

Benefits Of Anulom Vilom

“Nadi Shodhana Pranayama”



"Anulom Vilom" or "Nadi Shodhana Pranayama" in yoga is a type of alternate nostril breathing that integrates into our yoga practice and offers a huge amount of benefits for both the body and mind. Here are some of the commonly cited benefits:

Stress Reduction: Anulom Vilom helps to calm the mind and reduce stress and anxiety levels. The rhythmic breathing pattern encourages relaxation and promotes a sense of well-being.

Improved Respiratory Function: Regular practice of Anulom Vilom can enhance lung capacity and improve overall respiratory function. It may help in conditions like asthma, bronchitis, and other respiratory issues.

Balancing of Energy Channels (Nadis): According to yoga philosophy, Anulom Vilom helps to balance the flow of prana (life force energy) through the Nadis (energy channels) in the body, promoting overall health and vitality.

Enhanced Concentration and Mental Clarity: Practicing Anulom Vilom can improve focus, concentration, and mental clarity. It is often practiced before meditation to prepare the mind for deeper states of awareness.

Detoxification: Some proponents suggest that Anulom Vilom helps to detoxify the body by promoting the elimination of toxins through the breath.

Contra-indications for Anulom Vilom



While Anulom Vilom has many potential benefits, it may not be suitable for everyone. Here are some contraindications or precautions to consider. Always check in with your students at the start of your classes, so you can advise them accordingly and understand how to safely manage your class.

Pregnancy: Pregnant women should practice Anulom Vilom under the guidance of a qualified yoga instructor. Some pranayama practices during pregnancy should be avoided such as Kappallabhati (we will discuss these in your workshops).

High Blood Pressure: Individuals with uncontrolled high blood pressure should exercise caution while practicing Anulom Vilom, as it involves breath retention, which can temporarily increase blood pressure.

Nasal or Sinus Conditions: People with nasal congestion, sinusitis, or other nasal issues may find it uncomfortable or difficult to practice Anulom Vilom. It's essential to modify the practice or consult a healthcare professional if you have any underlying nasal or sinus conditions.

Recent Surgery: If you've had recent surgery, especially on the nose, throat, or chest area, it's advisable to avoid vigorous pranayama practices like Anulom Vilom until you have fully recovered.

Dizziness or Lightheadedness: Some individuals may experience dizziness or lightheadedness while practicing Anulom Vilom, especially if they're not accustomed to breath control techniques. If you feel dizzy or uncomfortable, stop the practice and rest.

As with any yoga practice, it's crucial to listen to your body, start gradually and at your own pace.