

Viloma Pranayama

Vi = negation or privation

Loma = hair

Unit 42 [Final Unit] Intro. I

Classification: Pranayama

Main Joint Movements: n/a

References:

- Gem at
 - VI: 54, 85, 86, 88, 89, 92, 93, 307, 308, 316-319
 - VII: 54, 85, 86, 88, 89, 91, 307, 308, 318-319
- LoY at 455-457
- LoP at 146-147, 151, 286

Key Points

LOY at 129-130

- Use appropriate support.
- Close the eyes.
- Exhale quietly until the lungs feel empty.

VILOMA I

- Inhale. Pause. Inhale. Pause. Inhale. Pause.
- Continue until the lungs are completely full.
- Pause only as many times as can be done with ease.
- Exhale slowly and deeply, gradually releasing the grip of the diaphragm.
- Continue the cycle for 7-10 minutes, or as long as you do not feel fatigue.
- Then take 2-3 normal breaths.
- If finished with pranayama, do svasana.

VILOMA II

- Take a long deep breath without any pause or strain, filling the lungs completely. Lop at 147.
- Exhale. Pause. Exhale. Pause. Exhale. Pause.
- Gradually release the grip on the abdomen.
- Continue until the lungs feel completely emptied.

BOTH

- Pause only as many times as can be done with ease.
- Continue the cycle for 7-10 minutes, or as long as you do not feel fatigue.
- Then take 2-3 normal breaths.
- If finished with pranayama, do svasana.

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Common Teaching Points

- Keep the abdominal organs relaxed during exhale. Do not press down on the abdominal organs. LOY at 130.
- To pause, lightly immobilize the diaphragm. LOY at 146.
- Do not let the diaphragm loose after each pause. LOY at 146.
- Hold the extension and expansion of the diaphragm, the chest, and the sternum. Gem at 317.
- Do not puff the abdomen. Gem at 317.
- No pressure or tension in the brain. Gem at 317.

Viloma II

- Do not raise the head up. Gem at 318.
- In each retention there is firmness in the chest but it does not expand or constrict. Gem at 318.
- After each exhalation relax the head, chest and diaphragm before inhalation. Gem at 318.

Key Benefits

VILOMA I

LoP at 146

- Suitable for beginners and invalids.
- Use when suffering from fatigue, weakness, strain, or low blood pressure.

LOY at 457

- Viloma I helps those with low blood pressure.

VILOMA II

LoP at 147

- Suitable for beginners, weak persons, and invalids.
- Use when suffering from fatigue, strain, high blood pressure, or a heart complaint.
- Brings a feeling of ease and lightness to the body. Lop at 147.
- Viloma II helps those with high blood pressure. LOY at 457. Gem at 84-85.

BOTH

Gem at 319

- Attains poise in deep breathing.
- Cures shallow breath, asthma, tuberculosis, and diabetes.
- Helps women who have moods and are disturbed.

Contraindications

- LOY at 457. Those suffering from heart complaints should master ujjayi and nadi sodhana before doing viloma. Note: gem at 86 says viloma I and II may be done by those with heart disease or coronary conditions.

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Modifications

- LOY at 457. Those with high blood pressure should only do reclining viloma II.
- Gem at 317, 319. For difficulty in doing viloma I or II, alternate cycles with Ujj. I. Do equal numbers of cycles.

Neck and shoulder pain

Sore knees

Sore backs

Sore hips

Adolescence

- Do viloma pranayama for physical strength, emotional stability, and mental peace. Gem at 307.

Menstruation

***BUT Geetaji's article says do to exhaling pranayamas after ovulation through completion of menstruation. So viloma II only (not viloma I):

- Gem at 86. Viloma I and II are "especially helpful during menstruation."
- Gem at 88 says practice viloma I and II for complaints such as cramps in the muscles, pain in the stomach, waist and back, heaviness in the abdomen, and burning sensations.
- Gem at 307 says viloma I and II done during menstruation remove fatigue and check the menstrual flow.
- Helpful during premenstrual tension. Gem at 89.
- Do as part of the 4-day post menstruation sequence. Gem at 89-90.

Pregnancy

- Do viloma I and II to remove tension, bring relaxation, and make delivery easier. Gem at 307.

Post-PREGNANCY

- 2 weeks after normal delivery, do svasana + Ujj. + viloma 1-2x a day, 20-30 minutes per time. This returns the uterus to normal, strengthens the abdomen, improves the quality and quantity of milk, and relaxes the whole nervous system. Gem at 91. Gem at 307.
- After cesarean, for 2 months or until the wound heals do viloma I. Gem at 92.

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Menopause

- Do viloma to soothe the nerves and correct the functioning of the endocrine system. Gem at 93. And calm the mind. Gem at 308.

More

- When viloma is done seated, do Jalandara Banda and jnana mudra (forefinger and thumb touch LOY at 433, p21.) LOY at 456.

LOY at 127.

- All stages of pranayama begin with exhalation and end with normal inhalation. Do not end with exhalation as this strains the heart.
- Inhalation: breath touches inner surfaces of nasal passages at the bottom. Made with sibilant sound "ssss".
- Exhalation: breath touches outer surfaces of nasal passages at the top. Made with aspirate sound "hhhh".
- Do svasana at the end of pranayama practice.

LOY at 129

- Keep the eyes passive and receptive.
- Direct the gaze inward.
- Keep the inner ears alert and receptive.
- Keep the inhalations or exhalations and retentions of the same duration. Gem at 317.
- Most can do 4-5 interrupted breaths of 2-3 seconds each to start. Gem at 317.
- Do equal numbers of pauses in viloma I and II. Gem at 319.