

# How to prevent Corona Virus (Covid-19): The Yoga way

Off late the so called Corona Virus is creating fear psychosis across the world, which can be prevented easily. It is understood that the virus cannot live in hot environ, which is a boon for us to prevent it easily. Here are a few preventive measures from Yoga perspective.

1. These are the recommended Kriyas for the prevention of the Virus. Sit in any comfortable Asana, such as vajrasana, siddhasana, padmasana or sukhasana. Keep your spine erect.
  - a. Kapalabhati:
    1. Method: Inhale through both nostrils and exhale forcibly from both nostrils, do it continuously for few times. The key is passive inhalation and forcible inhalation.
    2. Benefit: It clears the toxins from head, neck and chest region. Increases the body heat. One can do it for 2-5 minutes with empty stomach.
    3. Contra Indications: It increases blood pressure and pulse rate, hence, persons with High B.P should do it moderately under the guidance of Yoga Expert.
  - b. Agnisara:
    1. Method: Inhale through both nostrils and exhale through mouth forcibly, emptying the stomach. Exhale till the entire air in the stomach is emptied. This should be done under the guidance of a Yoga Expert.
    2. Benefit: It clears the toxins from stomach and chest region. Increases the body heat. One can do it for 2-5 minutes with empty stomach.

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3. **Contra Indications:** It increases blood pressure and pulse rate, hence, persons with High B.P should do it moderately under the guidance of Yoga Expert. Persons having Hernia problem should avoid this.
2. These are the recommended Pranayamas for the prevention of the Virus. Sit in any comfortable Asana, such as vajrasana, siddhasana, padmasana or sukhasana. Keep your spine erect.
  - a. **Bastrika:**
    1. **Method:** Inhale through both nostrils and exhale forcibly from both nostrils, moving the belly in the style of bellows, do it continuously for few times. The key is passive inhalation and forcible inhalation emptying the belly in quick succession.
    2. **Benefit:** It clears the toxins from stomach region and creates lot of heat. One can do it for 2-5 minutes with empty stomach.
    3. **Contra Indications:** It increases blood pressure and pulse rate, hence, persons with High B.P should do it moderately under the guidance of Yoga Expert. Persons having Hernia problem should avoid this.
  - b. **Suryabhedhi:**
    1. **Method:** Inhale through right nostril and exhale through left nostril in a steady manner. Do it continuously few times, you can do it upto 5 minutes in one sitting.
    2. **Benefit:** It increases the overall body heat and kills germs. One can do it for 2-5 minutes with empty stomach.

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## How to prevent Corona Virus (Covid-19): The Yoga way

3. Contra Indications: It increases blood pressure and pulse rate, hence, persons with High B.P should do it moderately under the guidance of Yoga Expert.
3. These are the recommended Mudras for the prevention of the Virus. Sit in any comfortable Asana, such as vajrasana, siddhasana, padmasana or sukhasana. Keep your spine erect.
  - a. Surya Mudra:



1. Method: put the ring finger on the center of the palm, a little towards thumb, and cover it with Thumb as shown in the picture. Keep the other fingers strait, palm facing the sky. Do it with both hands.
2. Benefit: It increases the overall body heat and kills germs. One can do it for 15-45 minutes per day in two or three sittings.

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b. Prana mudra :



1. Method: Join the tips of little finger and ring finger with the tip of the Thumb as shown in the picture. Keep the other fingers straight, palms facing the sky. Do it with both hands.
2. Benefit: It increases the vitality and resistance of the body. One can do it for 15-45 minutes per day in two or three sittings.

Food tips:

- Use Ginger, Garlic, Turmeric and black pepper in your curries.
- Make a decoction of Tulasi, turmeric and ginger and drink it with a spoon of Honey in the early morning.
  - Keep away from crowds.

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