

# Pranayama Breath Ratios

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**Samavritti: *equal wave*** (balanced energy)

| Brahmana Side           |                                     | Langhana Side            |                                       |
|-------------------------|-------------------------------------|--------------------------|---------------------------------------|
| Inhale<br><i>puraka</i> | Retention<br><i>puraka kumbhaka</i> | Exhale<br><i>rechaka</i> | Suspension<br><i>rechaka kumbhaka</i> |
| 1                       | 0                                   | 1                        | 0                                     |
| 1                       | ½                                   | 1                        | ½                                     |
| 1                       | 1                                   | 2                        | 0                                     |
| 1                       | 1                                   | 1                        | 1                                     |

**Brahmana: *to build*** (increase lack)

| Brahmana Side           |                                     | Langhana Side            |                                       |
|-------------------------|-------------------------------------|--------------------------|---------------------------------------|
| Inhale<br><i>puraka</i> | Retention<br><i>puraka kumbhaka</i> | Exhale<br><i>rechaka</i> | Suspension<br><i>rechaka kumbhaka</i> |
| 1                       | ½                                   | 1                        | 0                                     |
| 1                       | 1                                   | 1                        | 0                                     |
| 1                       | 2                                   | 2                        | ½                                     |

**Langhana: *to reduce*** (decrease excess)

| Brahmana Side           |                                     | Langhana Side            |                                       |
|-------------------------|-------------------------------------|--------------------------|---------------------------------------|
| Inhale<br><i>puraka</i> | Retention<br><i>puraka kumbhaka</i> | Exhale<br><i>rechaka</i> | Suspension<br><i>rechaka kumbhaka</i> |
| 1                       | 0                                   | 2                        | 0                                     |
| 1                       | ½                                   | 2                        | ½                                     |
| 1                       | 1                                   | 2                        | 1                                     |