

**Do you do  
Kapalabhati  
breathing  
(cleanses the  
lungs)? It  
has been  
shown to be  
very healthy.**

**Summary: How to:  
Kapalabhati Pranayama:  
Start by inhaling fully,  
taking your time and  
filling up your lungs.  
Then, begin by exhaling  
shortly and sharply  
through the nose for  
anywhere from 10 - 20  
strokes (exhales). Your  
focus should mostly be  
on the exhales, letting  
your inhales happen  
naturally. Passively  
inhale, actively exhale.**

# Do you do Kapalabhati breathing (cleanses the lungs)? It has been shown to be very healthy.

Do YOU/CAN  
YOU  
DO THIS?  
SHORT  
WELLNESS  
SELF-CHECKS

Like other forms of breathing techniques go slow when introducing them and do not do too much to where you get light headed or have pain.

**How to:** Kapalabhati Pranayama: Start by inhaling fully, taking your time and filling up your lungs. Then, begin by exhaling shortly and sharply through the nose for anywhere from 20 to 50 strokes (exhales). Your focus should mostly be on the exhales, letting your inhales happen naturally. Passively inhale, actively exhale.

**Benefits:** There is a great deal of research that supports this type of breathing. [Please see source](#). Kapalabhati is derived from two words: *kapala*, which means *skull*, and *bhati*, which means *to illuminate*. Kapalabhati is designed to accelerate breath from the lower abdominals into the skull, supporting healthy drainage of toxins from brain lymphatics, also known as glymphatics. Kapalabhati is a rapid nose breathing or pranayama exercise where a normal inhalation is followed by a forceful exhalation. During normal respiration, the exhalation is more passive, driven primarily by the relaxation of the diaphragm, and the inhalation is more active, as a result of contraction of the diaphragm. During kapalabhati, the abdominal muscles, the secondary muscles of breathing, are engaged to elicit a forceful exhalation. Contracting the abdominal muscles during kapalabhati creates pressure to the abdominal organs in the form of a **health-promoting visceral massage**, while boosting the rest-digest-repair parasympathetic nervous system. Studies find that kapalabhati produces **emotional stability and improved stress-handling ability**. Elevated parasympathetic activity has been linked to better oxygenation of the brain and heart, while maintaining a low heart rate—thus the name *kapalabhati* or *skull illuminating*. **During kapalabhati pranayama, all five lobes of the lungs are oxygenated, whereas during normal respiration, the lower lobes of the lungs are unused and considered dead space**. Oxygenating the dead space not only boosts oxygenation potential of breathing, but enhances detoxification and fat burning supposedly weight loss potential found mostly in the highly vascularized lower lobes of the lungs. The forceful nature of kapalabhati increases blood supply and circulation to the abdominal organs and glandular system, supporting their healthy and normal function. [Kapalabhati pranayama: An answer to modern day polycystic ovarian syndrome and coexisting metabolic syndrome?](#)