



BOOST YOUR IMMUNE SYSTEM WITH PRANAYAMA – A HOLISTIC THERAPY TO PREVENT COVID-19

Yoga

**Dr. Bijaya
Bhattacharya**

PhD (Alternative Medicine), MSc (Yoga).

KEYWORDS



Corona virus disease (COVID-19) is an infectious disease that is caused by the “novel corona virus”. It spreads from person to person very quickly. This mainly happens between people who come in close contact with one another (within about 6 feet). The virus gets transferred through respiratory droplets produced when an infected person coughs or sneezes. These droplets can land on the people who are near an infected person and eventually be inhaled into the lungs, causing infection.

A few symptoms of COVID-19

- Shortness of breath
- A dry cough that gets more severe overtime
- A low-grade fever with gradually increasing temperature
- Persistent pain or pressure in the chest
- Excessive drowsiness and tiredness
- Body pain
- Loss of taste

Pranayama for COVID-19

Pranayama is a deliberate technique of inhalation, retention of breath, exhalation and the suspension of breath in exhalation. It is a bio-physio-psychosomatic science. The science of pranayama teaches us how to reduce the respiratory and heart rate while maximizing oxygen intake. The reduction of respiratory rate to about 2 to 3 per minute has a tremendous effect on body metabolism. The entire system hibernates and cellular activity is quietened. If one has weak immunity, the corona virus affects the respiratory system. The movements in Pranayama are quite slow which allows adequate time for all the alveoli in the lungs to soak in oxygen and remain well exercised. This promotes efficient excretion of toxins and gases. Elasticity of the lungs and the overall health of the entire respiratory tract is maintained till old age. Regular practice of pranayama increases vital capacity and inspiratory volume. The dead space in lungs is reduced. The constant awareness of breath and its rhythm quietens the entire body. The mind becomes tranquil and still. As the mind is withdrawn there is reduction of stress. Both the sympathetic and parasympathetic systems are balanced.

It is a known fact that pranayama significantly reduces the stress response in the body. Its practice helps to get the lymph fluid to flow throughout the body properly. It removes toxins and unwanted waste products which enhances lymphatic function. A healthy lymphatic system fights the viruses and bacteria that enter the body. The result of maintaining a healthy and strong lymphatic system thus means a strong immunity which in turn means getting sick less often and increased energy level.

Health of the lung is very important, and presently even more so with a pandemic that affects the respiratory tract. Along with maintaining

hygiene and practicing social distancing, having healthy lungs will help to be better equipped to endure the pandemic. If the lungs cannot expand fully, it will lead to shallow breathing and decreased lung capacity. Most people infected with the COVID-19 virus will experience mild to moderate respiratory illness. Older people and those with underlying medical problems like cardiovascular disease, diabetes, chronic respiratory diseases are more likely to develop serious complications which can be fatal.

CONCLUSION -

Pranayama makes our respiratory system strong and healthy. A person who practices pranayama regularly, is likely to be free from all types of diseases, or have the immunity to fight them. It produces immense positive vibrations which charge up the entire body.

A few specific Pranayamas which can help to prevent COVID-19 are:

- Alternative Nostril Breathing (Anulom-Vilom)



- Sectional Breathing
- Bellow Breath (Bhasthreeka Pranayama)
- Kapala Bhathi Pranayama
- Bhramaree Pranayama



- Udgeeta Pranayama

REFERENCES

1. Virginia Strevia – March 16 2020, Three exercises to ease your Coronavirus anxiety
2. Andy Willner – February 27 2020, Yoga practices to ease coronavirus fears