

## STAY FIT STAY INDOORS STAY HEALTHY SWAMI RAMDEV'S TIPS FOR GOOD HEALTH



### Yoga by Swami Ramdev

“I have brought to you a package of seven simple breathing exercises,”  
“these are enough to tackle all diseases”. **Swami Ramdev**

1. **Bhastrika** : Take deep breath and release. Do it effortlessly, fill up your lungs and force the entire breath out. Do it with a rhythm. Imagine that all the energy of the Cosmos is entering into you. Feel that all your poisons are being expelled. Do it for 5 minutes if you are relatively healthy. Repeat for another five minutes if you are ailing, but gradually as you get accustomed. Bhastrika is very important for all kinds of skin problems, however serious and however strange. Not only leucoderma but also people suffering discoloration due to burns have benefited from sincerely practising this pranayama everyday.

2. **Kapalbhati**: Take in air into your stomach and push it out with a jerk. Only your stomach should move and not your body. Your outbreath should cause the Adams apple to move as it pushes through the throat. Normally one should do this for fifteen minutes, five minutes each three times. People with cancers and other chronic diseases should do this twice a day totalling 30 minutes. Swamiji places a great importance on this pranayam which he says will help diabetes, regenerate insulin producing beta cells and also help the organs in the stomach, the lungs and the heart. It will open blocked arteries in the heart.

3. **Bahya Pranayam**: Take a deep breath and release. Completely push the stomach in as you force the breath out and hold. Move your head downwards till the chin is fully in touch with the upper portion of the torso. Hold this position for 15 seconds and then move the head up as you breathe in. This is to be repeated five to 11 times.

4. **Agnisar**: Take a deep breath, pull the stomach in as you breathe out. Now hold the breathe as you move the stomach in and out in a rhythmic fashion for 15 seconds. Then

breathe in again. Repeat this three to five times. This helps a lot with the digestive and eliminative process.

5. **Anulom Bilom:** Another very important pranayam. Sit straight, close the right nostril with your thumb. Place the forefinger on the forehead, then breathe in deeply with the left nostril. Now close the left nostril with the third and fourth fingers joined together and breathe out through the right nostril. Take a deep breath again through the right nostril, close it with the thumb, release the left nostril and breathe out. This is one cycle. Repeat this cycle continuously for five minutes. In total do it for fifteen minutes five minutes at a time three times. This pranayam recharges the entire body, opens all closed apperatures, sets right the entire flow of energy within the body and activates the chakras.

6. **Bhramari:** Close the ears with your thumbs, with the second third and fourth fingers close the eyes, rest the first finger on the forehead, keep the mouth closed. Now take a deep breath. Release the breath through the nose while making a loud humming noise with the throat. The noise should reverbate through the entire body. Repeat the exercise five to 11 times. You will quite enjoy this pranayam which will relax you and activate all the glands of the head.

7. **Udgeeth:** This is also a very enjoyable pranayam. Take a deep breath and release the breath through the mouth making the sound "Om". Repeat this five to 11 times. This puts you in touch with the divine element within you."Finish the pranayam exercises with a short contemplative meditation. Thank your Guru and God. Request the divine for a healthy, productive life. Then raise your hands, rub the palms to generate some heat and then place your palms on the face as slightly massage your face.

**This is the package of the seven pranayams.**