



THE ROLE OF PRANAYAM TO REDUCE STRAIN AND DEPRESSION

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Abstract:

Yoga-darshan includes spiritual, mental, and intellectual and various physical processes which put an end to all human problem. Today the people of various ages whether men or women, literate or illiterate either poor or rich found themselves trapped around strain, depression and various diseases. It has been considered that our respiratory system is strongly connected to our mental state. Different changes occurring in respiratory system also brings changes in mental state. If any process affects our respiratory process then it simultaneously leave impact on our mental states. Research being done on 80 women of Agar city in between age of 25-35 chosen purposely in group A and of these 40 women are found to consistently do meditation and program. While in group B 40 all those women are included who never do meditation and pranayam. In this research to measure depression level among selected women SCAT form was filled by them. Depression level is being measured in both groups. Human life is full of struggles from birth to end. He faces various complications in life. To prevent his life from difficulties, struggle and failure feelings of depression, fear and unhappiness enters in mind. But when depression occupies his life permanently then in order to find the reason behind depression he encircled himself in it more.

Introduction:-

Yoga Plays prominent role in Indian Culture. Yoga-darshan is one among shad-darshan. Yoga-darshan includes spiritual, mental, and intellectual and various physical processes which put an end to all human problems. Yoga-shastra emphasized more on mental peace, ability to control mind and development of mental power to achieve happy life. This process improvises physical health and destroys various diseases automatically.

Today the people of various ages whether men or women, literate or illiterate either poor or rich found themselves trapped around strain, depression and various diseases. At present the problem of psychological disorder is increasing at a huge rate, which results a drastic problem in our day to day life.

For healthy body it is necessary to have mental peace. Mental distress results in thousands of diseases. In early age different philosopher believed that all diseases are related to body only but now psychiatrist have recognized that 80 to 100% diseases occur due to not having mental peace. Mental disorder leads to the unhealthy body. It also leads to damage in nervous system and gives invitation to various dreadful diseases to our body. For healthy life it is necessary to have peaceful mind. In present era this stress can results from various causes like competition, work pressure, unemployment, retirement etc. To eradicate this stress people start taking toxic substances like

alcohol, drugs, and cigrarates at very young stage.

In this life's ups and downs; frustration, tension, depression and tiredness eventually occur in life. Between these situations people somehow manage to come to a stable state. When the situation of frustration and depression make their permanent roots in life then a person will not be able to find his life free from stress and mental disorder.

Stress and uneasiness are the stages where people feel unhappiness, lack of self – confidence, harassment and grief. He finally loses affection, joy, interest in life etc and always tries to keep himself away from society due to his lack of confidence and embarrassment. Eventually headache, lack in concentration, dumbness and physical unfitness grabs his body

Man finds himself helpless, useless and aggressive. Various dangerous thoughts start emerging in his mind and at the threshold level thought of suicide comes to his mind. This has become very common among people having mental disorder. National record of crime burrow, Kolkata recently exposed its ratio.

According to National Crime Record in every one lac people, suicide commitment rate is 26 % in Kolkata. In this situation their traditional legacy is acting as a good medicine to keep them away from depressed situation. In this list Chennai is at top position with a rate of 29 % According to the research in every hour 15 people are committing suicide. Stress,

depression, tension and mental pressure are considered as its main reasons. In a research it has been exposed that around 70% children are having mental stress. Anger is closely related with stress and this in turn developed into mental disorder..

Pranayam advantages:-

It has been considered that our respiratory system is strongly connected to our mental state. Different changes occurring in respiratory system also brings changes in mental state. If any process affects our respiratory process then it simultaneously leave impact on our mental states.

Pranayam has a great relationship with breathing process. The intention of long breath is to take more oxygen in respiratory system which makes our respiration process smooth. According to Acharya Shriram Sharma one can diagnose, cure and empower oneself by currents of breathe.

According to तस्मिन् सति भवासप्रवाससयोगतिविच्छेदः प्राणायामः means the regulation of the breath through certain techniques and exercises. This process refers to as pranayam.

Research Process:-

Research being done on 80 % women of Agar city in between age of 25-35 chosen purposely in group A and of these 40 % women are found to consistently do meditation and program. While in group B all those women are included who never do meditation and pranayam.

Devices:-

To measure the depression in women sinha comprehensive Anxiety test SCAT developed by Prof.A.K.P. Sinha and Prof. L.N. sinha is used.

Process:-

In this research to measure depression level among selected women SCAT form was filled by them. Depression level is being measured in both groups.

In this investigation the deflected data are statically analyzed through 't' –test.

Result

After statistical analysis of depression over women results are shown in table – 1.

From the above table it has been cleared that the ratio of depression among meditation and pranayam practicing women are less in comparison to women who never do it. The gathered T-value is 2.05, which is significant at the value of 78 in liberal fragment. Finally it

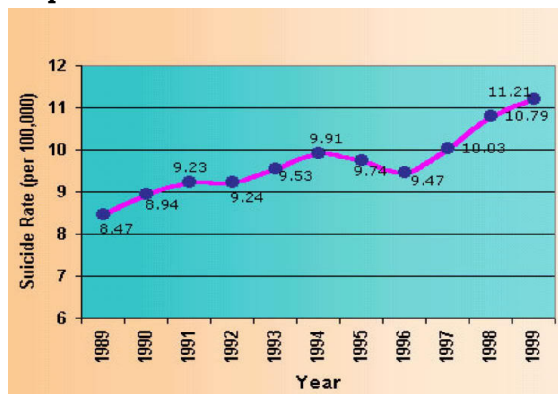
concludes that the pranayam helps in reducing depression level.

Through Pranayam fresh oxygen enters in our lungs which purify our blood and then blood flows in whole body. Adequate amount of oxygen in our body helps in smoothly working of different processes, which provides mental peace and destroys tension and strain. Through the practice of pranayam each and every blood vessels fill our body with energy and influences our thoughts and emotions. This results in decrement of depression and tension.

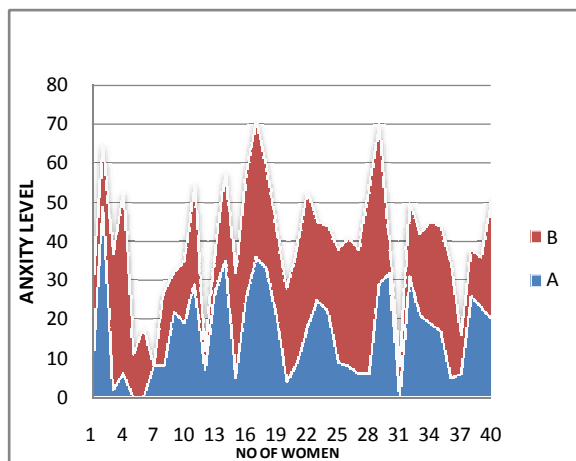
Table-1

Group	Mean	S.D.	't'-value
In group A all those women who do meditation and pranayam	17.8	20.49	2.05
In group B all those women who do not do mediation and pranayam.	22.8	25.03	

Graph: - 1



Graph: - 2



Conclusion: -

Human life is full of struggles from birth to end. He faces various complications in life. To prevent his life from difficulties, struggle and failure feelings of depression, fear and unhappiness enters in mind. But when depression occupies his life permanently then in order to find the reason behind depression he encircled himself in it more.

It is said that “thoughts relate to soul, soul relates to pranayam”. Thus to make control over thoughts and to achieve its highest level “Aayam” the process of pranayam is mentioned as best medicine. Pranayam not only extends physical and mental health but also provides mental peace, enthusiasm and confidence.

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