Prana Practice Card: Five Vayus and Gentle Breath Routine

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1. The five vayus at a glance (as yogic and Ayurvedic tradition describes them)

Vayu	Direction	Region	Traditional functions
Udana	Upward	Throat, head	Speech, effort, exhale
Prana	Inward	Chest, heart	Inhalation, taking in
Samana	Centering	Navel, belly	Digestion, assimilation
Apana	Downward	Pelvis	Elimination, grounding
Vyana	Outward	Whole body	Circulation, movement

2. Gentle slow breathing routine (3 to 5 minutes, through the nose)

1. Settle	2. Observe	3. Lengthen	4. Repeat	5. Return
Sit upright and comfortable, hands on thighs.	Six normal breaths. Just notice.	Inhale for 4, exhale for 6. No holding.	Continue 3 to 5 minutes, quiet and easy.	Let breath return to normal. Stand slowly.

About six breaths a minute. Too long? Use 3 in and 4 out. Comfort matters more than the count.

3. Safety checklist: avoid forceful breathing and breath holds, and ask your doctor first, if you

[ ] Are pregnant [ ] Have high blood pressure, heart disease or a history of stroke

[ ] Have glaucoma, a detached retina or recent eye surgery [ ] Have epilepsy or panic attacks

[ ] Have a hernia or recent surgery [ ] Have asthma, COPD or another lung condition

Stop at once if dizzy, lightheaded, tingly, short of breath or panicky. Chest pain or severe breathlessness: seek emergency care.

4. 14-day practice log

Day	Date	Minutes	Count used	How I felt after (one word)
1				
2				
3				
4				
5				
6				
7				
8				
9				
10				
11				
12				
13				
14				

Slow breathing is linked to calmer physiology in small studies (Zaccaro et al., 2018). Breathing practice is an add-on to medical care, never a replacement (NCCIH).