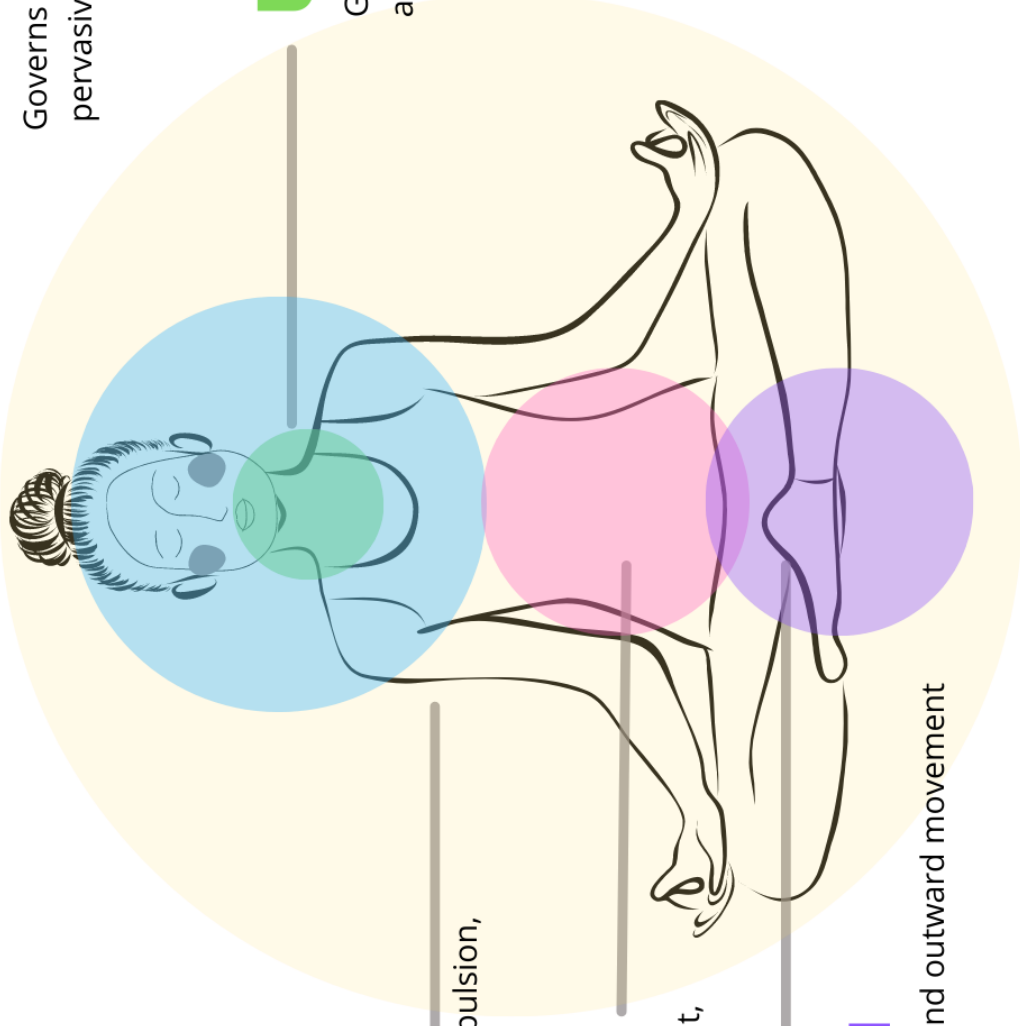


# pancaprāṇavāyu

Vyānavāyu

Governs circulation on all levels, expansiveness, pervasiveness



Prāṇavāyu

Governs intake, inspiration, propulsion, forward momentum

Samānavāyu

Governs assimilation, discernment, inner absorption, consolidation

Apānavāyu

Governs elimination, downward and outward movement

Udānavāyu

Governs growth, speech, expression, ascension, upward movement