

Primary Prāṇāyāma Techniques as taught by Krishnamacharya and Desikachar



Glossary of Prāṇāyāma & Bandha Practice Techniques

Grouped into Primary, Secondary & Ancillary Techniques

1. Primary Prāṇāyāma Breathing Techniques

Nāḍī Śodhana

- Pūraka Left Nostril
- Recaka Right Nostril
- Pūraka Right Nostril
- Recaka Left Nostril

2. Primary Support Prāṇāyāma Breathing Techniques

Anuloma Ujjāyī

- Pūraka both Nostrils with Ujjāyī
- Recaka Alternate Nostrils (Starting with Left)

Viloma Ujjāyī

- Pūraka Alternate Nostrils (Starting with Left)
- Recaka both Nostrils with Ujjāyī

Pratiloma Ujjāyī

- Pūraka both Nostrils with Ujjāyī
 - Recaka Left Nostril
 - Pūraka Left Nostril
- Recaka both Nostrils with Ujjāyī
 - Pūraka both Nostrils with Ujjāyī
 - Recaka Right Nostril
 - Pūraka Right Nostril
- Recaka both Nostrils with Ujjāyī

3. Secondary Prāṇāyāma Breathing Techniques

Sūrya Bhedana

- Pūraka Right Nostril
- Recaka Left Nostril

Bhastrikā

- Fast Single Nostril Abdominal Breathing
- Changing Nostril after every Pūraka (Starting with Left)

4. Secondary Support Prāṇāyāma Breathing Techniques

Śītalī

- Pūraka through Mouth with Tubed Tongue whilst Raising Head
- Antar Kumbhaka whilst Lowering Head
- Recaka both Nostrils with Ujjāyī

Sītkārī

- Pūraka through Mouth with hissing sound over Tongue between slightly opened teeth whilst Raising Head
- Antar Kumbhaka whilst Lowering Head
- Recaka both Nostrils with Ujjāyī
- Candra Bhedana
- Pūraka Left Nostril
- Recaka Right Nostril

Bhrāmarī

- Pūraka and/or Recaka through both Nostrils with Humming Sound

5. Ancillary Breathing Techniques

Ujjāyī

- Pūraka both Nostrils with Ujjāyī
 - Recaka both Nostrils with Ujjāyī
- (Not taught as a Prāṇāyāma technique per se, but as a breathing technique in and for Āsana and Mudrā and as an introductory or preliminary or transitional seated breathing exercise)

Kapālabhāti

- Fast Abdominal Breathing both Nostrils
- (Technically a Kriyā so used on its own before or in Āsana, or in Mudrā or as a seated preliminary technique before Prāṇāyāma or as an introductory step towards Bhastrikā)

6. Ancillary Support Practice Techniques

Mūrcchā

- Deep Pūraka
- Very Long Recaka

Plāvinī

- Long Antar Kumbhaka

Antar Kumbhaka

- Holding after Pūraka

Bāhya Kumbhaka

- Stopping after Recaka

Samavṛtti

- All components of the Ratio the same length

Viṣamavṛtti

- Components of the Ratio not the same length

Anuloma Krama

- Patterns of Antar Kumbhaka during the Pūraka

Viloma Krama

- Patterns of Bāhya Kumbhaka during the Recaka

Pratiloma Krama

- Patterns of Antar and Bāhya Kumbhaka during the Pūraka and the Recaka

7. Ancillary Bandha Practice Techniques

Jihvā Bandha

- Tongue Curled Upwards and Backwards

Jālandhara Bandha

- Spine held Erect
- Chin Drawn Down and in on Bāhya Kumbhaka by extending the back of the neck
- Pūraka intensifies the Bandha

Uḍḍīyana Bandha

- After Recaka on Bāhya Kumbhaka
- Abdomen drawn back towards the spine and as a consequence moved upwards

Mūla Bandha

- After Bāhya Kumbhaka
- Lower Abdomen held in during the Pūraka