

Pranayama



Physical Education

KEYWORDS :

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Pranayama

Pranasyedam Vashetsarvam Tridivi Pratissthitam
Mateva Putran Rakshasva SriscaPrajnam ca vidhehinaiti

Whatever exists in these three worlds is under the control of 'Prana'. 'Prana' protects us with affection as a mother; gives us wealth and wisdom.

"Tasmin sati svasa- prasvasayor gati – vicchedah pranayamah"
(Pathanjali's Yoga Sutra)

That (firm posture) being acquired, the movements of inhalation and exhalation should be controlled. This is pranayama.

Pranayama is the yogic technique to bring the breathing in



regularity, rhythmic and balanced. Those who breathe in short, quick gasps are to have a shorter life span than those who breathe slowly and deeply. A slow breathing rate keeps the heart stronger and better nourished and contributes to a longer life. So, Pranayama is a conscious breathing. In pranayama, the mind and consciousness is withdrawn deep inside to the core of the being. This stabilizes and optimizes all functions of the body.

Normally we don't inhale and exhale deeply. Oxygen utilization is not sufficient for the stress and strain of modern living. The science of pranayama teaches us how to reduce the respiratory and heart rate. When the respiratory rate is reduced, the metabolic rate of the body is also reduced. All the cells are rested and relaxation ensues. Pranayama works directly to regulate the neuro – humoral system.

Our lungs start functioning right from the moment we are born. They never stop working all our life. Proper breathing improves our whole physical and mental wellbeing. Lungs can store up to 3000 cc of oxygen. Our life style is such that we avail of only 1/5th of the full capacity of the lungs. Our body is adjusted to wrong breathing patterns, which results in lack of oxygen for the body.

There are many types of pranayama, each having different effects on the respiratory tract and rest of the body. This deep breathing is a simple and an effective way for healthy living. Stress makes our breath shallow, and chronic stress makes shallow breathing a habit. Breathing in deeply ensures that every cell

of the body is rejuvenated and relaxed and long exhalation will gets rid of all the toxins from the lungs. Pranayama is a Bio-Physio- Psychosomatic science.

Pranayama enhances microcirculation by preserving and im-



proving coronary blood flow. The autonomic control of the heart is rested and heart rate is reduced. This helps in more efficient cardiac functioning. Due to constant change in the chamber size, the cardiac muscle wall is properly exercised. It washing away free radicals, which can damage the heart. All this happens without increase in pulse rate or blood pressure and strain too.

Elasticity of the lungs and the entire respiratory tract is maintained to a ripe old age. The vital capacity, inspiratory volumes are increased. The dead space is reduced. The residual volume is decreased as more complete exhalation is performed. Elasticity of the lungs and the entire respiratory tract is maintained to a ripe old age. The alveoli are exercised, which promotes excellent excretion of toxins and gases. The ventilation of sinuses is made excellent, promoting good drainage.

Sitali pranayama stimulates the taste buds. Due to reduction in sympathetic tone, acid secretion diminishes, constipation is relieved. The stomach is massaged. The liver and gall bladder are also massaged, improving their function.

Pranayama practice promotes healthy excretory function of the skin. All the endocrine glands are toned up during deep breathing.

The constant awareness of the mind on the breath and its rhythm quietness the entire body. The mind becomes tranquil. Neuro – physiological activity is stabilized. As the mind is withdrawn there is reduction of stress. As the mind is withdrawn there is reduction of stress. Both the sympathetic and parasympathetic systems are balanced.

The practitioner becomes handsome. He is free from all types of diseases. There is luster in the face. Eyes sparkle like diamonds. Steady practice arouses the inner spiritual force, happiness and peace of mind.

By Yoga Wizard and Founder of MayaYoga, Bijaya Bhattacharya