

Tuesday (2026-1-13)

Anulom Vilom Pranayam: My Advanced Breath Ritual for Balance and Vitality

At 60, my lungs are strong, my mind calm, and my energy balanced — no respiratory issues, no stress meds. This comes from my daily *Anulom Vilom Pranayam*, a variation taught by my mentor Mr. Mohan Kalburgi (*Swar Vigyan* instructor). Done after *Surya Namaskar*, it's alternate nostril breathing with retention: Close right nostril, inhale deeply from left, hold 8 seconds (start from 8, build up), exhale from right while closing left, hold breath out 8 seconds; then inhale from right closing left, hold 8 seconds, exhale from left closing right, hold out 8 seconds. Repeat 10-20 cycles, focusing on smooth flow without strain. This "*Swar Vigyan*" version enhances breath control for deeper benefits.

The Science of *Anulom Vilom* with Retention

Anulom Vilom balances the autonomic nervous system, reducing sympathetic activity (stress) by 20-30% and enhancing parasympathetic tone for relaxation [1][2]. With *Kumbhaka* (breath holds), it improves lung capacity and maximum volume of oxygen (VO₂ max) by 10-15%, as seen in trials where participants showed better respiratory efficiency after 4-6 weeks [3][4]. The alternate nostril flow synchronizes brain hemispheres, boosting cognitive function and reaction time by 15-20% [5][6]. *Swar Vigyan*'s emphasis on holds amplifies this, lowering heart rate variability and blood pressure by 5-10 mmHg [7].

The Heart-Touching Harmony of Breath

This ritual feels like a symphony of breath — the holds build inner strength, fostering equanimity as taught by Mr. Kalburgi. It's emotional, releasing tension and inviting peace, with users reporting reduced anxiety scores by 25% [8]. The fine-tuned process (equal internal/external holds) creates a meditative flow, aligning with *Swar Vigyan*'s science of breath for holistic harmony.

Benefits for Respiratory, Cardiovascular, and Mental Health

It alleviates asthma/bronchitis symptoms by improving pulmonary function [3][9]. Cardiovascular, it lowers risk factors like hypertension [1][2]. Mentally, it enhances focus and reduces depression via increase in Gamma-Aminobutyric Acid (GABA), which is the chief inhibitory neurotransmitter in the central nervous system (CNS) [5][10]. GABA functions like the brakes on a car, slowing down nerve cell activity and preventing the nervous system from becoming overstimulated [11]. Practice empty stomach after ablutions for max absorption; evening 4-6 hours post-meal if done then. Contraindications: high BP, heart issues without guidance.

How I Practice *Anulom Vilom* with *Kumbhaka*

Sit comfortably. Start with 8-sec holds, build gradually (I have reached 16-sec holds for both *Antara kumbhaka*-holding after inhalation and *Bahya kumbhaka*-holding after exhalation, so far after one year of regular practice). Inhale left (close right), hold, exhale right (close left), hold out; inhale right (close left), hold, exhale left (close right), hold out. 10-20 cycles. Fine-tuned: Equal holds, deep breaths.

Embrace Breath for Renewal

This Swar Vigyan variation is my breath anchor. Feel the balance! Visit and download my health-tip-Blogs here: [Science blog page of Explore Ikigai](#), and watch videos, follow and share my YouTube channel Explore Ikigai (<https://www.youtube.com/@Explore-Ikigai>).

Full Bibliography

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