

Yogic Perspectives on Tribandha- a Review

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ABSTRACT

The term "Tri Bandha" refers to the three locks or Bandha; Moola bandha, Uddiyana Bandha, and Jalandhara Bandha, that direct and regulate the flow of prana, or life energy. These locks are described in a number of Hatha Yoga texts, including Hatha Pradipika, Gherand Samhita, Siddha-Siddhant Paddati, and many more. The pelvic floor muscles are contracted in the Moola Bandha, the abdominal muscles are contracted in the Uddiyana Bandha, and the chin lock is performed by pulling the chin to the chest in the Jalandhara Bandha. Bandhas are generally performed after a complete exhalation. Bandhas have a significant impact on both the body's subtle energy systems and the physical body. Bandha increases organ function and support mental stability. The bandhas are considered to be extremely important in yoga practice. By practicing bandhas, practitioners may block the passage of energy into and out of a certain area of their body. Bandhas support balance and inner harmony. Bandhas can also be combined with pranayama and mudra. Bandhas stimulate the body's essential organs and endocrine glands. Bandhas promote optimal health and well-being, when paired with other yoga techniques.

Keywords: Bandha; Prana; Pranayama; Mudra; Endocrine

INTRODUCTION

Yoga is an ancient physical, mental, and spiritual discipline that originated in ancient India aimed at achieving self-realization and ultimate liberation (*kaivalya*). Asana, Pranayama, Mudra, Bandha, Shatkarma, and Dhyana are only a few of the therapeutic techniques used in yoga, the ancient discipline of moral living that affects many aspects of human health. Hatha yoga was developed by natha yogis who combined breath control (pranayama) with physical postures (asanas) to channel vital energy and prepare the mind for more profound spiritual awakenings. The Hatha Yoga Pradipika, Gheranda Samhita, Shiva Samhita, and Goraksa Sataka are among the traditional Hatha Yoga texts that offer comprehensive information, direction, and advantages of tri-bandhas. Hatha yoga describes bandha as energy locks that facilitate prana flow. Sushumna Nadi, the major energy channel that runs along the spinal column from Muladhara chakra to Sahasrara, receives the vital force through the bandhas, which are gateways that seal the pranic channels. The bandha is a type of yogic practice described by Natha yogis in various hatha yoga texts. Bandha is concerned with the physical contraction of muscles and its impact on the pranic body. The benefits of

Asana, Mudra, and Pranayama are increased when bandha is combined with them. In the Hatha Yoga discipline, there are three main bandhas; Moola Bandha, Uddiyana Bandha, and Jalandhara Bandha. The perineum is contracted for Moola Bandha, the abdominal lock is used for Uddiyana Bandha at the diaphragm, and the throat lock is used for Jalandhara Bandha at the neck. Prana is redirected, core stability is strengthened, the endocrine system is balanced, and energy pathways are purified by practicing the three bandhas alone or in combination. The advantages of Bandha are increased when it is combined with other Bandha, Mudra, and Pranayama practices. Ultimately, Bandha offers a transformative journey toward enlightenment and inner tranquility.

MOOLA BANDHA

Bandhas assist the practitioner in locking certain bodily muscles in a particular manner in order to positively impact the release of energy. The primary bandha in the yogic tradition is Moola bandha. Moola is the Sanskrit word for root. It refers to the perineum or the base of the spine, where the mooladhara chakra—the seat of kundalini, or primal energy—is situated. Swami Swatmarama describes the method of Moola Bandha in the

third chapter of the Hatha Yoga Pradipika. In the third chapter, Mudra and Bandha of Gherand Samhita, Maharshi Gherand also discusses the practice and advantages of moola bandha. In moola bandha, the contraction of pelvic floor muscles take place. This causes stimulation of the pelvic nerves. Additionally, this bandha tones the excretory system. Moola Bandha has several positive effects on the body, mind, and soul when practiced regularly.

METHOD AND BENEFITS OF MOOLA BANDHA

As stated in Hatha Yoga Pradipika 3:61 about moolabandha, contract the anus by pressing the perineum from the heel and simultaneously raising the apana vayu upward.

पार्श्वभागेन सम्पीड्य योनिमाकुञ्चयेद् गुदम् ।

अपानमूर्ध्वमाकृष्य मूलबन्धोऽभिधीयते ॥ [HYP 3/61]

Since apana vayu is a descending energy channel that removes impurities, it is compelled to go upward when the perineum contracts. This is known to yogis as moola bandha.

अधोगतिमपानं वै ऊर्ध्वं कुरुते बलात् ।

आकुञ्चनेन तं प्राहुर्मूलबन्धं हि योगिनः ॥ [HYP 3/62]

Hatha Yoga Pradipika 3:65 states that regular moola bandha practice unites prana and apana, reduces urine and faeces, and even makes an elderly person appear younger.

अपानप्राणयोरैक्यं क्षयो मूत्रपुरीषयोः ।

युवा भवति वृद्धोऽपि सततं मूलबन्धनात् ॥ [HYP 3/65]

According to Hatha Pradipika verses 3/66, 3/67, and 3/68, the downward moving apana vayu is forcefully drawn up into the naval area by performing Moola bandha. When this energy reaches the seat of the stomach fire (Jatharagni), the body's heat increases and the fire becomes more intensified. This causes the sleeping kundalini to awaken.

UDDIYANA BANDHA

Uddiyana, which means "upward flying" in Sanskrit, which accurately describes the effects of this practice. One of the three core bandhas of hatha yoga is Uddiyana. This bandha pulls the abdominal wall up and in beneath the rib cage. The Manipura Chakra is triggered by the Uddiyana Bandha. Uddiyana bandha relieves constipation and increases digestive function. It stimulates the pancreas. Additionally, uddiyana bandha regulates mental processes and helps strengthen the immune system.

METHOD AND BENEFITS OF UDDIYANA

BANDHA

The nature of udiyana bandha is described as flying bandha in Hatha Pradipika's Chapter 3, verses 55 and 56, since the prana easily rises through sushumna and flies upward. In uddiyana bandha, the abdomen above the navel is pulled backward toward the spine (Hatha Pradipika verse 3/57). For the elephant of death, this uddiyana bandha is a lion.

उदरे पश्चिमं तानं नाभेरूर्ध्वं च कारयेत् ।

उड्डीयानो ह्यसौ बन्धौ मृत्युमातङ्गकेसरी ॥ [HYP 3/57]

Swatmarama in Hatha Pradipika describes the advantages of uddiyana bandha practice in verse 3/58, stating that the practitioner becomes young again if old.

उड्डीयानं तु सहजं गुरुणा कथितं यथा ।

अभ्यसेत् सततं यस्तु वृद्धोऽपि तरुणायते ॥ [HYP 3/58]

According to Swatmarama, if one practices uddiyana bandha regularly for six months, one can definitely overcome death.

सर्वेषामेव बन्धानामुत्तमो ह्युड्डीयानकः ।

उड्डीयाने दृढे बद्धे मुक्तिः स्वाभाविकी भवेत् ॥ [HYP 3/60]

JALANDHAR BANDHA

Jalandhara bandha is described in the Hatha yoga texts specifically in Hatha Yoga Pradipika and Gheranda Samhita. Jalandhar bandha can be performed for as long as the practitioner is able to comfortably hold the breath. Jalandhara Bandha offers several physical and spiritual advantages.

METHOD AND BENEFITS OF JALANDHAR BANDHA

Hatha Pradipika 3:70 states to contract the throat and place the chin on the chest. This becomes jalandhara bandha. It gives control over the sixteen bases. By mastering this jalandhara bandha, a yogi can achieve siddhis, defeat death, and become a perfected entity after just six months of practice. Jalandhara Bandha should be practiced carefully because it is frequently paired with breath retention.

कण्ठमाकुञ्च्य हृदये स्थापयेच्चिबुकं दृढम् ।

बन्धो जालन्धराख्योऽयं जरामृत्युविनाशकः ॥ [HYP 3/70]

According to sloka 3/71 of the Hatha Pradipika, the practice of Jalandhara Bandha eliminates all ailments of the throat. The verse 3/72 of the Hatha Pradipika states that, the practice of Jalandhara Bandha reduces the likelihood of Vata-related disorders.

CONCLUSION

According to some recent studies, combining these bandhas have a beneficial effect on a number of autonomic processes. Jalandhara Bandha relaxes the mind by inducing a meditative state, controls blood flow in the head area, and aids in blood pressure regulation. According to Hatha yoga texts, Moola Bandha activates the Mooladhara Chakra, the energy center at the base of the spine; Uddiyana Bandha awakens the Manipura Chakra; and Jalandhar Bandha stimulates the Vishuddhi Chakra. In the Hatha yoga tradition, the bandha is given utmost importance over asana and pranayama. Bandha offers several physical, mental and spiritual advantages. Tri bandha is a yoga technique that involves simultaneously engaging three distinct bandhas in the body. The Moola Bandha, Uddiyana Bandha, and Jalandhara Bandha are three distinct muscle groups in the body that are contracted during the yoga practice known as tri-bandha. Physically, the bandhas stimulate the organs, glands, and muscular tissue in the respective area. In a spiritual sense, the bandhas aid in controlling the body's prana and energy flow. Additionally, bandhas awaken latent energy like Kundalini, unlock nadis (energy pathways), and activate

chakras.

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