

**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.

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## 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.

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## 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)**.

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## Detailed Benefits of Anulom Vilom

### 1. Calms the Nervous System

- Activates the **parasympathetic nervous system**
  - Reduces **anxiety, stress, restlessness**
  - Helps manage symptoms of **depression** and **overthinking**
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### 2. Improves Respiratory Health

- Enhances **lung capacity** and oxygen intake

- Beneficial in **asthma, allergies**, sinus congestion
  - Clears pranic blockages in the **nasal channels**
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### ♥ 3. Boosts Cardiovascular Health

- Balances blood pressure
  - Reduces heart rate through **relaxation response**
  - Improves **circulation** and oxygen delivery to cells
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### 🌀 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**
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### 🔥 5. Regulates Agni (Digestive Fire)

- Balances **Prana** and **Samana Vayu** involved in digestion
  - Improves **appetite** and **nutrient absorption**
  - Reduces **gas, bloating, and indigestion**
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### 🌊 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**
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### 🌙 7. Improves Sleep Quality

- Calms racing thoughts before bedtime
  - Reduces **insomnia** by settling Vata and Pitta
  - Can be practiced before sleep for deep rest
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### 🛡️ 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
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## 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
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## 10. Balances Emotions

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

 Optional: Add **breath retention (Kumbhaka)** only under guidance.

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## 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**