

Pranayama as a Health Property- A divine path to Practice Pranayama and its relationship with Fine Arts Engagement

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Abstract - As Swamy Vivekananda said 'All the orthodox systems of Indian Philosophy have one goal in view, the liberation of the soul through perfection. The method is by Yoga'. Pranayama, the yogic practice of respiration control, plays a main role in spiritual and Indian Knowledge system in the form of controlling the mind, purifying the body and achieving spiritual realization. This paper examines and explores the significance references of Pranayama from the perspective of IKS also this study investigates the relationship between pranayama practice and fine arts engagement among adults aged 26-60 years to know the level of awareness, adoption of Pranayama.

Key Words: Yoga, Pranayama, Indian Knowledge System, Spiritual realization, Fine Arts.

1. INTRODUCTION

According to Patanjali (2002), Pranayama is the fourth limb of Ashtanga Yoga and plays a crucial role in removing mental distractions and preparing the mind for meditation. The practice helps regulate mental fluctuations and enhances concentration. Even WHO stated that, Human health is 'a state of complete physical, mental and social well-being and not merely the absence of disease and infirmity'. Pranayama is derived from the Sanskrit term prana, meaning vital life force, and ayama, meaning expansion or control. This study aims to analyse the significance of Pranayama in promoting holistic well-being, its references in Indian philosophy and relationship between Pranayama & Fine arts engagement.

1.1 Significance of Pranayama According to Indian Sadhus

Swami Vivekananda (1896/2001), Swami Sivananda (2004), Sri Adi Shankaracharya (1998), has explained that breath regulation strengthens the nervous system and increase mental focus, willpower and attainment of spiritual knowledge.

1.2 Pranayama in Indian Philosophy

Various Puranas describes the importance of Pranayama like Bhagavata Purana tells to get focus mind and control our panchendriyas on the spiritual energy, Shiva Purana presents Lord Shiva as the supreme yogi who taught Pranayama to sages, Vishnu Purana narrate meditation practiced by sages seeking spiritual knowledge and liberation, Markandeya Purana give outline for purification and spiritual discipline necessary for self-realization.

1.3 Prosperity through Indian Knowledge system (IKS) in association with Fine arts:

The Indian Knowledge System (IKS) is an organized system and a method of knowledge transfer. In India we have abundance in every field like Music, Dance, Architecture etc. No such areas that no thoughts, ideas, and contribution by Indians for spreading the rich heritage and traditional knowledge in the field of Fine Arts are as follows:

1. Saman Traka Pranayama:

The entire energetic system of the body that is Prana is influenced by chanting Mantras and performing Pranayama. Chanting of mantras are not only emphasizes the body-mind-breath connection but also creates particular vibrations in the body represented by the chant. Our ancestors were practiced Pranayama with Mantra is known as Samantraka-Pranayama.

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2. Process of Arghya Pradhana:

Arghya Pradhana is a practice of offering water as a ritualistic offering to a visible god in the world is Sun, who is considered the source of life energy. Bhagavan Krishna has mentioned in the Geetha 'Parasparam bhavayanthaha shreyah paramavapsyatha' (ಪರಸ್ಪರಂ ಭಾವಯಂತಃ ಶ್ರೇಯಃ ಪರಮವಾಪ್ಸ್ಯಥ) stated always there is a mutual helpline between God and human. Whatever the energy we are receiving from the Sun, it's our obligation to return through this process called Argya pradhana. Pranayama is the first phase in this process to channelize our body to connect with the supreme energy with the power of mantra.

3. Carnatic Music/Dance/Instrument :

Music is full of mathematics and yogic science. An artist rendered a sustained note at a comfortable pitch while maintaining good posture and breath control. This can happen with continuous practice of inhale slowly and deeply then exhale gradually, producing a humming sound (Bhramari pranayama) and engage in warmup exercises to prepare both vocal cords and body, facilitating improved voice projection (Nadi shodhana pranayama).

4. Pranayama through Reiki:

Practice of Reiki is one of the ancient Vedic sacred practices having a history of 5000 years. The Vedas describe a system of energy healing called Prana Vidya, which involves the channel of internal/external healing energy through breathing exercise and meditation.

Pranayama, a breathing technique, is a key component of Reiki practice. It involves various breathing exercises that helps to channelize energy, balance of mind and enhance the awareness of healing process among practitioners.

2. METHODOLOGY:

Study of secondary data and experiential study conducted based on Demographic distribution, inferential analysis (chi-square test) to examine association between demographic variables, artistic engagement and motivational factors.

1.Table represents distribution of Age/Gender wise engagements in different Arts						
Various Arts	Male			Female		
	26-40	41-60	Total	26-40	41-60	Total
Yoga & Meditation	6	21	27	21	13	34
Fine arts	1	2	3	15	4	19
Chanting mantras	3	4	7	10	6	16
Total	10	27	37	46	23	69

2.Table represents distribution of Gender wise reasons for practicing Pranayama						
Reasons	Male			Female		
	26-40	41-60	Total	26-40	41-60	Total
Health benefit	8	23	31	38	15	53
Spiritual benefit	1	3	4	6	4	10
Medical advice	1	1	2	1	5	6
Total	10	27	37	45	24	69

2.1 Hypothesis

H1: There is a statistically significant association between type of fine arts engagement and reasons for practicing

pranayama among adults aged 26–60 years.

H0: There is no statistically significant association between type of fine arts engagement and reasons for practicing pranayama.

2.2 Results: Distribution of Arts Engagement and Motivations for Pranayama Practice

A total of 106 participants (Male: n=37; Female: n=69) were surveyed to assess engagement in different arts and the reason behind the practice of Pranayama.

Engagement in Arts and Meditation

The primary activity across all demographics was **Yoga & Meditation**, involving 57.5% of the total sample (n=61), Fine arts (Music, Dance, or Instrumental) 20.8% (n=22) and Chanting Mantras 21.7% (n=23)

- **Gender-Specific Trends:** Female engagement (n=69) was higher than male engagement (n=37) in all the dimension.
- **Age-Specific Trends:** In the male cohort, participation was concentrated in the 41–60 age group (73%). Conversely, the female cohort showed higher engagement in the 26–40 age group (66.7%).

Motivations for Pranayama Practice

The distribution of reasons for practicing Pranayama was assessed based on Health Benefits, Spiritual Benefits, and Medical Advice.

Motivator: Health benefits were stated as the leading reason for practice by 79.2% of the total population (n=84). Spiritual benefits accounted for 13.2% (n=14), while Medical Advice was the primary driver for 7.5% (n=8) of the participants.

2.3 Statistical Analysis

To determine if the reason for practice was dependent on gender, a **Pearson's Chi-Square test** was performed. The analysis yielded $\chi^2(2, N=106) = 0.465, p = 0.793$. Since the p-value exceeds the significance threshold ($\alpha = 0.05$), the null hypothesis is retained. There is no statistically significant association between gender and the motivation for practicing Pranayama; both genders prioritize health benefits at nearly identical proportional rates.

3. CONCLUSIONS

Pranayama holds a central position in Indian philosophy of Yoga & spiritual practices. Insights from Indian saints and references in the Puranas emphasize its importance for physical health, mental discipline and spiritual growth to attain Moksha stage. Not just a breathing exercise; it is a strong method for preparing the holistic well-being, and self-realization. The research shows that pranayama practice is mainly health-oriented among fine arts practitioners and relation with demographic and artistic engagement variables. As a result, Pranayama still retains its importance by orally hypnosis with Fine arts involvement for frees and liberative disciplines.

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