

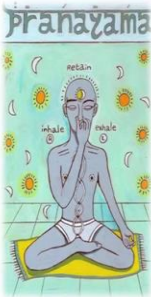
**Yoga and Positive Psychology for Managing Career and Life**  
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**Pranayama as the Intervention for Managing Self and Career**  
**Lecture - 80**  
**Tranquilizing Pranayamas**


Third category of pranayams are called tranquilizing pranayama.

(Refer Slide Time: 00:23)

### Tranquilizing Pranayamas



1. The tranquilizing practices of pranayama are designed to relax the body and mind, while simultaneously increasing the pranic capacity and conscious awareness.
2. These pranayamas stimulate the parasympathetic nervous systems and draw the awareness within.
3. Some bring about greater psychic sensitivity, while others cool the system.
4. The tranquilizing techniques are usually practiced after nadi shodhana, which balances the sympathetic and parasympathetic nervous systems by regulating the breath flow in the alternate nostrils.
5. The tranquilizing practices are done through both nostrils together and in some cases through the mouth.
6. These practices should be avoided by persons who are excessively introverted, oversensitive or psychically unbalanced, as they may exacerbate these conditions.

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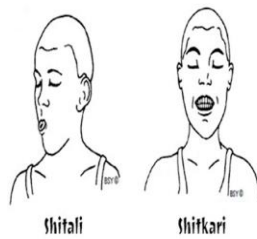
Tranquilizing practices of pranayams are designed to relax the body increasing while simultaneously increasing the pranic capacity and conscious awareness. These pranayams stimulate the parasympathetic nervous systems and draws the awareness within. Some bring more some bring greater psychic sensitivity while others cool down the system.

Tranquilizing techniques are usually practiced after nadi shodhan which balances the sympathetic and parasympathetic nervous system. Tranquilizing practices are also done through the both nostrils together and in some cases through the mouth as well we are going to look at those practices in a short while these practices should be avoided by the persons who are excessively introverted oversensitive or psychically unbalanced as they may exhibit these.

So, sheetali sheetkari and this kind of pranayama should be avoided by excessively introverted or oversensitive or psychic psychically unbalanced situations.

(Refer Slide Time: 01:35)

## Sheetali and Sheetkari Pranayamas



1. These two practices were designed to reduce body heat and very effective during hot weather.
2. The root word sheet means 'cold' while sheetal means 'calm, passionless and unemotional'.
3. So, these practices cool both the body and mind.
4. Sheetali and sheetkari are cooling practices, because the inhalation takes place through the mouth, rather than the nose.

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Sheetali and sheetkari pranayams are these two examples of the tranquillizing pranayams. These two practices were designed to reduce the body heat and very effective during hot weather. The root word sheet not sheets is not a English sheet it is sheet; that means, cold while sheetal means calm passionless and unemotional.

So, these practices cool both body and mind actually that is true with all the pranayam practices sheetali and sheetkari are cooling practices because the inhalation take place through mouth rather than nose.

(Refer Slide Time: 02:15)

## Sheetali and Sheetkari Pranayamas Cont..



5. When the breath is drawn in through the mouth, evaporation of the moisture on the tongue and the inner surfaces of the mouth cool the air.

6. This cooled air then cools the blood vessels throughout the lungs, which gradually eliminate excess body heat.

7. The technique and effects of sheetali and sheetkari are the same, only the methods of inhalation vary.

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When the breath is drawn in through the mouth evaporation of the moisture on the tongue and the inner surface of the mouth cool the air this cooled air then cools the blood vessels throughout the lungs which gradually eliminates excess blood heat. The technique and effects of sheetali and sheetkari are the same with only difference in the inhalation and we are going to look at it.

(Refer Slide Time: 02:45)

## Sheetkari Pranayama



### Technique

1. Sit in any comfortable meditation posture.
2. Close the eyes and relax the whole body.
3. Hold the teeth lightly together.
4. Separate the lips, exposing the teeth.

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First let us look at the technique of sheetkari pranayama sit in comfortable meditative posture close eyes relax the body hold teeth tightly together separate lips exposing teeth and.

(Refer Slide Time: 03:00)

## Sheetkari Pranayama



### Technique

1. Sit in any comfortable meditation posture.
2. Close the eyes and relax the whole body.
3. Hold the teeth lightly together.
4. Separate the lips, exposing the teeth.

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Then the tongue may be kept flat or folded against the soft palate in the khichari mudra we have not discussed khichari mudra, but that is a very powerful mudra and you can learn that online Jaggi Vasudevji or Swami Ramdevji. So, with the flat or folded palate inhale slowly and deeply through the teeth at the end of the inhalation close the mouth exhale slowly through the nose in the controlled manner this is 1 round we can have 11 rounds of practice and that can be increased to the 21 rounds.

Sheetali pranayama is slightly different where we need not to close our mouth by keeping the teeth lines touching each other. So, we can keep the mouth open put the tongue outside of the mouth it can be flat or it can be folded that is the variation in the sheetali pranayama from the sheetkari.

(Refer Slide Time: 04:11)

## Bhramari Pranayama (Humming Bee Breath)



The word bhramar means 'bee'.

This practice is so called because the practitioner imitates the same deep, low pitched humming sound as that of the black bee.

It is used in nada yoga to awaken awareness of the inner psychic sounds.

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Another pranayama which is very common and suddenly immensely benefited and suddenly immensely beneficial is a bhramari pranayama a bhramar is the name for the bee this practice is called because we imitate the same deep and low pitched humming sound of the black bee. It is used in nada yoga to awaken awareness of the inner psychic sound.

(Refer Slide Time: 04:43)

## Bhramari Pranayama (Humming Bee Breath) Cont..



### Technique

1. Sit in comfortable mediation asana with the hands resting on the knees in jnana or chin mudra.
2. Close the eyes and relax the whole body.
3. The jaws should be relaxed with the lips gently closed and the teeth slightly separated,.
4. This allows the sound vibration to be heard and felt more distinctly.
5. Raise the arms sideways and bend the elbows, bringing the hands to the ears.

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Technique is that sit in comfortable meditation asanas with the hands resting on the knees in the jnana or chin mudra close the eyes relax whole body jaw should be relaxed with the lips gently closed and teeth slightly separated this allows the sound vibration to be heard and felt more distinctly. Raise the arms sideways and bend the elbows bring the bringing the hand to the ears.

(Refer Slide Time: 05:14)

## Bhramari Pranayama (Humming Bee Breath) Cont..



### Technique


6. Use the index fingers to close the flaps of the ears.
7. Bring the awareness to the center of the head, where ajana chakra is located, and keep the body absolutely still.
8. Inhale through the nose.
9. While exhaling slowly in a controlled manner, produce a deep, steady humming sound, like that of the black bee.

That is the first step towards the main important steps of bhramari then use the index finger to close the flaps of the ears bring the awareness to the center of the head where ajana chakra is located and keep body absolutely still inhale through the nose while exhaling slowly in controlled manner produce a deep steady humming sound like that of the black bee.

Be aware of the continuous humming sound within the head the humming should be smooth even for the duration of the exhalation, the sound should be soft and mellow making the front of the skull reverberate at the end of exhalation hands may remain in the unpriced position or they can be returned to the knees and then raised again for the next round. This is 1 round and 11 round practice is thus we with which we can start and it can be increased to 21 rounds.


(Refer Slide Time: 06:19)

## Bhramari Pranayama (Humming Bee Breath) Cont..



Technique

10. Be aware of the continuous humming sound within the head.
11. The humming should be smooth and even for the duration of the exhalation.
12. The sound should be soft and mellow, making the front of the skull reverberate.
13. At the end of exhalation, hands may remain in the upraised position, or be returned to the knees and then raised again for the next round.
14. This is one round, practice 11 rounds and gradually increase to 21.

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So, these are some of the pranayams we discussed in this session these are most commonly practiced pranayams, but there are multiple types of pranayams there are pranayams which are practiced in conjunction with specific asanas specific mudras.

So, there is a whole range of pranayama starting from very simple like conscious breathing to very complicated where you have to remember multiple steps and there is a particular protocol as it is taught in the shakti chalan kriya by the inner engineering foundation.

So, there can be multiple ways and different practices depending on our emotional physiological and spiritual needs we can pick up appropriate practices. Our gurus, the mentors and the teachers of yoga must be respected and we must take up any practice under the guidance and particularly the practice of pranayama must be taken under the guidance of a trained yoga teacher or yoga master and we can also gradually enhance the complexity of the practice.

We need to be also conscious what is my core need is my need mostly a physiological emotional relational well being or my needs are beyond these and also at the level of spiritual awakening and spiritual evolution. So, accordingly we need to pick up the practice this is the essence in this session we just try to give the overview of the pranayama and how this can be an excellent intervention for the positive psychological outcome.

(Refer Slide Time: 08:27)

## Final Thoughts on Pranayam: Intervention for Positive Psychology and Beyond

1. **Focusing awareness on the breath** activates all the integrative functions of the middle prefrontal cortex.
2. This allows individuals a more objective space from which to **be aware of emotions as they arise** and to decide how to respond rather than simply react.
3. Yoga asserts that **relaxing through the pause in the breath** helps the mind to maintain its attention and concentration on a single object.
4. Breath awareness and especially focused attention on the exhalation phase of the breath, **activates the parasympathetic relaxation response**.
5. The **resultant release of oxytocin** into the blood stream alleviates mood problems and counters stress, as well as **promotes human bonding and healing**, all of which contribute to our emotional health.
6. With our anxiety in check, **our me-you-, and we- maps** as identified by impersonal neurobiology are likely to become much more accurate.

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So, the final thoughts of pranayams can be summarized in the words of Stephen Parker we must remember that focusing awareness on the breath activates all the integrative functions of middle prefrontal cortex and that is the basic process in all kinds of pranayams. So, that is a great benefit. Second aspect is that pranayama allows individuals to be more objective in the more objective space.

Because awareness on the breath prepares our mind to remain more objective stage and that awareness brings the emotional awareness and we can control our emotions better. Yoga asserts that relaxing through the pause in the breath helps the mind to maintain its attention and concentration on a single object breath awareness and especially focused attention on exhalation phase of the breath activates parasympathetic relaxation response.

The resultant release of oxytocin into the blood stream that elevates the mood problems and counters the stress as well as it promotes human bonding and healing many of you might know that oxytocin is also called cuddling hormone. It promotes human bonding and result into healing all of which contributes to our emotional health. With our anxiety in check our me you or we maps as identified by the impersonal neurobiology are likely to become much more accurate.



Our distinction based on ego can come down and our connection based on our shared experience of life and emotions can increase with the practice of pranayama.