

# **PRANAYAMA A BOON FOR DEPRESSED PROFESSIONALS**

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## **Abstract**

### **1. Introduction**

Technological advancement has rapidly thrived international work culture which increasingly brought together diverse professionals, differ in religion, economy, beliefs, culture and historical backgrounds. But being identical entity, every human being comes under same conditions that are overwhelmed by some negative emotions like anger, stress, conflicts, and distress. It is undeniable fact that such negative feelings are the consequences of working under intense mental pressure which always leads to mental health issues like Anxiety, behavioral & emotional disorders and depression etc. To deal with such mental distress, endless ways have been put into practice for a long time such as allopathic medicines, Ayurveda treatment, homeopathy, and psychiatrics. Moreover, governments at global level have also opened numerous mental asylums to treat the patients suffered from mental illness but resulted very low success rate. Though, accumulation of wealth and physical facilities is considered as a prime source of happiness in life, still depression and mental stress just like termite have proved to be the responsible factors for lowering the longevity of human being especially that of professionals. Considering the non-medicated treatment, Yoga has long been known as an antidote to stress, depression, emotional instability, and event to physical weakness. According to the National Centre for Complementary and Integrative Health, yoga is an ancient practice based on the Indian philosophy of promoting physical and mental health that began more than 4,000 years ago. Yoga is actually a union of numerous stress-reducing techniques, including exercise and learning the skills of controlling breath, purifying thought process, and relaxing the body. Because of its amazing results of bringing benefits to the stressful lives, yoga has become increasingly popular amongst everyone irrespective of age, gender, profession and class. This ancient practice helps in the strengthening of the mind and complete relaxation. Helpful in preparing the whole body for meditation and healthy long life. According to 'THE HATHA YOGA PRADIPIKA'

प्राणायामेन युक्तेन सर्वरोगक्षयो भवेत् ।

अयुक्ताभ्यासयोगेन सर्वरोगसमुद्गमः ॥ १६ ॥

*Prānāyāmena yuktena sarvaroghakshayo bhavet  
Ayuktābhyāsayogena sarvaroghasamudghamah*

This Sanskrit shloka's translation is that when one practice Pranayama properly, all disease go away and our body become sea of diseases if not performed properly.

Pranayama stresses upon the feeling of 'taking in' the good energy and 'giving up' all the cynicism. At the point when you inhale out, you ought to delivery and let go of all connections, fears and the past. At the point when you take in, you ought to be in a positive perspective and focus on the present. At first, it can assist with settling every one of the issues of life and at last not let them emerge.

Here in this paper author is suggesting Anulom Vilom Pranayama a must practice for all, proper way of performing and benefits to humans.

### **2. Anulom Vilom Pranayama**

Anulom Vilom Pranayama is also known as Alternate Nostril Breathing Exercise or Nadi Shodhana Pranayama. According to 'THE HATHA YOGA PRADIPIKA'

प्राणं चेदिडया पिबेन्नियमितं भूयोऽन्यथा रेचयेत्  
पीत्वा पिङ्गलया समीरणमथो बद्ध्वा त्यजेद्दामया ।  
सूर्यचन्द्रमसोरनेन विधिनाभ्यासं सदा तन्वतां  
शुद्धा नाडिगणा भवन्ति यमिनां मासत्रयादूर्ध्वतः ॥

*Prānam chedidayā pibenniyamitam*  
*Bhūyoanyathā rechayet*  
*Pītvā pingghalayā samīranamatho*  
*Baddhvā tyajedvāmayā*  
*Sūryachandramasoranena vidhinābhyāsam*  
*Sadā tanvatām*  
*Śuddhā nādighanā bhavanti yaminām*  
*māsatrayādūrdhvatah*

If the air be inhaled through the left nostril, it should be expelled again through the other, and filling it through the right nostril, confining it there, it should be expelled through the left nostril. By practising in this way, through the right and the left nostrils alternately, the whole of the collection of the veins (nâdis) of the practisers (yamîs) becomes clean, i.e., free from impurities, after months and over.

Assuming that the air be breathed in through the left nostril, it ought to be removed again through the other, and filling it through the right nostril, binding it there, it ought to be ousted through the left nostril. By rehearsing along these lines, through the right and the left nostrils on the other hand, the entire of the assortment of the veins of the practisers turns out to be perfect, i.e., liberated from debasements, after months and over

### 3. Method for Anulom Vilom Pranayama

One should sit in meditative posture either Sidhasana Sukhasana, Padmasana, Bajarasana etc and Spine of practiser should be upright block the right nostril with right thumb and Inhale through the left nostril for 2 seconds. Block both nostrils with thumb and fingers and hold the breath for 4 seconds. It is always advisable that pregnant women, Cardiac patients, Blood pressure patients and should not hold their breath while performing any of pranayama.

In the wake of impeding keep left nostril obstructed. Presently Exhale the air breathed in through the right nostril for two seconds. Subsequent to breathing out from right nostril breathe in through something similar (right) nostril for two seconds. Block both the nostrils and hold the breath for four seconds. Keep the right nostril impeded and discharge the left nostril. Breathe out for two seconds from the left nostril. Block both the nostrils. Hold the breath in suspension for two seconds. This entire interaction finishes one single round. Begin the cycle again this time breathing in from the right nostril. Rehash for a limit of ten rounds. Attempt to expand the counts of inward breath and exhalation with ordinary practice. Attempt to keep up with the proportion of equivalent counts for inward breath, exhalation, and suspension of the breath while holding the breath for twofold the length.



#### **4. Results of various studies**

Researchers all over the world studied the effect of Anulom Vilom Pranayama. Studies Jain S et al, Chethan K et al, cardiac functions in the experimental group before and after Anulom Vilom Pranayama for 4 weeks by analysis of pulse, SBP, and DBP, and compared these results with the control group. In their study, in the control group, the pulse rate, systolic blood pressure SBP, and diastolic blood pressure were observed. The mean pulse rate, systolic blood pressure SBP, diastolic blood pressure in the control group before and after 1 month without practicing Anulom Vilom Pranayama did not show any change. Although these parameters were a bit higher than the previous values, they were insignificant. In the experimental group, cardiac parameters (pulse rate, systolic blood pressure SBP, and diastolic blood pressure DBP) before and after ANB for 1 month were significantly decreased. . Biswas et al. ,Pal et al. supposed that breathing exercises might increase parasympathetic activity and decrease sympathetic activity. This might cause a decrease in pulse rate and BP.

Xiao Ma et al, Chen, Y. F et al illustrates the potential for diaphragmatic breathing practice to improve cognitive performance and reduce negative subjective and physiological consequences of stress in healthy adults. Despite the promise of diaphragmatic breathing practice in supporting function and health, further investigation is needed to delineate mechanisms that underlie these benefits. Drozd, T et al showed Blood pressure changes in patients with chronic heart failure undergoing slow breathing training.

#### **5. Benefits of Anulom Vilom Pranayama**

Anulom Vilom Pranayama helps to relieve depression, stress, and anxiety and Regular practice has known to be very helpful and useful in treating respiratory disorders such as Asthma, bronchitis, etc. Various researches done indicated that by doing this alternate breathing exercise serious health disorders, such as heart problems, severe depression, high blood pressure, arthritis, migraine pain have been allayed. Helpful is overcoming negative

thoughts. Thinking becomes positive and you can overcome negative emotions such as anger, forgetfulness, uneasiness, and frustrations. Concentration, patience, focus, decision-making ability and inventiveness also increase as advantages of this pranayama. Balances out the Vata, Kapha and Pitta -3 doshas of the body. Anulom Vilom Pranayama Improves lung capacity and oxygenation throughout the body. Effective pranayama for weight loss and streamlines metabolism. Commonplace disorders such as constipation, acidity, allergic problems, asthma, and snoring are allayed.

## 6. Conclusion

Easy to do Parnayama for complete relaxation of mind, body, and soul. Try today and enjoy the health benefits.

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