



# A conceptual study on Tri Bandha

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## ABSTRACT

*Tri Bandha is a yoga technique that involves the contraction of three specific muscle groups in the body, namely the Mula Bandha, Uddiyana Bandha, and Jalandhara Bandha. These three locks are commonly used in yoga and are believed to regulate the flow of prana or vital energy throughout the body. The Mula Bandha involves the contraction of the pelvic floor muscles, the Uddiyana Bandha involves the contraction of the abdominal muscles, and the Jalandhara Bandha involves the chin lock by bringing the chin towards the chest. Tri Bandha is considered to be a powerful practice that can help increase energy flow, balance the endocrine system, and promote physical and mental health. It is often used in conjunction with pranayama or breath control exercises and is best learned under the guidance of a qualified yoga teacher.*

## INTRODUCTION

Bandhas are important techniques in the practice of Yoga that involve the contraction and relaxation of specific muscles in the body. The word "Bandha" comes from the Sanskrit root 'bandh,' which means to bind, hold, or tighten.

Tri Bandha is a term used in the practice of yoga to refer to the three locks or Bandhas, namely Mula Bandha, Uddiyana Bandha, and Jalandhara Bandha. These Bandhas are important in the practice of Pranayama and Asanas in Yoga. This paper aims to provide an overview of the three Bandhas, their benefits, and how to practice them.

Mula Bandha is a fundamental aspect of yoga practice that has been taught for centuries in traditional Hatha Yoga.<sup>1</sup> The word Mula Bandha is derived from Sanskrit,

where Mula means 'root' or 'foundation,' and Bandha means 'lock' or 'bond.' The practice involves engaging and lifting the muscles of the pelvic floor, which supports the lower abdominal organs and helps to stimulate energy flow throughout the body. This technique is one of the three essential Bandhas, including Uddiyana Bandha (abdominal lock) and Jalandhara Bandha (throat lock), that are used in the practice of yoga to balance the flow of Prana (life force energy). Mula Bandha is also known as the root lock and is located at the base of the spine. To practice this Bandha, the practitioner needs to contract the muscles of the perineum, which is the area between the anus and the genitals. The contraction of these muscles helps to activate the Muladhara Chakra, which is the root Chakra located at the base of the spine. The activation of this

Chakra is believed to help in grounding the practitioner and providing a sense of stability and balance.

Mula Bandha is beneficial in the practice of Asanas as it helps to stabilize the body and improve posture. It is also believed to help in the prevention of injuries and provide support to the lower back. In the practice of Pranayama, Mula Bandha helps to regulate the flow of energy and improve concentration.

Jalandhar Bandha is an important aspect of Yoga practice that is often mentioned in traditional texts but is often overlooked by modern practitioners. Jalandhar Bandha is a Sanskrit term that translates to 'throat lock,' and it refers to a muscular engagement of the throat and neck muscles. In this research paper, we will explore the origins and benefits of Jalandhar Bandha, as well as how to practice it safely and effectively. Jalandhar Bandha is also known as the throat lock and is located at the base of the neck. To practice this Bandha, the practitioner needs to sit in a comfortable position and then lower the chin towards the chest. Then, the practitioner needs to press the tongue against the roof of the mouth and contract the muscles of the throat. This creates pressure in the area of the throat, which helps to regulate the flow of energy and improve the function of the thyroid gland. Jalandhar Bandha is beneficial in the practice of Asanas as it helps to improve the alignment of the neck and the spine. It is also believed to help in the prevention of thyroid problems and improve the overall health of the practitioner. In the practice of Pranayama, Jalandhar Bandha helps to regulate the flow of energy and improve the capacity of the lungs.

Uddiyana Bandha is a yoga technique that is often practiced alongside Pranayama (breathing exercises) and meditation. Uddiyana Bandha is a Sanskrit term that translates to 'flying upward lock,' and it refers to a technique that involves a voluntary contraction and upward movement of the diaphragm muscle. It is also known as the abdominal lock and is in the area between the ribcage and the navel. To practice this bandha, the practitioner needs to exhale completely and then pull the abdominal muscles inwards and upwards towards the spine. This creates a vacuum in the abdominal cavity, which helps to massage the internal organs and improve digestion. Uddiyana Bandha is beneficial in the practice of Asanas as it helps to improve core strength and stability. It is also believed to help in the prevention of digestive problems and improve the overall health of the

practitioner. In the practice of Pranayama, Uddiyana Bandha helps to increase the capacity of the lungs and improve the flow of energy.

### **History of Bandhas:**

The practice of Bandhas dates to ancient texts such as the Hatha Yoga Pradipika,<sup>1</sup> which was written in the 15th century. These texts describe Bandhas as techniques that can help to control the flow of Prana (life force energy) in the body and promote spiritual awakening. Bandhas are also mentioned in other texts such as the Gheranda Samhita<sup>2</sup> and the Shiva Samhita<sup>3</sup>.

These texts describe Mula Bandha to activate the root Chakra, the energy center located at the base of the spine, which is associated with stability, grounding, and physical vitality. The practice was also used to promote sexual health and to control the flow of sexual energy in the body, as described in the Tantric texts.

The Hatha Yoga Pradipika describes Jalandhar Bandha as a technique that can help the practitioner control the flow of Prana (life force energy) and awaken Kundalini (powerful spiritual energy) that lies dormant at the base of the spine.

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### **Benefits of Bandhas:<sup>4</sup>**

Bandhas have many physical and spiritual benefits. Physically, they can help to strengthen the muscles of the pelvic floor, abdomen, and throat, improve digestion and elimination, and increase blood flow to the targeted areas. They can also help to release tension and improve posture. Spiritually, the practice of Bandhas is said to help awaken Kundalini energy and promote a sense of inner peace and harmony.

### **Benefits of Mula Bandha:**

The practice of Mula Bandha is said to have numerous physical, mental, and spiritual benefits. Some of the potential benefits include:

1. Improved physical stability: Engaging the muscles of the pelvic floor can help to improve posture, balance, and stability in Yoga postures and daily life.
2. Increased energy flow: Activating Mula Bandha can help to stimulate the flow of Prana

throughout the body, which can improve vitality and overall health.

3. **Mental focus:** The practice of Mula Bandha can help to develop concentration and focus, which can be useful in meditation and other mental practices.
4. **Sexual health:** The practice of Mula Bandha can help to strengthen the muscles of the pelvic floor, which can improve sexual function and reduce the risk of incontinence.

#### **Benefits of Jalandhar Bandha:**

Jalandhar Bandha has many physical and spiritual benefits. Physically, it can help to stretch and tone the neck muscles, which can improve posture and reduce tension headaches.<sup>5</sup> It can also stimulate the thyroid gland, which can improve metabolism and overall health. Spiritually, the practice of Jalandhar Bandha is said to help awaken Kundalini energy and promote a sense of inner peace and harmony.

#### **Benefits of Uddiyana Bandha:**

Uddiyana Bandha has many physical and spiritual benefits. Physically, it can help to strengthen the diaphragm muscle and improve digestion, which can alleviate digestive problems such as constipation and bloating. It can also stimulate the abdominal organs and increase blood flow to the digestive system, which can improve overall health. Spiritually, the practice of Uddiyana Bandha is said to help awaken Kundalini energy and promote a sense of inner peace and harmony.

#### **How to Practice Bandha:<sup>6,7</sup>**

**Mula Bandha:** To practice Mula Bandha, first find a comfortable seated or standing position. Close your eyes and bring your awareness to your pelvic floor muscles. Inhale deeply, and as you exhale, gently contract these muscles, as if you are trying to stop the flow of urine or hold in a bowel movement. Hold the contraction for a few seconds, and then release it on the inhale. Repeat this cycle for several rounds of breath, gradually increasing the length and intensity of the contraction over time.

**Jalandhar Bandha:** To practice Jalandhar Bandha, first find a comfortable seated or standing position. Sit up tall and draw the shoulders down and away from the ears. Tilt the chin down slightly and bring the chin and throat

back towards the spine. Hold this position for a few seconds, and then release on the inhale. Repeat this cycle for several rounds of breath, gradually increasing the length and intensity of the contraction over time.

**Uddiyana Bandha:** To practice Uddiyana Bandha, first find a comfortable seated or standing position. Take a deep inhale through the nose, and exhale completely through the mouth. After exhaling, hold the breath out and engage the abdominal muscles, drawing them in and up towards the spine. Hold this position for several seconds, and then release on the inhale. Repeat this cycle for several rounds of breath, gradually increasing the length and intensity of the contraction over time.

#### **Safety Precautions:<sup>8</sup>**

It is important to practice Mula Bandha safely and avoid overexertion or strain. If you have any pelvic floor issues or medical conditions, it is recommended that you consult with a healthcare professional before attempting Mula Bandha. It is also important to avoid practicing Mula Bandha during pregnancy, as it can put undue stress on the pelvic floor muscles.

It is important to practice Jalandhar Bandha safely and avoid overexertion or strain. If you have any neck or spine issues or medical conditions, it is recommended that you consult with a healthcare professional before attempting Jalandhar Bandha. It is also important to avoid practicing Jalandhar Bandha if you have high blood pressure, as it can temporarily raise blood pressure levels.

It is important to practice Uddiyana Bandha safely and avoid overexertion or strain. If you have any abdominal or digestive issues or medical conditions, it is recommended that you consult with a healthcare professional before attempting Uddiyana Bandha. It is also important to avoid practicing Uddiyana Bandha if you are pregnant or menstruating.

#### **CONCLUSION**

Tribandha is an important aspect of the practice of yoga, which helps to improve the physical, mental, and spiritual health of the practitioner. Mula Bandha, Uddiyana Bandha, and Jalandhara Bandha are the three locks or bandhas that are essential in the practice of pranayama and Asanas. These Bandhas help to regulate the flow of energy, improve the function of the internal organs, and provide support to the body. Practicing Tri Bandha regularly can help to improve the overall health and well-being of the practitioner.

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