

PRANAYAMA FOR OVERALL HEALTH IN MODERN LIFESTYLE

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Abstract - People adjusting to the fast-paced life in the modern world, and also due to the sedentary lifestyle, are facing mental and physical problems. In this context, pranayama, as part of the ancient yoga techniques, is seen to be an effective and easy-to-follow solution. It would not be wrong to say that pranayama, using breath control for solving health issues afflicting us, can be considered a blessing.

Keywords: Modern lifestyle stress, Sedentary behavior, Mental health, Physical health, Pranayama, Breath regulation, Yogic therapy, Holistic well-being

1. INTRODUCTION:

The main objective of this report is to identify how pranayama has a beneficial impact on mental and physical issues resulting from the modern lifestyle. As examples, empirical evidence on how pranayama impacts blood pressure, thyroid, sugar, breathing problems (bronchial asthma), mental pressures, and as a pain reliever has been taken up for this study. Pranayama is not just a breathing exercise. It is a method to balance and harmonize body, mind, and soul (atma). The practice of Pranayama develops a steady mind, strong will-power, and sound judgement [2]. Based on the evidence presented here, we can understand that regular pranayama practice can help reduce the diseases resulting from modern stress filled life styles. There is a need to base ancient knowledge on modern science and adopt pranayama in daily life. It bridges traditional ashram teaching with modern readers' health and wellness interests, reinforcing the enduring influence on global yoga literature. Hence, we should reserve at least some time for daily practice, thus taking steps toward holistic, stable health [1].

1.1 Method:

For people with problems with their program applications, readings of BP, sugar, and thyroid tests were taken as a first step. Along with this, what medicines have been prescribed by doctors, and the treatment details were also analysed. Accordingly Scientific Pranayama therapy package was assigned.

Some preparatory steps are very important for learning Pranayama, and they should be compulsorily followed. They are:

- 1) Being in empty stomach
- 2) Maintaining the head and lower back in a straight-line posture
- 3) Calm atmosphere without artificial air circulation
- 4) Stick to a specific time, morning or evening
- 5) A calm state of mind to practice regularly

Ashta (Eight) Pranayamas with a prayer/chant based on their specific problems are given in the package based on the Guru's guidance to solve their issues.

From Day 1 up to Day 30, their changes are monitored continuously with a frequency of every three days, weekly, and every fifteen days. Subsequently, based on their doctor's advice and

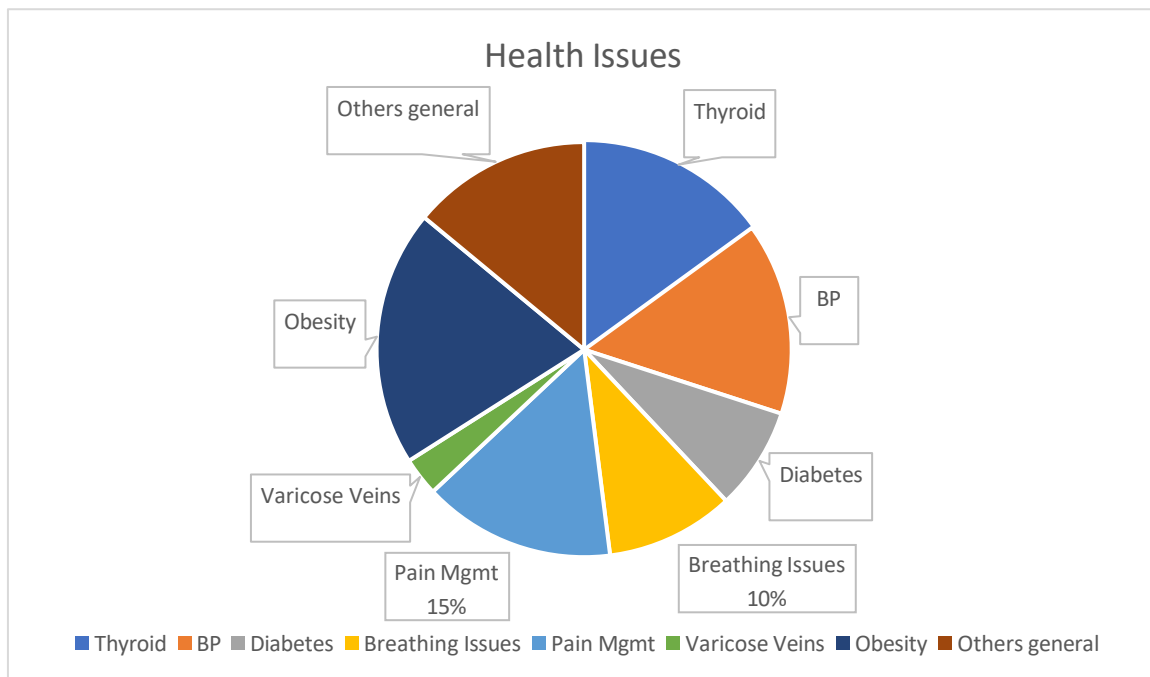
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lab reports, feedback on their experience has been taken. Their readings reveal how faithfully they have practised pranayama.

MY STUDY APPROACH:

I have been teaching pranayama continuously for 2 – 3 years. In this duration around 100 to 150 people have taken the benefit of the pranayama classes. These are people who attended the classes regularly. I have taken the reports about their health issues. Based on the reports the health issues distribution is as follows:



2.1 Thyroid:

In the case of all people with this problem, T3 and T4 levels were okay, but TSH level was high between 5 and 23. For treatment, they were using a high dosage of Thyroxin hormone. They started their pranayama practice with the instructions that they should do it regularly, along with the prescribed diet. Blood tests after 1 – 2 months indicated that the TSH level had returned to normal. It was not just the blood test result; the practice of pranayama reduced hair fall, reduced weight, apart from improvement in mental health and family life, thereby helped improve their enthusiasm in daily life.

TSH Before and After

	Before	After
A	23	Normal
B	9.2	2
C	10	5

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2.2 BP:

Through regular pranayama practice, people with this issue brought down their BP from 150/90 to 130/80. Their BP measurement reports were collected before they started the practice. They have then practiced the appropriate pranayama techniques accordingly. As a result, BP levels have become normal over a 1 – 3 month period. In some cases, doctors have even advised them to stop medication. Further, it was observed that in a few who did not practice regularly, there was no reduction in their blood pressure.

BP Before and After

	Before	After
A	141/71	133/70
B	145/95	135/85
C	130/85	112/80

2.3 Sugar Problem (Diabetes):

When the reports of people with this issue were examined, the readings were between 350 and 400. 95% people were on tablets and 5% were on insulin. Along with pranayama practice they regularly walked morning and evening along with following dietary restrictions. Their blood sugar reading was measured every month showing a gradual decrease reaching normalcy in 6 months. Doctors surprised by this have advised a reduction in the medication. They have gained the confidence that though not suddenly but over time medication can be slowly stopped. Many have even expressed that their weight reduced and also seen an improvement of mental health.

Blood Sugar Before and After

	Before	After
A	271	78
B	250	110
C	249	120

2.4 Breathing Issues:

People with lung issues were taking different types of treatment. Some used inhalers, some took tablets, some used syrups, and so on. Along with the preparatory steps, they adopted pranayama practice regularly. After 2 – 3 months of practice, a significant decrease in breathing issues was observed. When they visited the doctor, they were advised to stop medication. Along with this, they have given feedback that energy and enthusiasm in daily life have also increased tremendously.

2.5 Pain Relief:

Many suffered pain in different parts of their body (backache, leg pain, pain in the waist or hip region, knee pain, and so on). Some of them were using painkillers. After regular practice for 3 – 4 months, they got pain relief and could stop the usage of painkillers. While there are no measurements to assess pain, this was a clear indication of the benefit of practicing pranayama.

2.6 Varicose veins:

In this disease, there is a swelling of the veins in the legs. The role of pranayama in reducing it has also been observed. Around 50% of the people have reported that their problem has reduced. People in the first stage have experienced quick

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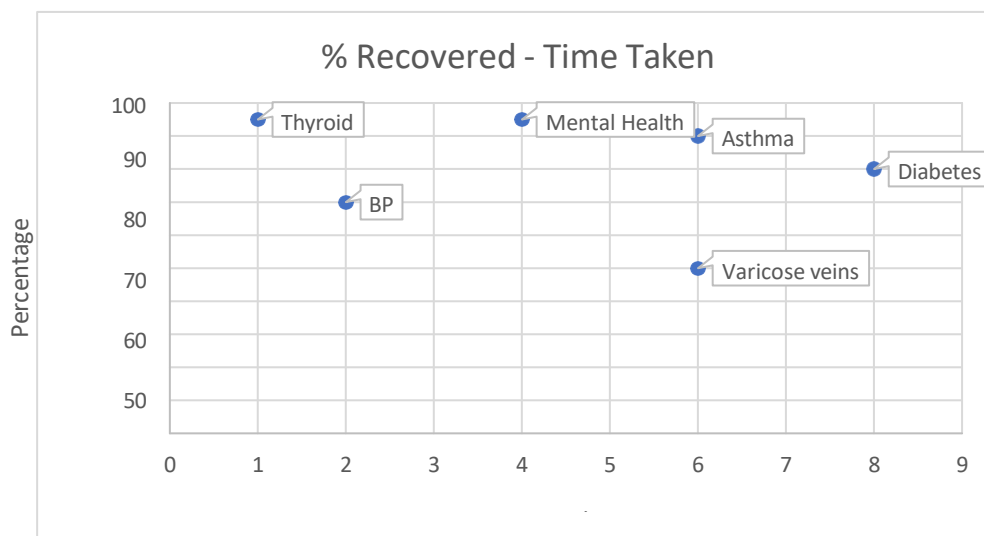
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relief. There was no reduction in the symptoms in people who did not practice pranayama regularly.

2.7 Obesity:

It can be gladly noted that apart from the abovementioned issues, obesity has also been solved by pranayama practice. I would like to stress that proper diet, exercise, pranayama preparatory steps, and regular practice have all helped in getting results. It has also been observed that those who were irregular did not get the desired results. I have appended copies of feedback from those who have benefited from the practice in solving the aforesaid problems.

CONCLUSION:



The above graph summarizes the results of my Pranayama study and its beneficial impact on people with various diseases. By practicing Pranayama continuously, 95% people with hypothyroidism have seen TCH values come to normal within a month. In the case of patients with high BP, in about 70% of practitioners, it came down to normal within 2 months. In the case of diabetes, 80% of the people have recovered in about 8 months. 90% of the people with breathing issues like asthma and 50% of the people suffering from varicose veins have seen significant improvement within 6 months of practice. Similarly, 4 months of Pranayama practice have helped 95% of those with mental health issues to regain health.

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