Anulom Vilom Pranayama, also known as alternate nostril breathing, is one of the most powerful and widely practiced breathing techniques in Yoga and Ayurveda. It balances the flow of **Prana** (life force) through the two main energy channels — Ida (left nostril) and Pingala (right nostril) — allowing the Sushumna (central channel) to open, promoting physical, mental, and spiritual harmony.

& & What is Anulom Vilom?

"Anulom" = With the grain (natural flow)

"Vilom" = Against the grain (reverse flow)

It involves inhaling through one nostril, retaining the breath, and exhaling through the other nostril — and repeating the cycle in a rhythmic way.

B Ayurvedic Significance

Anulom Vilom is a **Tridosha-balancing** practice:

- Vata: calms the mind and nervous system
- Pitta: cools internal heat and anger
- Kapha: stimulates and clears sluggish energy

It supports balance of Ida (Chandra Nadi – left, cooling) and Pingala (Surya Nadi – right, heating) to activate the Sushumna Nadi (central channel).

Detailed Benefits of Anulom Vilom

3 1. Calms the Nervous System

- Activates the parasympathetic nervous system
- Reduces anxiety, stress, restlessness
- Helps manage symptoms of depression and overthinking

☐ 2. Improves Respiratory Health

Enhances lung capacity and oxygen intake

- Beneficial in asthma, allergies, sinus congestion
- Clears pranic blockages in the nasal channels

♡ 3. Boosts Cardiovascular Health

- Balances blood pressure
- Reduces heart rate through relaxation response
- Improves circulation and oxygen delivery to cells

4. Balances the Brain Hemispheres

- Left nostril (Ida) → activates **right brain** (creativity, intuition)
- Right nostril (Pingala) → activates **left brain** (logic, analysis)
- Leads to improved mental clarity, memory, focus

5. Regulates Agni (Digestive Fire)

- Balances Prana and Samana Vayu involved in digestion
- Improves appetite and nutrient absorption
- Reduces gas, bloating, and indigestion

6. Cleanses Nadis (Subtle Energy Channels)

- Removes energetic blockages in Ida and Pingala
- Allows Sushumna Nadi to activate for deeper meditation
- Prepares for Kundalini awakening

3 7. Improves Sleep Quality

- Calms racing thoughts before bedtime
- Reduces insomnia by settling Vata and Pitta
- Can be practiced before sleep for deep rest

8. Strengthens Immunity (Ojas)

- Enhances oxygen delivery, detoxification, and prana flow
- Reduces chronic inflammation and free radicals
- Supports ojas, the essence of vitality and immunity

& 9. Enhances Meditation & Focus

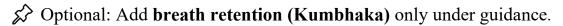
- Brings the mind into the **present moment**
- Builds concentration (Dharana) and mental discipline
- Opens the door to **Dhyana (meditation)** and inner stillness

10. Balances Emotions

- Reduces anger (Pitta), anxiety (Vata), and lethargy (Kapha)
- Cultivates equanimity, contentment, and mental stability

How to Practice Anulom Vilom (Basic Version)

- 1. Sit in Padmasana or Sukhasana (cross-legged) with a straight spine
- 2. Use the right hand Vishnu Mudra:
 - Thumb closes right nostril
 - o Ring/pinky closes left nostril
- 3. Inhale from left nostril (close right) -4 sec
- 4. Exhale from right nostril (open right, close left) 4 sec
- 5. Inhale from right -4 sec
- 6. Exhale from left 4 sec
- 7. Repeat for 5–10 minutes



A Precautions

- Practice on **empty stomach** or 2+ hours after eating
- Avoid in case of cold, severe asthma, or high BP (initially)
- Pregnant women should avoid breath retention