



# Agnisara Kriya

## The Essence of Fire

Taught by Andy B Allen

The words *agni* and *vahni* both mean fire; *sara* means essence, and *kriya* means action. The essence or nature of fire is attributed to the digestive process. If the abdominal organs are not working properly, the digestive fire smoulders and needs to be stoked or fanned to increase its power. Agnisara kriya does just that, as well as purifying the digestive system and its associated organs, and allowing the optimum assimilation of nutrients from food ingested.

# Benefits

- **Abdominal Strength:** The repetitive contractions and releases of the abdominal muscles help to strengthen and tone the core, including the rectus abdominis, transverse abdominis, and obliques.
- **Digestive Health:** Agnisara Kriya stimulates the digestive organs, improves digestion, and enhances the efficiency of the digestive process. It is said to ignite the digestive fire (agni) and can help alleviate digestive disorders.
- **Energizing and Balancing:** The practice activates the solar plexus region, which is associated with energy and vitality. It is said to balance the Manipura (solar plexus) chakra, promoting a sense of personal power, confidence, and motivation.
- **Cleansing and Detoxification:** Agnisara Kriya is believed to stimulate the abdominal organs, improving blood circulation and promoting the elimination of toxins from the body. It can support overall detoxification and purification.

# Contraindications

While it is generally considered safe for most individuals, there are a few contraindications and precautions to be aware of:

- Pregnancy: It is not recommended to practice Agnisara Kriya during pregnancy, especially in the later stages. Pregnant women should consult their healthcare provider or a qualified yoga teacher before attempting this practice.
- Recent Abdominal Surgery: Individuals who have undergone recent abdominal surgery should avoid or modify Agnisara Kriya based on their specific condition and the guidance of their healthcare provider.
- Hernia or Prolapse: People with hernia or any form of prolapse should avoid or modify this practice to avoid putting excessive strain on the affected area.



# Technique

Stand with your feet shoulder-width apart, knees slightly bent. Place your hands on your thighs, just above the knees, for support. Take a deep inhalation, and as you exhale, contract and lift your diaphragm upward while simultaneously drawing your abdominal muscles inward. Hold the breath out momentarily and rhythmically and vigorously contract and release the abdominal muscles, creating a pulsating movement. After a few cycles, relax the abdomen and inhale slowly and deeply. Repeat this practice for several rounds.



It is important to remember that agnisara kriya should be practised on an empty stomach, preferably in early morning before breakfast, and ideally after the bowels have been emptied.

As with any yoga practice, it is essential to approach Agnisara Kriya mindfully and ideally during the learning stages practice under the guidance of a qualified yoga teacher. They can provide specific instructions, modifications, and adaptations based on your individual needs and limitations.

It is important to remember that even though pranayama is a powerful practice, its efficacy will depend on several factors, if the nadis are blocked prana will have a hard time flowing, if the mind is cluttered prana will have a hard time flowing, if the diet is incorrect also. So even though pranayama can help with these issues, it is important to have a holistic approach to the practice.

Having a balanced life style will increase the effects and benefits of the practice. Also remember to practice pranayama according to your dosha and imbalances as the intensity and quantity of the practice will need to be adjusted to that.



# Practice

- Include Agnisara to your daily practice, it can be done before or after your pranayama practice or it can be included in your asana practice.
- Beginners take it easy, perform a few contractions per round and allow the body to get used to and build strength.
- Build up to 4 to 5 rounds, 10 to 15 contractions per round per day
- Keep your dosha and imbalances in mind always when doing pranayama

