

Plavini – the forgotten Pranayama!

Plavini Pranayama can be learned by any advanced Sadhaka who can able to do other pranayamas with ease and know the bhandas. When we talk of Bhandas, generally we are referring the thribhandhas, i.e. Moola bhandha, Uddiyana Bhandha and Jalandhara bhandha. A bhandha is a lock that stops the flow of Prana/breath in general sense. But, the full meaning of Bhandha is a lock which is applied to stop the flow of energy (including Prana), sense perceptions etc. A yogi, who can control the flow of energy from and into his/her body without using physical means can easily learn Plavini Pranayama.

What we do in Plavini Pranayama?

Sit in any meditative Asana like Siddhasana, Padmasana, Vajrasana or Swastikasana. Do few rounds of Anuloma Viloma Pranayama to calm the mind. Apply Moola Bhandha. Then slightly open the mouth as in seethali pranyama (except protruding the tongue) and inhale as much prana (air) as you can into the stomach. Then apply Hrudhaya Bhandha. Just below the chest one small depression appears just above the diaphragm is the place for Hrudhya Bandh. Now, the Air/Prana that is filled in the stomach remains there for several hours. The Sadhaka can continue normal, mild breathing to the lungs.

Plavini is one of the best Pranyama for....

- Doing Meditation for several hours
- Arising Kundalini in a slow and safe way
- Cleaning the digestive track of toxins
- Curing the ailments of the organs in the stomach
- Self realization