

Art of Breathing

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Abstract- Breathing is simple inhaling and exhaling of air, which we all are doing 24 hours continuously. It is a process which goes on unconsciously. **PEOPLE DON'T KNOW WHETHER THEY ARE BREATHING PROPERLY OR NOT.** No one is breathing consciously. Our saints, sadhus & preachers practised this and got the knowledge of proper breathing, so they enhanced their ages and lived for hundreds of years.

I. INTRODUCTION

Breathing is neither PRANAYAMA NOR YOGA; it is simply taking air inside the body and throwing it out. All can survive without food for many days, but no creature on this earth can survive for more than few minutes without (air) breathing.

Air plays a vital role in our body. Air is the life line, when a person is declared dead; the only thing not present in the body is flow of air, rest all the organs remain there.

Our body runs because of two major systems: one is nervous system and second is digestive system. Whenever any person falls sick, he/she tries to get well by having medicine (allopathic, homeopathic, Ayurveda or by naturopathy) by doing this, he only improves through his digestive system but not through his nervous system.

80 % of diseases are because of the Nervous system, which can be improved by proper breathing.

Breathing starts the moment we take birth. As everyone knows, when a child is born the first thing doctor does is- he pats on the back of the new-born child, so that child cries and opens his lungs to breathe in.

Breathing is done by respiratory system which allows us to take in vital oxygen and expel carbon dioxide.

Lungs are responsible for transferring oxygen into the bloodstream where it goes to our cells; they also remove carbon dioxide which we exhale.

Breathing is simple inhaling & exhaling of air though it seems very simple but it is very complex process. We should have rhythm in our breathing .Improper inhaling & exhaling of air is the root cause of most of the diseases. When we inhale through our nose our nasal system purifies the air our lungs are like balloons, when they expand they pull more air into body and when they compress, they expel carbon dioxide (a waste gas).

If we inhale more and exhale less, carbon dioxide will remain in the body which means waste gases will remain in the body, which is the root cause of all diseases .Also when we inhale through mouth we get impure air & toxic materials which can again make us fall sick .

Improper inhaling occurs because of the following reasons:

1. Improper sitting (when we don't sit straight our diaphragm gets pressed and we start breathing through our abdomen our lungs don't get proper air)

2. Improper walking, (when we don't walk properly again the lungs don't get proper air)
3. Improper sleeping (when we sleep with pillows under our head, our spine gets bended and is not straight. So the breathing gets blocked and lungs don't get space to expand and contract)

It is a common fact that our respiratory system works day and night as compared to our digestive system because of our wrong postures (sitting, standing, sleeping & eating). Our digestive system works more than our respiratory system that means we breathe through our abdomen not through lungs most of the time and that is the root cause of all the diseases. When we breathe using our stomach, air goes into our abdomen and our lungs do not get proper oxygen.

Air gets all polluted because it gets mixed with all the waste and toxic material which is near our intestines. All the toxic air goes to different organs and reduces the efficiency of the organs which is the main cause off all the diseases.

When we exhale improperly, carbon dioxide remains inside our body which produces gases and reduces the efficiency of our system. It's as simple to understand if silencer of any vehicle is blocked the efficiency of vehicle reduces and if it is chocked the vehicle gets stopped ,same is our body mechanism if we don't exhale properly our system gets Blocked, efficiency of our organs reduces and we get sick. We should have proper rhythm in breathing and we should breathe consciously.

SO BREATHING PLAYS A VITAL ROLE IN OUR LIFE AND PROPER BREATHING IMPROVES OUR LIFE LINE OR WE CAN SAY INCREASES OUR PRAN URJA

PROPER BREATHING

Breathe through your nose

While inhaling, your lungs should expand so that air should go into your lungs not stomach

Always keep your back bone straight while sitting, walking or sleeping

Rhythm in breathing

Conscious Breathing

OTHER GENERAL INSTRUCTIONS

REGULAR MORNING WALK & EXERCISE

Eat proper, healthy seasonal food fruits at proper time.
Drink plenty of water.

Regular morning walk and physical exercise.

Proper breathing practices ensure the optimum exchange of Oxygen and Carbon Dioxide in the blood thus providing the right amount of Oxygen needed for nourishing all our body cells, organs and above all – the brain. Proper breathing benefits not only our physical self but also our

mental and emotional well-being, reduces stress and promotes peace of mind.

Fortunately for us, we can learn proper breathing through awareness and training under the guidance of an accomplished Guru.

Just a few hours of training and practice and you are on the way to master the perfect breathing techniques and rhythm in breathing. Get that strength, power and vitality required for day to day existence. The disciplined breathing

will help your mind to concentrate and help you attain robust health and longevity.

“Yogi Gopal Krishan Ji” is an accomplished Yoga and Pranayama Guru and an authority in the art and science of breathing. He has been studying, practicing and teaching for over 25 years and has conducted numerous workshops specialized in the teaching of correct breathing practices. He has published some books covering all aspects of Yoga, Pranayama and Naturopathy.