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Study of physiological and psychological of Pranayama

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Abstract

In today modern time the life of man has become very busy and fast. This fast and day to day change life style is not allowing people to take even deep breath or relief. This changed way of living life is progressing rapidly towards various breathing problem and mentally disorder. Pranayama is the only scientific way by which one can be concentrate our own mind and regulate the breath process. This practice relax our mind. Pranayama is a very good exercise in one's daily routine. Pranayama is an art of controlling the strength of life of breathing. it increase the will power of human being. if anyone does not find too much time to be devoted to physical activity, rate of respiration, rhythm of Respiration, lungs volume, breath holding time will get significantly and positively influenced with practice of Pranayama. some exercise like an Anulom-vilom (alternate nostril breathing) technique Bhastrika Pranayama (Bellow breath) kapalbhathi (Frontal lobe cleansing technique), shitali Pranayama, (colling breath) ujjai Pranayama (Hissing breath) are carried out for good results. The purpose of this paper to elaborate a comprehensive review of literature regarding role of Pranayama to bring balance and health of the physical, mental, emotional and spiritual dimensions of the individual. Through Pranayama we can escape From different type of physical and mental disease.

Keywords: Bhastrika Pranayama, ujjai Pranayama, shitali Pranayama, anulom-vilom, Kapalbhathi etc.

Introduction

Yoga is a mind and body technique which involves relaxation, meditation and set of physical exercise performed in sync with breathing. Yogic regular practice of Pranayama can check the change in our lungs volume and capacities there by helping in prevention and management of different disease. Different types of Pranayama Produce different physiological and psychological responses in normal person individuals.

Meaning of Pranayama

Pranayama is the fourth Limb of the eight Limbs of yoga. Pranayama is a Sanskrit word meaning extension of the breath or more accurately, "extension of life force" the Sanskrit word is composed of two Sanskrit words, prana meaning life force and Ayama, meaning to extend, drawout, restrain or control. Pranayama is the source of which energy evolves from. It is the Infinite, omnipresent material of the universe. Pranayama is the knowledge and control of prana. Therefore, stopping of the movement of prana is pranayama. Prana is a subtle Invisible force. It is the life -force that Pervades the body. This is the way to ultimately gain control over the subtle life -force that is present with as prana.

Benefit of Pranayama

Pranayama controlled, deep and rhythmic breathing during practice of pranayama more energy is absorbed and stored in the body. Energy deficiency is due to heavy physical work is recovered by the increased supply of oxygen to the blood. Deep breathing control ventilate all area of the lungs and increase their capacity and elasticity. By the practice of Pranayama the brain facilities and memory will improve. The holding of breath help to purify and improve the quality of life blood. By the regular practice of Pranayama heart is also regulate and many breathing problem automatic will be reduced. The cleaning of The Nervous System improve sleep, the overcoming of Fatigue and impressed freedom from anxiety and worry are some of the additional benefits.

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Objective of Pranayam

To develop a steady mind, strong will power and sound judgement. To ensure the health of every organ such as a brain, lungs, stomach etc. To increase the intake of oxygen in the body. To strengthen the muscles of the respiratory system, digestive system etc. To cure many diseases of ears, nose, throat, lungs, heart and also provide immunity to the practitioner. To assist in controlling and purifying the emotions and moods which in turn reduce the tension and bring inner peace and emotional poise which is reflected on the face.

Phases of Pranayama**Breathing techniques there are always three main steps**

1. Purak (Inhale through nostrils)
2. Kumbhak (Retention)
3. Rechak (exhalation)

1 breathing technique for example should instruct that the inhaling and exhaling is done slowly with a pause in between. another should instruct that the inhaling and exhaling are done rapidly without any pause in between now no matter how long you hold your breath for how many seconds you take for an EA in inhalation and exhalation to all types of pranayama will move through

Nadi-shodhana

Sit in a comfortable cross leg position. put your left hand on your left knee completely and then use your right hand to close your right nostril after that inhale deeply with the left nostril then close the left nostril with your spare fingers and open the right nostril exhale completely. inhale through right nostril then closed. open the left nostril exhale completely. this is one cycle, Repeat it 10-15 times.

Effects of Nadi shodhana: It helps to purify the energy channels of the body many researches have shown that alternate nostril breathing may lead to reduce anxiety and de-stress increased attention and ability to quit smoking. Nadi-shodhana pranayama increases parasympathetic activity.

Shitali Pranayama: This is a very refreshing type of Pranayama technique. it is also known as a cooling breath. sit in a comfortable position take a few deep inhales and exhales to prepare. Roll your tongue in an 'o' shape, sticking it out through your personal lips. slowly inhale through the mouth. Hold your breath and practice Jalandhar bandh. Repeat until you have reached between 8 and 15 cycles. Research has shown that practice of this pranayama gives control over hunger and thirst. It has a calming effect on the entire nervous system. if you are under stress then 10-15 minutes of shitali breath can calm you.

Ujjayi Pranayama: It is also called Ocean breath, it is meant to re-create the sound of ocean waves. it is a rhythmic sound which can help to focus your mind and movement using your breath. Sit in a comfortable position. Breathe through your mouth, constrict the back of your throat. Then close your mouth. Continue to breathe through the nose, keeping the throat constricted. This is a one cycle; continuous for 8 to 10 cycles. Ujjayi pranayama effect soothes the nervous system, calms the mind and increases psychic sensitivity. it relieves insomnia, slows down the heart rate and lowers blood pressure. it is a tranquilizing pranayama, but it stimulates the process of oxidation.

Bhramari Pranayama: It was referred to as the coming The Bee this gives you a good idea of what the bridge food sound like in this Pranayama your eyes and ears will be closed you come to close the ears and first two fingers to cover the eyes keeping the mouth closed take a deep breath in then exit if they changed to 'Om' the humming sound and vibration created by humming has a natural clamping effect on the mind and body. Regular practice of this pranayama has a positive impact on cardiovascular and respiratory function. It reduces the effects of strain and stress on various systems.

Sheetkari Pranayama: Sit in a comfortable position close the eyes and relax your body put that tongue on the lower lip and make a roll with an inhaled deeply to the mouth old The Bee for as long as possible close the mouth and slowly through the nose this is a world-renowned and repeat it 8 to 10 rounds. it is a holistic balance of the mind and the body. it balances the pitta in the body. Reduces hypertension, toxins and cleanses the entire bodily systems.

Bhastrika Pranayama: This is also known as a Bellows breath. This is very similar to kapalabhati. The main difference is that, with bhastrika, both the inhale and exhale are forceful. sit in a comfortable position take a deep breath and in in and breathe out forcefully immediately, breathe in with the same force inhale and exhale repeatedly, using the diaphragmatic muscles. Repeat 10-15 cycles of describe practice. Regular practice of this pranayama decreased states of anxiety and negative affect, and these changes are associated with modulation of activity.

Conclusion

Pranayama gives knowledge about breathing and restoration of breathing habit and pattern. The nature of pranayama practice is slow and deep breathing which is economical as it saves space ventilation. This process refreshes our lungs as well as brain. The regular practice of pranayama unites the mind and the body. Pranayama effect on the various psychological and physiological functions of the body and many benefits in a positive way. Regular practice of asana & pranayama show to strengthening of circulatory and respiratory muscles. Pranayama improves our mental relaxation level. Pranayama practice increases our vital capacity & tidal volume of the body. each type of pranayama has a specific function. Different pranayama helps to detoxify our respiratory system and its parts, purification of blood. It is one of the first exercises for weak heart and lungs. pranayama is a science of respiration. pranayama is directly linked with the physical and mental activity of our daily routine. pranayama can promote relaxation and mindfulness. It significantly reduces the levels of anxiety and negative affect. Some pranayama has an immediate positive effect on reducing the systolic blood pressure acting through parasympathetic dominance. It can be practiced in daily routine to reduce the many physical and mental problems in the future.

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