

### **The following was added on 5/15/2020:**

There is a very useful update to the video posted below on 3/29/2020 (thanks to late Patrick Delaney).

<https://www.youtube.com/watch?v=X5QYsxdFLkl>

**In this document if the links do not work, cut and paste them into youtube.com**

To recap what I had discussed in the class after that date, while I agree with what this doctor is saying, I think in yoga we want to go a little further. Largest amount of air going into the lungs goes into the lower back of the lungs; therefore, what this doctor is emphasizing is very good. However, from yogic point of view what is missing is the most stale and unused part of the lungs in most people is **the clavicle area**. While the volume capacity in that area is less, lack of use of that area allows the lung infection to find a residence there. That is why in pranayama we must pay attention to that area.

### **The following was added on 4/21/2020:**

<https://www.nytimes.com/2020/04/20/opinion/coronavirus-testing-pneumonia.html>

<https://www.youtube.com/watch?v=sQwheE7wJZY>

### **The following was added on 4/3/2020:**

- a. Hydroxychloroquine is found 100% in Kalonji seed. It has been recommended by some to take 10 or so seeds with honey every day.
- b. Use Betadine gargle <https://www.amazon.com/Betadine-Gargle-refreshingly-flavoured-therapeutic/dp/B078LN28SJ> twice daily from your pharmacy.

**Following was last updated on 3/29/2020:**

- a. Here is a link I found very useful from a doctor who deals with the Coronavirus on a daily basis in New York

[https://www.youtube.com/watch?time\\_continue=3&v=WxyH1rkuLw&feature=emb\\_logo](https://www.youtube.com/watch?time_continue=3&v=WxyH1rkuLw&feature=emb_logo)

- b. One catches the infection through mouth, eyes and nose. Nose being the prominent one, to minimize this, every time you go out (avoid going out when you can), take some castor oil in a bottle. Deep your right small finger into the oil and apply it deeply and evenly in the right nostril. Do the same with the left small finger in the left nostril. Please understand this is not a full proof method, just an additional precaution. Basically, any oil will help; castor oil is recommended because it more viscous.

c. YOGA:

There is a whole list of yoga practices recommended for Breathlessness, Cold, Cough, etc. in Light on Yoga. While all these may be helpful, please bear in mind that it is not about knowing the names of the postures and pranayamas to practice BUT one has to know how to do these correctly using proper props and do them without exceeding one's capacity. Such practice of "exceeding" can be done ONLY under the guidance of a competent teacher. Otherwise the guidelines I would suggest are:

- a. The practice must help make the breath deeper.
- b. It must help make the blood circulation better; exception would be for some types of cancer where better circulation can spread cancer.
- c. Stay within the proper movement of the head diaphragm in response to the breath. Attempt to work through the bones using weights as necessary

## 1. Hasta uttanasana (Raised hands pose)

Stand with hands loosely along the hips. Cross the arms, right arm overlapping the left, hands hanging loosely this way across the thighs.

Raise arms to shoulder level, as you inhale. Exhale. Inhaling raise arms overhead, to cross them above the head.

Tilt your head up lightly, to look at palms. Exhaling drop them back towards the thighs. Do this 5 times. Switch the arms, so left arm is over the right, and repeat.

Benefits: One of the easiest of the poses, good for overall health and is even said to cool the brain.

It enhances blood flow to the upper body, and is said to power the lungs. It will help the lungs stay strong under attack.

## 2. Kandharasana (Shoulder pose)

Lie on your back, legs folded at knees. Ensure knees do not drop the side.

You may hold a cushion or a foam yoga block between the knees to ensure this.

Arms are alongside the body. Palms reach out to hold the ankles. If not possible, keep them flat on the ground, close to the hips.

Inhale, raising your hips up. Exhale, drop them down. Do this 5 to 10 times. Take a short break. Do another set.

You may also, after sufficient practice, progress towards holding the pose statically.

Benefits: This softly impacts the thymus gland, involved with producing T cells, or immune cells that is your body's defense mechanism.

The thymus begins to shrink with age, and by puberty it has shrunk substantially.

This explains why the elderly are most susceptible to infections and less agile with recovery.

Scientists have known for long that thymus can regenerate itself back to original glory.

Though there is a lot of work happening at a medical/lab level, in yoga this thymus-regeneration is believed to be initiated through chest-opening poses.

Benefits: This is the simplest of the chest openers and is an in-between pose between inversions and their recovery.

It is also the least contraindicated and used to heal heart patients as well. This works the entire chest region powerfully.

### 3. Jal neti/Nasal cleansing (with pot)

This is a powerful way to keep your sinus cavities clean. This is the entry point for most diseases.

Intriguingly, this practice also helps eyes. As such the current news is that the virus enters the body even through the eyes. This practice is best done under the guidance of a yoga teacher.

Half a litre of lukewarm (distilled water), one teaspoonful salt, a jal neti pot with a proper nozzle (not too wide since for a beginner this can be daunting).

Done morning, at the time of tooth-brushing. In the evening, after returning home (but not immediately before sleep, since it will wake you up).

Benefits: The salt in the water is anti-germ and can prevent overgrowth of virus, bacteria, fungus and protozoa. It also calms the nerves.

#### 4. Kapalabhati (skull cleansing breathing practice)

Pranayama is very important to remove stress, prevent and repair.

This is a mild hyperventilation. Sit in a meditative posture. Hands in mudras on the knees, eyes shut.

Inhale and exhale, as preparation. Gently exhale continuously for 10 to 15 times. Stop. Do thrice.

Over a few days, if you feel comfortable, you may increase the hyper ventilation in each round to 60.

Avoid: If having extremely high BP or a heart condition.

Benefits: This is the most immune-boosting of all pranayamas. Umpteen researches have shown that organized breathing impacts not just the lungs but the brain as well.

Calming or engaged breathing techniques impact the brain's soft pulse against the dura mater (the leathery membrane underneath of the skull and which is said to be thick with lymphatic drainage vessels); causes powerful pulse in the flow of the cerebral-spinal fluid.

And when is relaxed, it switches on the parasympathetic nervous system of the body.

This mild hyperventilation, by mimicking stress, actually helps the body find an outlet for extreme anxiety.

#### 5. Meditation in supta baddhakonasana (Lying locked angle pose)

Meditation is known to boost T-cell production. Lots of research show that meditation is not just mumbo-jumbo but creates a positive biological impact that protects you from wear and tear, revives your body's parasympathetic system.

Lie down on your back. Bring the soles of the feet together. Keep the palms facing up, beside the body. Or flat on the belly. Shut your eyes. Lie in this posture for 5 minutes at least.

Focus on your belly's soft up and down movement. If you have spiritual chant you may mentally repeat it. (Set your timer for 5 minutes. And resolve not to budge for this entire period).

Benefits: During sleep, the microglia which boost the immune functions of the brain (yes, it is very intimately involved with your immunity) are said to be activated.

Meditation replicates the effects of sleep, and potentially has a similar impact. I say this with confidence because several researches have proven that meditation boosts the level of T cells/immune cells in your body.

- Ideally, your practice duration should be 30 minutes at least for it to be effective.
- Focus on chest-openers because they strengthen the lungs (this is a virus that plays havoc with the respiratory system).
- Chest-openers and backbends power the thymus gland also. It is involved with your immunity.
- Use a few forward bends as break or recovery poses in between

Remember this is yoga practice. See that breath repeatedly reflects devotion an surrender to Divine will.