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Abstract

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"The quality of breath expresses our inner health"

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Life is the period between one breath and the next; a person who only half breathes, only half lives. He, who breathes correctly, acquires control of the whole being"

This statement from the classical yoga text, 'Hatha Yoga Pradipika' says it all. A new born is the, best of himself, from the perspective of perfect alkalinity, being in the moment, being with self, being with nature, and also, having the best quality of breath – a reflection of his sound wholesome health.

Growing up and becoming a part of the present system, we lose control of those subtle strings, leaving behind relaxed abdominal breathing while entering the world of shallow breathers. Thus, begins our health struggles in life, inviting admission of multiple psycho somatic ailments. Major part of our life is spent sorting out these problems which, might have their origins in something as simple as our 'Quality of Breath'.

Quality of breath consists of some prime constituents:

1. *The depth of respiration*
2. *The speed of respiration*
3. *The ratio of inhalation & exhalation*
4. *Passage of respiration (Nasal / Mouth)*

Understanding these parameters in depth and applying it with awareness every waking moment of life, we are capable of attaining supremacy over our quality of breath. This would automatically make optimal use of the respiratory muscles. Further, one can witness wonders in eliminating chronic tension and stress at the physical as well as mental level, improving oxygenation in the blood cells, excreting maximum waste from the body and mind, thereby, allowing mind to handle any situation in the most effective manner and enjoying life to its fullest.

Century old Yoga philosophy contains it all, in minute systematic details. Just performing 'Yogic Breathing' right with complete and focused consciousness has the power to elevate the quality of our 'inner health'.

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