



BREATHING TECHNIQUES (PRANAYAM) TO COOL THE BODY DURING PREGNANCY

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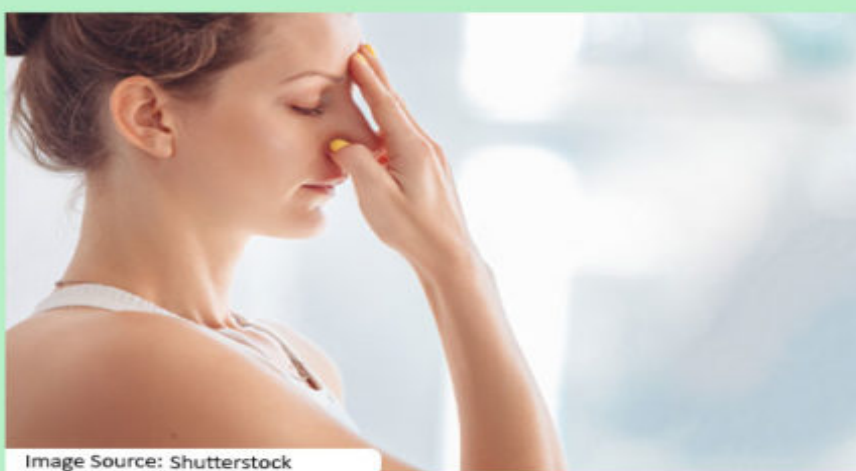


Image Source: Shutterstock

- Sit comfortably, close the left nostril with the middle and ring finger, and breathe in from the right nostril.
- Release your fingers and use your thumb to close the right nostril while exhaling from the left nostril.
- Start the next breath cycle with the left nostril and so on. Take deep breaths every time.
- Do the exercise for five minutes at a time.

Sheetali Pranayama

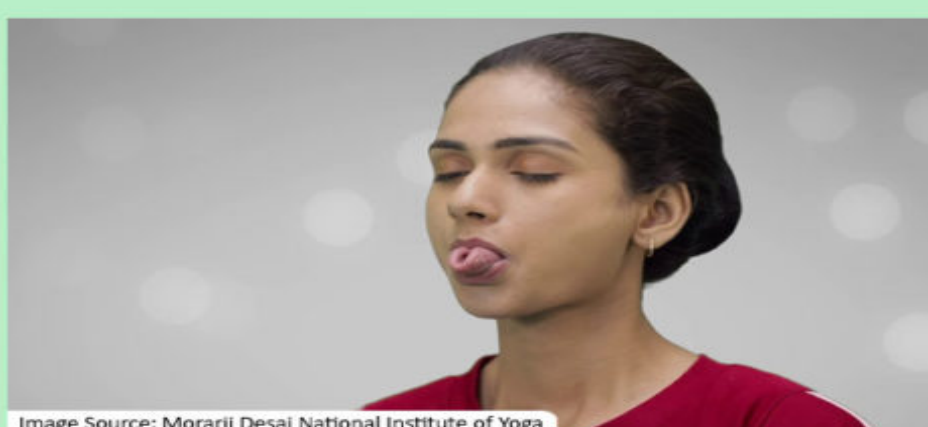


Image Source: Morarji Desai National Institute of Yoga

- Curl the sides of your tongue and breathe in through your tongue.
- When you finish inhaling, take your tongue into your mouth and seal your lips.
- Hold your breath for a moment and exhale through your nose.
- Perform five repetitions at a time.

Sheetkari Pranayama



Image Source: Ayurveda.org

- Open your mouth and clench your teeth.
- Press the tongue against the teeth and breath in through your mouth.
- Hold your breath for a few seconds and breathe out through the nose.
- Perform five repetitions at a time.

Note: These techniques are generally considered safe during pregnancy. However, take your Ob/Gyn's opinion first, especially if you have any breathing issues. Also, practice these techniques under an expert's guidance.

References

- 1 Summer, Yoga and Kitchen; The Yoga Institute
- 2 Yoga And Pranayama During Pregnancy; IJAAS