

ward and inward contraction of the anal canal muscles. Jalandharbandha means to make the chin to touch the chest and hold the breath in.

So inhale (Puraka) through left nostril then do retention (Antarkumbhaka) and then exhale (Rechaka) through right nostril. This is called as Chandrabhedha Pranayama. It should be practised less in winter.

The body feels coolness and lightness. The fatigueness disappears. The agonized mind becomes calm. Chandrabhedha Pranayama is a blessing for the friends who are suffering from acidity.



**Chandrabhedha  
Pranayama**

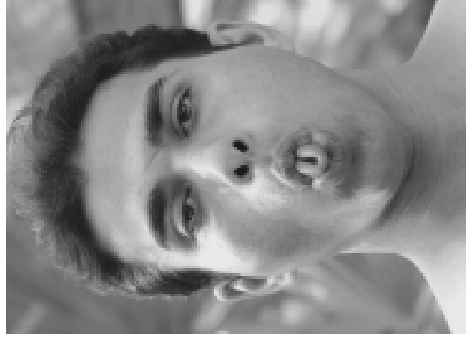
## 5. SHITALI AND SHITKARI PRANAYAMA

Late Shri Kanaiyalal Ramanuj was principal in the government high school of Surendranagar. He was also a life member of the world wild life. His interesting articles on his adventures in the forests were published in "Fulchhab" in Rajkot and "Janmabhumii Pravasi" in Mumbai. Once he wrote that he was in a dark bungalow in Ranthambhor Jungle. He was forced to see the happenings outside the bungalow by hearing the cries of an animal during the dark night. He went in the direction of the noise by a jeep where he saw a horrible scene. One python was swallowing the kid of a tiger. The head of the kid was outside the mouth of the python and rest of the body was inside. This python was trying to break the body of the tiger kid by encircling the big branches of the large tree. The kid was crying sorrowfully due to this pain. A fearful environment was created in the whole quiet jungle due to this sorrowful crying during the dark night....etc.

What is the purpose of this writing ? The serpents and the pythons have great digesting capacity. They are not vegetarian. That Cobras drink milk is nothing but a myth. In reality animals like serpents live on rats, frogs and insects or even air also. They take very less food. But when a python takes deep breath by opening the mouth hens, rabbits, kids of deers are easily sucked in with the air. The python has the capacity to swallow the living kid of a tiger and digest it.

## SHITALI PRANAYAMA

Our Shitali Pranayama is also like it. To take the breath in through the tongue by making it like a tube. Hold the breath while doing Mulabandha and Jalandhar bandha. Then exhale slowly through the nostril. Hence the Puraka, Antarkumbhaka and Rechaka done this way first of all improves our digestive process. With minimum water, food and sleep more pleasant and fresh life can be lived.



**Shitali Pranayama**

Our Gurudev Brahmaling Sri Swami Sivanandaji Maharaj was a medical doctor. He was a Yogi also. He was the saint having self realization. He wrote more than 300 books. He mentions in his book "Science of Pranayama" that the practitioner of Shitali Pranayama is able to live for a long time without air, water and food. All the poisonous substances are removed from the blood and it gets purified. The scorpion bite or a snake bite can't disturb them. By performing the Shitali Pranayama thirst can be satisfied when water is not available. Indigestion and dyspepsia can be controlled by Shitali Pranayama.

The practice of Shitali Pranayama can be done in a better way by sitting in one place in Padmasana or Siddhasana and keeping the back straight. It can be practised by sitting on a chair, a sofa or even while driving a car.

Protrude the tongue outside the mouth between the lips. Then roll it to make it like a tube. Then do Puraka by making the sound like...c....c....c. The friends having spectacles should practise it after removing the specs so that the cold air that is pulled can benefit eyes also. Keep

the eyes open while inhaling. It is beneficial to keep the eyes closed during Kumbhaka and Rechaka.

The practice of Shitali Pranayama before sunrise increases memory and intelligence. Everyday morning the practice of Shitali Pranayama can be done fearlessly for 15-30 minutes. The practice of Shitali Pranayama controls blood pressure gradually. It also controls anger. By purifying the blood it beautifies the skin, brightens the face and brings lustre in the eyes. It satisfies thirst and reduces hunger. It is beneficial to do it in summer and hot days as it cools the body and its systems. During the winter season or when there is a snowfall it is better not to practise Shitali and Shitkari or it should be practised only when the person's tendency is hypermetabolic. Those who have cough, common cold, tuberculosis, asthma, breathing trouble or lung disorder should not practise Shitali or Shitkari Pranayama. Otherwise Shitali and Shitkari Pranayama is the perfect remedy for the problems of constipation, indigestion, fever, skin disease or spleen enlargement.

## SHITKARI PRANAYAMA

Shitkari Pranayama gives the same benefits to the people who can't perform Shitali Pranayama. In Shitali Pranayama a tube like shape of the tongue should be made. But all people can't do it. It is the question of genetics. If the parents or grandparents can't shape the tongue like a tube, the people of next generation are unable to do it if they have the same genes. One can't help these people. They have to practise Shitkari Pranayama only. In Shitali one has to protrude



**Shitkari Pranayama**

the tongue beyond lips and to shape like a tube. While in the Shitkari tongue should be bent upwards and backwards behind the teeth. The upper and lower rows of teeth should touch each other. Pull the air in while making the sound like...c...c... By doing Puraka and Antarkumbhaka, Rechaka has to be done through nostrils.

The Yogis have given advice to the people having breathing trouble or during a very cold season not to practise Shitkari. This Pranayama should be practised in Padmasana, Siddhasana, Swastikasana, Sukhasana or Vajrasana by keeping the back straight, but there is no harm if it is done by sitting in a chair, sofa and bed or while driving. But mind that the eyes should not be closed after doing Puraka. Shitali and Shitkari Pranayamas can be performed fearlessly while walking, cooking or doing household work.

While performing Shitali and Shitkari Pranayama when we do Puraka the incoming air touches the tongue and then enters lungs. It makes the nerve endings of the tongue sensitive so that the taste sensation is improved. The air which passes over the tongue affects the other organs of the body also. It reduces hunger, thirst, sleep, idleness and affects the mental condition through the effect on Vagus nerve. The beauty of the skin and visual acuity increases. These nerves control the endocrine glands of the body. This Pranayama reduces the acidity in the stomach through Vagus nerve. It improves the sensations of tongue, throat, ear etc. through lingual nerve and auriculotemporal nerve. Due to this the balance of mind and physical fitness is maintained in a better way and mind becomes peaceful. It develops mental power as well as memory and intelligence.

The main Pranayamas in science of Pranayama are (1) Suryabheda, (2) Chandrabhedha, (3) Shitali (4) Shitkari, (5) Omkar, (6) Bhastrika, (7) Bhramari, (8) Murchchha, (9) Plavini, (10) Kapalbhathi. (Kapalbhathi is one of the Kriyas of Shatkriyas, but it can be included

in this group of Pranayamas.)

We have discussed about Omkar, Bhramari, Suryabheda, Chandrabhedha, Shitali, Shitkari and Sukhpurvaka Pranayama or Anulomvilom and Nadishodhana. We shall discuss about Ujjayi, Kapalbhathi and Bhastrika in future.