Breath Pranayam And Health

Jagdish Ram Mawar
M.A IN (Yogic Science)
Email id-
kumawatj460@gmail.com
Mob.-9610645084

Abstrat

Yoga means a way of connecting with the univers. A suprime health can be brought by breathing (Pranayam). Breath is base of whole life. God(nothingness) has been taken a form of matter and also established itself in running life. Breath is cause of all creativity on this planet.

There is two dimension of understanding the breathing.

First- scientifically

Second- spiritually.

Science takes breath is a mixer of air.(O2,N,H)

But spirituality has been taken it differently. They assume breathing is not only airs they know it is rare combination of air and vital force. Vital force is not a breath its comes through breath but it is not only breath. Eastern intelligency considers it as a so subtle force so miner than airs.

Breathing is not only essential of human health. It too defines bad and good health.

Indeed that body will be sound healthy if it takes more clean breaths. Pollute breathing is cause of poor health. Biologists say that human lungs almost five thousand blocks (A small storage places) thats all holds O2 or vital force. Blocks digest O2 and transform energy to the body. In every human all blocks are not activated. Its activation is depend on breathing quality or Pranayam and then blocks activation definds health quality. If a man’s only few blocks work then he cannot attend a good health. Thus yogic science insists on Pranayam or quality breathing. Because it is way of awaking blocks.

A another medical approach acupressure also deals with Pran energy. Accupressure deals all the ailments by propping almost 700 points of Pran energy. Thus by proper breathing we can awoke and maintain higher health.

Along with Pranayam our breathing system can be affected by mental body approach.With it we can take changes more acute and get supreme health.

There is many dimensions in spirituality to activate vital force in the

human body as like by breath,mind,emotion,conscious and super conscious.A sound health is related with all above aspects. Only whose persons understand whose heart is pure and full of will power. Breath theraphy can give us supreme health when our doctors and patients will be full of beliefs and dedicated to the existence.