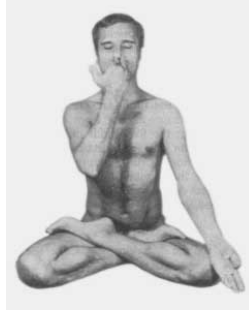


## **Ujjayi Pranayama**



**Cure for:** This pranayama clears the nasal passage and helps the functioning of the thyroid gland and benefits respiratory disorders, especially bronchitis and asthma.

### **Method**

1. Sit in any comfortable meditative pose. Inhale slowly, deeply and steadily through both nostrils with a low uniform sound through the glottis.
2. Hold your breathe for a second or two after inhaling and then exhale noisily only through the left nostril, keeping the right nostril closed.
3. Do this as often as required.

**Note:** Persons suffering from high blood pressure should not practice ujjayi pranayama.