

THE EFFECT OF PRANAYAMA ON STRESS, HORMONES, ANXIETY AND DEPRESSION AND EXPLORES POTENTIAL AS A THERAPEUTIC TOOL FOR STRESS

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Abstract

Stress is a major public health concern, contributing to anxiety, depression, and hormonal imbalances. Pranayama, a yogic breathing technique, has been proposed as a potential therapeutic tool for stress reduction. Stress-related disorders, including anxiety and depression, are pervasive and debilitating. Pranayama, a yogic breathing technique, has been proposed as a potential therapeutic tool for stress reduction.

INTRODUCTION:

Stress is a pervasive and debilitating condition that affects millions of people worldwide. Chronic stress can lead to a range of negative consequences, including anxiety, depression, and hormonal imbalances. The World Health Organization (WHO) has recognized stress as a major public health concern, highlighting the need for effective and accessible interventions. Despite the growing evidence supporting the benefits of pranayama, few studies have systematically examined its effects on stress hormones, anxiety, and depression. This study aims to address this gap in the literature, exploring the therapeutic potential of pranayama as a tool for stress reduction.

Objectives:-

- i. To investigate the effects of pranayama on stress, hormones, including in healthy adults.
- ii. To examine the impact of pranayama on symptoms of anxiety and depression in individuals with stress-related disorders.

- iii. To explore the potential of pranayama as a therapeutic tool for stress reduction.

Research Methodology:-

A comprehensive literature search was conducted, including studies on various yoga styles, such as Hathayog, Vinyasa, Ashtanga yoga, books on yoga etc. In this method use secondary data tools. In this secondary data tools use reference books, research article, newspaper, journals, published and unpublished material and also taken helps of internet facilities.

Ujjayi Pranayama

i. Physiological Effects:

1. Reduces cortisol levels: Ujjayi Pranayama has been shown to decrease cortisol levels, which can help reduce stress and anxiety.

2. Lowers blood pressure: Regular practice of Ujjayi Pranayama can help lower blood pressure and reduce the risk of heart disease.

3. Slows down heart rate: Ujjayi Pranayama can help slow down the heart rate, which can be beneficial for individuals with anxiety and stress.

ii. Psychological Effects:

1. Reduces anxiety and stress: Ujjayi Pranayama has been shown to reduce symptoms of anxiety and stress by promoting relaxation and calmness.

2. Improves mood: Regular practice of Ujjayi Pranayama can help improve mood and reduce symptoms of depression.

3. Enhances cognitive function: Ujjayi Pranayama can help improve focus, concentration, and memory.

Physiological Effects:

1. Reduces cortisol levels: Anulom-Vilom Pranayama has been shown to decrease cortisol levels, which can help reduce stress and anxiety.

2. Lowers blood pressure: Regular practice of Anulom-Vilom Pranayama can help lower blood pressure and reduce the risk of heart disease.

3. Improves respiratory function: Anulom-Vilom Pranayama can help improve lung function, increase oxygenation of the body, and reduce symptoms of respiratory disorders.

2. Anulom-Vilom Pranayama

i. Psychological Effects:

1. Reduces anxiety and stress: Anulom-Vilom Pranayama has been shown to reduce symptoms of anxiety and stress by promoting relaxation and calmness.

2. Improves mood: Regular practice of Anulom-Vilom Pranayama can help improve mood and reduce symptoms of depression.

3. Enhances cognitive function: Anulom-Vilom Pranayama can help improve focus, concentration, and memory.

ii. Psychological Effects:

1. Reduces anxiety and stress: Anulom-Vilom Pranayama has been shown to reduce symptoms of anxiety and stress by promoting relaxation and calmness.

2. Improves mood: Regular practice of Anulom-Vilom Pranayama can help improve mood and reduce symptoms of depression.

3. Enhances cognitive function: Anulom-Vilom Pranayama can help improve focus, concentration, and memory.

3. Shitali Pranayama

i. Physiological Effects:

1. Lowers body temperature: Shitali Pranayama has been shown to lower body temperature, which can help reduce stress and anxiety.

2. Reduces cortisol levels: Shitali Pranayama has been shown to decrease cortisol levels, which can help reduce stress and anxiety.

3. Improves respiratory function: Shitali Pranayama can help improve lung function, increase oxygenation of the body, and reduce symptoms of respiratory disorders.

ii. Psychological Effects:

1. Reduces anxiety and stress: Shitali Pranayama has been shown to reduce symptoms of anxiety and stress by promoting relaxation and calmness.

2. Improves mood: Regular practice of Shitali Pranayama can help improve mood and reduce symptoms of depression.

3. Enhances cognitive function: Shitali Pranayama can help improve focus, concentration, and memory.

4. Shitakari Pranayama

i. Physiological Effects:

1. Reduces body temperature: Shitakari Pranayama has been shown to reduce body temperature, which can help reduce stress and anxiety.

2. Lowers cortisol levels: Shitakari Pranayama has been shown to decrease cortisol levels, which can help reduce stress and anxiety.

3. Improves respiratory function: Shitakari Pranayama can help improve lung function, increase oxygenation of the body, and reduce symptoms of respiratory disorders.

ii. Psychological Effects:

1. Reduces anxiety and stress: Shitakari Pranayama has been shown to reduce symptoms of anxiety and stress by promoting relaxation and calmness.

2. Improves mood: Regular practice of Shitakari Pranayama can help improve mood and reduce symptoms of depression.

3. Enhances cognitive function: Shitakari Pranayama can help improve focus, concentration, and memory.

5. Bhramari Pranayama

i. Physiological Effects:

1. Reduces cortisol levels: Bhramari Pranayama has been shown to decrease cortisol levels, which can help reduce stress and anxiety.

2. Lowers blood pressure: Regular practice of Bhramari Pranayama can help lower blood pressure and reduce the risk of heart disease.

3. Improves respiratory function: Bhramari Pranayama can help improve lung function, increase oxygenation of the body, and reduce symptoms of respiratory disorders.

ii. Psychological Effects:

1. Reduces anxiety and stress: Bhramari Pranayama has been shown to reduce symptoms of anxiety and stress by promoting relaxation and calmness.

2. Improves mood: Regular practice of Bhramari Pranayama can help improve mood and reduce symptoms of depression.

3. Enhances cognitive function: Bhramari Pranayama can help improve focus, concentration, and memory.

Result:

The findings of this study suggest that Ujjayi Pranayama may be a useful adjunctive treatment for stress-related disorders, including anxiety and depression. Ujjayi Pranayama is a low-cost, accessible, and non-pharmacological intervention that can be easily incorporated into daily life. These pranayamas can be used as therapeutic tools for managing stress, anxiety, and depression. They are low-cost, accessible,

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and non-pharmacological interventions that can be easily incorporated into daily life.

CONCLUSIONS :

Ujjayi Pranayama, a yogic breathing technique, has been shown to have a positive impact on stress, hormones, anxiety, and depression. Regular practice of Ujjayi Pranayama can help reduce cortisol levels, alleviate symptoms of anxiety and depression, and improve mood. Additionally, Ujjayi Pranayama has been found to increase parasympathetic activity, reduce inflammation, and enhance immune function. This study explored the effects of four yogic breathing techniques - Anulom-Vilom, Shitali, Shitakari, and Bhramari Pranayama - on stress, hormones, anxiety, and depression. The findings suggest that these pranayamas can be effective in reducing stress, anxiety, and depression, while improving mood and overall well-being.

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