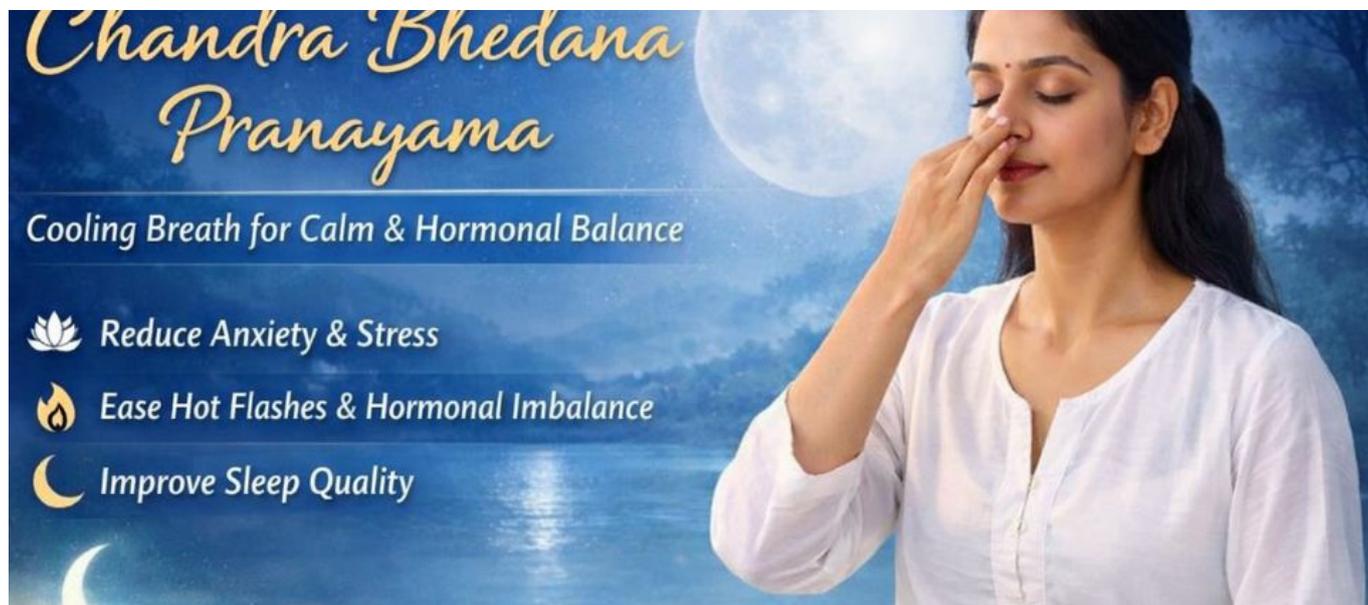




ChandraBhedhi Pranayama: Inviting the Cooling Energy of the Moon



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ChandraBhedhi Pranayama is a classical yogic breathing technique known for its cooling, soothing, and restorative effects on the mind and body. Rooted in ancient yogic wisdom, this pranayama activates the **Ida Nadi**, the lunar energy channel associated with calmness, emotional balance, and hormonal harmony.

In modern wellness practices—especially in cities like **Gurgaon, Delhi NCR**, where stress, heat, and fast lifestyles are common—Chandra Bhedana has become a valuable tool for managing anxiety, menopause symptoms, disturbed sleep, and nervous system overload.

?What Is Chandra Bhedana Pranayama

In yogic science, the breath is not merely a physical process—it is a bridge between the body, mind, and subtle energies. Among the many pranayama practices described in the ancient texts, **Chandra Bhedana Pranayama** holds a special place for its deeply calming and cooling effects.



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The word *Chandra* means **moon**, symbolizing softness, receptivity, and emotional balance. *Bhedana* means to penetrate or activate. Together, Chandra Bhedana refers to a breathing technique that activates the **Ida Nadi**, the lunar energy channel associated with calmness, intuition, and restoration.

This is especially beneficial in today's fast-paced world, where excess heat—both physical and emotional—often manifests as stress, anxiety, hormonal imbalance, or disturbed sleep.

How to Practice Chandra Bhedana Pranayama ((Step-by-Step

Begin by sitting in a comfortable meditative posture such as **Sukhasana or Padmasana**, or on a chair with your spine erect and shoulders relaxed. Close your eyes gently and bring awareness to your breath.

1. Using your right hand, **close the right nostril** with the thumb.
2. **Inhale slowly and deeply through the left nostril**, feeling the breath move smoothly into the lungs.
3. Now close the left nostril with the ring finger.
4. **Exhale gently through the right nostril**.

This completes **one round** of Chandra Bhedana.

The breath should remain slow, effortless, and silent throughout the practice. Avoid any strain or force.

?How Many Rounds Should You Do

- **Beginners:** 5-7 rounds
- **Regular practitioners:** 9-15 rounds
- **Therapeutic use (anxiety, [menopause](#), insomnia):** up to 21 rounds

It can be practiced **once or twice a day**, depending on your need and energy levels.



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Best Time to Practice:

Evening hours, before sleep, or whenever you feel overheated, restless, or emotionally overwhelmed

Benefits of ChandraBhedhi Pranayama

For the Mind and Emotions

Chandra Bhedana has a profound calming effect on the nervous system. It helps reduce anxiety, anger, irritability, and mental restlessness. With regular practice, it supports emotional stability and clarity, making it especially helpful during times of stress or transition

For the Body and Hormonal Balance

It cools excess heat in the body and can be deeply supportive for individuals experiencing **hot flashes, hormonal fluctuations, or high blood pressure**. It also aids digestion when digestive disturbances are rooted in stress or emotional imbalance

For Energy and Sleep

By activating the parasympathetic nervous system, Chandra Bhedana encourages deep relaxation and prepares the body for rest. It is a gentle yet effective practice for improving sleep quality and supporting meditation, sound healing, or other restorative therapies

Precautions and Care

Chandra Bhedana should be practiced on an **empty stomach** and in a calm environment

:Avoid or reduce the practice if you are experiencing

- Severe cold, cough, or sinus congestion
- Very low blood pressure
- Acute asthma or respiratory infection



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Extreme lethargy or depressive states •

.If dizziness or discomfort arises, stop the practice and return to normal breathing

To maintain balance, those who feel excessively cold or dull after the practice may .follow it with a few gentle rounds of **Anulom Vilom**

A Gentle Note on Pranayama

Pranayama is a **conscious dialogue with the breath**, not a performance. Results unfold gradually with consistency, awareness, and gentleness. Always honor your body's rhythm and practice under guidance if you are new or dealing with health .concerns

If you are looking for **guided pranayama sessions, menopause support, sound healing, or holistic wellness practices in Gurgaon or Delhi NCR**, personalized sessions can help you experience deeper and safer benefits of .Chandra Bhedana Pranayama

.[Book a private or group healing session](#) to restore balance, calm, and vitality

FAQs: ChandraBhedhi Pranayama

?What is Chandra Bhedana Pranayama used for .1

Chandra Bhedana Pranayama is used to calm the mind, reduce body heat, balance hormones, relieve anxiety, and improve sleep quality by activating the lunar energy .(channel (Ida Nadi

?Can Chandrabhedhi help with menopause .2

Yes, it is especially beneficial during menopause as it helps manage hot flashes, mood swings, insomnia, and hormonal imbalance by cooling the body and calming



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.the nervous system

When is the best time to practice Chandra Bhedana .3 ?Pranayama

The best time to practice it is in the evening or before bedtime, especially during
.periods of stress, emotional imbalance, or excessive body heat

?How many rounds of Chandra Bhedana should beginners do .4

Beginners should start with 5-7 gentle rounds of ChandraBhedhi and gradually
.increase as comfort and awareness improve

?Is Chandra Bhedana Pranayama safe for daily practice .5

Yes, it is safe for daily practice when done gently and correctly. However,
individuals with low blood pressure, severe respiratory issues, or acute illness
.should consult a qualified practitioner