



# **PRANAYAMA AND ITS BENEFIT**

**BY**  
**MONOJIT GOPE**  
**RESEARCH SCHOLAR**

# PHASES OF PRANAYAMA

- ❑ **Three phases.** A pranayama cycle has three phases:
- ❑ Puraka, or Inhalation.
- ❑ Kumbhaka, or Retention.
- ❑ Rechaka, or Exhalation.

# TYPES OF PRANAYAMA

- ❑ Pranayama practices have both slow and fast variations. While there are many different types of pranayama practices, some popular ones are:
- ❑ Bhastrika pranayama, or bellow breath, is used to boost energy levels.
- ❑ Kapal Bhati pranayama, or skull shining technique, is practiced for energy clearing and its detoxifying effects on the body.
- ❑ Nadi Shodhan pranayama, or alternate nostril technique, is believed to center your mind by joining the right and left sides of your brain.
- ❑ Bhramari pranayama, or bee breath, is used to help calm the mind and racing thoughts.

# THE FOURTH LIMB.

Pranayama is typically practiced alongside yoga. It is known as the fourth Anga, or limb, of yoga. Pranayama is regarded as a science. It's believed that you can control the power of your mind through regulating your breath. The word pranayama comes from two separate words: prana and Ayama. Prana translates to breath, while Ayama has many different meanings including expansion, length, and rising.

# BENEFITS OF PRANAYAMA

- ❑ **COGNITIVE FUNCTION:-** Both slow and fast kinds of pranayama can help improve your cognitive functions.
- ❑ **LUNG CAPACITY:-** Practicing pranayama can help improve lung function.
- ❑ **STRESS AND EMOTIONAL REGULATION:-** Pranayama's ability to improve mindfulness has also been found to lower stress and aggression among students taking particularly stressful exams.
- ❑ **ANXIETY:-** Pranayama can significantly lower anxiety levels and any negative feelings associated with it. Regular pranayama practice can help with anxiety.
- ❑ **PSYCHOSOMATIC DISORDERS:-** Psychosomatic disorders are diseases involving both the body and mind.
- ❑ **QUIT SMOKING:-** Speaking of lung health, the breathing techniques in pranayama can help to cut cravings if you want to quit smoking.

**THANK YOU**

