

## **IMPACT OF YOGA AND PRANAYAMA ON PHYSICAL HEALTH BENEFITS**

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### **ABSTRACT**

Yoga is a science, art and a real philosophy of life. The word originated and having a Sanskrit root means “to bind” or oneness. It gives us the opportunity to know ourselves very well. According to the Yoga Shikha Upanishad ‘truthfully, there is no asset greater than yoga, no superior than yoga and no refinement greater than yoga’. It means there is nothing better than yoga. As per Stephan Cope the author of Yoga and the quest for the true self he has divided the yoga into four categories. According to Cope, yoga is a mystical union; it is a tradition which applies to any person from any caste seeking to go beyond personal realization in order to fuse with the supreme power. In early ages of 1800 BC Yoga is believed to be originated from India and its having a spiritual discipline. Pranayama is a main constituent of Yoga and it's a work out for mind and physical soundness. Pranayama is a Sanskrit word which means ‘Prana’ life energy and ‘Yama’ means controlling. Prnayama involves four types of breathing patterns and namely, Nadishodha- nostril breathing with both nostrils, Ujjai, Bramhari and Basthrika. The pranayama is a very old practice to be in command of our breath, with timing, duration and rate of recurrence of every breathing and holding. The main component of yoga is pranayama and the both are practiced together to get good health results. It is commonly practiced with yogasana posture and meditation. The main intension of pranayama is to strengthen the association between the body and mind.

### **INTRODUCTION**

Yoga is a science, art and a real philosophy of life. The word originated and having a Sanskrit root means “to bind” or oneness. It gives us the opportunity to know ourselves very well. According to the Yoga Shikha Upanishad ‘truthfully, there is no asset greater than yoga, no superior than yoga and no refinement greater than yoga’. It means there is nothing better than yoga.

Yoga facilitate the person who practices regularly to recognize and experience the world inside and about himself, to touch the godly joy of all creation, and spread the joy, love, divine wealth and happiness with his fellow beings. As per Stephan Cope the author of Yoga and the quest for the true self he has divided the yoga into four categories. According to Cope, yoga is a mystical union; it is a tradition which applies to any person from any caste seeking to go beyond personal realization in order to fuse with the supreme power. Yoga is not limited to the saints or yogis it includes every caste system in the world. It may be Buddhist, Christian, Taoist or Jewish. Yoga unites the people with divine entity and makes it as awareness of oneness or being unique.

In early ages of 1800 BC Yoga is believed to be originated from India and its having a spiritual discipline. Recent archeological excavations in the Indus river valley have revealed representation of people in pose that can be recognized as asanas even today. In olden days the yoga was given a sacred place where the people followed it in an experimental way with strict discipline.

In yoga we come across the Pranayama and it is a practice of controlling or regulating our breath in a positive way. Pranayama is a main constituent of Yoga and it's a work out for mind and physical soundness. Pranayama is a Sanskrit word which means 'Prana' life energy and 'Yama' means controlling. The meaning itself indicates that, it's a purely breathing exercise pattern which involves inhale, exhale, and holding our breath in a precise series.

Prnayama involves four types of breathing patterns and namely, Nadishodha-nostril breathing with both nostrils, Ujjai, Bramhari and Basthrika. The pranayama is a very old practice to be in command of our breath, with timing, duration and rate of recurrence of every breathing and holding. In yoga the pranayama is used to practice asanas and meditation, and the combination of both yogasanas and pranayama having ample of benefits to our physical fitness and health. The main intension of pranayama is to unite our body and mind. With inhale the oxygen supplied to our body removes the toxics from our body which helps in healing physiological benefits and practiced in many ways while performing yogic asanas.

The benefits of Pranayama have been expansively investigated and many studies proved that the pranayama is having many health benefits.

- Pranayama will diminish the anxiety level of our body. Pranayama reduces the stress level and tranquil the central nervous system in turn which progress the stress reaction. The practice of pranayama increases the volume of oxygen to the vital organs like heart and brain.
- The stress relieving effect of pranayama helps in good sleeping habits. The recent studies shown that the breathing practice like Brahmani can help the body in slowing down the breathing rate and heart rate, and assisting to calm our body to get good sleep. The practice of breathing control can also decreases the snoring and day time sleepiness.
- While performing pranayama the practitioner should be aware of the breathing control and how the effects are felt, and he or she should focus on the present situation, and not the past or future. This type of concentration is called mindfulness. Earlier studies regarding pranayama shown that, students those who practice pranayama shows better level of concentration compared to those who are not practicing pranayama. Even the researchers mentioned about the decrease level of carbon dioxide and raise in the level of oxygen which stimulate the brain, and in turn leads to improve in focusing and concentrating.
- Pranayama reduces the high blood pressure. It was proved in many studies that even by the help of breath control the blood pressure level decreased than of those who received the medication of hyper tension tablets. Stress is the main factor for hypertension and practice of pranayama decreases the risk and promotes relaxation. Individual one who concentrates on his or her breathing can help to calm the nervous system, in turn it helps in reducing stress response and risk of high blood pressure.

- Breathing exercise like slow breathing and forceful breathing of pranayama improves the function of lungs. The breathing exercise are very much beneficial in strengthening of lung capacity and it may helps to curb the lung diseases like asthma, allergy in bronchitis, pneumonia and even in case of tuberculosis.
- The ill practices like smoking can be reduced by the help of pranayama.

### CONCLUSION:

The main component of yoga is pranayama and the both are practiced together to get good health results. It is commonly practiced with yogasana posture and meditation. The main intension of pranayama is to strengthen the association between the body and mind. According to many research the pranayama promotes relaxation and mindfulness. The physical benefits like function of lung function, blood pressure and even help in brain function.

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