

Ayurvedic Yoga Therapy for Lungs and Bronchial Tubes

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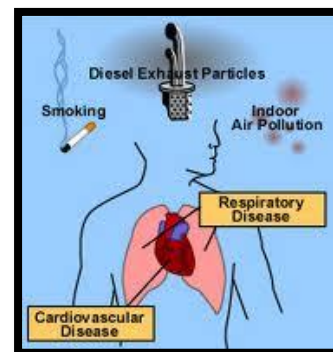
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Balancing the lungs and heart

The respiratory system is an intricate and delicate network of channels that carry prana (the vital life-force) and oxygen. The lungs are the organs that receive the prana and oxygen that we breathe in through our nose and mouth.

In Ayurveda, the lungs and the stomach are important sites of kapha dosha, the force in the body which is governed by the elements of water and earth. Most disorders of the respiratory system are a result of imbalanced kapha dosha. Mucus or phlegm is produced in the stomach and accumulates in the lungs. It can then be distributed to other sites in the respiratory tract manifesting as imbalances. Although accumulation of mucus does not inherently mean that a respiratory imbalance will develop, it is indicative of low agni, or digestive fire. Low agni is among the common causes of respiratory imbalances and very often, the treatment protocol involves enkindling the digestive fire so that digestion can operate more optimally. Ayurveda recommend a holistic approach to respiratory health. Rather than just treating surface symptoms, it is recommended that you provide ongoing nourishment and support to the lungs and the respiratory system. Lung is the seat of sorrow and relates to Kapha dosha .



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Other causes of lung imbalances include:

- Improper diet
- Polluted air
- Seasonal changes
- Poor posture
- Lack of exercise
- Excessive grief and attachment

Although there can be an imbalance of the other doshas, vata and pitta, resulting in more asthmatic (vata) and infectious (pitta) conditions, people with excess kapha and kapha predominate constitutions are generally more susceptible to imbalances involving excess mucus.

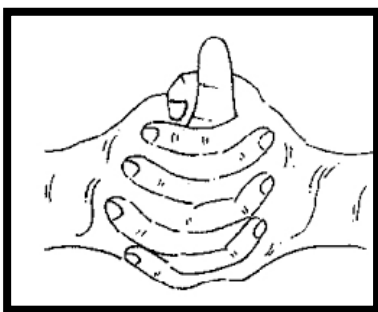
General guide line to follow for balancing the lungs and respiratory system

- Avoid heavy, dense foods such as meat and cheese.
- Avoid fatty, fried foods.
- Eliminate dairy.
- Sip hot water with lemon and honey with meals and throughout the day.
- Include warm digestive spices in your diet such as ginger, cloves, cardamom and black pepper.
- Do not overeat or drink in excess.



Have your mid-day meal be the largest, eating a lighter breakfast and dinner.

LINGA MUDRA



How & When: Perform this Mudra by interlocking the fingers of both the hands in such way so that the little finger of the left hand is the down most and the right hand thumb stands straight up, envelope the right hand thumb with the left hand index finger and thumb to join the tips at the back of the right hand palm. Hold the palms together tightly. It is important when we perform this Mudra keeping the back straight either in Padmasan or Sukhasan, if this position not suite the body we can also sit in a chair. Hold the hands in

front of the chest with hands exerting a little pressure against each other. One may perform this Mudra as a therapy daily for time duration one feels comfortable. One should not perform it full stomach.

Caution: One must discontinue the Mudra in case of dizziness, uneasiness or nausea. People with acidity must observe the reaction and if feels more heart burning, they should discontinue doing it.

Benefits:

- a) It is an excellent Mudra to break the phlegm and relieve a person of frequent coughs and colds.
- b) It works great when the temperature suddenly falls down and one shivers of cold. Practicing this Mudra will generate heat in the body and will provide the necessary warmth.
- c) It relieves the bronchial spasms and calms down the breath.
- d) It activates the digestive fire by activating the AGNI which in turn boosts the metabolic rate of the body in case of sluggish digestion.
- e) It helps in case of low blood pressure and mild paralytic attack, sinusitis etc.

Bronchial Mudra for lungs and bronchial tract

This mudra has the same position for both hands. Place the Little finger to the base of the thumb, place the ring finger to the middle of the thumb, place the middle finger to the pad of the thumb and finally extend out the index finger. This mudra may need a little practise as the fingers do not fall naturally into this position. Once both hands are in the position of the bronchial mudra then close your eyes and relax in meditation, feel the energy from the fingers releasing the tension in the bronchial area of the body. Do this meditation for 5 minutes at a time. It is recommended that people with bronchial



Herbal help – The Herb Thyme is very good for the bronchial tract and the lungs it can be taken in the form of an herbal tea or with food.

Healing Meditation – Place yourself in meditation and grow your heart energy for a few minutes so connect with your divine guidance. When you are fully relaxed imagine yourself shrinking into your

lungs, are you in the left (feminine) lung or right (masculine) lung? Here in your chosen lung you become aware of 5 doors:

- Past Lives
- Child self.
- Womb
- Ancestral Lineage
- Recent Self

Let your heart choose which door you need to go through, once chosen open the door and walk through. Here you find a stair case which you walk down – you are walking down to reclaim a part of your respiratory system that has been lost. When you reach the bottom of the stairs you will start your own journey in one of the above subject areas. Be open to receive what you find at the bottom of the staircase.

Here are a few examples of what you may find at the bottom of the stairs:

A past life memory or connection which needs to be healed,

A feeling from when you were in the womb that has stayed with you,

A relative from a bygone era showing you something,

A vision from your childhood when you lost something important.

There are only a few examples – trust your intuition to show you what is required, the main thing is to bring back a part of yourself that is needed from this meditation! When finished in this meditation – come back up the stairs and out of the door then start to grow back into your original size. Then relax in your body for a few minutes feeling a part of you being integrated into your energy field.

Viloma Pranayama

This breathing technique is designed to improve our control over the movement of air within the body. Viloma literally translated means ‘to reverse.’ Put into context of the practice, Perhaps a more explicit understanding of viloma pranayama is interrupted breathing as the main physical focus of this technique is to interrupt the inhalation, exhalation, or both with a series of pauses. These pauses are designed to increase the capacity of the lungs while also augmenting the profundity of our control over the movement of the lungs and the respiration cycle.

Viloma pranayama is a resolute initiation to expanding the breath capacity, especially for those who are fairly new to the practice of pranayama. It exposes the practitioner to a significant alternation of the natural breathing cycle without much concern of harm to the body or the lungs.

Viloma Pranayama (interrupted inhalation)

Begin with the spontaneously natural breath. Observe the smooth and fluid nature of the breath as it flows in and out of the body. Slowly begin to modify the breath by introducing yogic breathing, maintain an equalized ratio between the inhalation and the exhalation; the length of the inhalation and exhalation should be identical. Continue to observe the full yogic breathing with an equalized breath ratio for another 5-10 rounds of breath the body.

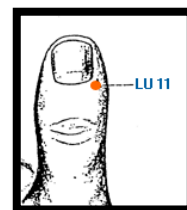
We will now begin the practice of viloma pranayama by dividing the inhalation into pauses while maintain a smooth exhalation. Starting from the beginning of the inhalation, take a small sip of air in, then pause, holding the breath. Take another sip of air, then pause holding the breath. Continue in this manner until the top of the inhalation is reached. The pauses should extend for a time no greater than 1 second, with equal length between the inhalation and the pause. Also, by the last inhalation the lungs should be filled with air to their maximum capacity. After completing the inhalation, exhale smoothly without any pauses. This is one round of breath

If possible, try to include a count with the breath, mentally repeating; inhaling 1, pause 1, inhaling 2, pause 2, inhaling 3, pause 3... continuing until you reach a count that is within your own personal limits. For a beginner, this may mean reaching a count of 5 or 6. For a more advanced practitioner, it may extend up to 10 or more. Then, exhale for a time equal to the time of the inhalations, i.e. if the count reaches six, exhale for a count of six. Exhale 1, exhale 2, and exhale 3.

Complete anywhere between 10-15 rounds of breath.

LU 11 Acupressure Point - Lung Meridian

Location: posterior to the thumb nail on the radial side.



Special recommendation for bronchitis:

Here are few recommendations for your diet and other regimens in treating the bronchitis:

- **Avoiding:** Yogurt, cheese and sour substances, Fruits like banana, guava, potato, and rice should also be avoided.
- Avoid the consumption of alcohol, this includes wine as well and consumption of cold beverages and food.
- Take care not to strain your already weak body by vigorous physical activity and exercises.
- Avoid exposure to cold and damp weather.

Remedies recommended:

- Gently rub eucalyptus oil on the chest or use olive oil to it. Take a bowl of hot water, add 2-3 drops of Eucalyptus/Thyme or Tea tree essential oil and inhale the medicated steam but make sure, the boiling water does not fall on your body.
- Most common home remedy for lungs and condition such as bronchitis is administration of one teaspoonful of turmeric powder (haridra) can be given with a glass full of milk, twice daily(you have to cook the turmeric and milk together for at least 5 minutes . It acts best when taken early in the morning, empty stomach.

Yoga Postures beneficial

Practice this the routine 3 times a week

Breathing technique for yoga session: Inhale for 3, retention after inhale 2-3 second exhaling 5-6 through the mouth exhalation is longer than inhalation)

-It will also be very beneficial to do 3 -5 round of sun salutations or moon salutation

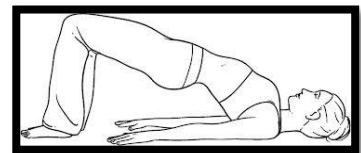
-Fish pose with bolster and block while sitting, place a medium-height block behind you vertically beneath where your shoulder blades will lay and place another block behind that one vertically to use as a pillow for your head. (Use lower blocks if this height doesn't feel great on your back.) Allow your body to gently rest on the blocks, adjusting their placement until you are comfortable, with arms resting on either side. Stay here for at least five deep breaths.



-Bend knees for setu bandhasana (bridge pose)

Inhale lift the pelvic and spine up exhale relax and return back to the floor X4 then

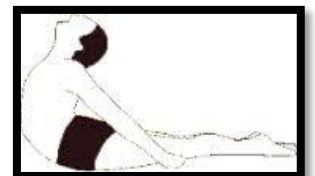
- Holding 2-6 breath



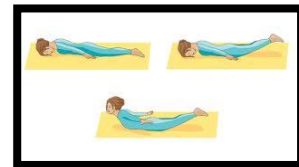
-Knees-to-chest(Apanasana)|Holding 5-10 breath.



-Cobra (Bhujangasana) with arms on the side extending|Inhale lift the pelvic and spine up exhale relax and return back to the floor X4 then - Holding 2-6 breath

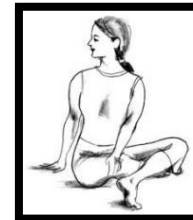


-Locusts pose an effective means for strengthening the back of the torso, legs, and arms in preparation for the deeper backbends. Inhale lift the pelvic and spine up exhale relax and return back to the floor X4 then - Holding 2-6 breath



-Seated twist or chair twist

Inhaling raise the arms at shoulder level, exhale twist into the right with left hand on the right knee and right hand behind you. Inhale return to the center position, exhale twist to the left side and place right hand on the left knee and left hand behind you. Inhale return back to the center then hold on each side for 2-6 breath.



Pawanmukta postures for digestive system: these yoga pose should be practiced 3 times a week , it is very beneficial to elevate the gas and bloating and in general beneficial for digestive system. 1-Leg lock poses (Apanasana) 2-(apanasan both legs) 3- Alligator twist (Repeat on both sides)

