

Shatkarman, Bandha and Mudra
Purifying the Cranium

Kapalabhati Shatkarman

Starting Position: erect with your feet parallel; hands on the thighs, shoulders high and chin pointing slightly upwards.

Assume a fairly accelerated abdominal breathing, with a moderately forced exhalation. Your breathing should be quick.

Inhale and release the abdomen. Exhale and engage the abdomen, bringing it close to the spine. The movement happens in the abdominal wall, and is intended to push the internal air out.

Repeat 30–60 times, then pause and hold your breath with empty lungs for a few counts. You may repeat the exercise 3 to 5 times.



Contraindications: significant heart troubles and pulmonary issues; inflammations in the abdominal area; spastic colitis, diverticulitis, ulcer, Crohn's disease, etc. To be practiced on an empty stomach.

Benefits: the exercise is used to dry nasal cavities after cleaning them with water and salt and also to purify the upper respiratory tracks from mucus and polluting agents.