



ISSN: 2456-0057

IJPNPE 2019; 4(2): 449-450

© 2019 IJPNPE

www.journalofsports.com

Received: 13-05-2019

Accepted: 15-06-2019

Dr. Jyoti A Upadhye

Asst. Professor, DOS in Physical
Education and Sports Science,
K.S.A.W. University,
Vijayapura, Karnataka, India

Health benefits of Bhramari Pranayama

Dr. Jyoti A Upadhye

Abstract

Bhramari is the Sanskrit word for “Honey Bee”. The bee produces a humming sound and in this Pranayama, we produce sounds and vibrations to connect to our mind, regulate our breath and achieve higher levels of concentration. Pranayam means control of *pran* or vital force. According to the sage Patanjali it means controlled breathing which includes deep inhaling, exhaling and retention of breath. Pranayam occupies a central position in the Indian yogic system. Modern medical science has shown unequivocally that Pranayam benefits both the mind and body.

Keywords: Health, Bhramari Pranayama

Introduction

The adjective bhramari can also mean “sweet as honey” in Sanskrit or “that which produces ecstasy”. Bhramari has an immediate relaxing effect on the brain. If it is practised some minutes every day it can reduce mental tension and lower high blood pressure. Bhramari Pranayama is the best breathing exercise for meditation. It has immediate relaxing effect on the brain. If it is practiced regularly, mental stress, fatigue and high blood pressure reduces. ‘Bhramari’ is a Sanskrit word which is derived from ‘Bhramar’ the black Indian bumble bee. It describes the characteristic humming sound which is produced while exhaling in this breathing exercise. Bhramari is directly related to the throat center and to the organs in the region - the most important of which are the thyroid and thymus glands. Let's take the effect of bhramari on the thymus.

This gland is indirectly involved in the production of white blood cells, also known as lymphocytes. Called T-cells the thymus weighs about 15 grams at birth; by the time we are twelve, it gets doubled in size. As we enter adulthood, however, it begins to shrink, and by the time we are in our thirties, it is quite small and is buried in a layer of fatty cells.

Balance hormones and build immunity

Bhramari pranayama directly influences hypothalamus, pituitary and pineal glands and helps to balance the endocrine system in the body. The bhramari vibrations tone the hypothalamus situated in the brain which is responsible for maintaining homeostasis in the body. The hypothalamus, in turn, regulates the pituitary or master gland responsible for regulating sex hormones, growth hormones, thyroid, and adrenal glands. Therefore, a practice of bhramari would keep your hormones in balance. Those who are suffering from hormonal imbalance would benefit definitely from the regular practice of this pranayama.

Improves concentration and memory

Bhramari Pranayama helps to build memory and concentration. A regular practice would ensure improved cognitive functions like attention, concentration, recall of information, verbal retention and recognition. It would also make you calm, quiet, and steady.

Eases hypertension, sleep apnea, and headaches

A regular practice of bhramari pranayama would keep your blood pressure in check and cure your chronic headache and migraine problems. The nasal exhalation of bhramari boosts the production of nitric oxide which in turn helps to dilate arteries, improve blood circulation and maintain the supply of oxygen to the heart.

Correspondence

Dr. Jyoti A Upadhye

Asst. Professor, DOS in Physical
Education and Sports Science,
K.S.A.W. University,
Vijayapura, Karnataka, India

The people suffering from sleep apnea who breathe through their mouth are unable to utilize the naturally produced nitric oxide. For them, bhramari comes as a savior. It not only helps in toning the throat muscles to ease sleep apnea but also increases the utilization of nitric oxide. Bhramari is also useful in curing insomnia and other sleep disorders.

Mind Relaxation

The most important benefit of Bhramari Pranayam is that it helps to relax the mind and helps to focus. The vibrations formed in the brain when doing the exercise helps in calming down the brain by letting go of unnecessary thoughts. The brain becomes clear and you get more space and time to think over your real problems. The exercise helps to reduce mental stress, tension and depression too. This is the best benefit of Bhramari Pranayam.

Helps in Childbirth

One benefit of Bhramari Pranayam is for the pregnant women. Regular practise of this exercise during pregnancy can help in trouble free childbirth. Also, pregnant women need to be happy and peaceful during pregnancy for physically and mentally healthy child. Therefore, pregnant women must do Bhramari Pranayam regularly to improve the mental and physical growth of the child. This is one of the best benefits of Bhramari Pranayam.

Improves concentration and focus

While doing the Bhramari Pranayam, you tend to focus on the humming and cut down the rest of the world. This is what helps in increasing the focusing power of the brain. The best benefit of Bhramari Pranayam is that it helps in increasing the concentration of the brain. Thus, this is a good exercise for students to improve their focus and concentration in studies. The goals are clear as the brain becomes clear after performing this exercise.

Positive for the Body

The exercise has positive effects on the brain and the body as a whole. It helps in enhancing the performance of the Pituitary gland which is the master of all glands. Therefore, the benefits of Bhramari Pranayam nit only focuses on any paarticular part of the body bit gives a positive effect on the whole body. This exercise gives a pleasant feel and a right start to the day. One must do Bhramari Pranayam regularly to have a good dat and a healthy life.

Conclusion

The finding of this study concluded that the regular practice of Bhramari pranayama Improve over all health of a human being. It reduce the risk factorce of life and Improve the performance level. It change the life style lead to healthy livings style with positive atitude. It Improve self confidence, focus and concentration and control oven body and mind. practice Bhramari pranayama our life is healthy and happy.

Reference

1. Vivekananda S. Raja Yoga (34th Impression) Advaita Asrama. 2007 [Google Scholar]
2. Madanmohan Role of Yoga and Ayurveda in Cardiovascular Disease. [Last accessed on 2011 Sept 11]. Available from: <http://www.fac.org.ar/qcvc/llave/c039i/madanmohan.php> .
3. Ankerberg J, Weldon J. In: 'Yoga' in Encyclopedia of

New Age Belief. Eugene OR, editor. United States: Harvest House Publishers, 1996, 593-610. [Google Scholar]

4. Bowker J. The Oxford Dictionary of World Religions. New York: Oxford University Press, 1997, 1058-9. [Google Scholar]
5. Chopra D. In: The Seven Spiritual Laws of Yoga. Hoboken NJ, editor. United States: John Wiley and Sons; 2004. [Google Scholar]