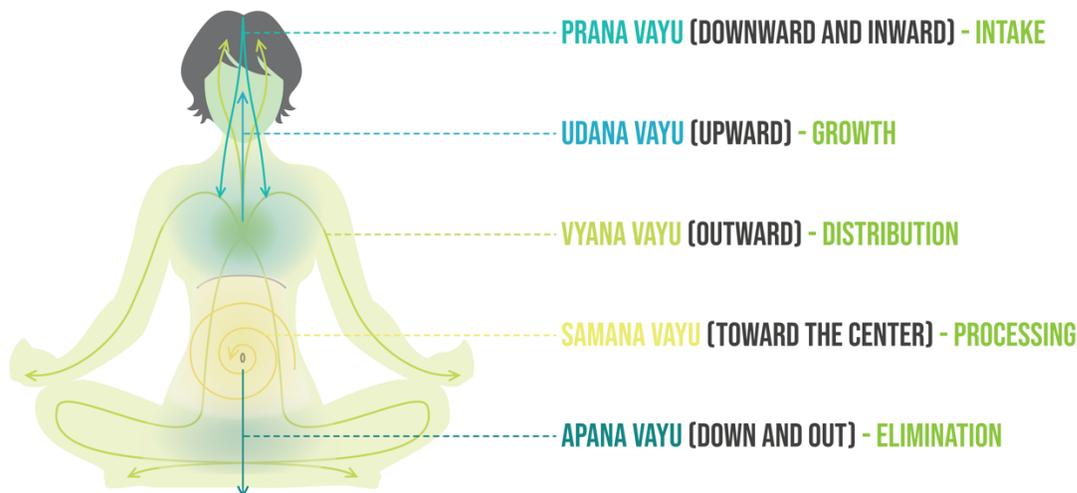


## THE PANCHA VAYU MODEL (FIVE CURRENTS OF VITAL ENERGY)

The yoga tradition recognizes that for the body to be alive and healthy you need to take nourishment in (in the form of food, water, air or experiences), then you need to process it somehow, distribute and absorb the nutrients, eliminate waste, and, as a result, heal, grow and evolve. Multiple organ systems are involved in each aspect of this process. There are specific currents of energy that guide each one of those directional movements and there are specific strategies that you can employ to facilitate healing.



### PRANA VAYU - intake



**Prana Vayu** moves downward and inward, providing the basic energy that drives us in life. It is primarily located in the head, lungs and heart. Imbalances in Prana flow can show up as:

- ANXIETY, FEAR, ANGER (HEAD)
- BREATHLESSNESS, ASTHMA, SLEEP APNEA (LUNGS)
- HEART PALPITATIONS OR STROKE (HEART)

- Emphasis on Inhalation;
- “Positive impressions”: contact with nature, visualizations, rituals;
- Sensory therapies: colors, sounds, aromas;
- Meditation (wherever space and stillness is created, Prana flows).

**PRANA BREATH:**

*Inhale:* Pull the energy in through the sensory openings in the head (nose, eyes, ears, third eye). Hold for a moment. *Exhale:* Release.

### SAMANA VAYU - processing



**Samana Vayu** moves toward the center in a churning motion. It is concentrated around the navel. It is associated with processes of digestion, absorption and assimilation. Imbalances in Samana function include:

- METABOLISM ISSUES
- POOR DIGESTION, LOSS OF APPETITE
- BLOATING

- Focus on Exhalation with progressive abdominal contraction;
- Hold after Exhale (Suspension);
- Uddiyana Bandha-like practices;
- Kapalbhati (to stimulate agni);
- Quality food, fasting.

**SAMANA BREATH:**

*Inhale:* Imagine pulling the energy in toward your belly;  
*Exhale:* Contract your abdomen, imagine the energy becoming more concentrated, hold contraction for a moment.

## THE PANCHA VAYU MODEL (FIVE CURRENTS OF VITAL ENERGY)



### VYANA VAYU - distribution

Vyana vayu moves outward in a circular, pulsating motion. It is located in the heart and lungs and is involved in cardiac activity, circulation and voluntary nervous system.

Imbalances may show up as:

- POOR CIRCULATION, BLOCKED ARTERIES, HEART ATTACK, EDEMA
- PERIPHERAL NEUROPATHY, SYMPTOMS OF MS

- Focus on Inhalation and expansion;
- Hold after Inhale (Retention);
- Using asanas as prana pumps;
- Heart opening routines;
- Prayer, ritual;
- Any activities that give you joy, touch your heart.

#### VYANA BREATH:

Place your hands on your chest. *Inhale:* Bring your arms out, expanding from the center out into the periphery and filling up the lungs. Hold 2 seconds. *Exhale:* Place your hands back on your chest. Keep your focus at the heart center.



### APANA VAYU - elimination and retention

**Apana Vayu** moves down and out. It is primarily located in the lower abdomen and is associated with functions of elimination, reproduction and bone health (regulating the absorption and retaining of minerals).

Imbalances in Apana flow can show up as:

- CONSTIPATION/DIARRHEA, IBS
- MENSTRUAL PROBLEMS, SEXUAL ISSUES
- BONE DENSITY ISSUES

- Focus on Exhalation and hold after Exhale);
- Mula Bandha-like contraction of pelvic floor muscles;
- Nourishing foods, less junk.

#### APANA BREATH:

*Inhale:* Pull the energy into your belly. *Exhale:* Direct the energy from your belly into the feet/ground; hold the air out for a moment (attention at Root Chakra).



### UDANA VAYU - growth

**Udana Vayu** moves upward and is a result of other Vayus working properly. It governs our ability to stand, our speech, effort, enthusiasm and will. It is concentrated near the diaphragm and throat and is responsible for certain respiratory functions, speech and mental functioning (it supports blood movement to the brain). Imbalances in Udana Vayu flow include:

- ASTHMA, EMPHYSEMA; STUTTERING, VOICE HOARSENESS
- DEPRESSION, POOR MEMORY, LACK OF CREATIVITY, DIRECTION OR GOALS

- Focus on Exhalation, particularly diaphragmatic breathing;
- Jalandhara Bandha-like movements;
- Chanting, singing;
- Working with all other Vayus.

#### UDANA BREATH:

*Inhale:* Breathe in through the mouth, attention at Throat Chakra. *Exhale:* Chant OM.

*Vayu breath patterns are described in **Yoga and Ayurveda: Self-Healing and Self-Realization** by David Frawley.*