

# Chandra Bhedhana

## Lunar Breathing



**Definition:** A cooling breathing practice. *Chandra* means “moon” or “lunar”. *Bhedhana* means “to pierce”, “awaken” or “pass through”. Hence, Chandra Bhedhana means to pierce through the lunar channel.

**Benefits:** Cools excess heat in the body. Activates *ida nadi* (left subtle channel of the body).

**Instructions & Routine:** This practice is best done on an empty stomach. The technique is similar to *Nadi Sodhana*, however the inhale comes in through the left side each time. Then exhale out the right side. Sit comfortably on the floor in a cross-legged posture, keeping the spine straight. If you are not comfortable in this position, sit upright on the front edge of a chair with your feet flat on the floor. Close the right nostril with your right thumb and inhale through the left nostril. Inhale into the belly, not into the chest. After inhaling, hold your breath for just a moment. Exhale through your right nostril, while closing the left with the ring and little finger of your right hand.

Twelve rounds; e.g., in through the left nostril, out through right, is a good beginning practice.

**Indications:** Excess heat anywhere in the body, mind, emotions.

**Contraindications:** None

**Signs and Symptoms of Proper Chandra Bhedana:** Experiencing any of the above-mentioned benefits.

**Signs and Symptoms of Improper Chandra Bhedana:** Experiencing heat in the body. Headache.

**Comments:**