

THE ROLE OF QUICK BREATHING PRACTICES AND ITS AWARENESS IN THE TREATMENT OF ANXIETY FOR IMPROVING SKILL DEVELOPMENT

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Abstract :

Breathing may be considered the most important of all of the functions of the body, for, indeed, all of the other functions depend upon it. Besides supplying the oxygen, respiratory system also contributes to the state of consciousness, awareness and attention. In breathing practices we are dealing with this aspect more. The breathing cycle differs from person to person in respect of depth, rate of respiration, postural habits, type of physical and mental activities, behavior, psychological make-up, mood, and emotional condition of individual. Respiration is semi –involuntary in nature[4]. This is the only involuntary system, which we can interfere. Our breathing is related to the life force (prana) on one side and the mind on the other. Therefore, the breath is bridge between body and mind[7].

And not only are people dependent upon breath for life, but they are largely dependent upon correct habits of breathing for continued vitality and freedom from disease. This paper is about finding an effect of quick and easy breathing practices with awareness to remove the Anxiety of the human being as it is a main obstacle in skill development of the person. Anxiety is known as a mental health disorder for due reasons. This paper discusses the various Breathing practices with awareness that people can do when carrying out routine work.

INTRODUCTION :

INTRODUCTION – BREATHING :

In earlier civilizations, people had no need of instruction in breathing. Like the lower animal and the child, people breathed naturally and properly, as nature intended them to do. The percentage of civilized people who breathe correctly is quite small, and the result is shown in contracted chests and stooping shoulders, and diseases of the respiratory organs.

The breath and the emotions are interconnected, as is seen from Patanjali's yoga sutra

“vyadhi styana samsaya pramada alasya avirati

Bhrantidarshana alabdhabhumikatva anavasthitatvani cittaviksepah te antarayah” 1.30

This sutra describes the nine obstacles or impediments which obstruct progress and distract the aspirant's mind.

The breath and the body are interconnected, as is seen from patanjali yoga sutra[3]

“Duhkha daurmanasya angamejayatva svasaprasvasah viksepa sahabhuvah” 1.31

Sorrow, despair, unsteadiness of the body and irregular breathing further distract the citta.

The breath is calm when the body is calm, and agitated or labored when the body is agitated or labored. As per Yogav *si?ha \25\3.35* When the mind is agitated, the body is indeed going to the state of agitation. On account of agitation, the vital airs (or currents of Bioenergy) flow, giving up evenness due to

the weak vijnanamaya kosha of the mind

The breath and the mind are interconnected, as is seen from hathapradipika [1]

“Chale vate chalam chittam nishchale nishchlam bhavet
Yogi sthanutvamapnoti tato vayum nirodhayet” II:2

When the breathing is unsteady, the mind is also unsteady. But when the breath is steady, the mind attains steadiness. Then, it will give a long and healthy life. Also as seen from Yogavasistha

“Manasya spandanam pranah
Pranasya spandanam manah”

i.e Mind affects breathing and breathing affects mind.

Our holding of the breath when attempting intense concentration also shows this.

In Hansopanishad, The Siddha Natha traditions call 21600 breaths which take place during one single day and night as Ajapa japa- the recitation of mantra without any utterance.

Kabir says “All the leaving beings are engrossed in this Ajapa Japa in the form of inhaling and exhaling unknowingly throughout the life”. However, it is to be practiced knowingly. By concentration on the breath, the aum is recited automatically.

INTRODUCTION - ANXIETY :

Those with anxiety often finding themselves with compulsive worrying, irrational fears, trouble branching out socially and more. Anxiety is both a physical and mental issue that affects millions of people all over the world. (Researchers from the Queen's University in Canada found that exercise and relaxation techniques similar to yoga left a positive impact on people suffering from different types of mood and anxiety disorders and changed the way they perceived the world. Interestingly, these methods also succeeded in reducing negativity and helped them to view the world as less threatening.)[8]

Anxiety is arguably an emotion that predates the evolution of man. Its ubiquity in humans, and its presence in a range of anxiety disorders, makes it an important clinical focus. Developments in nosology, epidemiology and psychobiology have significantly advanced our understanding of the anxiety disorders in recent years. Advances in pharmacotherapy and psychotherapy of these disorders have brought realistic hope for relief of symptoms and improvement in functioning to patients.

Depression affects 10% of Indians, but day-to-day anxieties are sending more Indians round the bend, say doctors ahead of World Mental Health Day. Anxiety, affecting 25% of the population, is possibly the first stage to the serious-to-handle depression if not addressed.

Overcome Anxiety in Skill development of the human being through Breathing with awareness

Anxiety disorder of many types and of acute or chronic in nature. But the root cause is mind. As in Yoga mind is only responsible for bondage and liberation[7].

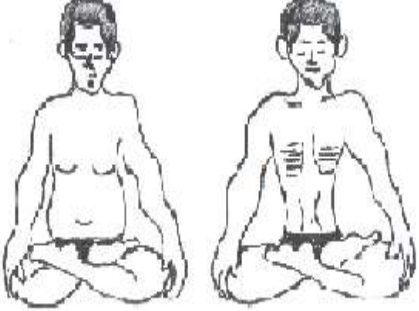
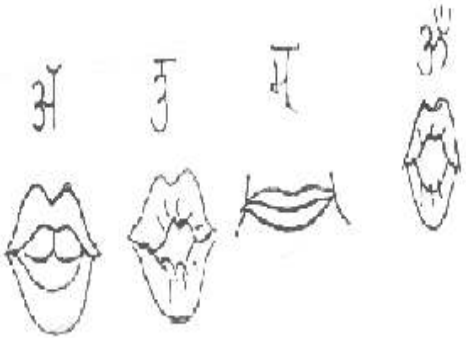
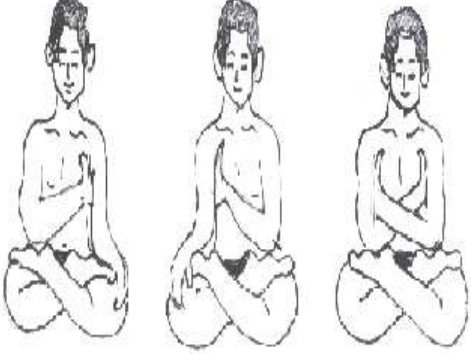
The entire autonomic nervous system (and through it, our internal organs and glands) is largely driven by our breathing patterns. By changing our breathing we can influence millions of biochemical reactions in our body, producing more relaxing substances such as endorphins and less anxiety-producing ones like adrenaline and higher blood acidity. Mindfulness of the breath is so effective that it is common to all meditative and prayer traditions

When overcoming high levels of anxiety, it is important to learn the techniques of correct breathing. Many people who live with high levels of anxiety are known to breathe through their chest. Shallow breathing through the chest means you are disrupting the balance of oxygen and carbon dioxide necessary to be in a relaxed state. This type of breathing will perpetuate the symptoms of anxiety.

Breathing Awareness technique for People having busy life style

What if you had a handful of quick and easy breathing practices that you could try while you were sitting at the red signal, or washing dishes, or picking the kids up from school, or waiting in line?

What if you could turn any waiting time into breathing time? Of course, you were breathing already, but we are talking about special breathing with awareness and incorrect manner. That will help you feel calmer every time you do it. And the beauty of these techniques is that nobody else will know you're doing it, unless of course you decide to share because you just discovered that controlling your breath really does help you slow your heart rate, calm racing thoughts, and feel generally more at ease.

<p>1) Abdominal Breathing This is easier breathing technique. Take a deep breath, inhaling slowly through your nose, expanding the abdomen voluntarily. Hold your breath for a few seconds. Then slowly exhale, contracting your abdomen.</p> <ul style="list-style-type: none"> - While breath in – count 1 to 5. - While holding count 1 to 20 - While breath out – count 1 to 10 - (Ratio as per hatha yoga pradipika [4] count is 1:4:2) 	
<p>Benefits: A clearer mind and increased concentration, that will allow your spirit to take control over the material body. stamina in the breath, which will rejuvenate the body.</p>	
<p>2) Pranava Sadhana While breath in count 1 to 5 While Breath out chant “A” Pause –count 1 to 20 Again, breath in count 1 to 5 While breathout chant “u” Pause – count 1 to 20 Again, breath in count 1 to 5 While breathout chant “m” Pause – count 1 to 20 Breath in count 1 to 5 and while breathout chant “AUM” Pause –count 1 to 20</p>	
<p>Benefits: The effect of Omkar recitation is very powerful and positive. All the nerves and other channels in the body are cleaned and purified.</p>	
<p>3) Innovative way of The nostril breathing Put your left hand palm between right armpit and press Breath in count 1 to 5 and pause - count 1 to 20 Breath out count 1 to 10 Put your right hand palm between left armpit and press Breath in count 1 to 5 and pause – count 1 to 20 Breath out count 1 to 10 Now both the palm between opposite arm pit and press Breath in count 1 to 5 and pause – count 1 to 20 Breath out count 1 to 10</p>	 <p>If one don't want to engage hand can use any tools such as book ,purse ,ball etc.</p>

Benefits: It removes blockages in the nerve conduction and corrects all the neural functions. Calmness and mental relaxation are easily felt immediately after this practice.
 Note: if one doesn't want to engage hand, they can use the tools such as purse, file book etc.

4) Quick Relaxation

Sit on the chair and cross your hand behind the chair and interlock. Put the neck rest on the chair. Stretch your legs and relaxed. Now start watching your breath for 5 minutes.

Benefits: Activate thyroid gland, open the lungs and give deep relaxation with awareness.

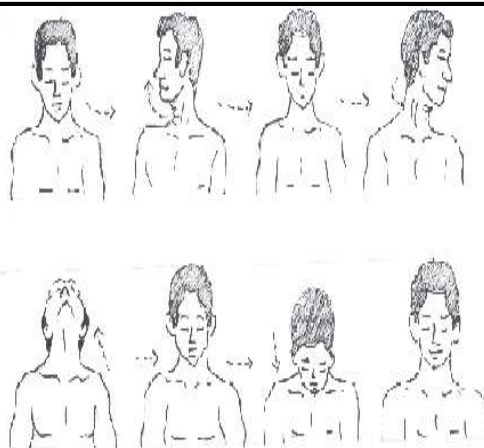


Benefits: Activate thyroid gland, open the lungs and give deep relaxation with awareness.

5) Quick Meditation

Sit erect closed your eyes, watch your breath during whole practice. Move your head towards the right side, very slowly. From right side again very slowly move head to center.

From Center move your head towards left side very slowly again come in to the center. Move the head upside very slowly. Come in to center and move your head downward and come back into control. Now relaxed your body, observed you breath. The entire movement of head should take at least 15 minutes.



Benefits: Minds get absorbed and experience a blissful feeling. The primary effect of practice is the tranquilization of mind. It reduces the instability of mind and calms it down.