

Yoga and Positive Psychology for Managing Career and Life
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Pranayama as the Intervention for Managing Self and Career
Lecture - 77
Process and Benefits of Diaphragmatic Breathing

[FL], welcome to the 17th session of the course Yoga and Positive Psychology for Managing Career and Life. In this session we are going to look at pranayams as intervention for positive psychological outcomes and even beyond.

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Quick Recap: **Interventions for Managing Self and Career**

Annamaya Kosh	Pranamaya Kosh	Manomaya Kosh	Vijnanmaya Kosh	Anandmaya Kosh
Aahar (Food)	Pranayam	Yama, Niyam	Purpose	Dhyan
Asanas		Chittaprasad	Karm Yoga	Samadhi
		Managing negative emotion like Fearfulness, Anxiety, Dependence, Sentimentality	Dharna	
		Pratyahaar	Dhyan	

Ahaar and Asanas (with Yama and Niyama) help us to refine our emotions so that they no longer create warps and knots in our energy field.

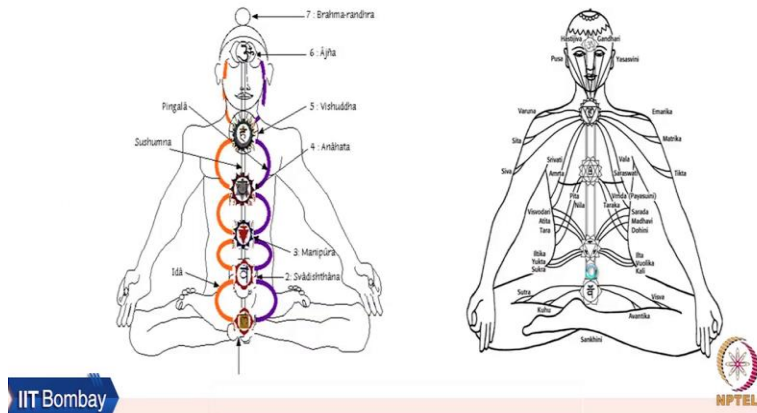
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As usual so quick recap we are studying interventions for managing self and career according to their location or we can say primary location in the 5 koshas panch koshas we looked at ahar and asanas as intervention primarily located at annamaya kosh. And in today's session we are going to extend our discussion from the last session about pranayam as intermissions at pranamaya kosh level.

We also know that all these koshas are interconnected with each other and intervention at one kosh influences other koshas as well.

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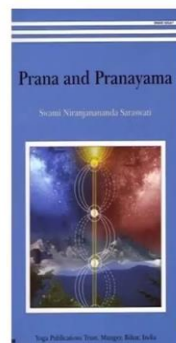
Quick recap: Prana Vayu, Nadi System, and Chakras



In the last class if you can recall we discussed about prana, vayu nadi system, chakras.

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Quick Recap :Pranayama Practices



I. Conscious Breathing

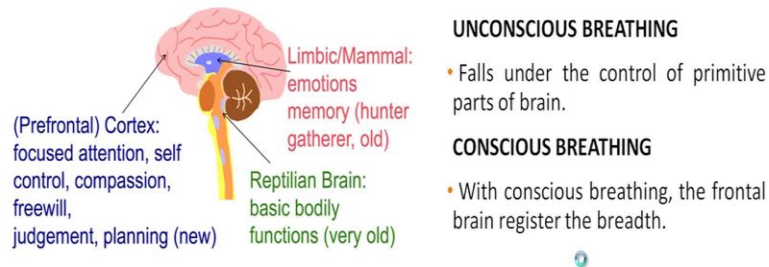
II. Preliminary Breathing Methods

III. Classical Pranayama

We also looked at the classification of pranayam practices in the form of conscious breathing, primary breathing methods and classical pranayam. As mentioned in the last class we are extensively referring for these techniques this book by Swami Niranjananandaji Saraswati it is published by Bihar School of Yog in Munger.

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Functionalities of Brain and Conscious Breathing



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You can recall that we connected how our breathing is deeply connected with the different parts of the brain and conscious breathing brings activity zone to the prefrontal label from the limbic and the reptilian brain structures and this conscious breathing eventually helps us in being more alert more aware and also help us to take more informed and conscious decisions on a moment-to-moment basis. Let us start today's session by looking at what Patanjali yog sutra says about pranayam.

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Pranayam in Patanjali

<p>प्रच्छर्दनविधारणाभ्यां वा प्राणस्य ॥१.३४॥</p> <p>By throwing out and restraining the Breath the mind may also be calmed.</p> <p>तस्मिन्सति, श्वास प्रश्वासयोः गतिविच्छेदः प्राणायामः ॥ २.४९ ॥</p> <p>Controlling the motion of the exhalation and the inhalation once this (asana) is accomplished. This is pranayama.</p> <p>बाह्य-आभ्यन्तर-स्तम्भवृत्तिः-देश-काल-संख्याभिःपरिदृष्टः दीर्घ-सूक्ष्मः ॥२.५०॥</p> <p>The pranayama has either external or internal or motionless modifications. They are to be regulated by place, time and number, either long or short.</p>	<p>बाह्य, आभ्यन्तर-विषय-आक्षेपी चतुर्थः ॥२.५१॥</p> <p>The fourth pranayama is restraining the prana directing it either to the external or internal objects.</p> <p>ततःक्षीयतेप्रकाश-आवरणम् ॥ २.५२॥</p> <p>From that, the covering over the inner light is removed.</p>
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This is mentioned primarily in the 1st chapter and 2nd chapter in the 1st chapter it is mentioned as a method of controlling mind. So, in the 1st chapter Maharshi Patanjali explained what are the different methods of controlling mind how to do this what is called chit vriti nirodh which is one of the important aspect of yog and that is stated in the very beginning of the yog sutra amongst various methods Maharshi Patanjali talks about pranayam and writes that [FL] kind of a definition that controlling the motion of exhalation and the inhalation once this is accomplished.

So, once asanas are accomplished the second step is controlling the motion of exhalation and inhalation and that is called pranayam. In the very next sutra Maharshi Patanjali gave the classification of pranayam different types of [FL]. So, pranayam has either external or internal or motionless modifications they are to be regulated by the place, time and number and they can also be either long or short.

So, this is some insight about the variety of the methods possible under the intervention or under the upang of pranayam. He also talks about the fourth pranayam which is transcendental in nature [FL]. Fourth pranayam is restraining the prana directing it either to the external or internal objects once that happens the covering over the inner light is removed [FL].

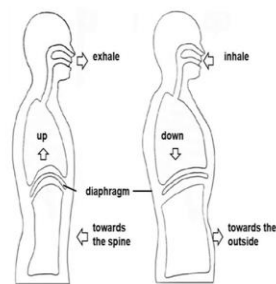
So, when we reach at the fourth level of pranayam veil of ignorance is removed that is these are the four main sutras where pranayam is directly mentioned in the Patanjali yog sutra. Our focus of discussion is mainly about well-being and managing career.

So, we are not going to have much discussion on the transcendental aspect of pranayam nonetheless this is very very important aspect and according to some yogis this is the ultimate object transcending the individual identity and being connected with the universal identity constant integrated awareness or consciousness that is the ultimate objective (Refer Time: 05:56) is the ultimate objective.

But in these sessions, we are not talking about these transcendental objectives we are primarily focusing on well-being and managing career. So, our discussion about the pranayam will also follow that scope.

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Diaphragmatic or Abdominal Breathing: Benefits and Process



1. Helps to relax any mental tension, as it promotes parasympathetic cardiovascular dominance.
2. Exerts pull from bottom of lungs, than from sides. So fresh air is more evenly distributed throughout the lungs.
3. Tidal volume is larger and the proportion of ventilation wasted as dead space is minimized.

So, first conscious breathing we discussed in the previous session in today's session we are going to start our conversation about techniques of pranayam with the abdominal breathing.

Let us look at the benefits and what are the processes of abdominal breathing you might recall that we discussed about three types of breathing and abdominal breathing was the first one we discussed abdominal breathing helps to relax any mental tension it promotes a parasympathetic

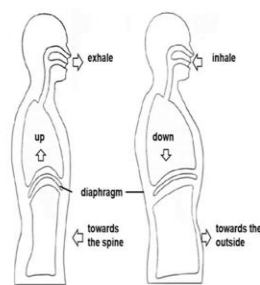
cardiovascular dominance you all remember that sympathetic and parasympathetic two aspects of nervous system.

Parasympathetic is more related to fight flight or fright whereas, parasympathetic calms down our system. So, the abdominal breathing helps in promoting the parasympathetic nervous system it exerts full form bottom of lungs then from sides. So, it ensures that bottom of the lung fully filled. So, the fresh air also moved to the to these lobes otherwise and mostly if we are breathing not consciously then many parts of the lower lobes are not able to get enough oxygen.

So, abdominal breathing helps in achieving that. Due to the large or due to the greater blood flow in the lower lungs due to the gravitational forces increases the efficiency of the gas exchange. There is a additional benefit of having more air and as a result more oxygen in the lower lobes of the lungs because that result into better gas exchange on the surface.

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Benefits of Diaphragmatic or Abdominal Breathing cont..



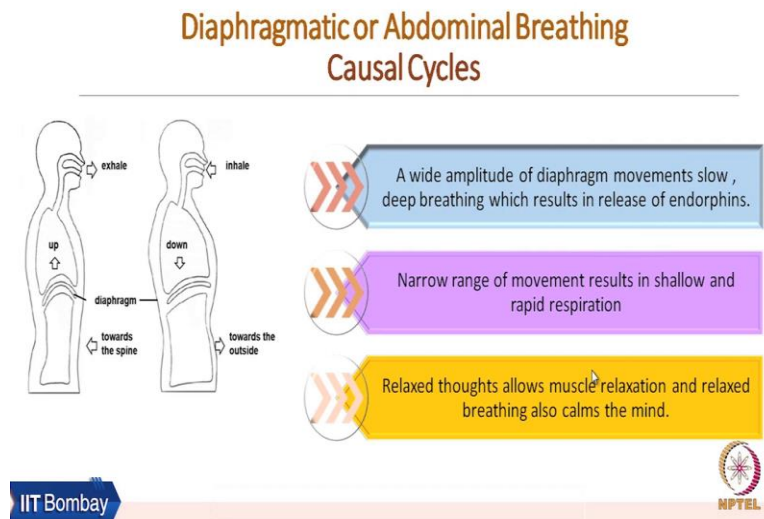
5. Base of lungs and heart are attached to upper surface of diaphragm. Liver, spleen, stomach and pancreas lie immediately beneath it and are attached to lower surface. Increased diaphragmatic movements improves blood circulation in these organs.

6. Helps to drain the sub- diaphragmatic lymphatic system.

Base of the lungs and heart are attached to the upper surface of diaphragm liver, spleen, stomach and pancreas lie immediately beneath the diaphragm and are attached to the lower surface. Increased diaphragmatic moments improves the blood circulation in these organs as well. So, this is additional benefit of abdominal breathing this helps to drain the sub diaphragmatic lymphatic

system and we know that lymphatic system is also deeply connected to the disease resistance mechanism of the body.

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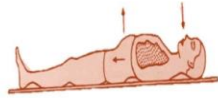


There is a cycle it leads to something then it further leads to something and that creates a virtuous cycle by the diaphragmatic breathing. A wide amplitude of diaphragm movement slows the whole process that result into deep breathing and that result into release of endorphins.

So, this is one virtuous cycle then the narrow range of the movement result in shallow and rapid respiration that is a vicious cycle if we keep breathing unconsciously generally those breaths are shorter shallower and that result into inverse of these benefits. Another cycle is which is virtuous in nature relaxed thoughts which is the result of the deep breathing they allow muscle relaxations and relaxed breathing also calm down the mind. So, these are the virtuous cycles created or initiated by diaphragmatic breathing.

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Technique: Natural Abdominal Breathing



1. Lie in shavasana and relax whole body.
2. Allow the breath to become spontaneous, regular and even.
3. Take focus to diaphragm and visualise it as a sheet of muscle beneath the lungs.
4. While breathing in, breath is being drawn into the lungs.
5. While breathing out, the diaphragm relaxes, pushing air out of the lungs.

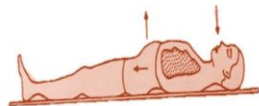
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Let us look at the technique of the natural diaphragmatic breathing. Lie in shavasana relax the whole body, allow the breath to become spontaneous regular and even, take focus to diaphragm and visualize it as a sheet of muscle beneath the lungs while breathing in breath is being drawn into the lungs while breathing out diaphragm relaxes pushing air out of the lungs.

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Technique: Natural Abdominal Breathing cont..



6. Continue, natural, abdominal breathing for some time, without any resistance
7. Place right hand on abdomen, above navel and left hand over centre of chest.
8. With breathing you will feel your right hand moving up with inhalation and down with exhalation.
9. Should be no tension in the abdomen

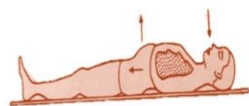
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So, continue this process, continue this natural abdominal breathing for some time, without any resistance place right hand on abdomen above navel and left hand over center of the chest. So, that is the next step. While breathing you will feel your right hand moving up with inhalation and right hand you feel moving down with the exhalation, please remember that there should not be any tension in the abdomen.

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Technique: Natural Abdominal Breathing cont..

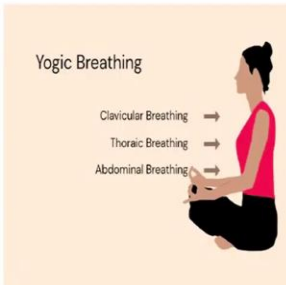


10. Your left hand should not move with the breath.
11. Try to feel the expansion and contraction of lungs.
12. Continue for few minutes.
13. Feel that only the diaphragm is moving with the breathing process



Your left hand should not move with breath which is on the chest. Try to feel the expansion and contraction of the lungs continue for few minutes feel that only diaphragm is moving with the breathing process. So, this is the utilization of or employing our power of awareness.

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Yogic Breathing

- Clavicular Breathing →
- Thoracic Breathing →
- Abdominal Breathing →

- The practice of Yogic breathing enables one to experience the complete range of each breathing mode; i.e. Abdominal, Thoracic and Clavicular
- This increases ventilation and all lobes are expanded. This bestows the benefits of fully controlled breathing.
- More control over breathing process makes it possible to control the finer details of mental process.

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So, that is the process of abdominal breathing there are a lot of YouTube videos and one video is there following exactly the same process in the application of the Bihar School of Yog you can refer that and these are useful applications for taking you through these practices in a step by step manner.

Next conscious breathing we are going to discuss is called yogic breathing practice of yogic breathing enables one to experience the complete range of each breathing mode you might remember abdominal thoracic and clavicular breathing these are the three types of breathing we discussed in the previous session.

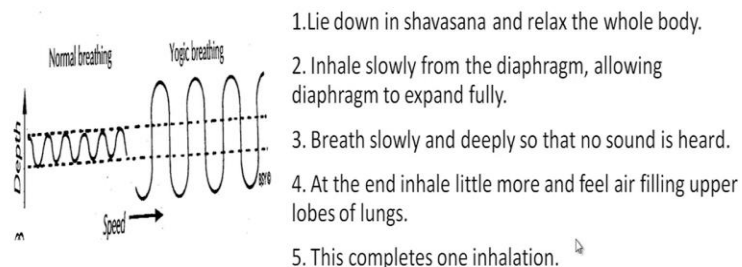
Yogic breathing enables yogic breathing is about breathing all three aspects all three ways this process increases the ventilation and all lobes are expanded all lobes of the lungs are expanded and this bestow is the benefit of fully controlled breathing it does not mean that we should be doing yogic breathing all the time we should allocate some time and those time durations are given in the protocol.

But doing this for some time gives us control on all aspect of breathing and what happens when we have control over breathing, we naturally have control over mental processes as well when we

have more control on the different aspects of breathing. So, let us look at what is the technique of yogic breathing.

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Technique: Yogic Breathing



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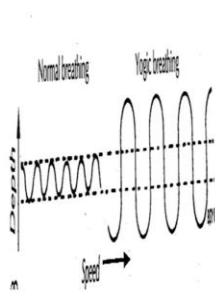


It starts with the same process lying down in shavasana relaxing I mean consciously relaxing the whole body. Inhale slowly from diaphragm and allowing diaphragm to expand fully that is the first step. Then breathe slowly and deeply. So, that no sound is heard. So, we need to be conscious of it at the end inhale little more and feel air filling upper lobes of the lungs.

So, here we are consciously filling up upper lobes of lungs as well which is which makes it different from the abdominal breathing this completes the one inhalation. So, one inhalation meaning first filling up the diaphragmatic portion of the our thorax through inhalation and then little more inhalation focusing on the upper lobes of the lungs.

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Technique: Yogic breathing cont..



6. Now start to exhale.
7. Allow chest to relax downward and then inward.
8. Allow diaphragm to move back up into chest, empty lungs by pulling abdominal wall down towards spine.
9. This completes one round of yogic breathing.
10. Complete 10 rounds and slowly increase to 10 minutes daily and after mastering try to practice in sitting position

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Now, start to exhale allow first chest to relax downward and then inward after relaxing chest allow diaphragm to move back into the chest, empty lungs by pulling abdominal wall down towards spine this completes one round of yogic breathing. At least 10 rounds must be done in the beginning and this whole process can be extended to 10 minutes daily after mastering this technique.