati of Umachal.
- learn the Types of Sahaj Pranayama, their techniques, benefits, as prescribed by Swami ShivanandaSaraswati of Umachal.

## 9.2 Introduction

In this unitone gets an understanding of the Sahaj Pranayama.It also gives the idea of the Techniques and benefits of the Sahaj Pranayama mentioned by Swami ShivanandaSaraswati.

## 9.3 Sahaj Pranayama (1 – 10) (Swami Sivananda Saraswati)

**SAHAJ PRANAYAMA** (Simple Breathing Exercise)

The different methods of Pranayama as laiddown in the Yogic literature are not meant for the sick. Swami SivanandaSwaraswati of Umachal have modified the

system known as Kumbhak Pranayama in Yoga into 'Sahaj Pranayama and Bhraman Pranayama by eliminating only the Kumbhak(holding up breath) portion of it for practice even by the sick for salutary effect. Hence, the methods of Pranayama in this book may be called a part of the off-shoots of Kapalabhati and Suryabheda Pranayamaas are found in Hatha yoga. These Sahaj and BhramanPranayamas are great aids to healing the sick, besides, there is no risk even if their practice is imperfect.

Hence, these methods are absolutely safe, so these may be practiced without any misgivings. The Yogis maintain that the practice of Pranayama alone is capable of eliminating twenty different types of catarrhal diseases, viz. Phthisis, Pleurisy, Pneumonia, Influenza, Asthma and the various types of Cough and Cold. All the doubts as to the efficacy of these Sahaj Pranayama in curing all the twenty types of serious catarrhal affections have been allayed after their successful application on hundreds of such patients.

## 9.4 Types of Sahaj Pranayama

**SahajyamPrana-I**

(a) **Technique**- Lie down flat onback; keep the heels together and the hands straight beside the body,





With slow inhalation raise the hands overhead to place them on the ground, then with slow exhalationbring down the hands beside the body.Repeat this method for one minute only.




(b) Now leave out the hands and raise theraise the right leg straight with inhalation and place it down with slow exhalation; alternate this process with the left leg and repeat for one minute and then rest.

**Benefits**: -This method makes the heart and lungs normally strong, checks rheumatism of the hands and feet of the old and serves as the prophylaxis against occasional attacks of Cold and Cough.

**SahajPranayama-II**

**Technique:** -Sit in any meditative posture or stand erect, slowly inhale up to the capacity of the lungs,




but release the air slowly through the mouth in a steady flow and again inhale through the nose and exhale through the mouth as above for 2-3 minutes in this way




**Benefits:**-This method rectifies all defects of the lungs and purges out all impurities, even germs of T B. (Kotch's bacilli). It helps in remedying sickness of the stomach and liver as wellItches and scabs etc. among children are warded off and cured with its practice.

**SahajPranayama-III**

Technique- Sit on any meditative posture or the chair straight, inhale steadily with force but fully through the nose and exhale steadily through the nose while lowering the face so that the chin will rest




Into the pit of the throat, the face will be gradually raised to the normal position with inhalation as above. Practice for 2 or 3 minutes at a time will be enough, exhalation should take more time than inhalation during practice.





**Benefits-** It cures Cold and Cough, resists attacksof Influenza, Typhoid, Pneumonia etc., which take a heavy toll of youthful lives every year in India. This will, doubtless, resist such lamentable turns.

**SahajPranayama-IV**

Technique- Sit upon any meditative pose and exhale to the extent of emptying even the belly; now strain the navel backwards as far as possible, of course,without involving the abdominal muscles into a severe strain. As long as

arebe able to hold your breath so long continue to draw the navel region and with inhalation relax the attraction. Continue this process for 2 to 3 minutes.




**Benefits**: - This Pranayama removes indigestion and increases appetite, reduces surplus fat of the abdomen, invigorates the nerves and muscles of the abdominal region and tones up the testes in men and ovaries in women, thus helping in maintaining the flow of semen upstream.

**SahajPranayama-V**

**Technique**: Lie down flat onback entirely relaxing the body; place both hands with interlocked fingers on the navel. Now deeply inhale through the nose-just thinking that the "Vital force' contained in this inhaled air is entering the navel-region, soon after full inhalation is complete, start slow exhalation through the nose, thinking in the meantime that the "Vital Energy already stored up in the navel region is now radiating throughout the nerves, arteries, glands and all other organs thus making the entire body-system full of vitality and exterminating all germs and impurities hostile to the whole system through this exhalation Perform it for 3 to 4 minutes with such thoughts.




**Benefits-** Its practice builds up a mind with a vigorous will-force and a healthy body, in addition to the usual benefits of Pranayama as a whole.

**Sahaj Pranayama-VI**

Technique- Sit upon any meditative pose and breathe in fully with bothwith both nostrils; release this air intermittently through your lips puckered up togive it the shape of a bird's bill. This process should be practiced 8 to 10 times.



**Benefits-** In addition to the usual benefits of Pranayama, it removes the germs in the mouth and throat, invigorates the windpipe and it greatly helps in curing facial paralysis and other diseases of the face.

**Sahaj Pranayama-VII**

**Technique:**- Sit down easy and straight, fold in the middle and fore-fingers on the palm, press upon the right nostril with the thumb and breath in slowly in full by the left, relax the thumb and directly release this air through the right nostril pressing the ring finger and the little finger onthe left nostril.





Again, inhale through the right and exhale through the left pressing upon the right nostril with the thumb. See that exhalation will take a little more time than inhalation. Inhalation through one nostril and exhalation through the other, again inhaling through this and exhaling through the opposite nostril-i.e. four processes in alternation constitute a single performance of Pranayama, which should be repeated at least at least 10 to 15times at a single sitting or over for better results.

**Benefits: -** It removes catarrhal habit, cures Cold and Cough, invigorates the body and cleanses the blood.

**SahajPranayama-VIII**

Technique- Protrude the tip of the tongue through the lips to simulate roughly a bird's bill, now slowly inhale air through the tip of the tongue, hold it under the throat for 5 seconds and release this air slowly through the nose. It should be practiced for at least 3-4 minutes at a single sitting up to a maximum of 10 minutes



**Benefits-** It is known as Shitale Pranayama in Yogic literature. Thebilioustype of people having burning of palms and soles will get wonderful relief in a few days practice only Besides, it is a great purifier of blood, which means a sure prophylaxis against itches, scabs and boils and eruptions. According to the Yogis, this Pranayama, if practiced well, makes the blood so very full of vitality that the steady practitioner can evade sure death even after being bitten by a venomous snake.The winter months would be left out for its practice and those with a catarrhal habit must not practice it at all for its cooling effect.

**SahajPranayama-IX**

Technique- Stand erect, place the right and left palms on the respective breasts, now inhale through the nose deeply but slowly pushing the elbows behind as far as possible keeping the nerves and muscles of the hands and of the breath at a stretch, exhale slowly-releasing the strain of the hands and chest alongwith.Repeat it 10 times.



**Benefits**:-Its practice gives, with all the benefits of Pranayama, elasticity to thechest-walls and tones up the heart and lungs so as to enable them to function normally.

**Sahaj Pranayama-X**

**Technique**: -Stand up erect and raise the hands overhead; now slowly exhale and lower the hands along with bending the body slightly-so as to place the palms on the knees. Again, slowly inhale and return to the position with the hands raised up. Rest for a few seconds in between performances and repeat the process 6 to 8 times.




**Benefits: -**Respiration becomes very short at the start of Pleurisy and Tuberculosis etc.; this Pranayama rapidly increases the capacity of air cells of the lungs and as such, is rather a preventive against such fatal diseases in addition to the usual benefits of Pranayama.

All pranayama of Hatha-Yoga and Raja-Yoga are with retention (Kumbhaka). In our Researchwe have found out that Pranayama with retention is harmful for the patients, so we have introduced these SahajPranayama which are without Kumbhaka. These SahajPranayama are very beneficial for patients and general public.

## 9.5 Let Us Sum Up

- The different methods of Pranayama as laiddown in the Yogic literature are not meant for the sick. Swami SivanandaSaraswati of Umachal has modified the system known as Kumbhaka Pranayama in Yoga into 'Sahaj Pranayama and Bhraman Pranayama by eliminating only the Kumbhaka (holding up breath) portion of it for practice even by the sick for salutary effect. Hence, the methods of Pranayama in this book may be called a part of the off-shoots of Kapalbhati and Surypabheda Pranayama as are found in Hatha yoga.
- There areten types of sahajPranayama along with their techniques and Benefits.

## Check your progress

Q 1) What is Sahaj Pranayama? Mention any two?

Q 2) How many types of Sahaj Pranayama are mentioned by Swami ShivanandaSaraswati?

## 9.6 Answers to Check Your Progress

**Answer to Q 1** The different methods of Pranayama as are laid down in the Yogic literature are not meant for the sick. Swami SivanandaSaraswati of Umachal have modified the system known as Kumbhaka Pranayama in Yoga into 'Sahaj Pranayama and Bhraman Pranayama by eliminating only the Kumbhaka (holding up breath) portion of it for practice even by the sick for salutary effect. Hence, the methods of Pranayama in this book may be called a part of the off-shoots of Kapalbhati and Suryabheda Pranayama as are found in Hatha yoga.SahajPranayama are of ten types. SahajParnayama 1 to 10 series

**Answer to Q 2** There are 10 types of Sahaj Pranayama mentioned by Swami ShivanandaSaraswati.

## 9.7 Further Readings

SivanandaSaraswati, S. (2007). Yogic therapy: Yogic way to cure diseases (9th ed.). Shivananda Math &Yogashram Sangha

## 9.7 Model Questions

Q 1) What is SahajPranayam of ShivanadaSaraswati of Umachal?

Q 2) Mention any two of the Sahaj Pranayama along with their techniques and Benefits.

Q 3) Write technique of 2nd number Sahaj Pranayama.

Q 4) Write technique of 4th number Sahaj Pranayama.

Q 5) Write technique of 5th number Sahaj Pranayama.

*** ***** ***