



# KAPALBHATI FOR WEIGHT LOSS

DR DURGA SAMPOORASEKARAN.C BNYS  
ASST PROFESSOR CUM MEDICAL OFFICER  
SWAMY VIVEKANANDHA NATUROPATHY AND YOGA  
MEDICAL COLLEGE

- 
- One of the six shatkarma (cleansing techniques) is kapalbhati – frontal brain cleansing
  - Techniques (forms) of kapalbhati
    - vatakrama
    - vyutkrama
    - sheetkrama

# CORRECT WAY TO DO

- The commonest form of kapalbhati is vatakrama (air cleansing)
- Relax and inhale normally.
- Exhale firmly but not so fiercely that it sounds forced on yourself. Your stomach will be compressed.
- Quickly inhale.
- Don't overdo it; forcefully exhale once more.
- Keep in mind every aspect of preparation, notably that the upper body should remain immobile.
- Avoid tensing your face.
- Hold your hands in the Jana mudra.

- 
- Inhale deeply and perform fifty fast respirations through both nostrils placing more emphasis on exhalation
  - Inhalation should be short
  - After the last exhalation inhale deeply through the nose and exhale quickly through the mouth, slightly pursing the lips
  - After completing the practice concentrate on the space in front of the closed eyes

# COUNTS

- Practice three rounds of fifty breaths
- When this is perfected you can increase it to five rounds
- You can increase the practice by 10 breaths each week
- So that after 5 weeks you are practising 100 breaths per round

# LEVELS OF PRACTICE

- *shant gathi* (slow speed)
- *madhyam gathi* (medium speed)
- *tivra gathi* (fast speed)
- Begin your practice with *shanth gathi*, when you gain experience in this stage, move on to *madhyam Gathi*. With regular practice, you can then reach *tivra gathi* or the advanced stage.

# MECHANISM BEHIND WEIGHT LOSS BY KAPALBHATI

BY INCREASING BMR :

- The probable reason for this is the forceful abdominal contractions. These contractions may stimulate receptors in the respiratory tract, gastrointestinal system internally and the abdomen externally.
- This leads to simultaneous stimulation of certain parts of the brain that increase hormonal and metabolic activities in the body. With an increase in the basal metabolic rate, weight loss is said to occur along with a reduction in abdominal skin fold thickness.

- "Kapalabhati is considered as a form of abdominal-respiratory-autonomic exercise which stimulates the respiratory, abdominal and gastrointestinal receptors.
- Since kapalabhati induces a positive influence on the centers within the skull, the vital areas of the brainstem, cortex, their efferent pathways, and effector organs may also get stimulated.
- As a result, the synchronous discharge from the autonomic nervous system, pineal gland, and hypothalamus that regulate the endocrine and metabolic processes increases which, in turn, accelerates fat metabolism.
- This eventually increases basal metabolic rate, reduces fat deposition, and ultimately ends up in weight reduction."



BY DETOXYFICATION( cleanses the body):

- "Deep inhalation makes the dead space of the lungs active, thus improving oxygenation of tissues and **cleanses the body** as a whole."
- over 80 per cent of the toxins in our body are released while exhaling during pranayam. So, kapalbhati, being a more rigorous form of pranayam, can **detoxify our body** almost entirely. Therefore, **removing toxins is one of the celebrated kapalbhati benefits.**
- That detoxification helps in weight reduction

## BY REDUCING STRESS:

- pranayam can be effective against stress by letting our body breathe in more oxygen. Kapalbhathi therefore should be practised if you want to feel rejuvenated from within - you can count this as a kapalbhathi benefit. In fact, experts say that **practising kapalbhathi regularly** can help you deal with chronic anxiety; breathing exercises seek to calm your mind.
- Thus helps in reducing stress related weight gain

## BY HELPING FOR COMBATING PCOS:

- Although no study has conclusively proved that breathing exercises such as **kapalbhati can cure PCOS**, we can perhaps say that doing kapalbhati can help you fight PCOS.

The 2016 IJOY study says, "Since PCOS and MS share a common pathogenic pathway, it is worthwhile to consider that kapalabhati can be effective against the features of PCOS too, though there is a dearth of studies and literature in this regard." All in all, there's no harm in trying **kapalbhati for combating PCOS**.

- Thus helps preventing and reducing weight gain because of hormonal imbalance

# kapalbhati should be avoided by -

Those who are suffering from hypertension, anxiety, or panic attacks.

It is also contraindicated for individuals with heart disease, hernia, gastric ulcer, epilepsy, vertigo, migraine headaches, significant nosebleeds, detached retina, glaucoma, history of stroke, and for anyone who has undergone recent abdominal surgery.

- Avoid it during pregnancy