



# International Journal of Indian Medicine

[www.ijim.co.in](http://www.ijim.co.in)

ISSN: 2582-7634

Volume 2, Issue-12



# IJIM

INDEXED

December 2021



# International Journal of Indian Medicine

Access the article online



International Category Code (ICC): ICC-1702

International Journal Address (IJA): IJA.ZONE/258276217634

## Importance of Bhramari Pranayama in Nidranash (Insomnia)- A review article

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### Abstract:

A Ahara (food), Nidra (sleep), Bramhacharya (abstinence) are described to be Trayopstambhas (three supportive pillars) hence sleep is one of essential factor to lead a healthy life. Due to loss of sleep person suffers many problems related with health. In modern era insomnia may be symptom of stressful lifestyle, depressive illness, anxiety disorder, any psychiatric conditions or any other pathological conditions. The management of Nidranash explained in the different contexts by various Acharya can be described in detail. Diet modification (milk, ikshu ras, madya, dadhi), various therapeutic procedures (snehan, abhyang, samvahan, padabhyang, shirobasti, shirodhara, nasya), yoga and meditation therapy (anulomaviloma, kapalbhati, Bhramari, shirsasan). Among types of Pranayama, Bhramari Pranayama is instantly effective in calming down the mind and helpful in Insomnia.

**Key words:** Ayurveda, Pranayama, Bhramari, Nidranash

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**How to cite this article :** Bansod N., Chopkar S, Waghmare R. Importance of Bhramari Pranayama in Nidranash (Insomnia)- A review article. Int J Ind Med 2021;2(12):1-5

**INTRODUCTION :**

Among Traya-Upstambha ,Nidra keeps man fresh and active , gives rest to sensory organs, mind and body also.[1] In Kashyap samhita,'samyaknidra' signifies normal state of health. sleep disorders cause disruptions in normal state of physical ,mental, emotional,social and spiritual aspect of health.Defination of qualitative sleep differ according to age, lifestyle, body built etc. Being responsible for physical and mental well-being, qualitative sleep brings out the best emotional as well as social performance of an individual. Changes in sleeping patterns and habits can negatively affects the health. These changes are together known as sleep disorders. The common sleep disorder experience d by almost every person is insomnia. Insomnia has same characteristics as Nidranash in Ayurveda.[2]

Pranayama is fourth division of yoga science guiding towards voluntary control of respiration i.e proper management of the 'prana vayu' is beneficial for control of 'manas' which is turns beneficial for active inhibition of some part of brain which may help to get quality sleep.[2]Use of Bhramari Pranayama since deduces to the present era have shown drastic changes in day-to-day life style. If practiced regularly in correct manner and to see the effect of Bhramari Pranayama on Nidranash and various disorders.[3]

**Nidranash(Insomnia):**

The most common sleep disorder experienced by almost every person is insomnia. It is characterized by difficulty in falling or staying asleep. The amount of sleep depends on several factors including age,

lifestyle, health and whether you have been getting enough sleep recently. On average adults need about 7-8 hours each night. Average hours of sleep required according to age are given as follows

- Newborn infants: 18-20 hours
- Growing children: 12-14 hours
- Adults: 7-9hours
- Old persons: 5-7 hrs

In charak samhita, Nidranash is included under 80 nanatmaj vata vikara. Acharya sushrut has explained this in Garbh vyakara shariram. In ashtang sangraha, trayopstambh are explained stating co-relation of nidra with vata dosha and hence listing sleep disorder ,awapna in vataj nanatmaj vikara. Acharya Sushruta has mentioned aggravated condition of vata and or pitta aggravated state of mind, weakness or loss of vital fluid from the body or due to accident, hurt or injury as causes for nidranash. [4]

**Importance of Nidra:**

Qualitative sleep is responsible for happiness, sustenance, strength,potency and intelligence naturally. In otherwise condition ill practice of sleep causes unhappiness, leanness, weakness, impotency, dullness or insanity.[4]

**Pranayama:**

Pranayama is related to respiratory exercises. 'Prana' in the name suggests it's relation with life force. According to 'Tejbindupanishad',to get rid of all activities of manas (pause in continuous wandering thoughts of mind) is Pranayama [5].

**Pranayama has three components:**

- Purak: Inhalation of the air into the lungs to its full capacity.
- Kumbhak: Retention of air in the lungs.
- Antah: interiors
- Bahya: outer
- Breath retention : kumbhaka is the central practice of traditional Pranayama, there are two types of retention: after inhale(Antah) and after exhale (Bahya)
- Rechak: Releasing the air filled in the lungs. Three stages according to dhyānbindu upanishad are also known as viz, Brahma(origin) Vishnu(nutrition) and Rudra(destruction).[6]

**Other types of pranayama-**

- 1) Sahit Pranayama: kumbhak performed with purak and Rechak.
- 2) Keval pranayama: kumbhak procedure without purak and Rechak. Among these two types of pranayama 'keval' type of pranayama is hard one to practice and succeed which enlightens 'kundilini'. Hence Pranayama can be described as to inhale, to retain and to exhale the additional quality of pranvayu or fresh air. As the excess quality of air is inhaled and restrained for an additional period in lungs, it gets more time to be exchanged by alevoli and the vital capacity of lungs is increased which is beneficial for health. Pranayama helps in process of intake or exchange of oxygen and boosts physical and mental health.[7]

**Time for Pranayama:**

In general, purak, kumbhak and Rechak should be in proportion of 1:4:2 in case of time. Hence pranayama is classified as

Avar(inferior), madhyam(medium), Pravar(superior) pranayama[7].

- Avar Pranayama: 8 sec - purak  
32sec -kumbhak  
16 sec – Rechak
- Madhyam Pranayam: 16 sec-purak  
64sec-kumbhak  
32sec- rechak
- Pravar Pranayama: 32sec- purak  
128sec – kumbhak  
64sec- rechak

**Preparation before Pranayama:**

According to Hathayogpradipika, pranayama is performed in comfortable posture called meditative posture. Meditative postures stated before as 'yogasana' is a particular set of exercise for body muscles and hence enhances the strength and gives ability of performing coordinated activities steadily without much of exertion. Some comfortable postures are – swastikasana, veerasana, Siddhasana and padmasana. Out of these 'Siddhasana' is praised to be best for Pranayama.

**Types of Pranayama:**

According to Hathayogpradipika:

- Suryabhedhi pranayama
- Ujjayi Pranayama
- Sheetkari Pranayama
- Sheetli Pranayama
- Bhastrika pranayama
- Bhramari Pranayama
- Murccha Pranayama
- Plavini Pranayama

According to Gherand samhita:[7]

- Sahita Pranayama
- Suryabhedhi pranayama
- Ujjayi Pranayama

- Sheetli Pranayama
- Bhastrika pranayama
- Murccha Pranayama
- Kewali pranayama

### **Bhramari Pranayama:[8]**

Bhramari Pranayama also known as humming bee breath is calming breathing practice that soothen the nervous system and helps to connect us with our truest inner nature. Bhramari is the Sanskrit word for 'bee' and this pranayama is so named because of humming sound produced at the back of the throat during the practice like the gentle humming of bee .

### **Procedure of Bhramari Pranayama:**

Sit down in comfortable meditative posture at Peaceful place-

- 1) Your shoulder must be stretched out and your spine straight. Now open your palms and close your ears with your thumbs
- 2) Place your index finger on the forehead , right about eyebrows. Let your middle and ring fingers rest on your closed eyes.
- 3) Breath in deeply and exhale slowly , keeping your mouth closed while breathing out make a Little humming sound.
- 4) Your fingers should feel the vibrations of the sound remove your fingers from your face and rest them on your knees
- 5) One round is complete, repeat procedure 5-10times.Sustain the sound until you need to inhale them repeat .The longer you sustain humming exhalation more relaxing it is.

### **Indications of Bhramari Pranayama:**

- 1) The main indication of Bhramari Pranayama for peaceful mind.

- 2) Insomnia, stress, anxiety, depression
- 3) Rhinosinusitis
- 4) Thyroid dysfunction
- 5) Hypertension

### **Contraindications of Bhramari Pranayama:**

- 1) lying down position
- 2) Severe ear infection

### **Precautions during Bhramari Pranayama:[8]**

- 1) Bhramari Pranayama should be done in empty stomach.
- 2) Preferably it should be practiced in early morning.
- 3) Do not press your earlobes hard
- 4) In heart diseases should practice Bhramari without kumbhaka and also for short time.
- 5) Best to avoid suffering from migraine or we can practice with opened eyes under supervision.

### **Benefits of Bhramari Pranayama:**

- This is a best way of to achieve concentration of mind.
- It opens the blockage and gives a feeling of happiness to mind and brain
- Beneficial in reliving from hypertension, heart problems and sleep apnea, insomnia
- Mind becomes steady ,lower mental tension , agitation etc.
- It helps in curing paralysis and migraines
- Balance hormones and build immunity
- All ages of people can try this breathing exercises including pregnant women.[8]

**DISCUSSION:**

In present article we have decided to give full information about Bhramari Pranayama. We also described its indications, contraindications, how to perform Bhramari Pranayama. Before you sleep, it is important to calm your mind. Bhramari Asana teaches you to keep your breath still so that you can steady your mind. This is just one of the many Bhramari pranayama benefits. Practising yoga before relaxing on your bed helps your mind relax and enter a calm state, enabling you to get better sleep through the night as well. If you are not getting enough deep sleep, yoga for better sleep is the best way to go. Breathing well is the first step toward self-healing. Learning to breathe correctly can positively affect our thoughts and moods. It is time to give yoga for better sleep a try. While we are aware that each thought can alter the rhythm of our breath, few people know that by altering the rhythm of our breath, we can change our thoughts too. For considering the strength of Ayurveda the benefits on Bhramari Pranayama plays effective role in stress management and insomnia i.e. Nidranash hence it is necessary to done evidence base researches on it . Bhramari Pranayama will be effective in exam going students . It will be powerful success and need of present era if Bhramari Pranayama given with addition of Ayurvedic dincharya, swasthavrittapan and disorder wise medication treatment.

**Conclusion:**

Bhramari Pranayama is one of the best ancient methods to reduce stress, insomnia , anxiety, anger, depression.

Lifestyle disorder is the main problem in present era. So, lifestyle modification with ancient Concept of yoga, Pranayama, dincharya, Ritucharya palan all this used properly in day to day lifestyle we can stay away from hypertension, diabetes, heart diseases, obesity, cancer, exam going students stress and so many other diseases. If Bhramari Pranayama is used in such type of patients under guidance of trained teachers then lifestyle will be Very easy and healthy. Bhramari Pranayama has an advantage in costly effective therapy and there is no need to take care of any maintenance at all.

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Bhastrika on the brain functioning and physiological activities.

**Source of Support : None declared**

**Conflict of interest : Nil**

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