

Pranayama Effects Physically and Mentally on Human Body

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Abstract: *The motion of the lungs, which controls the heart and the vagus nerve, can be altered by pranayama. There are recommendations for inhalation and exhalation in Pranayama, which are done by the ability to insert a pause between inhalation and exhalation or by dissipating it through retention. As a result, the science of pranayama respiratory is intimately linked with the autonomic nervous system and brings its activities under conscious control through breathing techniques and movements of the diaphragm and lungs. Nasal tissue is erectile and extremely sensitive to airflow. Controlling one's breathing is an evident first step in controlling one's autonomic nervous system. It appears to have desirable outcomes for omental adipocytes, the brain, heart, lungs, liver, and other Functions of the kidneys The vagus nerve provides potential to the left nostril, diaphragm, and stomach. Due to increased vagal activity, verbalization of mantras (i.e., om-manipadme-om) can reduce breathing rate, resulting in longer nitric oxide release when the respiration rate is reduced down to much less than six breaths per minute, according to a clinical study conducted in Italy. It's possible that breathing manipulations of the left nostril have an effect on pituitary function, the hypothalamus, the pineal gland, and the suprachiasmatic nucleus. More study is needed to establish the role of pranayam respiratory activities in the treatment of diseases.*

Keywords: Human body, anxiety, stress, pranayama, yoga, breath

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