

Benefits Of Pranayama Exercises

Following benefits can be secured by one who does these exercises daily and regularly.

All the three doshas, Vata, Pitta and Kafa get adjusted in proper proportion and abnormalities in them are removed.

Digestive system improves and diseases pertaining to digestive organs are cured.

Diseases pertaining to lungs, heart and brain are also cured.

Obesity, diabetes, cholesterol, constipation, flatulence, acidity, respiratory troubles, allergy, migraine, high blood pressure, diseases pertaining to kidneys, sexual disease of males and females etc. are also cured.

Resistance against disease is stepped up. Immunity devlops.

Hereditary diseases like diabetes and heart diseases are cured.

Falling of hair in their turning prematurely grey or white, premature developement of wrinkles on the face or other parts of the body, diminution of eye sight, forgetfullness, etc. are relieved and process of aging is retarded.

Face becomes bright and luminous.

Energy chakras are cleansed and enables the practitioner to awaken the kundalini.

Mind becomes stable and tranquil a sense of contentment and enthusiasism or zeal devlops.
Conditions like depression are relieved.

Performance of Yogic exercises like meditation will be easy.

All the diseases of the physical and etheric bodies will be cured. Freedom from negative and harmful conditions like anger, greed for money, arrogance etc. will be achieved.

All the physical and mental disorders and abnormalities are cured.

Freedom from negative thinking is achieved and the mind develops the habit of positive and constructive thinking.