

# Health Benefits of Ujjayi & Bhastrika Pranayam

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*Abstract— Ujjayi Sanskrit "victorious" is a breathing technique employed in a variety of yoga practices. In relation to yoga, it is sometimes called "the ocean breath." Unlike some other forms of pranayama, the ujjayi breath is typically done in association with asana practice in some styles of yoga as exercise, such as Ashtanga Vinyasa Yoga Bhastrika is an important breath exercise in yoga and pranayama It is sometimes treated as a kriya or 'cleansing action' along with kapalabhati to clear the airways in preparation for other pranayama techniques. Bhastrika involves a rapid and forceful process of inhalation and exhalation powered by the movement of the diaphragm. The movement of air is accompanied by an audible sound. One inhale and exhale equals one round of bhastrika,*

*Index Terms— Health, ujjayi pranayama, bhastrika pranayama*

## I. INTRODUCTION

Pranayama is practised to control and restrain one's vital energy in the body. Ujjayi pranayama is one of the techniques practised in yoga. The most popular type of breath control utilized in yoga is ujjayi breathing. It is a method that concentrates on using your nose to breathe and compressing your throat to produce a sound like a faint snore. Let us look at some of the health benefits of ujjayi pranayama.

Bhastrika Pranayama refreshes body and mind. It has a regenerating and rejuvenating influence upon the whole body and improves memory. Circulation is stimulated. The increased blood supply to the head improves eyesight and hearing. The lungs are strengthened and it is beneficial for bronchitis, as the respiratory system is quickly and deeply purified. Digestive function is stimulated, improving metabolism. The breakdown of fats is especially accelerated. This breathing technique also activates the solar plexus and Manipuri Chakra.

### Benefits of Ujjayi Pranayama

Ujjayi pranayama is a breathing technique that may help to manage mental, physical, and spiritual health. Some of the potential benefits of ujjayi pranayama are



### 1. Improve Quality of Voice:

Ujjayi pranayama may improve voice quality, giving a soothing and powerful melodic texture. Everyone can practice ujjayi pranayama and majorly this may help the people who use their voice regularly in their profession. Regular practising of ujjayi pranayama may reduce the risk of voice disorders in teachers, singers, and actors. However, further studies are required to see if Ujjayi pranayama can help to improve the quality of voice.

### 2. Improve Thyroid Glands:

Ujjayi pranayama may help in the case of hypothyroidism, which is caused due to limited activity of the thyroid gland. Practising Ujjayi pranayama may help to improve thyroid function. However, more research is yet to be done to check the exact function of Ujjayi pranayama on hypothyroidism. You must consult a doctor instead of self-medicating if you have thyroid disease.



### 3. Control Asthma:

Ujjayi pranayama may be helpful in the case of asthma. Ujjayi pranayama may be often recommended

as a combination therapy along with conventional asthma treatment. More studies are yet to be done to check the effect of Ujjayi pranayama on asthma. If you experience severe asthma attacks, you must immediately consult your doctor.

#### 4. Reducing Blood Pressure:

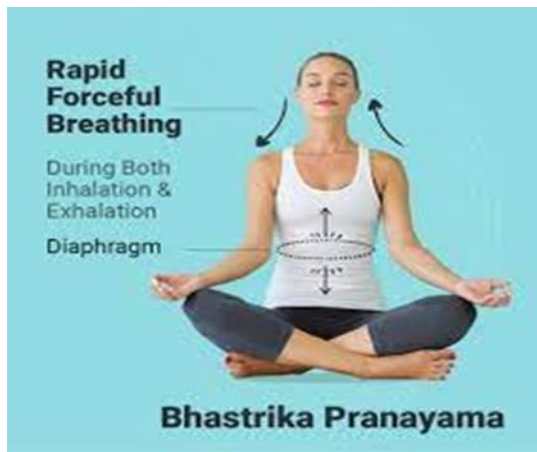
Ujjayi pranayama may be beneficial to individuals with high blood pressure. A study conducted on sixty young healthy volunteers suggests that regular practice of Ujjayi pranayama may lower blood pressure. The same study suggested that regular practice of ujjayi pranayama may reduce the pulse rate in the body. However, further studies are yet to confirm if Ujjayi pranayama can reduce blood pressure. You must consult your doctor if you have high blood pressure and do not self-medicate.

#### 5. Improve Attention:

Research conducted to study the immediate effect of ujjayi pranayama on the cognitive abilities of males, it was found that ujjayi pranayama may calm the mind and improve attention and memory. However, more studies are required to check the effect of Ujjayi pranayama on enhancing attention and other cognitive functions.

#### 6. Reduce the Anxiety:

Ujjayi pranayama may help to reduce and manage anxiety. However, further systemic studies are required to evaluate the effect of Ujjayi pranayama on anxiety. Therefore, it is important to consider consulting a therapist or psychiatrist if you feel anxious often.



#### 7. Improve Stabilise Energy:

Ujjayi pranayama may be used to stabilise energy and consciousness. When individuals practise Ujjayi pranayama, they might experience pure consciousness. In a study, this was reflected on an electroencephalograph, which is an instrument used to measure the electrical activity in the brain. However, further studies are yet to confirm if Ujjayi pranayama can stabilise energy and consciousness.

#### Other benefits of ujjayi pranayama:

- Ujjayi pranayama may clear blocked arteries and regulate cholesterol levels.
- It may help with cataracts, migraine, and sinus problems.
- It may lower the risk of heart attacks.
- It may reduce thyroid problems.
- It may reduce cough, fever, and chronic cold.
- It may improve lisping problems in children.

#### Benefits of Bhastrika Pranayama:

##### 1. Managing anxiety

A study revealed that anxiety levels were significantly reduced after practising Bhastrika pranayama regularly. However, you must consult a therapist or psychiatrist if you experience severe anxiety

##### 2. reducing blood pressure

Studies show that Bhastrika pranayama may help in decreasing high blood pressure by dilation of blood vessels. It is essential to check blood pressure regularly and take proper medication in case of high blood pressure

##### 3. Improve heart health

Bhastrika pranayama, if practised regularly, may increase the heart rate. It may activate the autonomic nervous system, which regulates involuntary activities like the heart rate. Any abnormalities related to heart function are serious; therefore, you must immediately consult your doctor if you experience any symptoms of heart disease

##### 4. Control blood sugar levels

Bhastrika pranayama may help reduce blood sugar levels. Practising Bhastrika pranayama may increase the metabolism and uptake of sugar in the peripheral tissues. Hence, it may be suitable for diabetic

individuals. However, you must get your sugar levels checked regularly and consult your doctor in case of abnormal blood sugar level.

#### 5. Managing weight

Studies have shown that practising this asana may reduce body weight, body mass index, and waist and hip circumference. Further research is required to confirm this finding. However, if you are overweight, you must consult a dietician to give you a plan to get to a healthy weight.

#### 6. Improve lung function

Regular practice of Bhastrika pranayama may help to boost lung function, especially in older individuals. A study was conducted on 60-70 years old 40 male volunteers. Results suggested significant improvement in respiratory muscle strength, therefore improving lung function. It may also lower the risk of lung infections. However, if you suspect any abnormalities with the lung function, you must immediately consult a doctor.

#### 7. Control asthma

In asthma, resistance is created in the airway, which hampers the smooth flow of air in and out. Bhastrika pranayama may improve the lung capacity by opening the small lung airways. Another cause of asthma may be stress. Therefore, practising Bhastrika pranayama may calm the mind and help relieve stress. However, if you experience severe asthma symptoms, you must consult your doctor to get proper treatment.

#### 8. Improve static balance

Bhastrika pranayama may help to enhance the static balance. Studies have shown that regular practice may synchronise metabolic and nervous function, mental concentration, and cardiovascular rhythms and reinforce mind stability, therefore achieving overall static stability of the body when there is no activity.

#### 9. Control allergic rhinitis.

This practice may help in case of allergic rhinitis. It may purify the breathing path from the nostrils to the throat. Additionally, it may keep the nostrils clean from congestion and mucous formation. Studies suggest that this practice may increase respiratory stamina, expand the lungs and relax the chest muscles.

However, you must consult your doctor if you have recurrent allergic rhinitis.

#### 10. Other benefits of Bhastrika pranayama:

- It may improve blood circulation by clearing the arteries and may prevent further blockage.
- It may help relax the mind and body by rapid inhalations of oxygen and exhalations of carbon dioxide.
- It may help relieve stress and depression by increasing positive effect and balancing emotions.
- It may have beneficial effects on arthritis by reducing joint pains.

### CONCLUSION

The finding of the study concluded that ujjayi and bhastrika pranayam it improve over all human health.

Ujjayi pranayama may help to improve the quality of voice. It may act against hypothyroidism, asthma, high pulse rate and blood pressure. It may also be used to improve attention, manage anxiety, and stabilise energy in the body. It is advised to perform Ujjayi pranayama under the training of a yoga professional. Bhastrika pranayama It may enhance cardio-respiratory functions. Bhastrika pranayama may help to manage anxiety and help to relax the body and mind. It may influence lung and heart functions. It may reduce blood pressure and improve heart health and blood circulation. Practising Bhastrika pranayama may also decrease blood sugar levels and manage weight. It may enhance static balance. One must practice pranayama regularly with appropriate precautions, and possibly under a trained Yoga professional.

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