



IMPORTANT ROLE OF PRANAYAMA TO OVERCOME STRESS AND DEPRESSION

ANURAG KUMAR GIRI ¹ | PROF.SANTOSH KUMAR ²

¹ RESEARCH SCHOLAR, DEPARTMENT OF PHYSICAL EDUCATION AND YOGA, MGKVP, VARANASI, U.P. INDIA.

² HOD & UGC CELL NODAL OFFICER MGKVP VARANASI, U.P. INDIA.

ABSTRACT:

In yoga, Pranayama is shown as an important part of life. In today's modern life, stress has become a part of a common routine, but due to excessive stress, a person goes into depression and the same depression takes down the life of the person very much and proves to be a hindrance in leading a successful life. If we look at the second chapter of Pranayama, then we will come to know that Pranayama proves to be effective in increasing our life cycle more. In Pranayama, we mainly follow its three parts, which are Purak, Rechan and kumbhaka. A normal human does 16 breath exchanges in 1 minute but through pranayama we can reduce it further if we count 10 counts in purika and stop it with the help of kumbhaka and do laxative process with 10 counts. We will find that we breathe only 5 times in 1 minute, 11 times we stopped our breathing process and this process can prove to be effective in increasing our life cycle and it can also prove to be helpful in reducing stress and depression. May be Jai Paper has been written only on what important role of Pranayama can prove to be in reducing stress and depression.

KEYWORDS:

YOGA, STRESS, DEPRESSION, PRANAYAMA, PURAK, RECHAK , KUMBHAK.

INTRODUCTION

The word yoga means to join or Yoke together It brings the body and mind together to become a harmonious experience. Man is a physical, mental and spiritual being; yoga helps promote a balanced development of all the three. Yoga is a method of learning that aims at Balancing; Mind, Body and Spirit. Yoga is a practice with historical origins in ancient Indian philosophy. Historical evidences of the existence of Yoga were seen in the pre-Vedic period (2700 B.C.), and thereafter till Patanjali's period. The main sources, from which we get the information about Yoga practices and the related literature during this period, are available in Vedas (4), Upanishads (108), Smritis, teachings of Buddhism, Jainism, Panini, Epics (2), Puranas(18)etc.

Tentatively, the period between 500 BC - 800 A.D. is considered as the Classical period which is also considered as the most fertile and prominent period in the history and development of Yoga. During this period, commentaries of Vyasa on Yoga Sutras and Bhagawadgita etc. came into existence. This period can be mainly dedicated to two great religious teachers of India -Mahavir and Buddha. The concept of Five great vows - Pancha mahavrata- by Mahavir and Ashta Magga or eightfold path by Buddha - can be well considered as early nature of Yoga sadhana. We find its more explicit explanation in Bhagawadgita which has elaborately presented the concept of Gyan yoga, Bhakti yoga and Karma Yoga. These three types of yoga are still the highest example of human wisdom and even today people find peace by following the methods as shown in Gita. Patanjali's yoga sutra besides containing

various aspects of yoga, is mainly identified with eight fold path of Yoga. The very important commentary on Yoga sutra by Vyasa was also written. During this very period the aspect of mind was given importance and it was clearly brought out through Yoga sadhana, Mind and body both can be brought under control to experience equanimity. The period between 800 A.D. - 1700 A.D. has been recognized as the Post Classical period wherein the teachings of great Acharyatrayas-Adi Shankracharya, Ramanujacharya, Madhavacharya-were prominent during this period. The teachings of Suradasa, Tulasidasa, Purandardasa, Mirabai were the great contributors during this period. The Natha Yogis of Hathayoga Tradition like Matsyendaranatha, Gorkshanatha, Cauranginatha, Swatmaram Suri, Gheranda, Shrinivasa Bhatt are some of the great personalities who popularized the Hatha Yoga practices during this period.

LIFE STRESS

It is well known that first depressive episodes often develop following the occurrence of a major negative life event ([Paykel 2001](#)). Furthermore, there is evidence that stressful life events are causal for the onset of depression (see [Hammen 2005](#), [Kendler et al. 1999](#)). A study of 13,006 patients in Denmark, with first psychiatric admissions diagnosed with depression, found more recent divorces, unemployment, and suicides by relatives compared with age- and gender-matched controls ([Kessing et al. 2003](#)). The diagnosis of a major medical illness often has been considered a severe life stressor and often is accompanied by high rates of depression ([Cassem 1995](#)). For example, a meta-analysis found that 24% of cancer patients are

diagnosed with major depression ([McDaniel et al. 1995](#)).

Stressful life events often precede anxiety disorders as well ([Faravelli & Pallanti 1989](#), [Finlay-Jones & Brown 1981](#)). Interestingly, long-term follow-up studies have shown that anxiety occurs more commonly before depression ([Angst & Vollrath 1991](#), [Breslau et al. 1995](#)). In fact, in prospective studies, patients with anxiety are most likely to develop major depression after stressful life events occur ([Brown et al. 1986](#)).

WHAT IS DEPRESSION?

Everyone experiences times when they feel a little bit blue or sad. This is a normal part of being human. Depression, however, is a medical condition that is quite different from everyday moodiness. Your paper may explore the basics or delve deeper into the definition of clinical depression or the difference between clinical depression and sadness.

DIFFERENT TYPES OF DEPRESSION

There are several different types of depression that are dependent on how an individual's depression symptoms manifest themselves. Depression symptoms may vary in severity or in what is causing them. For instance, major depressive disorder (MDD) may have no known cause or one that's identifiable in an individual, while postpartum depression is typically linked to women and childbirth.

The symptoms may also be part of an illness called bipolar disorder. This includes fluctuations between depression and a state of extreme elation called mania.¹ It is a topic that offers many opportunities on its own, from the definition and cause, to the risks, symptoms, and treatment.

CAUSES OF DEPRESSION

The possible causes of depression are many and not yet well understood. However, it is most likely that depression results from an interplay of genetic vulnerability and environmental factors. Your paper could explore one or more of these causes and reference the latest research on the topic.

For instance, how does an imbalance in brain chemistry or poor nutrition relate to depression? Is there a relationship between the stressful, busier lives of today's society and the rise of depression? How can grief or a major medical condition lead to overwhelming sadness and depression?_

PRANAYAMA

Pranayama is the ancient practice of controlling your breath. You control the timing, duration, and frequency of every breath and hold. The goal of pranayama is to connect your body and mind. It also supplies your body with oxygen while removing toxins. This is meant to provide healing physiological benefits.

BENEFITS OF PRANAYAMA

A. A REDUCTION IN THE HEART RATE: Respiration slows down with practice of pranayam. As the respiratory rate decreases, the heart rate too decreases. Those with a low pulse rate have low risk of cardiac illness. If a middle

aged and healthy individual has a pulse rate of less than seventy beats per minute then it is ideal.

B. ABILITY TO SURVIVE WITHOUT OXYGEN: While practising pranayam oxygen supply to all the cells in the body is reduced. As a result, even when the oxygen supply is reduced the cells adapt to it and function marginally or survive. Thus if an individual enters the gaganavashesh or turyaga states of the super conscious state (samadhi) then though there is complete cessation of breathing for some time, the cells in his body do not die.

D.CURE OF PHYSICAL AILMENTS: When an individual is able to control his breathing, he is also able to control the vital energy. He can use the vital energy wherever there is a disease or some anguish. A *sattvik* (*sattva* predominant) individual possesses enormous energy and he can direct it towards diseased organs as follows.

- By touching the diseased part with his fingers
- By focussing his gaze on the diseased part
- By concentrating the mind on the diseased part

If particular types of pranayams are performed then 20% of patients with physical ailments are cured while another 30% show improvement.

E. GOING INTO MEDITATION: While practising pranayam the concentration is on breathing. This is akin to concentrating on a particular object during meditation. However when meditating on an object (the object of concentration) is usually fixed whereas in pranayam the mind concentrates on the rhythm of respiration. It is easier to concentrate on a moving than on a fixed object. Hence by concentrating on pranayam the chances of going into meditation are enhanced.

PRANAYAMA

Tasmin sati breath-breathing yorgativichheda: pranayama: .. Patanjali Yog Darshan

When that (asana) is accomplished, stopping the movement of breath and exhalation is Pranayama.

The pulse instrument for the proper role of yoga and the regulation of breathing and exhalation for their awakening is Pranayama. Pranayama is very helpful for overcoming restlessness and disturbance of the mind.

WITHDRAWAL

Introverting the senses According to Maharishi Patanjali, the senses which are disturbing the mind, it is pratyahara to imitate the nature of the mind focused away from the objects. With pratyahara, the senses remain under control and complete victory is achieved over them. Therefore, when the mind is stopped, the senses are also stopped in the same way, when the queen bee stops at one place, other bees also stop at the same place.

AN ASSUMPTION

The mind has to be focused and focused on the subject. Keeping one subject in mind.

ATTENTION

Dhyana is the constant steadiness of the mind in one place or on an object. When the mind becomes accustomed while contemplating the object, it is called meditation. In the state of complete meditation, the knowledge or memory of any other object does not enter the mind.

Mausoleum It is a state of mind in which the mind is completely absorbed in the contemplation of the object. Yoga philosophy considers attainment of salvation possible only through samadhi. There are also two categories of Samadhi: Sampragyat and Asamprajnata. Sampragyat samadhi is vitarka, thought, bliss and asmitanugat. In asamprajnata, all the attitudes of sattvik, rajas and tamas are stopped.

PURAK, RECHAK, KUMBHAK

Yoga supplement and laxative action is very important. By the way, we keep on doing complementary and laxative actions every moment. Puraka means inhalation and Rechaka means exhalation. From birth till death, we continue to do purukatory and laxative actions.

We pause for a few moments between inhaling and exhaling. This stopping action is called Kumbhaka. When we stay inside by breathing, it is called Abhyantar Kumbhaka and when we stop outside, it is called Bahya Kumbhaka.

Now you know, exhale and take it. While exhaling, keep breathing as long as you can and then do not inhale again until it becomes difficult to stop. Then keep breathing till it is complete and then hold the breath inside as per convenience. In this way practice puraka, laxative and kumbhaka.

Now focus on the laxative: After a good practice of puraka, laxative and kumbhak, do only laxative action. The process of exhaling is called laxative and when it is done a little fast, it is called Kapalbhata Pranayama.

Additional: Just raise the energy volume of inhaling and exhaling for 10 minutes. A volume that shakes your body and mind. Then scream, shout, dance, sing, cry, jump and laugh. This is a laxative process.

Its benefits: All the stress comes out from this action. The body remains fit by reducing unnecessary fat, and the exit of the polluted air and disorders inside, increases the brightness of the face and body. After doing this, meditate for 10 minutes.

This will refresh your body, mind and soul. It is able to keep the body healthy. However, it should be practiced only after asking a yoga practitioner.

CONCLUSION:

In today's busy life, we stop paying attention to the breath, as if it is such a process of life that continues on its own, which does not need attention, but the person who pays attention to it, overcomes it. That person stays away from depression due to stress and he is able to live his life comfortably and healthy. With the help of Pranayama, we can only stop the process of breathing, that is, if we do

Kumbhak only for 10:00 minutes of the day. So we can increase the cycle of our life more and can be successful in leading a meaning full life. Truly, life is not so short that it has started today and will end tomorrow, it is a long process in which from the day we become conscious, from that day we can spend our life using our time and lead a good life. Yes, through Pranayama, we can get rid of depression from stress, but we should start working on it from today itself and can benefit from it. If we think that the breath which is coming which is accompanying if it is going and it is gone then happy life will not be meaningful, it will become like a dead one so to save our life we should stress through Pranayama To keep depression away, regular practice of pranayama should be done, it is absolutely necessary.

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