

**Agnisar**

- Agnisar is neither Pranayam nor Bandh, even then, this action being giving strength to both (Pranayam and Bandh) is included in it.

**Method**

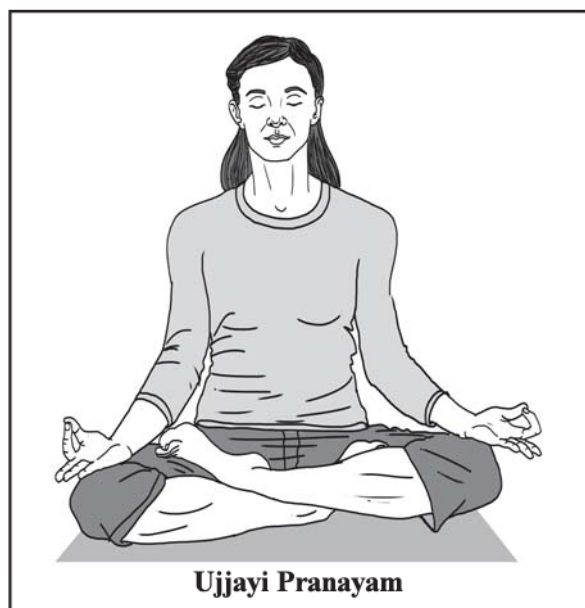
- (1) As if you are standing in the basic position of Uddiyan Bandh, keep both your hands firm on the thighs and stand.
- (2) Keep the body little leaned in the front.
- (3) Breath out completely and relax your stomach.
- (4) Then observe the bahya kumbhak position.
- (5) Then give the pressure over the muscles of the stomach and pull the stomach inside and outside alternately.
- (6) Without breathing on and often, swell and contract the stomach. This action is called Agnisar.

**Points to be kept in Mind**

As such, Agnisar is an action to be done in standing position, but it can be done resting the hands on the thighs. While performing this action, since bahya kumbhak is to be observed, one has neither to breath in or breath out either with the nose or the mouth.

**Benefits**

- (1) Since, the muscles of the stomach are in constant movement, there is internal massage which makes the internal organs active.
- (2) The diseases like indigestion and the weakness of the body get rid-of.
- (3) Since, this is the supplementary practice before the Uddiyan Bandh, it (Uddiyan Bandh) can be performed easily.
- (4) This is very useful action to reduce the belly and the fat of the stomach.

**Ujjayi Pranayam :**

- (1) Sit in Sukhasan, Siddhasan or Padmasan position.
- (2) In Dhyamantra, partially close the palate and contract the glottis. Then slowly and continuously breath in with both nostrils.
- (3) At the end of the breathing in (after some time) perform Mula Bandh.
- (4) Then perform Jalandhar Bandh and with hold the breath inside and perform Antar Kumbhak.
- (5) Then, release Jalandhar Bandh and breath out completely through both the nostrils.
- (6) Then, if possible perform Uddiyan Bandh.

**Points to be kept in Mind**

- (1) In the beginning do not perform Jalandhar Bandh and perform Kumbhak.
- (2) In Uddiyan Bandh, it is possible to perform Bahya Kumbhak, but do it as per the capacity.
- (3) Till there is control over all the three Bandhs, generally one can perform Ujjayi Pranayam

without performing Antar Kumbhak and Bahya Kumbhak.

### **Repetitions**

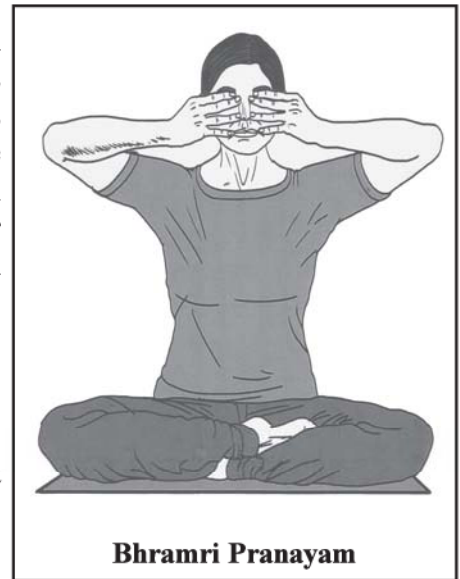
In the beginning one can do 12 repetitions at a time. One can slowly increase the repetitions and can reach upto 64 repetitions.

### **Benefits**

- (1) Phlegms of cough are removed.
- (2) There is good effect over the wind-pipe (larynx) which improves the voice.
- (3) Digestion power increases and there is feeling of hunger. The warmth of the head is removed.
- (4) Helps in removing the diseases of the respiratory system, thyroid gland, ear, nose and throat.
- (5) It is advantageous for those who are suffering from nostril sound at night in the sleep.

### **Bhramri Pranayam**

- (1) Sit in Sukhasan or Padmasan.
- (2) Close the openings of both the ears with the help of both the thumbs of the hands. Then Arrange the index fingers (tarjani) on the eye-brows, the second fingers (madhyamas) on the eyes touching with the nose and the last fingers (Kanisticas) on the lips. Bhramri Pranayam also can be done by means of giving little pressure over the ears by both palms of the hands, keeping fingers on the back sides of the neck.
- (4) Keep the eyes closed softly.
- (5) Inhale, by means of nostrils slowly as much as possible.
- (6) Then, keep the mouth shut and make the sound like a wasp by means of the nostrils exhaling the breath.



### **Points to be kept in Mind**

- (1) One has to inhale and exhale through the nostrils.
- (2) Do not keep the breath inside for long time.
- (3) When the sound, as if the wasp is humming is created, experience the vibrations being created in the mind.
- (4) The experience of vibrations becomes powerful, when you keep your tongue in touch with the palate.

### **Repetitions**

In the beginning one can have 12 repetitions. Maximum one can have 24 repetitions.

### **Benefits**

- (1) Impressively effects the nerves of the mind.
- (2) It is an effective Pranayam for the pregnant women.
- (3) It is very useful in curing the psychosomatic diseases.
- (4) Makes the body and mind peaceful and controls the blood-circulation.
- (5) It's regular practice increases the memory power and self-confidence.
- (6) Doing Bhramri Pranayam makes an individual to experience undescriptive piece and pleasure (delight).
- (7) It increases the mental concentration for meditation and awakens the understanding power, decisive power and discrimination power.