



SWARA CYCLE

Swara yoga is about the effect of nasal breathing on our body and mind through right nostril, (Pingala Nadi) left nostril, Ida Nadi) both nostril (Shushumna Nadi). The different pattern and nature of breath indicates the active elements (Panch Mahabhutas ie. Earth, Water, Fire, Air, Ether) in our psychic body. In Swara yoga, practices are connected with the flow of nadi in a systematic pattern with moon phases, Sun and other planets. Elements are connected with different planets in different nasal flow. When a planet affect earth's gravitational field and electromagnetic field they will alter human energy patterns in the psychic body on feedback basis. This can be experienced as change in the flow of our breath. Swara yoga identifies this as different elements. In order to balance and harmonize these subtle forces, Swara yoga gives the easy and effective tool - The time and cycle of breath. The cycle of breath is based the lunar tithis (Moon's position at different times).

Tithi is considered as the first phase or portion (Kala) of the 16 phases of the Moon. The 15 days, commencing from Amavasya (the last day of the dark half of a lunar month) to Purnima (Full moon), are called the Tithis of the Shukla-Paksha or Waxing Moon (brighter phase) when moon becomes fuller and the days commencing from Purnima to Amavasya are called Krishna Paksha waning Moon (darker phase) when moon becomes darker.

In Indian Astrology, the calculation of the Tithis starts from Pratipada (The first day in each half of the lunar month) of the Shukla-Paksha. They are:

1. **Pratipada.**
2. **Dwitiya.**
3. **Tritiya.**
4. **Chaturthi.**
5. **Panchami.**
6. **Shashthi.**
7. **Saptami.**
8. **Ashtami.**
9. **Navami.**
10. **Dashami.**
11. **Ekadasi.**
12. **Dwadashi.**
13. **Trayodashi.**
14. **Chaturdashi.**
15. **Purnima / 30. Amavasya.**

Similarly, in the Krishna-Paksha, starting from Pratipada till Chaturdashi, all the dates are same; the only difference being the fifteenth day which is Amavasya (No Moon or Moonless night) For tithi calculation for any particular day any location [Click here](#).

In Swara cycle right nostril becomes active during Krishna paksha on tithes Pratipada,(1) Dwitiya, (2) Tritiya, (3) Saptami, (7) Ashtami, (8) Navami, (9) Trayodashi, (13) Chaturdashi, (14) Amavasya,(15). There after Ida and Pingala function alternately in 1-2 hour cycle throughout the day until, at sunset left nostril begins to function on the specified days. On days 4, 6, 10, 12, of dark fortnight (Krishna paksha) the left nostril flows at sunrise and right nostril at sunset. During shukla paksha we see the reverse. At sunrise of the first 3 days, left nostril flows and during sunset right and same alternate manner it goes on up to full moon. See the chart below.

Swara days chart is a fixed chart that show the nostril dominance on particular phases of the moon known as tithis. Every day there will be a tithi and according to that you have to change the flow of your breath. For ex. 5th October 04 the tithi was saptami and during sunrise right nostril is (Pingala swara) recommended in chart for flow and the same day left nostril (Ida swara) should flow during sunset. For Indian panchanga calculation according to date click here and for sunrise and sunset click here any where in the world. When you will calculate the tithi other things of panchanga will come because panchanga means five angas of indian lunar calendar. For swara yoga sadhana (practices) first three are required ie. weekdays, tithi and naxhatra. But for beginners first one month they should observe the breath to know the pattern and imbalances. And from next month they should start manipulation or change in the flow of breath according to dates. How to change the breath form one nostril to other nostril [click here](#).

Days	Tithis	Fort nigh;	Sunrise	Sunset swara
1.	Pratipada	Shukla Paksha	Ida (left nostril)	Pingala (right nostril)
2.	Dwitiya	Shukla Paksha	Ida	Pingala
3.	Tritiya	Shukla Paksha	Ida	Pingala
4.	Chaturthi.	Shukla Paksha	Pingala	Ida
5.	Panchami	Shukla Paksha	Pingala	Ida

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6.	Shashthi	Shukla Paksha	Pingala	Ida
7.	Saptami.	Shukla Paksha	Ida	Pingala
8.	Ashtami.	Shukla Paksha	Ida	Pingala
9.	Navami.	Shukla Paksha	Ida	Pingala
10.	Dashami.	Shukla Paksha	Pingala	Ida
11.	Ekadasi.	Shukla Paksha	Pingala	Ida
12.	Dwadashi.	Shukla Paksha	Pingala	Ida
13.	Trayodashi.	Shukla Paksha	Ida	Pingala
14.	Chaturdashi.	Shukla Paksha	Ida	Pingala
15.	Purnima	Full moon	Ida	Pingala
16.	Pratipada	Krishna Paksha	Pingala	Ida
17.	Dwitiya	Krishna Paksha	Pingala	Ida
18.	Tritiya	Krishna Paksha	Pingala	Ida
19.	Chaturthi.	Krishna Paksha	Ida	Pingala
20.	Panchami	Krishna Paksha	Ida	Pingala
21.	Shashthi	Krishna Paksha	Ida	Pingala
22.	Saptami.	Krishna Paksha	Pingala	Ida
23.	Ashtami.	Krishna Paksha	Pingala	Ida
24.	Navami.	Krishna Paksha	Pingala	Ida
25.	Dashami.	Krishna Paksha	Ida	Pingala
26.	Ekadasi.	Krishna Paksha	Ida	Pingala
27.	Dwadashi.	Krishna Paksha	Ida	Pingala
28.	Trayodashi.	Krishna Paksha	Pingala	Ida
29.	Chaturdashi.	Krishna Paksha	Pingala	Ida
30.	Amawashya	No Moon	Pingala	Ida

In cycle of Swara, the time of sunrise and sun set is an important consideration. In summer, the sun rises earlier then in winter, and the time is constantly changing throughout the year. The time will also differ according to the exact location and hemisphere of the continent on which one is living.

For Panchang details like Tithi, Paksha , VARA (week days) [Click here](#)

For Sunrise and sunset timings and Breath flow during sunrise and set for any where in the world use calculator at the bottom of this page to get date wise rhythm of breath.

The flow of breath during sunrise according to Swara yoga cycle should start 24 minute before actual sunrise 12 minute during the rise from the horizon and 24 minute after completion of rise same way during sunset.

If tithi is not same during sunrise and sunset for that day whatever Nadi is given in the chart, avoid and flow your right nostril during sunrise and left nostril during moon rise. For Sun / Moon rise and set, tithi swara calculations use our calculator of this page at the bottom.

Benefits of Swara rhythms

In the 1970's science coined the word 'chronopsychology' for the 24 hour cycle. Chronopsychologists found that during the 24 hour cycle certain events and one's mental, emotional and physical abilities have a 'best' or 'most favorable' time of day. Swara yoga says the same, and further specifies the times when tasks are either auspicious or inauspicious.

Swara yogi knows that during the flow of left nostril or right nostril when favorable elements rises certain things can be undertaken if you want to be successful.

Scientists have postulated that external forces set the biological clock by stimulating the pineal gland, which is affected by dark/light

Address

Swara Y

Muni Ki

Hours

Monday

Saturday

ABOUT

Dedicate

UPCOMING

Address

Next Eve

Will upd

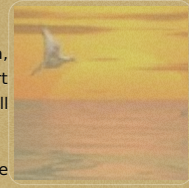
cycles. These rhythms which were previously known to the ancient Rishis, so man is actually only rediscovering himself in relation to the cosmos. By the practice of Swara yoga one can become the master of the nadis and elements, so as to adjust himself with the universal forces which is the source of everything that gives birth to the experience of both material and spiritual life with heightened awareness.

By properly practicing Swara yoga, directly under an adept one can definitely achieve success in all spheres of lives.

For Physical. Subtle & Causal body swara cycles [click here](#)

Calculate Sun / Moon Rise - Set Time & Swara For Daily Swara Sadhana.

Calculate for Swara yoga Sadhana - year / month / date, **tithi** (indian vedic calendar lunar days) sunrise swara, sunset swara, moonrise and moonset. Fill, year, month, the day of the month in which you want to start calculation, longitude for west negative, time zone behind Greenwich negative, latitude south negative. It will calculate for 7 day.



For **Bangalore** India you don't need any change in the table. Only change the month year and day as per the need and calculate.

Swara yoga is an ancient tantric science which need proper guideline from a adept. We are not responsible for any claim in case you are practicing Swara yoga using this website.

For longitudes & latitude any location [click here](#)

Year :	<input type="text" value="2004"/>	Year should be between 1950 to 2050
Month :	<input type="text" value="January"/>	Won't check for error in months, days values inputted (like, leap years etc.)
Day :	<input type="text" value="1"/>	
Longitude :	<input type="text" value="77.35"/>	Decimal degrees west longitudes must be negative
Time Zone :	<input type="text" value="5.5"/>	Decimal hours west of or 'behind' Greenwich negative
Latitude :	<input type="text" value="12.38"/>	Decimal degrees south negative
Click to run:	<input type="button" value="Calculate"/> <input type="button" value="Reset"/> One Month Sadhana Calculation Click here	

Date Tithi Sunrise:Swara Sunset:Swara Moonrise Moonset

Key

.....Means sun or moon below horizon all day

**** Means sun or moon above horizon all day

----- In rise column means no rise that day and in set column - no set that day.