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## A Review of *Bhramari Pranayama's* Impact on Mental Health.

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### ABSTRACT:

**Background** -People's lifestyles have become very mechanical in the modern day. Everyone is in a rat race to meet their goals, which causes stress. The repercussions of this stress on a person's physical and mental health are further. The healthy development of emotional attitudes and personality that coexist peacefully with the entire society or community is what is meant by mental health. *Sadvrittapanan*, application of *Acharrasayana*, *Yoga*, and meditation practises are crucial for mental health prevention. Yoga consists of eight steps, and to control the sense organs called *Indriyas*, *Pranayam* is crucial. Significant and simple form of *Ashtakumbhaka* is *Bhramari Pranayam*. The humming sound of *Bhramari Pranayam* causes vibrations in the body that directly affect the hypothalamus of the brain, relieving tension and bringing about calmness and happiness throughout the body. In order to offer a better answer, this article discusses the function of *Bhramari Pranayama* in the prevention and promotion of mental health.

**Material & Methods:-**The data used in the current investigation was gathered from primary and secondary sources, namely literature reviews of major Ayurvedic *Samhitas* and texts and widely disseminated research publications.

**Conclusions:-**This study demonstrates the critical impact *Bhramari Pranayama* plays in both the prevention of mental illness and the treatment of mental diseases like stress, anxiety, and depression. Ayurveda claims that continuous practise of *Bhramari Pranayama* reduces the *Raja* and *Tamadasha* and increases *Satvaguna*, thereby aiding in the development of mental health.

**Keywords:-***Bhramari Pranayam*, Mental health, Prevention

### INTRODUCTION

Mental health, according to the WHO, is "more than just the absence of mental disorders or disabilities." Peak mental health involves maintaining continual wellbeing and happiness in addition to preventing pre-existing illnesses, <sup>1</sup> an active state of internal harmony is mental wellness. Mental well-being includes cognitive, emotional, and behavioural stability; it also has an impact on daily

activities, interpersonal connections, and physical health. *Ashtanga Yoga* has been recommended by Maharishi Patanjali as a means of treating and preventing all types of physical and mental problems.<sup>2</sup>*Bhramari Pranayam*, which produces a humming sound, vibrations that directly influence the hypothalamus of the brain and cause a resonance in the mind, and a sense of serenity and



happiness that permeates the entire body make it the most effective brain exercise out of these eight.<sup>3</sup> Therefore, *Bhramari Pranayam* aids in enhancing our mental health. Little research has been done on stress, anxiety, depression, and other mental diseases, but many have been done on the impact of *Bhramari Pranayam* on many systems.

## MATERIAL & METHODS

Material related to mental health and *Bhramari Pranayam* is collected from Ayurvedic text and text book of modern medicine respectively. The index, non- index medical journals has also referred to collect information of relevant topic.

### Mental Health

WHO described mental health as, "It is a state of well-being in which an individual realizes his or her abilities, can cope with the normal stresses of life, can work productively, and can make a contribution to his or her community." <sup>4</sup>The definition of health according to Ayurveda is "a state of equilibrium of *Tridosha* (fundamental physiological governing principles of the body), *Agni* (metabolic and digestive processes), and *Dhatu* (principles that support the formation of body tissues)." Waste is excreted efficiently. The sense organs, mind, and soul are all in a blissful state."<sup>5</sup>*Doshas* physiological differences arise from daily, seasonal, dietary, and ageing factors. It is up to *Jatharagni* and *Bhutagni* to ensure that food is properly digested. *Dhatvagni* are in charge of feeding the *Dhatu*s; an *Agni* in equilibrium results in the proper production of body tissue; an *Agni* in disarray results in various ailments. *Dhatu*s and *Mala* in an equilibrium state are crucial for maintaining health and preventing disease. Health is defined as a happy state of the mind, senses, and soul. *Atama* refers to the *Jivatma* or *Karma Purusuh*, who is subject to all emotions, including pleasure and grief. The soul has both positive and negative impacts even though he is imperfection-free since he is associated with the body. The mind is kept in good condition by stifling mental moves like desire, hatred, greed, and passion, as well as by adhering to the teachings of *Sadvritta*, *Achararasayana*, and *Yoga*. As a result, it is possible to prevent mental, physical, and psychosomatic illnesses.<sup>6</sup> A sickness is an abnormal state of the *Dhatu*s that brings about misery, whereas *Prakriti*, or health, or *Arogya*, is a balanced state that brings about bliss. Therefore, one should adopt daily seasonal routines, a healthy diet, *Yoga*, *Pranayama*, and meditation to prevent mental health issues. The mind is kept in good condition by

stifling psychological drives like desire, hatred, greed, and passion, as well as by adhering to the *Sadvritta*, *Achararasayan*, and *Pranayam* principles. By using these, one can avoid mental, physical, and psychometric illnesses. The five "*Klesha*" factors—*Avidya*, *Asmita*, *Raga*, *Dvesha*, and *Abhinivesha*—can create problems in our day-to-day lives.<sup>7</sup>We should make an effort to control our emotions in daily life in order to lessen these *Kleshas*. These *Kleshas* represent that person's specific behaviour or mental condition, such as their aggression, impatience, and rebellious character. This personality type has a predisposition to stress, anxiety, and depression. Ideal mental health requires the development of *Satvika* character, or a pure, noble, honest, and selfless attitude. Friendship, compassion, joy, and forgiveness are the four fundamental principles that Maharshi Patanjali has emphasised as being followed. *Vairagya* and *Abhyasa* are also essential for coping with pressures.<sup>8</sup>In *Asthanga Yoga*, *Pranayama* has been given a crucial role and is highly helpful for maintaining good mental health. The *Bhramari Pranayama* is the most stable, calming, and blood-flow-improving of these eight *Pranayamas*. It also works well for insomnia and provides a quick way to release tension, anger, and anxiety. The humming sound created by *Bhramari* when breathing increases brain attention and adds more interest to the topic for the practise of *Pranayama*.<sup>9</sup>People of various geographical and age groups might develop mental and behavioural illnesses. According to a report on mental health, India's morbidity rate is 18 to 20 per thousand peoples.<sup>10</sup>Therefore, the present study was carried out for the effect of *Bhramari Pranayama* on mental health.

**Mental disorder according to Ayurveda-Moha** (confusion), *Shoka* (grief), *Vishada* (anguish), *Abhyasuya* (jealousy), *Irshya* (envy), *Bhaya* (fear), *Aswapna* (insomnia), *Chittodvega* (anxiety), *Tandra* (stupor), *Dainya* (meanness of inferiority complex), *Atinidra* (excessive sleep), *Harsha* (exhilaration), *Bhrama* (confusion), *Kama* (desire), *Unmada* (psychosis), *Krodh* (anger), *Apasmara* (epilepsy), *Lobha* (greed), *Apatanakapatantrika*, *Mada* (ignorance), *Attatvaabhinivesh* (obsessive syndrome), *Ashabdashravan* (auditory hallucination), *Madatyaya* (alcoholic psychosis), *Sanyasa* (coma), *Bhayaj* and *Shokajaatisara*, *Kamaj* and *Shokajjvara*.<sup>11</sup>

### Preventive measures of mental health

By consuming *Sattvikahara* and engaging in *Ashtangyoga* (*Yama*, *Niyam*, *Asan*, *Pranayama*, *Pratyahara*, *Dharana*, *Dhyana*, and *Samadhi*), practitioners of *Dincharya*,

*Ratricharya, Rutucharya, Achar Rasayan, and Sadvrittapalan* might lessen their levels of *Sharira* and *Mansikvikara*, according to Acharya. *Pranayama*, which is the gateway between the physical world and the spiritual path, is the voluntary and brief pausing of the breath. Regular *Pranayama* practise unveiled the light of Knowledge and trained the mind to concentrate on a particular topic like *Dharana*.<sup>12</sup>

### ***Bhramari Pranayama***

One of the best breathing exercises, especially for the brain, is *Bhramari Pranayama*. *Bhramara*, a black Indian bumblebee, is the source of the Sanskrit name *Bhramari*. It speaks about the distinctive humming sound made during exhalation.<sup>13</sup>

### ***Bhramari Pranayama procedure***

*Purvakarma*: Relax your body and sit in any comfortable *Sukhasan* position with a straight spine and a steady mind. Throughout the entire practise, keep your eyes closed. Ten rounds of *Pradhankarma Puraka Rechaka* practise. The *Shanmukhi Mudra* should be used when practising it. With the thumb, index finger on the forehead, middle fingers on the eyes, ring fingers on the nose, and little fingers above the lips, cover the ears. Breathe in (*Puraka*) through both nostrils, gently and thoroughly, focusing on the breath's sound. Following *Kumbhaka* (inhalation), *Rechaka* (exhalation) should be done slowly while maintaining a closed mouth, producing a pleasing, slow-pitch humming sound similar to a bumblebee. The entire body and mind should vibrate. By bringing about genuine enjoyment and upbeat energy, it lifts one's spirits. It is one circle, and depending on one's capacity, one should practise anywhere from five to twenty times. *Pachyatkarma Puraka & Rechaka* for Relaxation should then be performed ten times<sup>14</sup>.

### ***Matra and Kala-***

Practice of *Puraka* and *Rechaka*, i.e., 1:2 *Matara Bhramari Pranayama Matra -Puraka 12 Matra Kumbhak Matra Rechaka 24 Matra*. This is *awarmatra*.

*Kala* - 4 times in a day( morning, afternoon, evening, and midnight)<sup>15</sup>.

### ***Benefits of Bhramari Pranayama***

While performing a quick forceful inhalation (*Puraka*), one should produce a high pitch humming sound similar to a male bee, while performing a quick forceful expiration (*Rechaka*), a humming sound similar to a female bee is produced. It energises the body and mind and brings true enjoyment. *Bhramari* creates brain vibrations that relax the mind, ease cerebral tension, and lessen stress and anxiety. Anger in general reduces blood pressure, supports heart

health, and strengthens & enhances the voice-induced sound sleep.<sup>16</sup>

### **Factors affecting Mental Health**

According to Modern Aspect A long-term career for someone, drug and alcohol abuse, domestic violence, bullying or other abuse as an adult, significant trauma as an adult, social isolation or loneliness, experiencing discrimination and stigma, social disadvantage, poverty or debt, bereavement (losing someone close to you), severe or long-term stress, having a long-term physical health condition, unemployment or losing your job, homelessness or poor housing, being a long-term career for someone . Although lifestyle issues like work, diet, drugs, and insufficient sleep can all have an impact on your mental health, there are frequently additional elements involved if you have a mental health issue.<sup>17</sup>

### **Symptoms of poor mental health**

Constant worry, difficulty concentrating, melancholy, irritability, frequent sleeplessness, mood swings, feelings of guilt or low self-worth, and fear without justification. Numerous aches and pains without any obvious physical cause. The modern aspects of mental disorders Alzheimer's disease, dementia, delirium, dangerous alcohol use syndrome, opioid dependence syndrome, schizophrenia, mood disorders, effective bipolar disorders, depressive episode, generalised anxiety disorder, behavioural syndrome, and physical factor, such as eating disorders and sleep disorders., mental retardation, emotional disorders, hyperkinetic disorders, conduct disorders, unspecified mental disorders.<sup>18</sup>

## **DISCUSSION**

The most popular slow *Pranayama* technique is *Bhramari Pranayama*, which involves inhaling through both nostrils followed by an exhale that sounds like a humming bee. By raising the vagal tone, *Pranayama* practise lessens the effects of stress on several systems.<sup>19</sup>Regular practise of *Bhramari Pranayama* improves cardiovascular and respiratory processes, increases parasympathetic tone, lowers sympathetic activity, lessens the damaging effects of stress and strain on the body, and enhances both mental and physical health. *Bhramari Pranayama* also lowers cardiovascular reactivity to stress by increasing parasympathetic predominance and cortico-hypothalamic medullary inhibition, according to earlier studies.<sup>20</sup>With each deeper breath and each exhalation, the level of noradrenaline and neurotransmitters in the nervous system rises as a result of *Bhramari Pranayama's* stimulation of

the autonomic nervous system reflex. Through a biofeedback mechanism, this produced noradrenalin aids in a deeper reduction of the neurohormones that cause stress, anxiety, and aroused mental state.<sup>21</sup>

## CONCLUSION

According to Acharya Charaka, *Raja and Tama* are the main pathogenic components of the mind, and as a result, a lot of *Manas Vikar* is generated. Regular application of *Bhramari Pranayama* elevates *Satwaguna* while lowering *Raja and Tamadosha*. From the explanation above, it can be inferred that everyday *Bhramari Pranayama* practise results in sonic vibrations, and that these vibrations may have a substantial effect on brain tissues. By using your voice, one may stretch quite effectively. It has an impact on a number of bodily systems, including the respiratory and autonomic nerve systems, which results in effects on overall emotional health as well as mental disorders like stress, anxiety, and depression. Therefore, *Bhramari Pranayama* is an essential component of our hectic everyday lives for both preventative and therapeutic purposes related to mental health.

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