Yoga And Wellness: Reducing Community Stress Levels Through Pranayama

Breathing Techniques

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Abstract: Writing this paper aims to explain the importance of pranayama practice as yoga and wellness in the era of modernization. Some data show that the level of stress in society is getting more and more people who experience stress from various circles. This happens because of work, lifestyle and also the social environment of the community. Pranayama teaches us to breathe consciously which can reduce emotional turmoil, so that we can breathe more balanced, calm and deep. Conscious breathing works directly at the center of integration of mind and body. Memory is the movement of breathing, and breathing is the movement of memory. With the various problems experienced by society today, the role of pranayama is very important in curing diseases that are experienced by many people, such as the deep stress caused by the problems of life in this modern era, which can disturb the mind to make people suffer from stress diseases which are also stress diseases. triggers physical diseases that can harm the body so that it cannot carry out activities in a fit manner. Pranayama as yoga and wellness has a very positive effect on society in this modern era. By doing pranayama people can control their breath so that they can also control their minds and if they can control their minds, the stress level in society can decrease.

Keywords: Yoga, Wellness, Pranayama, Era Modern, Community, Stress Level, Breathing Techniques.

1. Introduction

Today's disease knows no age, both from among teenagers and the elderly. Both from communicable diseases and non-communicable diseases. This disease can be caused by germs, bacteria, viruses, toxins, organ failure, talent/hereditary diseases and can also be caused by an unhealthy lifestyle. Current diseases that attack many people are heart disease, stroke, lung disease, and mental illness[1][2]. Most of today's diseases are caused by unhealthy lifestyles such as eating fast food, lack of exercise and irregular rest. Economic pressures, workloads, poor urban planning, and chronic illnesses make people experience stress, suffer from insomnia, and can cause psychotic disorders (physical illnesses caused by the mind).

Life cannot be separated from breathing. Breath is a vital source of life for living things, both humans, animals and plants. When a baby is born into the world, the first thing it does is breathe. When a person meets his last second, what he does is breathe his last. Breathing itself is a continuous movement alternating between inhalation and exhalation of air that is done to keep a person breathing for life. Likewise, breathing is also related to our vitality or energy. Our breathing habits and patterns directly affect our energy which can increase our vitality so that we are full of energy and healthy, or vice versa can reduce our vitality and make us lethargic and easy to get sick[3], [4].

Yoga asanas are a package of exercises that must be done with good pranayama (breathing), so the exercises that must be done with pranayama will not get perfect results. The word pranayama consists of two words namely prana and yama, prana means breath, yama means soul, age, life. Yama is also self-restraint, restraint of lust and also means restraint. So pranayama is the mastery of breathing, proper control of the breath (breath control) to increase the amount of vital energy inhaled in each exhalation. In breathing we usually inhale and regulate breathing to be able to store large amounts of prana in very little prana from the atmosphere, on the contrary with pranayama we consciously concentrate on various chakras (nerve centers), because every living being depends on breathing[5], [6].

Pranayama teaches us to breathe consciously which can reduce emotional turmoil, so that we can breathe more balanced, calm and deep. Conscious breathing works directly at the center of integration of mind and body. Memory is the movement of breathing, and breathing is the movement of memory. Breathing patterns are usually closely related to emotions and state of mind. For example, in times of anxiety, how difficult it is to breathe calmly and deeply. Or when angry, the breath will be heavy and fast. When in a hurry, the breath will be fast and jerky[6]. When you are calm, the breath will be deep and slow. Breathing consciously will help the flow of movement and help us to focus on the present and on the physical movement that must be done, so doing breathing consciously will help to be more focused and full of concentration[7].

There is the practice of Pranayama to strengthen, calm the body, and calm the mind. Practicing Pranayama in the morning to excite life or soothe When you are upset and angry; or relieve the busyness of the mind when
having trouble sleeping. *Pranayama* is effective in curing various diseases, both physical and mental, so today's society is strongly advised to do *pranayama* to cure their ailments.

2. Results and Discussion

2.1. Problems of Social Psychology in the Modern Era

Today's economic pressures, workloads, poor urban planning, to chronic diseases that are suffered make people stress, insomnia and can cause psychotic disorders. In fact, stress can affect productivity, increase disease severity, and lead to social disturbances. However, mental emotional issues are still being underestimated. In fact, mental emotional disorders in the form of stress, anxiety, and depression are not the monopoly of urban society[8], [9]. Many of those who live in villages, small towns, and even the outermost islands have experienced it. People in big cities are stressed because they face workloads and demands, while in small cities it is because of economic problems, such as poverty or difficulty finding work[10]–[12]. Those who are vulnerable to emotional mental disorders are the elderly, women, educated and low-income, and live in cities. Stress arises due to the pressure or burden of life. Stress becomes anxiety if what is feared has not happened and becomes depression if the feared disaster has occurred. The emergence of stress is usually characterized by sleep disturbances, easily startled, excessive anxiety, difficulty concentrating, palpitations, to physical disturbances such as abdominal pain and diarrhea[13].

Stress can become anxious or depressed depending on a person's resistance to pressure and the amount of pressure that occurs. Endurance is influenced by genetic factors, parenting, nutritional quality, environmental conditions, to the education system. Want to live anywhere if his defense mechanism is not strong enough, it will still be easy to experience mental emotional disorders. This condition makes a person's immune system decreases so that he is vulnerable to various types of diseases, such as stomach disorders and flu that does not go away[14], [15]. If it lasts for a long time, it can lead to various chronic non-communicable diseases, requiring long and expensive treatment, such as heart disease, stroke, and diabetes. On the other hand, a person who suffers from non-communicable diseases, which are generally chronic, is also prone to experiencing stress which can worsen the disease. Stress can be triggered by prolonged medication, the need to change behavior to be healthy, and a loss of self-motivation that makes it difficult to behave in a healthy manner. Stress is a normal thing that happens to everyone. However, be careful if stress is allowed because it can cause various health problems, including psychosomatic disorders. Diseases can appear or even worsen certain physical symptoms or complaints, such as pain[16]–[18].

Psychosomatic disorders are illnesses that involve the mind and body, in which the mind affects the body until the disease appears or becomes worse. The term psychosomatic disorder is used to describe physical complaints that are thought to be caused or exacerbated by psychological or mental factors, such as stress and anxiety. Thoughts can cause symptoms or changes in a person's physique. For example, when you feel afraid or anxious, it can cause signs such as a fast heart rate, heart palpitations (palpitations), nausea or vomiting, shaking (tremor), sweating, dry mouth, chest pain, headache, stomach pain, rapid breathing, muscle aches, or back pain. These physical symptoms are caused by increased electrical activity or nerve impulses from the brain to various parts of the body. In addition, the release of adrenaline (epinephrine) into the bloodstream can also cause the physical symptoms above[9], [19].

When mental factors give rise to symptoms of the disease, but the disease itself cannot be found or detected physically, or complaints of pain that does not match the symptoms, these conditions are classified as psychosomatic disorders. Psychosomatic complaints are sometimes difficult to recognize, either by the sufferer himself or by the doctor, because it does not show specific signs and symptoms. But one thing is for sure, this disorder can cause real problems for sufferers and those around them. Certain diseases have been proven to be aggravated by a person's mental condition. For example in psoriasis, stomach acid, high blood pressure, diabetes, and eczema. The condition of the disease often recurs or gets worse when the sufferer experiences stress or anxiety[20], [21]. But physically the condition looks real and on physical examination will be detected by a doctor. In contrast to psychosomatic disorders, the symptoms that appear and signs of physical abnormalities found in sufferers are not always clear, and are not detected by doctors. However, the complaints and the impact of the disorder are felt by the patient. This is why psychosomatic disorders are sometimes difficult to detect.

In addition to eating and drinking, a person also needs sleep to maintain health and stamina. However, not everyone can get enough sleep because they experience sleep disorders or insomnia. A sleep specialist company, Am Life recently wrote that there is a new study in the Sleep Journal that reveals new facts about the increasing prevalence of insomnia. From the journal it is known, the epidemic of insomnia or insomnia that occurs globally...
affects about 150 million people in developing countries. Meanwhile, the level of difficulty sleeping in Asia is approaching the rate that occurs in developed countries[21], [22]. The prevalence of insomnia in Indonesia is reported to be 10% of the total population or about 28 million people. The high number of insomnia is said to have something to do with increasing problems that occur in life, such as depression and anxiety.

Although many take it for granted, insomnia can actually have a serious impact on public health. Including triggering an increase in appetite that causes obesity and diabetes, coronary heart disease, hypertension, immune system disorders and many more[22], [23]. It is also associated with psychological disorders such as depression, anxiety and senile dementia. In the modern era, insomnia is not only suffered by the elderly, but also experienced by people of productive age due to contemporary lifestyle factors, life pressures, caffeine, and others. In the long term, people with insomnia are threatened with decreased productivity and quality of life due to a sleep crisis.

**Pranayama** is an exact science. It is the fourth Angga or limb of Ashtanga Yoga. “TasminSatī Svāsa pravasayogatīfchchedah Pranayamah” - Breath regulation or control[24], [25].

**Prana** is the cessation of exhalation and exhalation that follows after securing a stable posture or chair, Asana. Thus Pranayama is defined in the Patanjali Yoga Sutra, Chapters II-49, Svāsa means the breath of inspiration and Prasvāsa is the breath of expiration. The outer breath is the manifestation of Prana, the vital force. Breath is like electricity, is dirty Prana. Breath is Sthula, dirty. Prana is Sukshma, subtle. By practicing this control of breathing we can control the subtle inner Prana. Pranic control means controlling the mind. The mind cannot operate without the help of Prana. The Pranic vibrations only generate thoughts in the mind. Prana is what moves the mind. Prana that makes the mind move[22], [25], [26]. This is Sukshma Prana or Psychic Prana which is closely connected with the mind. This breath represents the important flywheel of a machine. Just as the other wheels stop when the driver stops the flying wheel, so the other organs stop working, when the Yogi stops Breathing. If you can control the flywheel, you can easily control the other wheels. Likewise if you can control the outward breath, you can easily control the inner vital force, Prana. The process by which Prana is controlled by the regulation of the external breath, is called Pranayama. Just as a goldsmith removes impurities of gold by heating it in a hot furnace, by strongly blowing a pipe, so the disciple Yogi removes impurities from the body and Indriyas by blowing his lungs, i.e. by practicing Pranayama. The main goal of Pranayama is to unite Prana with Apana and take the unity of Pranapana slowly towards the head. The effect or fruit of Pranayama is the Udghata or awakening of the sleeping Kundalini[27]–[29].

To live a person needs energy, there are various sources of energy that can be obtained to maintain life. These sources of energy are: food, food contains prana, to get optimal benefits from prana in food, it is necessary to know how to cook food so that pranic energy does not decrease or even disappear. The second source of pranic energy is through the breath. This pranic energy must be spread throughout the body, so that every part of the body from the smallest to the largest gets its share equally. For that we need a system that runs in harmony. This activity to harmonize the respiratory system so that pranic energy can spread evenly is called Pranayama[27], [28].

**Pranayama** is the regulation of breathing in and out of the lungs through the nostrils with the aim of spreading prana (energy) throughout the body. Harmonizing the breath, when the breath is not harmonious then a person will feel unhappy, prana is disturbed by the desire for worldly objects that are so deep, when imagining something outside (worldly objects) then the consciousness will be shaken, stirred, disturbed and unhappy[20], [30]. So this harmonization is not only obtained by controlling the breath, it is also very important to control the desire[31]–[33]. If the desire is too much then the practice of pranayama is useless.

The purpose of doing pranayama is to reduce the speed of breathing/slow down the breath, Prana will become calm with a slow breathing process. The mind will become calm. When the activity of the breath decreases, the activity of the mind will decrease. Between the mind and prana are the senses. This meeting point between mind and prana is the sense organs, the sense organs will be active when the mind or prana are active.

The mind can work in the presence of pranic energy, limiting the activity of breathing, reducing energy so that it reduces the movement of the mind, the mind is easier to concentrate. Just as bathing is necessary to cleanse the body, so Pranayama is necessary to cleanse the mind. Breathing also in addition to absorbing energy also removes toxins in the body[34], [35]. If we pay attention to the fact that the greatest disposal of toxins from our bodies is carried out by the breath. Because breathing is a continuous process that never stops as long as we are alive.

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Breathing consists of several activities: inhaling (inhaling energy from this same realm, energizing the body), then holding the breath (absorbing energy and circulating it throughout the body), exhaling (removing negative energy or toxins in the body, the body relaxes), then holding the breath (there is a pause before inhaling again after exhaling)[8], [36]. There are many pranayama techniques, both from yoga groups, martial arts groups, groups of belief in God Almighty. Both from within the country and from abroad. When we do pranayama, the mind becomes calmer so it is easy to be directed or concentrated on certain objects for example: study, work. Likewise the senses can work because of this pranic energy. By controlling pranic energy properly, we can control the activity of the senses in the body and also the activity of the mind so that we can optimize our potential to achieve our goals and goals in life. Doing pranayama in addition to cleaning toxins in the body, also maintains the vitality of the body, is also able to clean the mind, reduce bad activities of the mind, can increase self-control. Therefore make this Pranayama a part of life.

2.2. Pranayama Breathing Techniques to Reduce Community Stress Levels

According to ancient Sanskrit texts Pranayama is a proper breathing technique that can lead us into meditation to heal the mind, body and spirit. "Pran" means the vital force of energy, because every living being breathes and "Ayama" is the storage and distribution of energy. With the various problems experienced by society today, pranayama's role is very important in curing diseases that are experienced by many people such as deep stress caused by problems in this modern era, which can disturb the mind to make people suffer from stress diseases which are also stress diseases can triggers physical diseases that can harm the body so that it cannot carry out activities in a fit manner[18], [20], [28]. Pranayama has a very positive effect on society in this modern era. By doing pranayama, people can control their breath so that they can also control their minds and if they can control their minds, the stress level in society can decrease.

With the increasing stresses of time and work, almost all of us forget to breathe properly, our posture is almost always poor and we live life using almost 30 percent of our lung capacity. As the cells of organs such as the heart, lungs, brain cells, blood, muscles and intestines get deprived of oxygen, the disease slowly begins to progress. Therefore, it is important to learn proper breathing, and the maintenance of correct posture. According to ancient Sanskrit texts Pranayama is a proper breathing technique that can lead us into meditation to heal the mind, body and spirit. "Pran" means the vital force of energy, because every living being breathes and "Ayama" is the storage and distribution of energy. Pranayama rightly done can cure all diseases, but if done wrong will invite the same disease[8], [29], [37], [38]. The key to doing pranayama is to relax the body from head to toe and be the observer of all our thoughts. In everyday life (normal breathing) is breathing short, fast and uses more chest muscles, using only the upper and middle lungs. While the lower lungs are inactive which causes the lower lungs to be filled with "stagnation and rot" air and result in decreased lung vitality due to a lack of oxygen supply to the lungs. This lower lung will be a nesting place for disease and infection. When we breathe (inhale air). Oxygen through the windpipe will enter the air sacs (alveoli) in the lungs. The alvioli are covered by a network of blood vessels. Oxygen that enters the alveoli will enter the blood vessels and bind to red blood cells, these oxygen-rich red blood cells flow throughout the body and brain. Toxins in the bloodstream in the form of carbon dioxide (CO2) will move in the opposite direction and are expelled when exhaling[39], [40]. The lungs and diaphragm will expand when we inhale and push down, when we exhale the diaphragm will deflate and push up. By moving the diaphragm up and down, there is a massage of the organs in the body, it has a detoxifying effect on the internal organs.

The Benefits of Pranayamaare as Follows:

Adding vitality, by doing deep breathing, the lungs will get a lot of oxygen, this oxygen will flow to every cell of the body. Without adequate oxygen intake, the tissues and organs of the body will lack vitality energy (prana) and will die quickly. Massaging the heart, when breathing regularly the heart will receive a beneficial massage, opening blockages, increasing blood flow to the heart and will ease the work of the heart. It will slowly improve or even treat many heart diseases[41]–[43].

Cleansing toxins in the body, when you inhale, the diaphragm presses down which will stimulate peristalsis of the intestines to clean food debris, prevent constipation, clean excess fat, fluid and gas. Calming the mind, when practicing deep breathing regularly and consciously (concentrating), the amplitude frequency wave of the "Bio-electric Energy Field" in the body will be slow and regular, this supports the activities of cells and organs of the body to be in sync and stimulates the release of working antibodies[44], [45]. To fight various diseases and stimulate the release of hormones such as melatonin, endorphins, epinephrine and others that are useful for calming nerves and the mind.
**Prana** is a vital force that is responsible for all functions of the body and mind. **Pranayama** is thus generally understood as regulating the breath to control the body and mind. **Pranayama** has three important phases, namely: (1) **Puraka:** slow, controlled, full inhalation; (2) **Recaka:** slow, controlled and full exhalation; and (3) **Kumbhaka:** breath holding.

Before doing **pranayama** we must understand the **bandha** technique which is holding and tightening. Because one who does not understand the three types of **bandha** (**jalandhara bandha**, **uddiyana bandha**, **mula bandha**), will not have success in **pranayama**[46], [47]. The three bandhas can be explained as follows: (1) **Jalandhara Bandha** is a technique of breathing in and then holding your breath by bending your head down to close the throat passage; (2) **Uddiyana Bandha**, is a technique of pulling the stomach in while inhaling, then holding the breath; and (3) **Mula Bandha** is a technique of closing the anal muscles and reproductive organs.

In the **pranayama** process there are several techniques that can be done, some of which are as follows[20], [30], [46]:

- **Abyantarpunanayama**. It can be done in the Vajrasana position with both hands on the thighs. After that, inhale through both noses while lifting your head up, then hold your breath in the chest cavity for some time according to your ability and then exhale. At the time of holding the breath the head bowed. Repeat this practice 3 times and do three bandhas. The benefits of this **pranayama** are curing shortness of breath, fear, shortness of breath, and awakening self-confidence.
- **Bhayantarpunanayama**. It can be done with the **vajrasana** position with both hands on the thighs. After that, inhale through both noses. Exhale until you run out, then hold it as much as you can. Do it 3 times. This technique is useful to increase immunity, the body becomes slimmer, the face glows. Increase fertility of male and female reproductive organs.
- **Surya Bhedi Pranayama**. This **pranayama** can be done with the **vajrasana** position with both hands on the thighs. There are two stages that can be done in this **pranayama**. The first is to close the right nose with the thumb of the right hand then inhale through the left nose, hold for some time according to the ability to exhale through the right nose by closing the left nose. Second, cover the left nose with the left hand tissue then inhale through the right nose. Hold as much as you can, exhale through your left nose and close your right nostril. Repeat the two steps above 3 times. The benefit of **Surya Bhedi Pranayama** is to balance the two energies in the body. The sun's energy enters through the right nose and the moon's energy enters through the left nose[48], [49]. In addition, this technique can also eliminate colds, throat gland diseases, shortness of breath and calm the mind.
- **Bhastrika Pranayama**. It can be done with a vajrasana attitude. There are three stages that must be done in **Bhastrika Pranayama**, namely slow, medium and fast. First clench both hands, place them parallel to the shoulders, then straighten them up and pull them back down by saying **So-Ham** following the movement of the hands 3 times. When saying **So** hands up and when saying **Ham** hands down. At first, **Bandra** is still carried out as described above. Then the second position is the same as above **So Ham's** words are replaced by breathing in and out following the rhythm of hand movements[50]. **Bhastrika Pranayama** needs to be done in 3 stages of 1 minute each, in stage one it is done slowly, the second is faster and the third is the fastest. The benefits of **Bhastrika Pranayama** are relieving stress, anger, lack of energy, unable to make decisions, always feeling weak, not concentrating, confused mind, like to slander and criticize others. **Bhastrika Pranayama** is considered the king of **pranayama**. (note: for those who experience shortness of breath, unhealthy heart and high blood pressure, you should do the early or slow stages).
- **AnulomVilom Pranayama**. It can be done by closing the right nose with the right thumb, then Inhale through the left nose, without holding the breath then exhale through the right nose by closing the left nose. The body position remains **vajrasan**. Do it alternately for 1-3 minutes each stage. **Anulom Vilom Pranayama** can balance blood pressure, whether high or low, improve blood circulation, insomnia, wet lungs, anxiety, fear, headaches, migraines and vertigo. (Mula Bandha is still performed).
- **Kapalbhati Pranayama**. Keeping the same attitude above, pull the stomach in with the help of the hands while exhaling through the nose with a sound. But when inhaling do not make a sound, Inhale gently. Do **Kapalbhati Pranayama** for 1 minute. (Note: **Kapalbhati Pranayama** needs the assistance of a teacher because it has side effects if done wrong). The benefits of **Kapalbhati Pranayama** are to shrink the stomach or reduce obesity, in three months a person can lose 1-3 kg of weight if done in the right way. In addition, this **pranayama** can also make the face radiant and calm. (Mula Bandha is still performed). Note: not for pregnant women and people who have had a stroke and heart.
- **Bhramari Pranayama**. The position is still the same, cover both ears with both thumbs, then inhale deeply through both nostrils, exhale gently while making a buzzing sound like a bee in succession 3-6 times. Then when you stop speaking, keep your ears closed and listen to the sounds in your body. Do the

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dive 3 times while still paying attention to the **Mula Bandha. Bhramari Pranayama** is useful for calming the mind when there is a sudden problem. This *pranayama* also makes the face radiant, the mind strong, away from ear diseases. Even yogis who do *Bhramari Pranayama* will know *Anahatnada* (inner voice) and know his death.

With so many benefits of *pranayama*, it is urgent for people to do *pranayama*. *Pranayama* is very effective in curing ailments in this millennial era. Where in this millennial era there are many diseases that arise as a result of the mind. The mind that experiences the solution Given by *Pranayama*[5], [51], [52].

In this millennial era, it is rare for people to take the time to do *pranayama* because of the various kinds of busyness in their lives, even though it is very important to do *pranayama* in this millennial era. *Pranayama* contributes a lot to people's lives where the stress level in society is increasing day by day due to various reasons such as workload, school, college, and in society. Many people underestimate stress, even though most diseases can be caused by the mind, if the mind experiences stress, the physical automatically will also get sick, where if a person experiences stress the person will experience a decrease in appetite, experience insomnia (difficulty sleeping) resulting in reduced time to rest and relax. It can cause physical ailments such as acid reflux, fatigue, dizziness and so on. In fact, stress disease is very dangerous, because when people experience stress, a person's blood pressure can increase which can lead to hypertension. In this day and age, hypertension is very dangerous because it can cause sudden death. By doing *pranayama*, people who are experiencing stress can regulate their breath well and by regulating a stable breath, blood pressure can become stable, where blood pressure is not high and not low. So that *pranayama* is very effective in curing hypertension in this millennial era[19], [20], [53].

When many problems are faced, both family problems, love problems, or work sometimes make us feel stressed. The danger of stress if it drags on can make a person become depressed. *Prayama* is a way to get rid of depression. Before doing *pranayama* we can do meditation. By doing meditation, the mind can be calm and minimize the problem of depression. By doing *pranayama*, it is known to practice breathing, which can reduce symptoms of depression.

The density of daily activities if not balanced with adequate rest time will certainly make the body condition less fit, so it has a great potential to make the body fall ill. For that it is necessary to find a way to calm the mind so that it can return to calm. One of them that can be done is to do breathing movements or what is often called *pranayama* in yoga[54], [55]. *Pranayama* is a breathing movement, habits that the mind does can be reflected through how to regulate breathing. So indirectly, if you can regulate your breathing, you will also be able to regulate your mind. By doing *Pranayama*, the effect will be felt in the mind and body, so the mind is sometimes like a wave and makes it difficult to concentrate because the waves are big. That's where *pranayama* has a role to stabilize the waves and later can make our minds clearer and see things more clearly. This *pranayama* should be done every day and as much as possible made a daily routine. That's because the effects of *pranayama* cannot be felt right away, so it takes patience, dedication, and sincerity to do *pranayama*.

*Pranayama* can cure almost all kinds of ailments afflicting the inhabitants of the earth. In other words, people can be free from all diseases if they practice *pranayama* regularly. If one is suffering from a certain disease, the natural way to cure it may be to do *Pranayama*. Because *pranayama* is a wisdom that includes a healing system without modern medicine[6], [56], [57]. If practiced regularly, *pranayama* can cure chronic diseases such as stress and hypertension. *Pranayama* can't cure diabetes, but it helps normalize blood sugar. Another benefit of *pranayama* is that it is a natural remedy for backaches and indigestion. In fact, the unbearable headache which is a symptom of migraine can be cured through *pranayama*. *Pranayama* is proven to be able to cure or relieve some quite severe health problems. So, if you don't like taking medicine, you can try alternative healing such as *pranayama*.

Boldsky published ten diseases that can be cured by *pranayama*. This is how the disease is, as quoted from the Boldsky page[58], [59]:

a. **Asthma.** The only long-term cure for asthma is *pranayama*. Inhalers can indeed save lives when shortness of breath occurs. However, the healing did not last long because attacks of shortness of breath could come again. To cure asthma in the long term, try to practice *pranayama* and *anulom vulom*. *Pranayama* is the regulation of breathing in and out of the lungs through the nostrils with the aim of spreading *prana*, or energy, throughout the body. While *anulom vulom* is breathing using one nostril alternately.
b. Diabetes. Diabetes is one of the world's major problems because it is an incurable disease. Doing yoga regularly is believed to reduce stress levels, improve posture, lower blood pressure, and nourish the body as a whole. All of these benefits are very suitable and help those who control diabetes.

c. Hypertension. High blood pressure or hypertension occurs for various reasons. This disease can be cured by doing yoga meditation, such as pranayama, regularly.

d. Problems with the heart. Problems with the liver are very diverse, ranging from minor disorders to very severe fatty liver syndrome. To keep the liver healthy, try to do pranayama which can accelerate blood circulation in the stomach.

e. Depression. Pranayama is one of the most potent depression healers. If you don't want to depend on sedatives or sleeping pills, try pranayama. Pranayama can control the breath consciously so that it can flow blood smoothly in the body, so that we can reduce the level of depression in a person.

3. Conclusion

Pranayama has many benefits, one of which is to release stress. Where stress is not only a feeling of tiredness and tension that infects the mind, stress can also infect the whole body including the muscles around the head, neck and shoulders. Pranayama will help the body release that tension, at the energy level Prana balances the body's energy which will have an impact on the emotional level where a deep sense of happiness arises. This feeling of happiness will have a positive impact in life, where something good will invite goodness too. This feeling of happiness will also invite happiness into everyday life.

In today's world, regardless of one's profession, be it a housewife, career woman or college student, everything that is done often makes a person stressed and depressed. All of this can actually be overcome in a very easy way, namely by doing pranayama techniques. Pranayama has been passed down from time immemorial and is very beneficial for overcoming all these problems. Pranayama is a form of calming all aspects of the human body as well as the mind. Breathing will be calm and slow. All the stress that is obtained due to the pressure that occurs slowly will also disappear. The principle of this pranayama is to do refreshment and also make the body and mind work more slowly and not in a hurry.

While doing pranayama, your mind and body will immediately rest from all the hustle and bustle as well as the things that cause stress. This makes the brain immediately stop thinking about all the burdens and concentrate fully on relaxation. Another thing because pranayama is very important for society is that it makes the stiff and sore body from sitting too much at a desk more relaxed. By doing pranayama regularly, pranayama can provide many positive contributions and effects to society because pranayama can cure various kinds of diseases from physical and mental illnesses. Therefore, today's society is very urgent to do pranayama.

References


