

## Viloma

Vi = negation or privation

Loma = hair

### Key Points

- Use appropriate support. LoY at 129-130. "When the back is rested the pelvic muscles initiate inhalation. This relieves tension and softens the diaphragm. The lungs and respiratory function smoothly and breathing becomes deep." LoP at 124.
- Close the eyes. LoY at 129-130.
- To pause, lightly immobilize the diaphragm. LOY at 146. Do not let the diaphragm loose after each pause. LOY at 146. Hold the extension and expansion of the diaphragm, the chest, and the sternum. In each retention there is firmness in the chest but it does not expand or constrict. Do not puff the abdomen. Gem at 317-318.
- Have no pressure or tension in the brain. Gem at 317.
- Helps those who have moods and are disturbed. Gem at 319
- Cures shallow breath, asthma, tuberculosis, and diabetes. Gem at 319

### VILOMA I - Interrupted Inhalation

- Exhale quietly until the lungs feel empty.
- Inhale. Pause. Inhale. Pause. Inhale. Pause.
- Pause only as many times as can be done with ease.
- Continue until the lungs are completely full.
- Do not raise the head up.
- Exhale slowly and deeply, gradually releasing the grip of the diaphragm.
- Continue the cycle for 7-10 minutes, or as long as you do not feel fatigue.
- Then take 2-3 normal cycles of breaths.
- If finished with pranayama, do svasana.
- Use Viloma I when suffering from fatigue, weakness, strain, or low blood pressure. LoP at 146.

### VILOMA II - Interrupted Exhalation

- Exhale quietly until the lungs feel empty.
- Take a long deep breath without any pause or strain, filling the lungs completely. LoP at 147.
- Exhale. Pause. Exhale. Pause. Exhale. Pause.
- Pause only as many times as can be done with ease.
- Keep the abdominal organs relaxed during exhale. Do not press down on the abdominal organs. LoP at 129-130.
- Continue until the lungs feel completely emptied.
- After each exhalation relax the head, chest and diaphragm before inhalation. Gem at 318.
- Continue the cycle for 7-10 minutes, or as long as you do not feel fatigue.
- Then take 2-3 normal cycles of breaths.
- If finished with pranayama, do svasana.
- Brings a feeling of ease and lightness to the body. LoP at 147.
- Use when suffering from fatigue, strain, high blood pressure, or a heart complaint. LoP at 147, Gem at 84-85.

## NOTES

“Where prana is there citta is focused. Citta is like a vehicle propelled by two powerful forces, prana and vasana (desires). When prana prevails, then the desires are controlled, the senses are held in check and the mind is stilled.” LoP at 13.

Pranayama “regulates all the sadhaka’s thoughts, desires and actions, gives poise and the tremendous will-power needed to become a master of oneself.” LoP at 14

Pranayama consists of: LoP at 14; 21.17; Sutra 2.49

- Puraka - inhalation
  - long, sustained subtle flow of inhalation
  - active expansion of the chest filling lungs with fresh air
  - stimulates the system
- Rechaka - exhalation
  - long, sustained subtle flow of exhalation
  - passive recoil of the chest to empty lungs
  - throws out vitiated air and toxins
- Kumbhaka - retention
  - pause at end of inhalation or exhalation
  - retention of breath
  - distributes the energy throughout the body
- The major systems of the body used in pranayama are: (LoP at 16-31):
  - Respiratory
  - Chest
  - Lungs and the bronchial tree
  - Spine
  - Breastbone
  - Skin
  - Diaphragm
  - Accessory muscles of the neck, especially sternomastoids and the scalenus
- **Upper** or thoracic: shoulders to the thoracic diaphragm and contains the chest area with breasts in front and heart and lungs within. Back is called **DORSAL** area.
- **Middle** or abdominal: thoracic to pelvic diaphragm. Contains stomach and digestive organs. Navel is the center. Back is lumbar and sacral areas.
- **Lower** trunk: pelvic diaphragm to pubis. Contains generative and excretory organs. Buttocks are behind.
  - 4 Types of Respiration LoP at 21.18
    - 1. High or clavicular: muscles in the neck activate the top parts of the lungs
    - 2. Intercostal or midbreathing: only central parts of the lungs are activated
    - 3. Low or diaphragmatic: lower portions of lungs are activated
    - 4. Total or pranayamic: entire lungs used to full capacity
  - 3 Movements of Pranayama: the lungs and ribcage:
    - dairghya: horizontal expansion
    - aroha: vertical ascension
    - visalata: circumferential extension

- “In pranayamic inspiration, diaphragmatic contraction is delayed until after conscious contraction of the muscles of the anterior and lateral abdominal wall. These muscles are diagonally connected to the ribcage above and the pelvis below.” LoP at 23.
- The diaphragm and the 11 pairs of internal and external intercostal muscles, including the muscles joining the 12th rib to the pelvis and the 1st to the cervical spine, control expansion and contraction of the chest. LoP at 26.22
- The right lung has 3 lobes and is larger than the left lung, which has 2 lobes. The liver sits under the right lobe. The stomach and spleen sit under the left lobe. LoP at 27-28.
- The air in the alveoli of the lungs contains more oxygen and less carbon dioxide than the blood passing through the capillaries in the lungs. LoP at 29.29
- Keep the interior intercostal muscles at the back firm so the skin at the back coordinates with the intercostal muscles to keep breathing full. LoP at 30.32
- “Adjust and stretch the skin of the torso to create maximum response from the intercostal muscles to aid the respiratory process.” LoP at 30.33
- “Expand the rib-cage from the inner frame outwards to stretch the intercostal muscles.” LoP at 30.34
- “If the skin over the centers of the breastbone can move vertically up and down and expand from side to side circumferentially, it shows the lungs are being filled to maximum capacity. LoP at 31.38

