

BHRAMARI PRANAYAM A LITERATURE REVIEW

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ABSTRACT:-

The Objective of this study is to study the concept of Bhramari Pranayam literally and to understand the effect of the Bhramari Pranayam.

Method:-Literary study has been compiled from Yogic texts and all relevant books for study of Bhramari Pranayama and Yoga and source of internet for research papers based on Bhramari Pranayam.

Pranayama: - Prana is the breath of life of all beings in the universe. Prana is usually translated as breath. Pranayama is a conscious prolongation of inhalation, retention and exhalation. The Bhramari Pranayam is one of the type of Pranayama. In this Pranayam inhalation and exhalation through nostrils slowly and deeply takes place. While exhaling, will have to produce sound (humming sound) like bumble bee strictly through nasal airways. It is a method of harmonizing the mind and directing awareness inwards.

Conclusion:-The vibration of the humming sound creates a soothing effect on the mind and nervous system. Bhramari Pranayam is one of the type of Pranayam which relieves stress and helps in alleviating anger, anxiety and insomnia, increasing the healing capacity of the body.

Keywords:-Yoga, Bhramari Pranayam.

Introduction:-

Yoga is one of the most popular sciences of the present era. It included all aspect of health i.e., physical, mental, social and spiritual. Pranayam is an important aspect of yoga that mainly deals with the relationship between breathing pattern and emotional states. Pranayam is the fourth limb of Asthang Yoga, it is very effective and important component of Yoga training.¹

Nadi Shodhana, Kapalabhati, Bhastrika, Sitali and Bhramari are the important and most practiced types of Pranayams. The Bhramari is one of the type of Pranayama. Its simplicity of slow breathing and that it could be easily practiced by everyone irrespective of their age or gender makes it notifiable.

The Bhramari Pranayam is one such ancient yogic breathing practice that not only includes a unique breathing technique but also is associated with concurrent generation of a constant humming sound during the phase of exhalation thus placing the body in the state of relaxation.¹

Bhramari Pranayam creates connection between body and brain that develops flows between more static traditional Pranayama.

Bhramari Pranayama is very effective in instantly calming your mind down. It is one of the best breathing exercises to release the mind of agitation, frustration or anxiety and get rid of anger.²

Objectives:-

- I) To study the concept of Bhramari Pranayam.
- ii) To understand the effect of the Bhramari Pranayam.

Material:-

Gherand Samhita.

Hathyoga Pradipika.

Allied Ayurvedic literature.

Relevant books for study of Bharamari Pranayama and Yoga.

Previous Thesis and Articles.

Method: - Literary study has been compiled from Gherand Samhita, Hathyoga Pradipika, all relevant books for study of Bharamari Pranayama and Yoga. And source of internet for research papers based on Bhramari Pranayam.

Concept of Yoga:-

Yoga is formed from Sanskrit word “Yuj”. The literal meaning of Yoga is "to join", "to add", to bind, “to harmonize”. In Patanjali Yoga Sutra, Patanjali stated that "Yogascha chottvritti norodhah".³

Yoga is the control of the modifications (changes, thought-forms) of the mind field. This is the most fundamental of the yoga sutras. Yoga as a therapy is simple and inexpensive and can be easily adopted in most patients without any complications.

Pranayam:-

Pranayam is one of the important limb of Ashtang Yoga which is calming down the mind and body as well as enhancing work ability. The word Pranayam comprises of two roots: 'Prana' and 'Ayama'. Prana means 'vital force' or 'life force' and Ayama is defined as 'expansion'. Thus, the word Pranayama means expansion of the dimension of vital force.⁴

In human beings, the breath is an active connection between the body and mind while the Pranayama is considered as modification of once own breathing. Pranayama means a yogic act performed for controlling flow of the vital energy that governs all the physiological process of our body.

Stability and instability of mind is totally depends on the status of prana. If Prana is stabilies in the body through the process of Pranayam than it directly results into stable mind. ⁵

Pranayama consists of three phases: 1.Purak (inhalation), 2.Kumbhak (retention) and Rechak (exhalation). This can be practiced either alone or with combination which depends upon the type of Pranayama. Pranayama is a conscious prolongation of inhalation, retention and exhalation. According to Ghrend Samhita by Pranayam one can achieve levitation (khecari shakti), cure of disease , Shakti (spiritual energy),calmness of mind, delightful mental power, blissful mind and endless happiness. ⁶

Bhramari Pranayam:-

The word Bhramari means “Bee”. This Pranayam is called Bramari because during this Pranayam sound is made which imitates the sound of a humming bee at exhalation.

In Bhramari Pranayam the practitioner will sit in proper erect posture and inhale and exhale through nostrils slowly and deeply.While exhaling, will have to produce sound (humming sound) like bumble bee strictly through nasal airways, keeping oral cavity closed by the lips, ears closed by fingers.The eyes must be closed during this process to cut off external inputs of sound and sight to internalize the consciousness.⁷

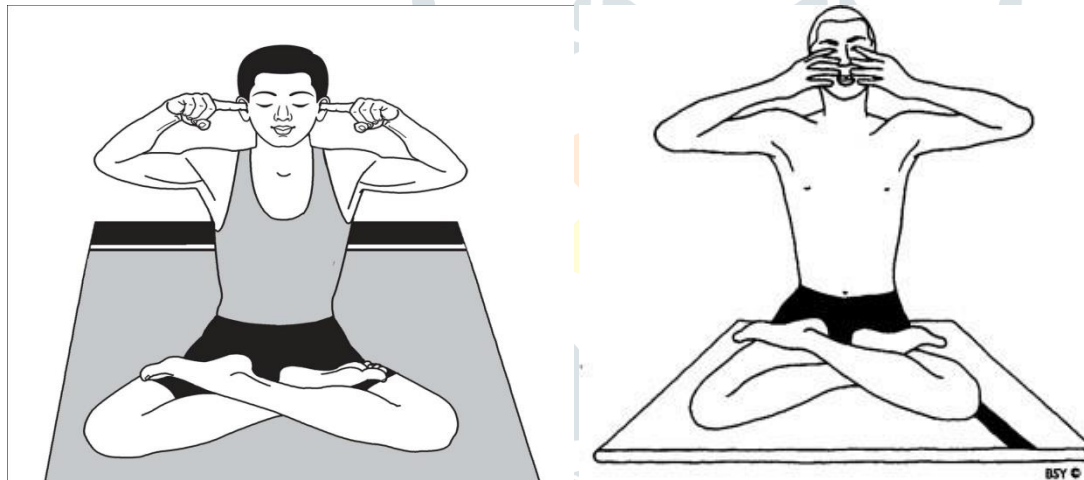


Fig.1

Fig.2

There are various styles of Bhramari Pranayam .In fig.1 is in without Shanmukhi mudra and in fig.2 is in with Shanmukhi mudra.

In Bhramari Pranayam Humming sound is important which goes along with intense inward visualization.⁸ Bhramari Pranayam is different from other Pranayamas in the fact that in this Pranayama acoustic vibration is produced by humming sound along with Yogic body posture. The acoustic vibration might be playing key role in producing effect of Bhramari Pranayam by vibrating brain and whole head.⁷

Bhramari causes the whole brain to vibrate. Vibration of the cerebral cortex sends impulses to the hypothalamus which has the capacity to control the pituitary gland⁴

The hypothalamus also sends impulses to parasympathetic nervous system. This helps tune the whole neuroendocrinal system to function in a harmonious and synchronized way.

Parasympathetic nervous system is linked with a peaceful and composed status of body and mind. Bhramari Pranayama is very effective in instantly calming mind down. B. K. S. Iyengar mentioned that Bhramari Pranayama relieves stress and alleviating anger, anxiety and insomnia, and reducing blood pressure.¹⁰

Discussion:-

The study of research papers and other literature certainly proves that Bhramari Pranayama trigger neurohormonal mechanisms that results on health. Bhramari Pranayama has a effect on physical, psychological and intellectual health. In physical health it helps in improvement in functions of hypothalamus, pituitary gland and parasympathetic nervous system. Parasympathetic nervous system is linked with a peaceful and composed status of body and mind. Regular practice of it, helps in overcoming negative emotions. Bhramari Pranayama can act as a beneficial agent to achieve the state of total health.

Conclusion:-

Bhramari Pranayam has an influential role in controlling negative emotions such as anger, anxiety, stress, fear. It has good results in improving insomnia. It has also capacity in improving and strengthening voice quality. With the help of Scientific evidences conclusion has drawn that Bhramari Pranayam can be beneficial in the prevention and cure of diseases.

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