

# **KRIYAS AND IT'S BENEFITS**

**BY**

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# INTRODUCTION

□ Kriya refers to a set of practices, mainly breath control techniques and exercises, that are practiced to achieve a specific outcome. The word is a Sanskrit term that means "completed action. “Different kinds of kriya are practised in kundalini yoga, and they involve breathing techniques, sound and physical poses. Each kriya is aimed at a specific outcome and has very specific instructions, such as the amount of time to hold each pose, point of eye contact and breath technique.

# TYPES OF KRIYAS

❑ The human body is made up of 3 essential elements. These known as Tridoshas or Vata, Pitta, and Kapha. Any disparity between these 3 components will be the cause of the diseases. These are kept balanced through some yogic kriyas. These yogic kriyas are –

1. Trataka Kriya.
2. Neti Kriya.
3. Kapalbhati Kriya.
4. Dhauti Kriya.
5. Vasti Kriya.
6. Nauli Kriya.

# TRATAKA KRIYA

- ❑ Trataka kriya for eyesight. “Constant gaze on an object or point is called Trataka kriya”.

# NETI KRIYA

- ❑ Neti kriya for upper nasal tract. Neti kriya also known as Jala Neti kriya or saline nasal irrigation. The Neti kriya is done to keep the breathing system clean and to remove toxic substances from the nasal passages. It protects you from sinus, cold, cold, pollution, etc. Doing this also makes it easier to do pranayama. The Neti kriya is performed in three ways – sutra Neti, Jala Neti, and Kapal Neti.



# KAPALABHATI KRIYA

- Kapalabhati kriya for lower respiratory tract. Kapalabhati is performed before pranayama and easy. It accelerates the entire brain and awakens the idle brain centers.

# DHAUTI KRIYA

□ Dhauti kriya for the digestive tract. Six ways of body refinement are mentioned in the Shatkarma – Dhauti, Basti, Neti, Nauli, Trataka and Kapalabhati. The meaning of dhauti is – washing, this kriya is a part of hatha yoga. This is the most important of the 6 kriyas of hatha yoga.

# PRAKSHALANA

- Prakshalana for the lower digestive tract. Vasta means part of the lower abdomen or digestive tract. Vasti yoga kriya is practiced to cleanse the lower abdomen, especially the digestive system. The Basti kriya process is performed in two ways: Jala Basti and sthal Basti.



# NAULI KRIYA

❑ Nauli kriya for abdominal muscles and internal organs. Nauli kriya is the best of kriyas. This is an important exercise for the stomach and internal organs. Navel movements are involved in this kriya. There are four types of Nauli kriya.

1. **UDDHIYANA BANDHA:-** Remove the air forcefully from the mouth and pull the Nabhi inside.
2. **VAMANAULI:-** When the Uddhiyanabandha becomes complete, leave the muscles in the middle of the stomach. The abdominal muscles will look like a long tube. Move them to the left.
3. **SOUTH NAULI:-** After that move it to the right side.
4. **MADHYAMA NAULI:-** Keep it in the middle and quickly churn the muscles by moving from right to left and from left to right.

# BENEFITS OF YOGA KRIYAS

- ☐ We can get divine knowledge through the ancient yoga method “kriya yoga”. Kriya yoga has techniques that help in awakening the sleeping consciousness and power of a person.
- ☐ In this, the seven chakras of your knowledge, intellect, and body are awakened which accelerates the process of spiritual development.
- ☐ It is one of powerful and challenging method which is the best yoga for concentration and self-awakening.

# THANK YOU

