

# Agni Sara

**Definition and Benefits:** to cleanse the essence of fire, Agni. Kindles digestive fire agni, burns fat from the abdominal region, stimulates appetite, balances metabolic fire, all bodily Agni is balanced, clears ama from the tongue, liver and spleen. Beneficial for most digestive disorders, strengthening the muscles.

**Instruction:** *Must be done on an empty stomach and AFTER a full exhalation.*

1. Sit in a comfortable position with spine aligned.
2. Inhale fully and exhale to empty all of the air out.
3. At the end of the exhalation expel out any residual air and then hold the breath out.
4. With the breath held outside (*bahir kumbhaka*– external breath retention) pump or contract the belly area including the diaphragm in and up.
5. Feel that you are massaging all of the digestive organs in and up.
6. After completing 3 to 10 repetitions, stop relax.
7. Breathe in and out normally.

**Progression:** begin with three and progress one per week until reaching 10.

**Indication:** digestive distress, ama conditions, excess abdominal fat, sluggish digestion.

**Caution & Contraindications:** cardiovascular disorders, glaucoma, detached retina, high or low blood pressure, menses and pregnancy.

**Signs and Symptoms of Improper Agni Sara:** diarrhea, inflammation, excess heat, headache.