



## HAIR NOURISHMENT THROUGH PRANAYAMA

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**Abstract:** Baldheadedness is a worldwide problem that promotes alopecia and it is a dermatological disorder. It may be due to psychological disorder and nearly 2% of world's population is affected from this disorder commonly known as baldness starts from hair fall. This paper is extended to include Pranayam as a strategic tool. This management strategy tool is developed for hair nourishment. In addition, one has to practice Pranayam such as: Anuloma Viloma, Kapalbhathi, Bhastriks and Bhramari. Yogic Pranayamas helps to come over hair problems.

**Key words:** Hair Nourishment, Pranayama, Problem, Volume.

**Introduction:** Hair is considered to be a major element of an individual's general appearance. The psychological impact of Baldheadedness results in a stressful state along with images of reduced worth. It is not surprising that both male and female find Baldheadedness a stressful experience. Genetic Baldheadedness is the major problem affecting male in the age of 50. In female the major cause of Baldheadedness at the age of 50 is nutritional. Increased and persistent hair shedding (chronic telogen effluvium) and reduced hair volume are the principal changes occurring in

modern society. The goals of the present paper is based on the strategies proposed by yogic interventions to health, wellness and people centered health care to promote the safe and effective use of Pranayam. The method aims to support in proactive policies and implement action plans that will strengthen in streamlining innovative systems. Yoga strategy and techniques establishes harmony, once it becomes integrated. Pranayam can be distinct as a pose that is intended to help master the body and boost the body's functions. Pranayam creates potency and stamina, improving circulation and energy flow, cleansing organs and other systems, and intensifying muscles and joints.

Sanskrit: प्राणायाम *prāṇāyāma* is a Sanskrit word meaning "extension of the *prāṇa* or breath" or, "extension of the life force". The word is composed of two Sanskrit words, Prana, life force,

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Received on: November 2018

Accepted after revision: December 2018

DOI: 10.30876/JOHR.6.4.2018.297-300

or vital energy, particularly, the breath, and "ayāma", to extend or draw out. The origins of this yogic discipline lie in ancient India. Pranayama helps in maintaining the harmony between our body and soul. It also improves blood circulation throughout the body and promotes healthy hair, thus preventing hair fall

## 2. Method

➤ **Anuloma pranayama-** Alternate Nostril Breathing, a.k.a. 'Nadi Shodhana Pranayama'

➤ **Bhastrika Pranayama** - "bellow Breath" - Long and & diaphragmatic breathing

➤ **Kapalabhati pranayama** - "Skull shining breath"

➤ **Bhramari Pranayama** - "Bee Breath" - The yogi makes a humming sound while breathing.

**Anuloma Viloma Pranayama :-** Anuloma Viloma is also known as Alternate Nostril Breathing. In this Breathing Technique, one has to inhale through one nostril, retain the breath, and exhale through the other nostril in a ratio of 2:8:4. The left nostril is the passageway of the Nadi called Ida and the right nostril is the pathway of the Nadi called Pingala. If one is really healthy, will breathe primarily through the Ida nostril about one hour and fifty minutes, then through the Pingala nostril. Anuloma Viloma restores, equalizes and balances the flow of Prana throughout the body. One round of Anuloma Viloma is made up of six steps.

**Steps of Anuloma Viloma:** By closing the right nostril with the thumb, to the count of four, Inhale through the left. By closing both nostrils, to the count of sixteen, hold the breath. By closing the left nostril with the ring and little fingers, to the count of eight, Exhale through the right. By keeping the left nostril closed with the ring and little fingers, to the count of four, Inhale through the right nostril. By closing both nostrils, to the count of sixteen, hold the breath. By keeping the right closed with the thumb, to the count of eight, Exhale through the left nostril.

**Bhastrika Pranayama:-** Bhastrika Pranayama is an excellent breathing exercise. It keeps the body healthy and mind happy. Heart and brain patients must practice to get miraculous results.

Depression, migraine, parkinson's disease, paralysis are completely cured, which is impossible by medicines. 'Bhastrika' is a Sanskrit word, which means 'bellows'. In short, Bhastrika is 'inhale' and 'exhale' deeply and forcefully. Therefore it is also known as 'deep breathing exercise'.

**Steps of Bhastrika:** Sit in any comfortable sitting asana ( Padmasana, Siddhasana or Sukhasana). Spine must be straight. Bhastrika is alike to the working of 'bellows'. 'Breathe in' and 'breathe out' forcefully. Take the breath inside as deep as possible to fill the lungs and then exhale out completely to evacuate lungs. Breathe in and breath out with equivalent force. The breath should be filled in lungs up to the diaphragm, not in stomach. Do not stop the breath during this process. This is one cycle completed. Repeat this process several times. Do not try to over practice, stop immediately when one feel tired. Depending upon the capacity and health of the practitioner, it can be done in three variable speeds viz. slow, moderate and at high.

**Kapalabhati Pranayama:** - Kapalabhati Pranayama is a type of yogic exercise which helps to liberate from various ailments over a period of time. "Kapal" means forehead and "bhati" means shining. Ultimately, Kapabhati brings about a facial glow. Kapalabhati can be done in a sitting posture. Focus on "exhaling". Inhale as normal. Exhale and concurrently contract the front muscles with each exhalation. Kapalabhati pranayama is the only physical and breathing technique useful for mind detoxification and purification. In all of the shatkarmas, kapalabhati is the only one which can cleanse both the mind and the body using only gulp of air. As a de-stressing means, kapalabhati breathing has shown wonderful results. Some of the more prominent yoga gurus have worked hard to popularize this technique all over the world.

**Steps of Kapalabhati :** Sit straight with spine straight and cross legs in the front. Take in a deep breath and breath out quickly and rapidly, making a puffing sound while doing it. Focus on exhaling forcefully and not on the inhalation. When one exhale, draw abdominal muscles inward

concurrently. Abdomen should rise when breathe in and fold when breath out. Continue for 10 breaths and then take a break for few seconds. Perform two more similar rounds.

**Humming Bee Breath (Bhramari):-**Bhramari word has originated from Sanskrit word Bhramari which means humming bee. It is a known fact that vibration of thinking of a human body can be controlled. By these vibrations the cerebral cortex sends impulses directly to the hypothalamus, which controls the 'Pituitary' gland, the master of all glands.

**Steps of Bhramari Pranayama:-** Find a comfortable sitting position and focus on the rhythm of breath. Place index fingers over the lobes of the ears and gently press. Try to keep the face, neck and shoulders relaxed during the practice. Close eyes and slowly take the awareness first to the abdomen, then to the chest, the throat and then the head. Take a long inhalation and as exhale make a humming sound. This is one round. Repeat for ten rounds. Be aware of exhalation and inhalation lengthening. Take awareness to the humming sound and observe any vibrations in your face, throat, head and chest.

After the practice sit quietly keeping eyes closed, aware of how the body and mind feels. Bhramari is a tonic for brain. This is a restorative and soothing practice helping to take the focus internally. It helps to calm the emotions and relieves anxiety. By listening inwardly it helps one to become aware of oneself and helps to improve sense of well-being.

**Conclusion:** Baldheadedness is a big common problem for many people around the world. There are many products and treatment available for Baldheadedness. But one should also understand most of the Hair fall or damage is due to poor nutrition of Health and of course sleeps at wrong time food.

Treating the Hair in a natural way is always the best. But even then there is a stage where one cannot restore our hair. But before that stage, if one is conscious, one can start doing pranayamas which will naturally increase the blood flow, and rejuvenate the Hair follicles.

Pranayama helps to cure these Baldheadedness problems; these are handpicked yoga exclusive for controlling the Baldheadedness. These Pranayamas for hair growing exercises help anyone to increase the follicles hair organ to increase more production of hair and improve blood circulation to those areas and eventually results in Hair Growth.

Baldheadedness not makes one look bad but also lowers ones confidence levels and increases stress that actually caused it in the first place.

However, these pranayamas can fix all that by simply increasing the flow of blood to scalp.

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