

INTERNATIONAL JOURNAL OF PHYSICAL EDUCATION AND APPLIED EXERCISE SCIENCE**THE EFFECT OF PRANAYAMA ON BODILY DISEASES: A REVIEW****Ankan Sinha (Orchid Id- 0009-0009-7203-3059)**

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Abstract:

In the modern era, sedentary lifestyles and dependence on technology have significantly reduced physical activity, leading to an increase in various physical ailments. While numerous treatments exist for these conditions, Pranayama (breathing exercises) has emerged as a potential non-pharmacological intervention. This study examines the impact of Pranayama on physical diseases, specifically asthma, COVID-19-related conditions, and back pain. A literature review was conducted using studies from PubMed, Sodhganga, and SkyHub to evaluate the effectiveness of Pranayama techniques such as the Buteyko method, Bhramari pranayama, and Bhujangasana. The findings suggest that Pranayama can be used both as a preventive measure and a therapeutic approach for these ailments.

Keywords: Pranayama, PubMed, Sodhganga, SciHub, Bhujangasana.

1. INTRODUCTION

The contemporary world has witnessed a drastic decline in physical activity due to technological advancements and sedentary lifestyles. This shift has led to an increased prevalence of physical illnesses. While conventional medical treatments are available, pranayama, a traditional yogic breathing technique, offers a complementary alternative for disease management. This study aims to evaluate the effects of Pranayama on bodily diseases and its potential role in improving human health.

Statement of the Problem

This study investigates whether Pranayama has a significant effect on bodily diseases, particularly asthma, COVID-19, and back pain.

Hypothesis

Prior to conducting this review, it was assumed that Pranayama might not have a significant impact on bodily diseases.

Delimitation

This study focuses on the effects of the Buteyko breathing technique, Bhramari Pranayama, and Bhujangasana as preventive measures or treatments for asthma, COVID-19, and back pain, respectively.

Limitation

Due to COVID-19 restrictions, data collection from libraries was not feasible. Therefore, all study-related reviews were sourced from online databases such as PubMed, Sodhganga, and SkyHub.

Significance of the Study

This study provides valuable insights into the therapeutic benefits of Pranayama. In the current COVID-19 pandemic, pranayama may serve as a viable intervention to enhance physical and mental well-being

Review of Related Literature

Pranayama and COVID-19

Kulkarni et al. (2021) assessed the psychological impact of the COVID-19 pandemic and the role of yoga-based interventions in mental health improvement. Their systematic review highlighted moderate to positive effects of yoga practices, including Bhramari pranayama, mindfulness meditation, Sahaj yoga, and laughter therapy, in reducing stress and anxiety during the pandemic (Kulkarni et al., 2021).

Pranayama and Asthma

Santino et al. (2021) analyzed the effectiveness of breathing exercises in asthma management. Their study confirmed that techniques such as the Buteyko breathing method, deep diaphragmatic breathing, and yogic breathing significantly help control asthma symptoms and improve respiratory function (Santino et al., 2020).

Pranayama and Back Pain

Previous studies have explored the role of yoga-based interventions in managing chronic low back pain (CLBP). One such study highlighted that Bhujangasana, a yoga posture, aids in pain reduction, improves spinal mobility, and decreases disability (Puentedura et al., 2016).

Methodology

A systematic literature review was conducted using various online databases, including PubMed, Sodhganga, and SkyHub. A total of 20-25 studies were reviewed, with 6-8 studies selected from each database.

Findings and Discussion

Effect of Pranayama on COVID-19

Based on the reviewed studies, no specific pranayama technique has been identified as a direct treatment for COVID-19. However, Bhramari pranayama, mindfulness meditation, Sahaj yoga, and laughter therapy have shown promising results in improving psychological health during the pandemic.

Effect of Pranayama on Asthma

Pranayama techniques such as the Buteyko breathing method and yogic breathing exercises have been widely recognized for their ability to control asthma symptoms. These exercises focus on tidal and minute volume adjustments, nasal breathing, breath retention, and abdominal breathing, all of which contribute to respiratory health.

Effect of Pranayama on Back Pain

Back pain is a common health issue in modern society. The reviewed literature suggests that yoga-based interventions, including Bhujangasana, can reduce pain, minimize the need for analgesics, and improve spinal mobility.

Summary and Conclusion

This study aimed to evaluate the effects of pranayama on bodily diseases, specifically asthma, back pain, and COVID-19-related conditions. A systematic review of the literature indicated that pranayama techniques, including the Buteyko method, Bhramari pranayama, and Bhujangasana, have significant positive effects on these conditions. These breathing exercises can be used both as preventive measures and as therapeutic interventions.

The hypothesis that pranayama might not have any significant effect on bodily diseases was not supported by the reviewed studies. Future research should focus on clinical trials to further validate these findings.

References

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