

A Novel Approach of Combining Brahmari Pranayama and Marma Point Activation in Managing Anxiety in Working Professionals

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Abstract - We are living in the age of anxiety and cognitive overload, trying to master the increasingly complex task of managing our personal and professional lives. The end result is burnout and Job dissatisfaction among the majority of working-class professionals. As a Doctor and a Yoga therapist, I am alarmed at the prevalence of clinical anxiety in most of the working class, irrespective of the Job title.

Having been trained in both Yoga and the ancient science of Marma chikitsa, I used a combination of Brahmari pranayama (resounding pranayama) and gentle stimulation of Shanka and Sthapani marma in a group of 15 patients with mild to moderate anxiety. The anxiety was rated using the BAI(Beck Anxiety Inventory), and overall well-being was rated using WHO - 5(The World Health Organization-Five Well-Being Index). A 15-minute combined session of brahmari pranayama, deep abdominal breathing, and self-stimulation of marma points was given for 21 days. Significant relief from anxiety and better sense of well-being was reported in all the patients. Because of the simplicity of the approach, resulting in better compliance, this method has scope for further research and consideration.

Key Words: anxiety, brahmari pranayama, marma points

1. INTRODUCTION

In recent years, anxiety and cognitive overload have emerged as significant challenges among working professionals, largely due to increasing occupational demands and the complexity of modern life. Chronic stress and anxiety contribute not only to reduced productivity and job satisfaction but also to long-term physical and mental health consequences. Rapid technological advancement, constant connectivity, and increasing performance expectations have contributed to chronic stress and cognitive overload. This often results in burnout, reduced emotional resilience, and impaired overall well-being. "We are drowning in information but thirsting for real wisdom." **Ancient India gave the greatest gift to humanity in the form of Pranayama.**

Yoga-based breathing techniques and traditional marma therapy offer promising, non-pharmacological approaches for managing anxiety. Brahmari pranayama, characterized by slow breathing combined with humming, has been associated with parasympathetic activation, improved vagal tone, and reduced mental agitation. Similarly, marma chikitsa, a traditional therapeutic modality rooted in Ayurvedic medicine, involves gentle stimulation of specific anatomical energy points believed to influence physiological and neurological function. The Shanka (temporal region) and Sthapani (midpoint between the eyebrows) marma points are traditionally associated with mental clarity and emotional balance.

This study aimed to evaluate the effectiveness of a combined protocol involving Brahmari pranayama, deep abdominal breathing (diaphragmatic breathing), and marma stimulation in reducing anxiety and improving well-being among working professionals.

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2. METHODS

This pilot observational study included 15 participants aged between 25 and 55 years who reported mild to moderate anxiety symptoms. Participants were recruited from a clinical yoga therapy setting. Inclusion criteria included self-reported anxiety symptoms and willingness to comply with the daily intervention protocol. Individuals with severe psychiatric disorders or those undergoing active psychiatric treatment were excluded.

Baseline anxiety levels were assessed using the Beck Anxiety Inventory (BAI), a validated tool widely used to measure the severity of anxiety symptoms. Overall well-being was assessed using the World Health Organization-Five Well-Being Index (WHO-5), which evaluates subjective psychological well-being.

The intervention consisted of a daily 15-minute guided session, including:

1. Deep diaphragmatic breathing for 3 minutes
2. Brahmari pranayama for 7 minutes
3. Gentle self-stimulation of Shanku and Sthapani marma points for 5 minutes

Participants were instructed to perform the intervention once daily for 21 consecutive days. Compliance was monitored through self-report. Post-intervention assessments were conducted using the same standardized tools.

3. RESULTS

All 15 participants completed the 21-day intervention protocol. Participants reported noticeable reductions in anxiety symptoms, including decreased restlessness, improved sleep quality, and enhanced emotional stability. Beck Anxiety Inventory scores demonstrated a consistent downward trend across participants, indicating reduced anxiety severity. Similarly, WHO-5 scores showed improvement, reflecting enhanced subjective well-being, improved mood, and a greater sense of mental calm.

No adverse effects were reported. Participants found the intervention simple, accessible, and easy to integrate into daily routines, contributing to high compliance rates.

4. DISCUSSION

The findings of this pilot study suggest that a combined intervention involving Brahmari pranayama, diaphragmatic breathing, and marma stimulation may effectively reduce anxiety and improve well-being. The observed benefits may be explained by multiple physiological mechanisms, including activation of the parasympathetic nervous system, reduction in cortisol levels, and improved autonomic regulation.

Brahmari pranayama produces vibratory stimulation that may influence the vagus nerve and promote relaxation. Slow diaphragmatic breathing improves oxygenation and reduces sympathetic nervous system overactivity. Marma point stimulation may provide additional neuromodulatory effects through sensory stimulation and increased body awareness.

The simplicity and non-invasive nature of this intervention make it particularly suitable for working professionals with limited time. It may serve as an effective adjunct to conventional treatments or as a preventive mental health strategy. However, this study has several limitations, including a small sample size and a lack of a control group. Future randomized controlled trials are needed to confirm these findings and explore long-term benefits.

4. CONCLUSION

This pilot observational study demonstrates that a brief daily intervention combining Brahmari pranayama, diaphragmatic breathing, and Marma stimulation may significantly reduce anxiety and improve psychological well-being. Given its safety, simplicity, and accessibility, this approach has considerable potential as a complementary therapy for anxiety.

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management among working professionals.

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