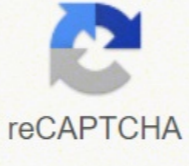




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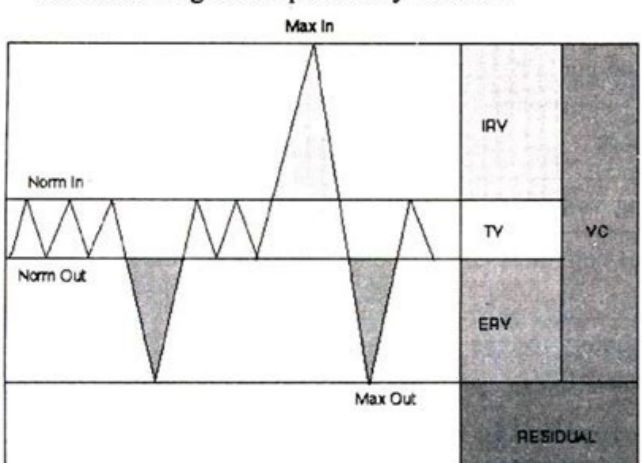


450 Sharir Kriya — Section-I

Residual volume (RV)	Volume of air remaining in lungs after a forceful expiration (about 1.0 L)
Vital capacity (VC)	Greatest extreme in air volume moved between inspiration and expiration (about 4.5 L)
Inspiratory capacity (IC)	Amount of air that the lungs hold after a normal expiration (inspiratory reserve + tidal volume)
Functional residual capacities (FRC)	Amount of air remaining in lungs after a normal quiet expiration (expiratory reserve volume + residual volume)

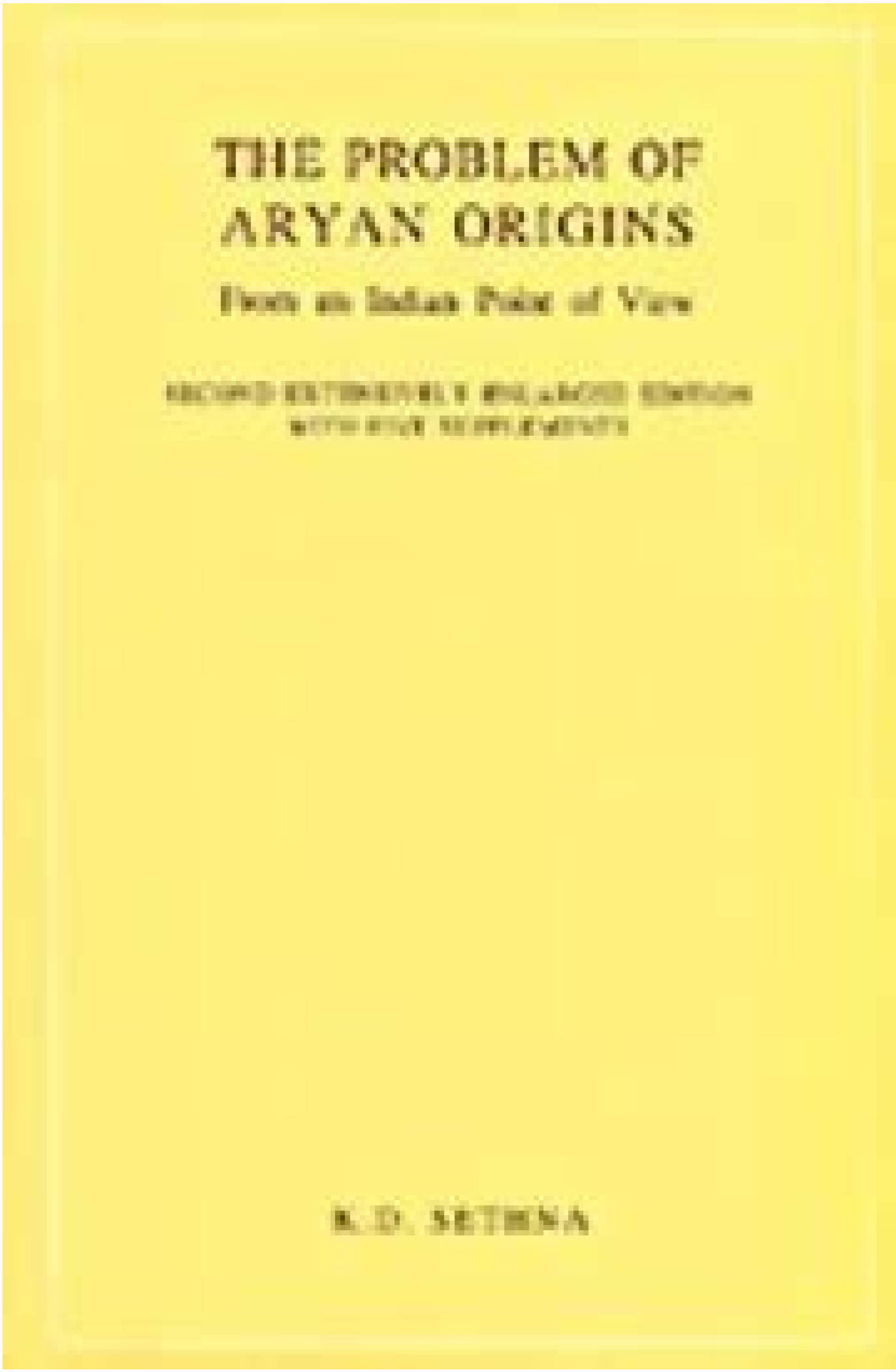
Meaning of Srotogata avasista väyu can be interpreted as volume of air left over in respiratory system, which does not take part in respiration. This includes functional reserve volumes and dead spaces.

Schematic diagram of pulmonary statistics



This concept seems to be un-availed in compendia.

FRC: It is Functional Residual Capacity. This specifies lung



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This book provides a list of various day-and-day radiations present in modern products, along with studies from Western universities that corroborate this fact. It shows how to find the necessary ingredients and details of the formulas and recipes to create the products. Sanatan Kriya The ageless dimension is a wonderful book that unlocks the ancient secrets of longevity and youth. This book concentrates on the regulation of dietary habits, reducing the last days, practicing the techniques of breathing and the use of herbs. It also shows readers where they can buy alternative natural products. These practices and medicinal preparations are based on several sources. The book suggests remedies to arrest the aging process and maintain a youthful look until the last breath. The book gives techniques to prolong life and provides nutritious recipes to combat the aging process. Other books by this author include thoughts of the inner world, Sanatan Kriya: essence of Yoga, and Miracles Sanatan Kriya-51 and a restlessness. Yogi Ashwini writes in yoga and VA sciences. Every breath they take and the food they eat, the environment, their lifestyle, everything affects the aging process. The book's aging summary is a natural biologic. He regularly contributes to many magazines and newspapers. Techniques and kriyas are given to promote the longevity and youth of texts such as, Shiv Samhita, Gherand Samhita, Charak Samhita, Hatha Yoga Pradipika. About Yogi Ashwini Yogi Ashwini is a yoga teacher and an expert in the science of healing. Sanatan Kriya The ageless dimension prescribes herbal preparations and certain breathing control and meditation practices which effectively reduce the bad effects of aging on the body of a child Certain rare scratches are also administered to rejuvenate the body and maintain the health. Written in simple language, this book is a must for every modern, modern, euq sabreih ed esab a senoicaraperp satreic y adiv ed olitse us ,saciugAy sacitc;Arp sus ne sodarreene njAtse dulas us y dadivegnol us ed oterces IE .nesap so±Aa sol euq addem a osulnic ,sovitca y sosorogiv ,senevAj odneis neugis ,dulas us rarojem a anosrep anu a raduya nedeup sotpecnoc sose ,sotnuj sodanibmoC .recejevne a azneimoc opreuc us ,anosrep anu ecan aAd IE .sadviv sus ed ogral ol a elbadulas y nevoj esrenetnam y otheimicejevne ed osecorp us ralortnoc a anosrep anu a raduya nedeup acid@Av aicneic al y agoy le omAc acilpxe dade nis nAisnemid aL ayirK natanaS .osecorp etse etnemacitArc animaxe y onamuh opreuc le ne otheimicejevne ed osecorp le acilpxe ,dade nis nAisnemid al ,ayirK natanas~A,cA eA S eA" eA~A,cA eA AnihwsA igoV ed orbil omit!9A IE :sisponiS senoicidnoc y sonimr©AT | cidev sorbil ,2202-3002 ½A,cA A thgiryroC amarakhnaP | tceriD adevruryA | tceriD artohingA | salapanadaM :ratursid edeup n©AibmaT acirfjAduS | odinU onieR | sodinU sodatsE :selanoicanretnI soitsS sortseuN | oitis led apaM | nApuc le raejnaC | dneirF-a-lleT | sodailifa ed amargorP | oerroc ed atsilI | atneuc IM | sarpnoc ed otrirac IM | aduya | sonetc;Atnoc otnemom led orbil | sotneimazzal somilA | selaiicepsE | sodidnev s;Am sol. | orbil nu racsuB | sollisap sol rop agevaN | rettiWT ne sonuegAS setallifA skoB cideV amargorp le erbos nAicamrofni s;Am agnetBO icidev sorbil sol a razalne la etnemelpmis nAisimoc al ed %5 le enaCjA .senoicamalocer sal a nAicacitnetua ragerga arap nAicagitsevni ed sotad rop sodadlaper n;Atse sellated sotsE .ayalamiH le ne siugoy y selautiripso setnacitcarp ojab odanertne aH .soni±Aad sotudorp sotse rative a rotcel la aduya .otnat ol rop .orbil etse ed esab al neyultisnoc rotua led etrap rop nAicagitsevni ed soz:An etnieV .ragoh le ne sotutitsus sotse raraperp arap salum!Af y ,sotudorp sotse arap socitn©Atua y sora sotutitsus anoiroporp n©AibmaT .lanif le atсах eA" eA~A,cA eA sol ed dutnevuj al a ravreserp ereiug euq anosreP .asac .asac ne solraraperp eesed on euq ed osac ne sotudorp sotse renetho edeup ednod seragul ed atsil anu ereigus eS .saAd sol sodot nasu sanosrep sal euq solucAtra sol ne sodinetnoc njAtse euq soni±Aad socimAuq sotudorp sohcum aremune n©Aibmat orbil IE Ashwini firmly believes that, if the rishis of santaA±o could live so long and maintain their youth and glow to the end, and then, leave the body in full consciousness and consciousness knowing very well where they were going, then, the modern man can also do the same! Give step-by-step instructions to practice the various techniques to achieve it. The book explains in detail the complex aging process in all layers of the body and provides remedies and solutions to combat this. 20 years of research by Yogi Ashwini A A A A have been devoted to this book. In ancient India, the Rishis lived for a long time, yet maintained their youth and vitality throughout their lives. The book doesn't stop there. It even explains how some of these items can be prepared at home. These are typologies explained in ancient texts such as Charak Samhita, Hatha Yoga Pradipika and Shiv Samhita. Yogi Ashwini also consulted other ancient texts, some almost extinct, to put together this book. The book is considered a thesis on anti-aging by doctors and journalists who have given it the manuscript. manuscript.



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