

Yoga Breathing Exercises to Improve Lung Capacity

Yoga is a mixture of certain physical movements with the right breathing techniques that helps the human body to maintain the right posture. Yoga has been around for centuries and is one of the most popular ancient practices that has paved its way into the modern world. People all over the world have adopted yoga as their own due to its tremendous health benefits, and the popularity of this practice is not going to decline anytime soon.

Yoga can help in many ways, but amongst them, one of the most popular health benefits of Yoga is that it helps to increase lung capacity and aids in proper breathing for people that have breathing troubles.

Why Should We Practice **Yoga For Breathing** Exercises?

Currently, we are going through the Coronavirus Pandemic-the most severe pandemic in the last 100 years. People all over the world are struggling to cope with it. As we all know the Covid19 virus attacks the human respiratory system, people everywhere are having trouble breathing which is giving rise to several other issues. Lung capacities are being diminished by this virus, and people are losing their lives due to this.

The **Yoga for breathing** exercises comprise a set of positions and techniques that can help increase our lung capacities. These **yoga breathing exercises** can help you survive the deadly Covid19 pandemic and it promotes overall good health. Practicing these Yoga for breathing exercises daily can help you stay safe, secure, and healthy, and in such perilous times, that is invaluable.

7 Yoga Asanas For Breathing:

1. **Sukhasna:** Sukhasana is one of the best **Yoga asanas for breathing**. You would need to sit straight and cross your legs above one another, in a meditative pose. You should hold your left wrist with your right hand which should be placed on your back. Then you should start to inhale, and while doing so, make sure that your shoulders stretch backward.

While exhaling, you should roll your shoulders down to your back. After this try to touch your right forehead to your right knee. Do this again with your left forehead and your left knee. This asana has proved itself to be immensely helpful in treating lung diseases.

2. **The Cobra Pose:** To do this pose, you need to lie flat on your stomach with each of your hands placed on either side of your shoulders. Slowly lift the upper half of your body from the ground while keeping the lower half firmly in the same position.

Raise your head and look at the ceiling while keeping your shoulder blades pressed against your back. Hold this pose for at least 30 seconds and breathe normally. This **Yoga for lungs** exercise helps in strengthening the spine and stretches out the lungs, which helps in breathing.

3. **Sitali Pranayama:** This **Yoga for lungs** exercise can be done during any time of the day, especially if you are stressed. All you need to do is sit with your back straight, with your arms on your lap. Then you should slightly lower your chin, curl up the tongue and bring it slightly out of your mouth, in a straw-like position. Inhale slowly through your mouth, and once you have inhaled, exhale with your nose normally. This is an effective **Coronavirus Breathing Exercise**.
4. **Sitkari Pranayama:** This is an extremely easy breathing exercise. You will have to breathe in air through the gap between your upper and lower teeth, while your tongue is placed at the back of the teeth. After inhaling you should feel the cold air rushing through your tongue, and then close your mouth. Exhale through your nostrils slowly, around twice the length of your inhalation. This easy Yoga for breathing can help you against any lung anomaly, and it can also help in reducing stress.
5. **Matsya Asana:** This is the popular fish pose and is a wonderful **yoga for breathing**. For this, you will have to lie on your back and fold your arms underneath the body. Lift your head and your chest while you inhale while keeping the rest of the crown head on the ground while you form an arch. Inhale and exhale deeply, and hold this position for as long as you are comfortable. This position is known as the 'destroyer of all diseases and is a powerful breathing exercise for all.
6. **Setubandh Asana:** This position is also known as the "Bridge Pose". To do this you will have to lie on your back with your knees bent and your feet apart. Raise the hips off the ground while keeping the feet and shoulders firmly on it. Inhale while you are raising your hips. Take five deep breaths in this position to improve your overall lung capacity.

7. **Padma Sarvangasana:** This is one of the most popular **Yoga breathing exercises**. You should start this exercise with a supported headstand. While exhaling, try to make your right ankle touch your left thigh and your left ankle touches your right thigh.

You can use your hands if you need back support. Hold this position for a while, and breathe in and out deeply. This popular yoga asana helps in expanding the lungs which help in the smooth and easy passage of air to and from the lungs. Practicing this daily can help with any breathing trouble you may have.

How Many Times Should You Practice These **Yoga Asanas For Breathing?**

There is no set time or number when it comes to yoga exercises. It is recommended to practice these asanas at least once a day to see quick results. But in case you don't have enough time to do these every day, you can make a schedule and follow it. The most important thing to remember here is to have patience, as it takes a while to see results.

Conclusion

Practicing yoga has many benefits, and it can positively change your life. Yoga can help you deal with numerous diseases, and can promote good heart and lung health. So make sure that you stay on the path of yoga and win the battle against the coronavirus pandemic that is raging throughout the country.