ROLE OF KAPALBHATI IN NETRA ROGA
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ABSTRACT
Kapalbhati is one of shatkarmas i.e. yogic purification technique. Kapalbhati involves specific breathing pattern. It dries up all the disorders arising from the excess of kapha. Eyes or chakshu indriya is pitta pradhana in nature. Acharya charaka says that kapha is pradhana dosha which irritates eyes or causing eye diseases. (1) Kapalbhati increases the blood supply to urdhvajatrugata organs. It also releases the srotorodha and decreases the kapha. Hence kapalbhati helps eyes as it increases oxygen supply and nutrition to the eyes, it increases elimination of vitiated doshas, & prevents eyes from kaphaj disorders.

Keywords: kapalbhati, shatkarmas, kapha, chakshu, indriya, urdhvajatrugataroga,

INTRODUCTION
Sufferings which are yet to come or are unarrived (Anagatam) can be prevented through Yoga. Yoga is the science of living righteously and it should be incorporated in daily life as it works on all the aspects of a person: Physical, Vital, Mental, Emotional, Psychic, & Spiritual. Yoga is an essential need of today and will be the culture of tomorrow.

Yoga therapy creates balance between the nervous and endocrine systems which directly influences all the systems and organs of the body. Shatkarmas creates harmony between the two major flows, ida and pingala and balance the three doshas in the body: Vata, Pitta and Kapha. The cleansing and strengthening effects of shatkarmas are beneficial therapeutically as it promotes the health of healthy and diseased both. Kapalbhati is one of six karmas of shatkarmas, which is, a breathing technique.

Technique of kapalbhati is to Sit in a comfortable meditation asana. The head and spine should be straight with the hands resting on the knees in jnana mudra. Close the eyes and relax the whole body. Exhale through both nostrils with a forceful contraction of the abdominal muscles. The following inhalation should take place passively by allowing the abdominal muscles to relax. Inhalation should be due to effortless spontaneous recoil of the abdominal muscles.

After completing 10 rapid breaths in succession inhale and exhale deeply. Allow the breath to return to normal. This is practiced from one round up to five rounds. Beginners may take several free breaths between rounds. The number of inspiration may be increased from 10 to 50, as the abdominal muscles become stronger. Advanced practitioners can increase up to 100 breaths per round. The rapid breathing should be from the abdomen; the shoulders and face should remain relaxed.

Physiological Effects
During Kapalbhati prolonged Rechaka is not expected. Generally a little more air than in the normal gradual breathing (approximately 500 to 600 cc) is inhaled and exhaled in Kapalbhati (about 550 to 650cc). In this process particularly stomach muscles movement is more important.

There is no involvement of ribcage in Rechaka, a little movement is there. The muscles between the ribcage are pulled. This facilitates free movement of the stomach muscles as well as the diaphragm. The air is expelled through the nose after a push, so nostrils should be flared up and not contracted.

The strong Rechaka helps to create pressure of air which pushes the impurities from the breathing tube till they are thrown out of the body, also stimulate the different nadis of abdomen to improve their function and also increase the efficiency of the brain and nervous system. Kapalbhati also stimulated Drashti Nadi.

The pushes awaken Kundalini Power which is a dormant power residing near the Muladhar Chakra. That means this divine power starts climbing up the Sushumna Nadi.

During the process carbon dioxide is thrown out of the body in large quantity and in the same proportion oxygen is absorbed into the body. This increases the oxygen in the blood, hence the need for oxygen is lessened, this messages breathing center to calm down. The center becomes calm and reduces its instructions to the breathing organs. This facilitates control of the breathing organs.

Precautions: Kapalbhati should be performed empty stomach, 3 to 4 hours after meals. If practiced late at night it can decreases sleep. If pain and dizziness are experienced, stop the practice and sit quietly for some time.

Contra-indications: Kapalbhati should not be practiced by those suffering from heart disease, high blood pressure, vertigo, epilepsy, stroke, hernia or gastric ulcer. It is not recommended during pregnancy.

Benefits: Has cleansing effect on the lungs and is a good practice for respiratory disorders. It balances and strengthens the nervous system, stimulates the six chakras in body, tones the digestive organs, purifies the nadis, energizes the mind for mental work and removes sleepiness.
Probable mode of action

Kapalbhati

Posture & process
Stimulates all 6 Chakras
Excretion of Malas from nearest channels
Increases agni

Blood pushes towards the urdhvajatrugata shiras
Regulates over all activities of the body
Srotorodha Relieved
Enhances digestion & metabolism

Increases blood supply to urdhhanga
Nutrition supply
O₂ and
Amapanchana (which are diffused in all over body.)
Stores the further formation of Ama

Enhances elimination of doshas
Absorption & utilization of nutrients increases at cellular level
Enhances the activity of Nadis (Gandhari, Hastijivha, Pusha, & Alambusha Nadi)

DISCUSSION & CONCLUSION

Eyes are dominant in tejo mahabhuta, so there is fear of being afflicted with kapha. Hence the process Kapalbhati which is kaphahara in nature is good and protective for eyes. Kapalbhati improves digestion. it stimulates six Chakras in body which regulates all over activity of Body. According to yogic literature, Hata. Yoga. Pradipika. and Ghairanda. Samhitā kapalabhāti is kaphahara in nature (2,3,4). It strongly eliminates the dushita kapha and vijatiya tatva from body. Also stimulates jatharagni, stops formation of ama and enhances activity of drashti nadi; Relieves srotorodha and eliminates vijatiya tatvas from body, decreases kapha and it increases oxygen & nutrition supply to urdhvanga. So, according to above discussion Kapalbhati kaphahara in nature, it protects eye from kaphaj vikara. Because it increases oxygen and nutrition supply to urdhvanga and it also enhances the activity of drashti nadi, it promotes vision.

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