

PATENT PENDING
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A World Of New Yoga Products



**nulom
ilom
YANTRA**



MAKE YOGA EASY

Anulom Vilom

The benefits of doing pranayam are that it is helpful in curing various diseases. This has been proven by respected Swami Ramdev Ji through a number of evidences. But we people don't give time to pranayam as recommended by Swami Ramdev Ji. People do Bhastrika and Kapalbhati for the optimum time but become lazy while doing Anulom vilom and do it for just 4-5 minutes. This happens because our arms get restless and we feel shy doing it publically. When we leave Anulom Vilom incomplete then the Bhastrika and Kapalbhati we have done earlier are not that beneficial. Hence the diseases take more time to get cured. After 3 years of research and development and with God's grace Anulom Vilom helping Yantra (device) has been made. With its help you can do Anulom Vilom in train, bus, car, home, office or at any place you want to and for as long as you want. Doing Anulom Vilom continuously for 30 minutes results in faster curing of diseases. In 3 years of research and development the experiments we have performed have given us magical results. So, when you will do Anulom Vilom continuously for 30 minutes then you will realize it for yourself and will be forced to tell others.

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BENEFITS OF ANULOM VILOM

- Due to increased oxygen intake during this pranayam exercise one feels clear headed and calm.
- Regular practice helps in relieving stress, cold, mild fevers, eye and ear problems etc.
- This is even found to be helpful in curing migraines, chronic sinus problems, blockages in the arteries of the heart is removed and blood circulation also improves.
- It also helps to change the thoughts in your mind from negative to positive.
- But it is only the regular practice of this pranayam for at least 10-15 minutes twice a day that provides you with the most benefit s.
- This even provides benefit in obesity, constipation, gastric problems, diabetes, allergic problems, asthma, snoring, concentration and even cancer and AIDS.
- This even benefits in cardiovascular disorders, high BP, heart blockage, arthritis, for the stretching of cartilage, ligaments, paralysis, migraine pain, depression, asthma, allergy and sinus.
- Regular practice of this pranayam has the capacity of cleaning all your innumerable nadis, which makes the body healthy, lustrous and strong.
- This is also very beneficial in most of the disease occurring due to the disturbance of 'Vata Dosha' like rheumatism, gout, diseases pertaining to urinary and reproductive organs are cured.

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HOW TO USE

• After doing Bhastrika and Kapalbhati for optimum time, attach the battery box on the yantra fully sliding its left stick into the loop made on the battery box (fig.1) Then fit the connector into the jak (fig.2). Place the Anulom Vilom Yantra (device) on your ears and bring it down from your forehead towards your nose in such a manner that your nose comes right between the butterfly. The butterfly has an iron wire so that you can adjust it according to your nose.



(Fig no.1)
Stick Loop Battery
Connector (Fig no.2)

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• When it fits fully press the red button to turn it ON (if you feel that the glasses are loose than you can wear a headband or tie a cloth on your head). When the yantra (device) starts working let it work side to side twice or thrice and when your right nostril is pressed than inhale slowly from your left nostril and fill your lungs completely and wait for the left nostril to be pressed. When the left nostril gets pressed then release the air from right nostril and again from this (right) nostril inhale and when your right nostril gets pressed then exhale from your left nostril and thus the process of Anulom Vilom starts. Close your eyes and with full concentration do Anulom Vilom for 20-30 minutes (to learn the Anulom Vilom you can buy CD of respected Swami Ramdev Ji's CD).

• According to the Yog Guru the optimum time for inhaling and exhaling is 5-6 seconds i.e. 2½-3 seconds for inhaling and 2¼-3 seconds for exhaling but if you want you can adjust the regulator according to your convenience (After adjusting the regulator the yantra (device) will run at its old speed twice and than for the third time it will start running on new speed.

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WARNING

- Do not run the Yantra (device) empty. Place it on your nose and turn it On and turn it OFF before removing, else the Yantra (device) can stop working.
- Keep it from falling to the ground.
- Keep it away from water.
- Respect the rules and regulations of the yoga camps and do not use without the consent of yog guru. Pranayam and asanas are practiced periodically in camps so there is no need of the yantra (device) in yoga camps.

If your yantra (device) is not working

- Check the connection
- Check the batteries

For Your Suggestions To Improve The Working Of The Yantra (device)
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INSPIRATION

In year 2006 like everyday I was doing yoga with respected Swami Ramdev Ji through Aastha channel. After Bhastrika and Kapalbhati swami ji said that lets do Aunlom Vilom but people were least interested and I laughed but this truth affected me deep inside because even I got lazy while doing Anulom Vilom for 5 minutes. I used to see my watch twice to see whether 5 minutes are over or not. After doing it for 5 minutes it felt like I have done a very tiring job.

But after hearing Swami ji's words thought came to my mind that why don't we do Anulom Vilom for the optimum time? My mind answered back that the arms get tired and people feel shy doing Anulom Vilom with raised arms in front of other. Then it struck my mind that there should be a device that automatically closes and opens the nostrils. Then Anulom Vilom can be done for as long as you want. Then my brain started to think about the making of the device. I had interest in mechanical things since childhood and would keep making different things.

After 3 or 4 days the design was ready in my mind. I went to Haridwar to meet Shri Acharya Bal Krishna Ji and I told him about my idea. Acharya Ji encouraged me and increased my confidence. Returning back home I took some parts from old toys, bought some from market and made some myself. After 15 days of hard work a model was ready and I took that model to Acharya Ji and he asked me to make some modifications and gave me 2-3 tips. According to those tips and after 3 year of Research and Development which will carry on in future, and the result of 3 year hard work is in front of your eyes. Improvement will carry on and we welcome your suggestions.

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