

Indian researchers from the Center and the Research Institute “Eternal Cardiology” proposed an unusual way to prevent apnea – exhalation into the sea shell.

The method is known in yoga as “Blood in Shankh” and was previously studied in 2020 and 2023, when its benefits were confirmed for the light and cardiovascular system.

The essence of the technique is simple: the tip is cut off at a curled shell, after which a person takes a deep breath and exhales air through closed lips into its cavity.

The complex shape of the sink creates additional resistance and, according to scientists, beneficial acoustic and mechanical effects that train the muscles of the throat, palate and upper respiratory tract, which helps prevent apnea.

In the experiment, volunteers after 15-minute classes showed an improvement in blood saturation and sleep quality.

Researchers note that the method can become an accessible alternative to expensive medical equipment, especially in countries with limited resources.