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Effect of *Bhramari Pranayama* and Om Chanting on Psychosomatic Health-A Conceptual Study

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ABSTRACT:

People's lifestyles have become highly mechanical in today's world. Everyone is in a rat race to meet their objectives, which causes stress. This stress has a negative impact on a person's physical and mental health. Mental health refers to the healthy development of emotional attitudes and personalities that coexist with the rest of society or community. Alterations in thinking, emotion, or behaviour are associated with reduced functioning in mental disorders. Healthy nutrition, daily regimen, seasonal regimen, and exercise, among other things, are important preventative measures for physical health, whereas *Sadvrittapalan*, application of *Acharrasayana*, *yoga*, and meditation practises are important for mental and physical health prevention. Yoga consists of eight stages, one of which, *Pranayam*, is crucial for achieving control over the *Indriyas*, or sense organs. *Bhramari Pranayam* is an important sort of *Ashtakumbhaka* that is also quite simple to do. The vibrations produced by *Bhramari Pranayam's* humming sound directly touch the hypothalamus of the brain, generating a resonance in the mind that reduces tension and brings tranquilly and happiness to the entire body. Yoga is both a science and a way of life that originated in India. Om is the word or emblem of God, and Pranayama is an aspect of yoga that enhances mental wellness. It is the syllable of the past, present, and future, and is made up of three letters: A, U, and M. Om is the source of all thoughts, and chanting or meditating about it will bring you into a calm state of mind. The present conceptual study to assess the effectiveness of *Bhramari Pranayama* and Om chanting on physical and mental health.

Keywords-Yoga, *Bhramari Pranayama*, Om chanting, Mental health.

INTRODUCTION

Yoga is an ancient Indian science that uses diverse practice to construct a way of life. It is used by practitioners in a variety of methods and styles like *Asana* (posture), *Pranayama* (breathing manipulation), Meditation

(concentration technique), and so on.¹Pranayama is a technique that has been discovered to benefit mankind's physiology in a variety of ways. *Pranayama* is a Sanskrit word that has two parts: *Prana* (which means vital force) and *Yama* (which means relaxation) (means control).² It



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literally translates to a yogic act that regulates the flow of vital energy, which governs all physiological processes in the body. In his Ashtanga yoga, Maharishi Patanjali prioritises *Pranayama* over *Asana* for improved health.³ *Purak* (inhalation), *Kumbhak* (retention), and *Rechak* (exhalation) are the three phases of *Pranayama* (exhalation). Depending on the type of *Pranayama*, these can be done separately or in combination. The breath is an active connection between the body and mind in humans, and *Pranayama* is the management of one's own breathing.⁴ 4 Different varieties of *Pranayama* elicit different physiological reactions, which are highly dependent on the type and duration of the practise.⁵ Among them are *Nadisuddhi*, *Savitri*, *Kapalbhati*, *Bhasrika*, *Bhramari Pranayama*, and so on. *Pranayama*, when practised regularly, minimises the amount of dead space ventilation and reduces the amount of work required to breathe.^{6,7} Regularly practicing *Pranayama* has a beneficial effect on both physical and mental health. All mental stresses are washed away by chanting OM repeatedly and regularly. In the psyche, it restores calmness and steadiness.^{8,9}

AIMS & OBJECTIVE

To evaluate, elaborate and discuss the *Brahmari Pranayam* and Om Chanting Mantra effect on psychosomatic health.

MATERIAL & METHOD

Material related to *Brahmari Pranayam* and *Om Chanting Mantra* is collected from text books. The index, non-index medical journals has also referred to collect information of relevant topic.

Conceptual Study

Psychosomatic Disorder-Psychosomatic disorder is a psychiatric illness that causes physical symptoms that are often undiagnosed by physicians. It has the potential to affect practically any part of the body. People with the disease seek medical help frequently, dissatisfied by the lack of a diagnosis.¹⁰

What is health

1. Health is more than just the absence of disease or infirmity; it is a state of total physical, mental, and social well-being.¹¹
2. According to Ayurveda-health as “a state of equilibrium of *Tridosha* (fundamental physiological governing principles of the body), *Agni* (metabolic and digestive

processes) and *Dhatu* (principles that uphold the formation of body tissues).¹²

Bhramari Pranayama

Bhramari Pranayama is a form of breathing exercise that is particularly beneficial to the brain. *Bhramari* is a Sanskrit term derived from the black Indian bumblebee, *Bhramar*. It refers to the distinctive humming sound made when exhaling.¹³ *Bhramari Pranayama* is a breathing technique. *Purvakarma*- Relax the body and sit in any comfortable *Sukhasan* position with a straight spine and a stable mind. Throughout the exercise, keep your eyes closed. *Pradhankarma* is the practice of *Puraka Rechaka* for ten rounds. It's best to do it with *Shanmukhi mudra*. With the thumb, index finger on the forehead, middle fingers on the eyes, ring fingers on the nose, and little fingers on the top lips, close the ears. Slowly and deeply inhale (*Puraka*) via both nostrils. The sound of the breath is being listened to. *Rechaka* (exhale) should be done slowly, generating a pleasant, slow-pitch humming sound like a Bumblebee, after doing *kumbhaka* with the mouth closed. Feel the vibrations throughout your entire body and mind. It lifts one's spirits by creating positive energy and genuine joy.¹⁴ When inhaling quickly (*Puraka*), a high-pitched humming sound should be created, similar to that of a male bee. When exhaling slowly (*Rechaka*), a humming sound similar to that of a female bee should be produced. It provides positive energy and genuine delight to the body and psyche. *Bhramari* soothes the mind, lowers cerebral tension, and relieves stress and anxiety by forming vibrations in the brain. Disparate rage reduces blood pressure, improves heart health, strengthens and enhances voice, and induces sound sleep.¹⁵

OM Chanting Mantra

Om is the name or symbol of God (**Ishwara, Brahman**).¹⁶ **Om** covers the whole threefold experience of man. It is the combination of three letters, namely, A, U, and M.¹⁷ “A” represents the physical plane. “U” represents the mental and astral plane, the world of intelligent spirits, and all heavens. “M” represents the whole deep-sleep state, which is unknown even in our wakeful state. This concept has been well described in various Indian scriptures. Om has been described as the syllable of the past, present, and future in the *Mandukya Upanishad*. All things manifest as its extension incarnations from the initial sound, Om.¹⁸ Om is the bow, the soul is the arrow, and Brahman is the target, according to the comparison in the *Mundaka Upanishad*.

An unerring man succeeds in achieving the goal. Like an arrow, one should become one with the target. This is to become one with the imperishable by eradicating the concepts of body, ego, and prana, and thereby being the self with nothing less than absolute oneness.¹⁹ Om, according to the Svetasvatara Upanishad, is like fire, which, while existing in firewood, is not visible until two sticks are rubbed against each other. The ego is like that fire; continual awareness of the sacred phrase Om awakens it. Allow the body to be the rubbed stick, and Om to be the rubbed against stick. Then the true nature, which is buried within, is revealed, much like fire is hidden in the woods.²⁰

Patanjali's Yoga Sutras (PYS) is one of the classical yoga texts in which the explanation about **Om** is well defined.²¹ In PYS, there is a single direct mention about *Pranava (Om)*. Since PYS has described *pranava (Om)* as **Ishwara**, it is interesting to note that **Sutra 28** describes what **Sadhana** requires for *Ishwara realization*. **Sutra 28 states *Tajja pastadartha bhavanam*** This means that mental repetition of **Om** (although **Om** is not specifically mentioned) should be carried out while dwelling on its meaning.²²

DISCUSSION

Bhramari Pranayama has a positive impact on one's physical, mental, and intellectual wellbeing. It aids in the improvement of hypothalamic, pituitary, and parasympathetic nervous system activities in physical health. The parasympathetic nervous system is associated with a calm and collected state of mind and body. It can help you overcome bad feelings if you do it on a regular basis.²³ It is well recognized that all yoga practises benefit greatly from the experience of a yoga practise. Om has been investigated for the physiological and psychological effects of meditation. Om meditation involves meditators focusing on a picture of Om and then effortlessly mentally chanting the mantra Om; this eventually leads to a state of pure awareness that is free of effort and focused. Many physiological and psychological processes of the body have been discovered to benefit from yoga mantras and prayers. Mantra chanting or praying to God is a popular technique around the world that can help people cope with unpleasant or stressful emotions.²⁴ *Bhramari Pranayama* and Om Chanting mantra can act as a beneficial agent to achieve the state of total health.

CONCLUSION

Om chanting and *Brahmari pranayama* are said to help with the development of mental abilities and strength, as well as the reduction of stress and the development of a higher level of consciousness. Fear, anger, and depression are said to be eliminated by regular mantra's and *pranayama*, as well as problems of the respiratory, digestive, circulatory, speech, intellectual, and cognitive systems. *Pranayama* and *mantra*'s ultimate objective are to link oneself to one's deep inner self, which can provide a sense of serenity, peace, and balance that can enhance both emotional well-being and overall health. The World Health Organization defines health as "a state of physical, mental, and social well-being, rather than the absence of sickness or disability."

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