



# Pranayama and High Blood Pressure

*A Conversation - Knoff Yoga Student Fiona May and Master Teacher James Bryan*

Hello James!

Hope you and Nicky have both been well. I have a question, in particular about pranayama.

Last week a student had just been diagnosed with high blood pressure and as we were on Vilomas, I suggested that she stick with the Ujjayi breath rather than doing the Vilomas, until she gets medical advice. I also did a little bit of research and as this week we were focusing on the Surya & Chandra Bhedana & Nadi Sodhana, I noted some websites suggesting that people with high blood pressure shouldn't do Surya Bhedana. On its own, I can understand why they suggest this, but as a whole balanced practiced together with Chandra Bhedana & Nadi Sodhana - I wonder if this is still the case? Of course, my advice to students is if they are feeling uncomfortable or strained during the practice they should return to the Ujjayi breath.

Hugs & kisses to you and Nicky!  
Fiona.

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Good Morning Fiona,

We have a beautiful, clear and sunny day @ 20.5 degrees (8 am), so looking good for some outdoor time.

Regarding high blood pressure and pranayama, let's categorize the techniques into stimulating, neutral and calming. It is only the stimulating techniques that need to be carefully introduced and observed.

Calming: Yogic Full Breath & Sitali

Neutral: Ujjayi Pranayama, Surya & Chandra Bhedana and Nadi Sodhana

Stimulating: Viloma 1, 2 & 3 (mildly) and Kapalabhati

The reason why Surya Bhedana is considered to be (mildly) stimulating is because the right nostril is the "Sun" side, while the left nostril is the "Moon" side and Alternate Nostril Breathing balances the energy between the two. But, the right side is so mildly stimulating that it is not really an issue in practice.

You are doing the right thing with advising the return to Ujjayi if there is any discomfort.

Please say hello to the Knoff Yoga group and a great big hug to everyone.

James