Twitter Thread by [redacted]



[redacted]
@Dharm_sansthapn



We have known art of breathing from start of civilization on earth.

Yes, Breathing is an art.

Right kind of breathing can lead to a healthy and long life.
But people have forgotten to breathe properly.

There are three Nadi in our body in which pranvayu travels.

Ida, Pingala and Sushumna.

Sushumna is activated only when we have proper mastery and control over Ida and Pingala.

Nowadays people can even control these two Nadi.

You can overcome most of the diseases by just controlling your breathing through balanced Ida and Pingala.

Normally we can't breathe with both nostrils at same time.

It's either from left or from right.

Left nostril is home to Ida or Chandra Nadi while Right nostril is home to Pingala or Surya Nadi.

Sushumna is activated only through rigorous pranayam and Dhyan techniques.

Experts of Pranayam and Yoga tell that breathing from Ida can soothe and cool your mind and body.

While Pingala breathing can lead to warmth and keep you active and energetic.

Normally, we don't breathe to our full extent.
This minimises the capacity of lungs and restricts proper benefits.
By proper training of Pranayam you learn how to breathe properly.

You can practice longer and deeper breathing.

In anulom vilom, you alternatively keep breathing in from one nose and out from other.

This balances both Ida and Pingala while giving your body a balance.

A healthy person should complete 15 breathing cycle in a minute. That is 900 cycle in a hour and 21,600 cycles in a day. Following this parameter and practicing Pranayam can lead to a healthy life and you can prevent many diseases from taking a toll on your health.