

Implication of Selected Pranayamas in Normal Life

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Abstract

Thousands of years ago yoga originated in India and global recognition of yoga also testifies to India's growing cultural influence., and in present day and age, an alarming awareness was observed in health and natural remedies among people by yoga and pranayama which has been proven an effective method for improving health in addition to prevention and management of diseases. Pranayama is the fourth part of Sage Patanjali's Ashtang Yoga. Pranayama affects our respiratory system. In modern time, human life has become very smooth. Today's man can perform work without applying much efforts and the side effect of this thing is that human life has been filled with so much worries, tensions, and stresses. 95% population of the country is suffering from these diseases in some manners. Pranayama is the best option to overcome so many diseases i.e. stress by using different types of Pranayamas.

Keywords: Pranayama, Yoga, and Stress

INTRODUCTION

All the orthodox systems of Indian Philosophy have one goal in view, the liberation of the soul through perfection. The method is by Yoga.- Swami Vivekananda.

Yoga is an ancient discipline designed to bring balance and health to the physical, mental, emotional, and spiritual dimensions of the individual. It is long popular practice in India that has become increasingly more common in Western society. "Yoga" means union of our individual consciousness with the Universal Divine Consciousness in a super-conscious state known as Samadhi. The first book of humankind, Rigveda, mentions about yogic meditation by the wise, while Yajurveda exhorts us to practice yoga for enhancing mental health, physical strength, and prosperity. Upanishads are replete with yogic concepts. In addition, yoga-related terms like pranayama and Samadhi occur repeatedly in Bhagavad-Gita. Ancient Indian rishis understood that performing *Raja-yoga* (procedure of concentration to liberate soul or atma from the bondage of maya into paramatma) always needs a healthy body – "Sharirmadyam, khalu dharma sadhanam." So they developed "Hatha yoga," which includes asana, mudra, pranayama, etc. "Gharanda samhita" said there were 84 lakh asanas from which 16 000 were best and only about 300 are popular. "Hathayoga-pradipika" again differentiates all asanas into four basic classes – sidhyasana, padmasana, sinhasana, and vadrasana. Besides, asana may be of two types – dhyanasana (a posture keeps spinal cord free and center of gravity shifts to other part like ribs) and shasthyasana (to get healthy body).

Pranayama



Physically, Pranayama appears to be a systematic exercise of respiration, which makes the lungs stronger, improves blood circulation, makes the man healthier and bestows upon him the boon of a long life. Pranayama does not mean just breathing in, keeping the breathed air in and exhaling it. It also means establishing control on the entire breathing process, and maintaining mental equilibrium, and concentration of mind. Most of the people do not have the habit of breathing deeply with the result that only one-fourth part of the lungs is brought into action and 75 percent remains idle. The inefficient functioning of the lungs affects the process of blood purification. It is for this reason that the importance of Pranayama has come to be recognized, for a healthy long life. Several diseases can be averted by regular practice of Pranayama. Mental disturbances like excitement, anxiety, fear, anger, and disappointment can be calmed down by regular practice of Pranayama. Another benefit of Pranayama is that by its regular practice, habit of deep breathing is developed which results in several health benefits.

Terminology

- Pooraka: Breathe in - Inhalation
- Rechaka: Breathe out – Exhalation
- Kumbhaka: Hold the air inside the body
- Bahya Kumbhaka: This is opposite Kumbhaka. Air is exhaled and held at that condition.
- Prana: Oxygen in general is called Prana.

Types of Pranayama and its Benefits

There are several types of Pranayama, each with its own unique benefits and effects on the body and mind. Here are some of the main types of Pranayama:

Bhastrika: Bhastrika Pranayama, also known as Bellows Breath, is a powerful and dynamic breathing technique that can help energize the body, calm the mind, and prepare for meditation.

How to Practice Bhastrika Pranayama:

1. Sit comfortably: Sit in a comfortable position with your back straight, either on a chair or on the floor with your legs crossed.
2. Close your eyes: Close your eyes and begin to focus on your breath.
3. Inhale and exhale rapidly: Inhale and exhale rapidly through your nose, using your diaphragm to pump the air in and out of your lungs.

4. Use your arms: Use your arms to help you breathe, inhaling as you raise your arms and exhaling as you lower them.
5. Repeat: Repeat the process for several rounds, focusing on the breath and the sensation of the air moving in and out of your body.

Kapalabhati: Kapalabhati Pranayama is a popular breathing technique in yoga that offers numerous benefits for the body, mind, and spirit. Kapalabhati Pranayama, also known as Breath of Fire or Skull Shining Breath, is a dynamic breathing technique that involves rapid, shallow inhalations and exhalations through the nose.

How to Practice Kapalabhati Pranayama:

1. Sit comfortably with your back straight, either on a chair or on the floor with your legs crossed.
2. Place your hands on your knees or thighs, with your palms facing downwards.
3. Close your eyes and take a few deep breaths to relax.
4. Inhale passively through your nose, allowing your diaphragm to drop and your lungs to fill with air.
5. Exhale rapidly and forcefully through your nose, contracting your abdominal muscles and pushing your diaphragm upwards.
6. Repeat the rapid exhalation and passive inhalation process for 10-15 breaths.
7. Gradually slow down your breathing and take a few deep breaths to relax.

Agnisar: Agnisar Pranayama, also known as Fire Breath or Abdominal Breathing, is a powerful breathing technique that can help stimulate digestion, improve respiratory function, and increase energy levels. Agnisar Pranayama is a dynamic breathing technique that involves rapid, forceful exhalations and passive inhalations. The practice stimulates the abdominal muscles, diaphragm, and digestive organs, helping to improve digestion, boost energy, and enhance overall well-being.

How to Practice Agnisar Pranayama:

1. Sit comfortably: Sit on the floor with your legs crossed or on a chair with your feet planted firmly on the ground.
2. Back straight: Maintain a straight back and engage your core muscles.
3. Hands on knees: Place your hands on your knees or thighs, with your palms facing downwards.
4. Exhale forcefully: Exhale rapidly and forcefully through your nose, contracting your abdominal muscles and pushing your diaphragm upwards.
5. Inhale passively: Inhale passively through your nose, allowing your diaphragm to drop and your lungs to fill with air.
6. Repeat: Repeat the forceful exhalation and passive inhalation process for 10-15 breaths.

Ujjayee: Ujjayi Pranayama, also known as the Ocean Breath or Victorious Breath, is a powerful breathing technique that can help calm the mind, balance the nervous system, and prepare the body for meditation and other yoga practices.

How to Practice Ujjayi Pranayama:

1. Sit comfortably: Sit in a comfortable position with your back straight, either on a chair or on the floor with your legs crossed.
2. Close your eyes: Close your eyes and begin to focus on your breath.
3. Inhale through the nose: Inhale slowly through your nose, keeping your mouth closed.
4. Contract the glottis: As you inhale, contract the glottis (the opening between the vocal cords) to create a soft hissing sound.
5. Exhale through the nose: Exhale slowly through your nose, keeping your mouth closed.
6. Repeat: Repeat the process for several rounds, focusing on the sound of your breath and the sensation of the air moving in and out of your body.

Anulom Vilom: Anulom Vilom Pranayama, also known as Alternate Nostril Breathing, is a powerful breathing technique that can help balance the nervous system, calm the mind, and prepare the body for meditation and other yoga practices.

How to Practice Anulom Vilom Pranayama:

1. Sit comfortably: Sit in a comfortable position with your back straight, either on a chair or on the floor with your legs crossed.
2. Close your eyes: Close your eyes and begin to focus on your breath.
3. Place your right hand: Place your right hand in front of your face, with your thumb and pinky finger forming a "V" shape.
4. Close your right nostril: Close your right nostril with your thumb and inhale through your left nostril.
5. Close your left nostril: Close your left nostril with your pinky finger and exhale through your right nostril.
6. Inhale through your right nostril: Inhale through your right nostril, close it with your thumb, and exhale through your left nostril.
7. Repeat: Repeat the process for several rounds, focusing on the breath and the sensation of the air moving in and out of the body.

Bhramari: Bhramari Pranayama, also known as the Bee Breath, is a powerful breathing technique that can help calm the mind, reduce stress and anxiety, and improve respiratory function.

How to Practice Bhramari Pranayama:

1. Sit comfortably: Sit in a comfortable position with your back straight, either on a chair or on the floor with your legs crossed.
2. Close your eyes: Close your eyes and begin to focus on your breath.
3. Inhale deeply: Inhale deeply through your nose, filling your lungs completely.
4. Humming sound: As you exhale, make a humming sound like a bee (e.g., "mmmmmm").
5. Repeat: Repeat the process for several rounds, focusing on the breath and the humming sound.

Sitali: Sitali Pranayama, also known as the Cooling Breath, is a yogic breathing technique that can help calm the mind, cool the body, and improve respiratory function.

How to Practice Sitali Pranayama:

1. Sit comfortably: Sit in a comfortable position with your back straight, either on a chair or on the floor with your legs crossed.
2. Extend your tongue: Extend your tongue out of your mouth and curl it back towards your throat, forming a tube-like shape.
3. Inhale through the tongue: Inhale slowly through your tongue, feeling the cool air enter your mouth and throat.
4. Exhale through the nose: Exhale slowly through your nose, feeling the warm air leave your body.
5. Repeat: Repeat the process for several rounds, focusing on the breath and the sensation of the air moving in and out of your body.

Sitkari: Sitkari Pranayama, also known as the Hissing Breath, is a yogic breathing technique that can help calm the mind, cool the body, and improve respiratory function.

How to Practice Sitkari Pranayama:

1. Sit comfortably: Sit in a comfortable position with your back straight, either on a chair or on the floor with your legs crossed.
2. Open your mouth: Open your mouth slightly, keeping your teeth apart.
3. Inhale through the teeth: Inhale slowly through your teeth, feeling the cool air enter your mouth and throat.
4. Exhale through the nose: Exhale slowly through your nose, feeling the warm air leave your body.
5. Repeat: Repeat the process for several rounds, focusing on the breath and the sensation of the air moving in and out of your body.

Major Benefits of Pranayamas:

Physical Benefits

1. **Improved Respiratory Function:** Pranayamas like Bhastrika, Kapalabhati, and Anuloma Viloma strengthen lungs and increase oxygen capacity.
2. **Enhanced Cardiovascular Health:** Regular practice of Pranayamas like Alternate Nostril Breathing and Surya Bhedana can help lower blood pressure and improve circulation.
3. **Increased Energy:** Pranayamas like Bhastrika and Kapalabhati can boost energy levels and reduce fatigue.

Mental and Emotional Benefits

1. **Reduced Stress and Anxiety:** Pranayamas like Alternate Nostril Breathing, Surya Bhedana, and 4-7-8 Breathing can calm the mind and reduce stress.
2. **Improved Focus and Concentration:** Regular practice of Pranayamas like Kapalabhati and Anuloma Viloma can enhance cognitive function and improve focus.
3. **Enhanced Self-Awareness:** Pranayamas like Alternate Nostril Breathing and Surya Bhedana can promote self-awareness, introspection, and emotional balance.

Spiritual Benefits:

1. **Increased Sense of Calm and Inner Peace:** Regular practice of Pranayamas can lead to a deeper sense of calm and inner peace.

2. **Enhanced Spiritual Connection:**Pranayamas like Alternate Nostril Breathing and Surya Bhedana can facilitate a deeper connection with one's spiritual nature.

3. **Balanced Energy:**Pranayamas can help balance the body's energy, leading to a greater sense of harmony and well-being.

Incorporating Pranayamas into Daily Life:

1. Start with short sessions: Begin with 5-10 minute Pranayama sessions and gradually increase duration as you become more comfortable with the practices.

2. Make it a habit: Incorporate Pranayamas into your daily routine, such as first thing in the morning or before bed.

3. Find a quiet space: Identify a quiet, comfortable space where you can practice Pranayamas without distractions.

4. Focus on technique: Pay attention to proper technique and breathing patterns when practicing Pranayamas.

5. Be consistent: Regular practice is key to experiencing the benefits of Pranayamas.

Conclusion

By incorporating Pranayamas into your daily life, you can experience a wide range of benefits that enhance your physical, mental, emotional, and spiritual well-being.

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