

Review on Effectiveness of Pranayama on stress

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Abstract: Pranayama: is a system of techniques used to harness and manipulate universal energy known as prana. It is an integral aspect of yoga, often incorporated into asana practice or used as a preliminary step for meditation.

Keywords: Pranayama, stress, Effectiveness

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I. Introduction

"Prana" is the life energy or vitality hidden in the breath. "Ayama" means to control, dominate, or expand. Breathing is a breathing exercise that promotes the expansion of life energy or the mastery of vitality through breathing control. After any breathing exercise, it is important to sit quietly whenever possible. This allows you to absorb any benefits brought to you, experience your physical and mental changes through your practice, and stay in a state of being. As with any form of breathing exercises, check with your doctor first to make sure your exercises are safe¹.

Meaning of Prayanama

The word comes from several Sanskrit roots: prana means "important vitality", yama means "control" and ayama means "expansion" or "expansion". Breathing is the symbol of prana, and pranayama can be understood as a method of prolonging and expanding vital energy by deliberately controlling the breath.²

Goals of pranayama

The goal of pranayama is to strengthen the affiliation between your body and mind. Consistent with analysis, pranayama will promote relaxation and attentiveness. It is also proved to support multiple aspects of physical health, as well as respiratory organ operate, force per unit area, and brain operate.

Importance of Pranayama

Pranayama helps in reducing different sorts of diseases. Moreover, because pranayama (breathing) is that the important means of supplying our body and its various organs with prana (oxygen) it's vital for our survival. Another important reason that pranayama is vital is that it's because breathing is one among the foremost important ways in which we are ready to get obviate waste products and toxins from our body. Pranayam is considered the highest form of penance. It is equivalent to cooking. Like, good food is automatically absorbed by the body and therefore the body scans the food, eliminates the part, which isn't needed. Similarly, Pranayam focuses the mind on a specific subject and removes the impurities of the body. Pranayama is an art and has techniques to create the metabolism organs to maneuver and expand by design, rhythmically and intensively. It consists of long, sustained refined flow of inhalation (puraka), exhalation (rechaka) and retention of breath (kumbhaka). Puraka stimulates the system, rechaka throws out vitiated air and toxins; kumbhaka distributes the energy throughout the body. Another vital reason that pranayama is very important that respiration is one in all the foremost important ways in which we eliminate waste products and toxins from our body. The execution of position tuned to pranayama the breath builds internal heat and prana (vital energy)³. This method removes impurities and transforms blockages within the body. Yoga fundamentally diminishes pulse and systolic and diastolic blood pressures⁴. Stress and stress-related illnesses like high pressure and angina are rapidly growing epidemics and therefore the bane of "modern" society. The holistic science of yoga is that the best thanks to prevent and manage stress and stress-related disorders. immediate down regulation effect on both HPA axis responses to worry. The effectiveness of yoga against stress management is well documented.⁵It was likewise tracked down that short yoga-based unwinding preparing standardizes the capacity of the autonomic sensory system by going amiss both thoughtful and parasympathetic lists toward more "ordinary" center area of the reference esteems.

Types of Prayanama

1. Nadi Sodhana
2. Shitali Pranayama
3. Ujjayi Pranayama
4. Kapalabhati Pranayama
5. Bhastrika Pranayama
6. Bhramari Pranayama
7. Anuloma & Viloma Pranayama
8. Sheetkari Pranayama

Benefits of Prayanama

- Reduce the number of necessary breaths per minute by increasing vital capacity⁷
- Promote keen awareness, memory and concentration.
- Help internal organs perform their functions with less energy production.
- Maintain healthy blood pressure
- Promote proper blood and plasma circulation
- Cleanse and dredge nasal cavity
- Support healthy immune response
- Promote healthy heart and cardiovascular system
- Support vitality and healthy and elegant aging •
- Renew the whole body Tissue
- Calms excess vata in the nervous system
- Ignites a fire and promotes healthy digestion
- Provides oxygen to the body and stimulates the natural elimination of toxins

Supportive Study:- A 2019 study published in Indian Journal of Holistic Nursing indicate that after doing pranayama 83.33% had moderate stress in post- test among old age people. Therefore, pranayama expanding your breath for several minutes have a surprisingly positive influence on energy level or mood .It multiply effect significantly by using pranayama – breathing exercises tailored to have effect on specific moods and conditions. Based on knowledge cultivated and refined by the yogis, these exercises intentionally alter the speed, rhythm, and space of the breath which helps to remove negative thoughts and reduce the level of stress and improve the physical well being.

Pranayama for stress relief ⁸

1. SLOW EXHALATIONS



Breathing with a slow exhalation activates the parasympathetic nervous system and reduces stress levels in the body.

This is because when you exhale your heart rate slows down, in comparison to your inhale when your heart rate increases. By extending your exhalation you are able to slow down your heart rate by stimulating the vagus nerve.

2. ALTERNATE NOSTRIL BREATHING (NADI SHODHANA)



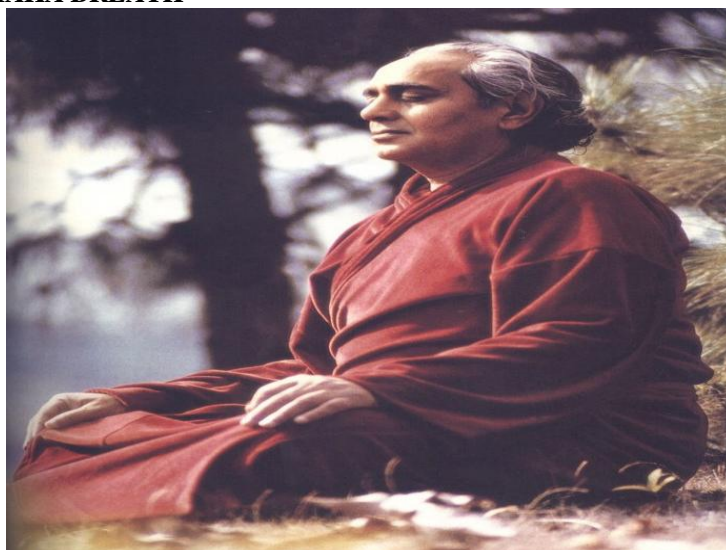
This practice Lowers stress and improves cardiovascular function, Improves lung function and respiratory endurance, Lowers heart rate, Promotes well-being. Alternate nostril breathing may be a useful method to help you lower your heart rate in the moment, too.

3. BUMBLE BEE BREATH (BRAHMARI)



This breath practice can relieve stress agitation, and anger, It can also help to calm the body and mind before sleep.

4. SAHITA KUMBHAKA BREATH



It is a very good practice to increase the capacity of the lungs, develops physical strength in the body, making it fresh, active and strong, increases beauty and shine on the face, mental problems are ended by this prayanama, appetite and thirst can be controlled and can in turn promote feelings of relaxation and calm.

5. UJJAYI BREATH (OCEAN BREATH)



Ujjayi breath, improve concentration, release tension throughout the body, and regulate heating and cooling of the body, warming the core from the inside.

II. Conclusion

Yoga has an effective role in reducing stress, anxiety, and depression that can be considered as complementary medicine and reduce the medical cost per treatment by reducing the use of drugs. Given that, the reason behind the effect of yoga on stress, anxiety, and depression is not clear for us and may be transient, and it is suggested that future studies are done to investigate the long-term effect of yoga on stress, anxiety, and depression.

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