



AYUSH: International Research Journal of Ayurveda Teachers Association

Journal Home Page: www.airjata.org



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A Review Article

Title of Article

A Comprehensive Stress Management with The Help of Bhramari Pranayama and Counselling in College Going Students

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Article Info:

Article History:

Received: 12 Aug 2023

Accepted: 27 Feb 2024

Published: 6 Feb 2024

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ISSN No.: 2583-5971

ABSTRACT

In today's competitive world, fast and time bound lifestyle, Academic performance, peer pressure, Parental pressure and other stressors causes stressful condition in their day-to-day life. This stress, when left unattended, may lead to long term mental, physical disorders and might also lead to poor academic performances. Therefore, it's crucial, especially for students, to manage this stress time to time by practicing Meditation and Yoga. Bhramari Pranayama is one of significant type of ashtanga yoga and very easy to practice. Therefore, a guided & structured counselling program would help students to understand the cause of the stress, and find steps to manage and reduce it. **Aim** -To reduce the stress with the help of Bhramari Pranayam and counselling in college going students and provide a framework for a holistic approach to student academic career. **Material & Methods** - The present study is based on primary & secondary sources of data mainly collected from literature studies of various Ayurvedic Samhitas & texts as well as numerous published research articles. **Results & Conclusions**- This study illustrates that Bhramari Pranayama and counselling plays an important role in stress management and reduces the risk of long term mental and physical disorders. There is a considerable scope to study the effect of Bhramari Pranayama through clinical trials to develop the present study. **Keywords:** Stress Management, Bhramari Pranayama, Mental health, Counselling

INTRODUCTION

In today's era lifestyle of people has become very mechanical. Everyone is running a rat race for achieving a desired target, which in turn results in stress. This stress further affects physical as well as mental being of an individual, especially in students. They are constantly

caught between deadlines of assignments, presentations, class tests, etc. and this pressure might sometimes lead to a stressful condition. These small fragments of stress, when left unattended, may lead to long term mental and physical disorders and might also lead to poor academic performances. Therefore, it's crucial, especially for

students, to manage this stress time to time by practicing Meditation and Yoga. Yoga consists of eight limbs and out of them, Pranayama¹ is crucial to achieve control on mind and body. Bhramari Pranayama² is one of significant type of Ashtanga Yoga. Vibrations produced due to humming sound of Bhramari Pranayama³ affects directly on the hypothalamus of the brain, causing a resonance in mind which relieves stress and produces calmness and happiness in the whole body. Therefore, a guided and structured counselling program would definitely help students to understand the cause of the stress, and find steps to manage and reduce it. So, a holistic combination of Bhramari Pranayama along with counselling would surely help students to alleviate stress.

AIM OF THE STUDY

To reduce the stress with the help of Bhramari Pranayam and counselling in college going students and provide a framework for a holistic approach to student academic career.

METHODS AND MATERIALS

The present study is based on primary & secondary sources of data. The data is mainly collected from literature studies of Ayurvedic Samhitas, Texts and Published Research articles from PubMed, Google Scholar etc.

Review of Stress as per Ayurveda

According to Acharya Sushruta, a person is said to be Swastha⁴ (Healthy), whose Dosha, Agnis, Dhatus, and Malas are in the state of equilibrium along with mental satisfaction. In Ayurveda, the interrelation between mind and body is described in detail. The physical disease leads to disturbance in mental function, and mental disturbances lead to physical disorder. While describing psychological disorder, Acharya Charaka has quoted word Chittodvega⁵ along with Kama, Krodha, Moha etc. It is a more applicable term to illustrate the whole mental state. Therefore, Chittodvega is included in Manasroga and compared with stress, depression and anxiety.

Hetus of Stress⁶

Lobha, Shoka, Bhaya, Krodha, Abhimana, Nirlajja, Irsha, Ati Raga, Avidya, not having control over Dharaniyavega, is one of the reasons for manas Roga. One whose mind is inflicted by passion, anger, greed, exhilaration, fear, confusion, exhaustion, grief, anxiety, excitement, etc. Virudha Ahar, dushta Bhojan, and asuchi Bhojan, mental shock due to fear are also the causes of Manasa Vikara. Negligence in following Dinacharya, Ratricharya, Rutucharya, Sadvritta, Achar Rasayan is a more important factor for having Manas Vikar.

Chikitsa for Manas Vikar

Ayurveda has always laid special emphasis on maintaining and promoting health and preventing disease rather than curing disease. From an Ayurvedic perspective, Chikitsa is classified into 3 types⁷

- 1 Daivavyapashraya Chikitsa (divine therapy)
- 2 Yuktivyapashraya Chikitsa (rational therapy)
- 3 Sattvavajaya Chikitsa (psychotherapy).

Daivavyapashraya Chikitsa involves measures like using gems and other activities like Yadhya.

Yuktivyapashraya Chikitsa includes medicines and Panchakarma as per the need.

Sattvavajaya Chikitsa⁸ is to control the mind by withdrawing it from undesired objects.

Bhramari Pranayama

Yoga consists of eight processes (Ashtanga Yoga) namely Yama, Niyam, Asan, Pranayama, Pratyahara, Dharana, Dhyana, Samadhi and out of them, Pranayama is crucial to achieve control on Indriyas. Bhramari Pranayama is one of significant type of Ashtakumbhaka and very easy to practice. Vibrations produced due to humming sound of Bhramari Pranayama affects directly on the hypothalamus of the brain, causing a resonance in mind which relieves stress and produces calmness and happiness in the whole body

Procedure and Benefits of Bhramari Pranayama⁹

Step1: Sit in any comfortable position and close your ears with thumbs, index finger on forehead, middle finger on eyes, ring finger on nostrils and little finger above the lip i.e. Shanmukhi mudra.

Step2: Inhale slowly and exhale while making a humming sound.

Step3: Start from 5 rounds of Bhramari Pranayam and then increase upto 20 rounds according to one's capacity, at least three months prior to exams. Four times in a day i.e. Morning, Afternoon, Evening or Night.

Benefits Of Bhramari Pranayam

Vibrations produced during Bhramari Pranayama helps to gain mental happiness and peace. It improves concentration, confidence and grasping power. Helps to remove stress, anxiety and depression. Bhramari Pranayama, often referred to as the "humming bee breath," is a simple yet powerful breathing technique in yoga that involves producing a humming sound during exhalation. This practice offers numerous benefits, particularly for college students who often face high levels of stress, anxiety, and academic pressure. Here are the key benefits of Bhramari Pranayama for college students: Reduces Stress and Anxiety The humming sound and controlled

breathing stimulate the parasympathetic nervous system, promoting relaxation and reducing stress. Regular practice can decrease the levels of cortisol, the stress hormone.

Counselling (Sattvavajaya Chikitsa) ¹⁰

College students face numerous challenges that can affect their academic performance and personal well-being. Counseling services play a vital role in helping students, navigate these challenges, providing support in various areas to enhance their overall college experience. Counselors assist students in developing effective study habits, organizational skills, and time management techniques. Guidance on academic planning to ensure students are on the right track to meet their educational goals. Counselors can suggest healthy lifestyle improvements such as good nutrition, regular exercise and adequate sleep which can be important in maintaining and managing stress in college going students. Counselors can be anyone with whom you are comfortable. For e.g. parents, sisters, brothers, teachers, friends, etc.

Benefits of Counselling

- The benefits of counseling for college students include enhancement of their listening and social skills as well as empathy towards others. They will learn to express emotions (i.e. anger, frustration, fear) through a healthy way, plus they get to improve their decision-making skills.
- It provides a safe place to be honest, to feel no judgment for the problems/issues they share, to get help and support in developing college-life balance.
- Counseling aids them in understanding better their weaknesses and strengths so that they can act upon them and choose their life or career wisely.
- It helps them discover the underlying causes of their stress so that they can learn strategies for improving their quality of life

Sattvavajaya Chikitsa

Sattvavajaya Chikitsa involves techniques that cultivate a positive mindset, reduce stress, and improve emotional resilience, making it highly relevant for college students facing academic pressures, social challenges, and personal development issues.

Principles of Sattvavajaya Chikitsa

1. Control of the Mind: Techniques to regulate thoughts and emotions, promoting mental stability and clarity.
2. Enhancement of Satva: Building inner strength to handle stress and emotional challenges effectively.
3. Reduction of Rajas and Tamas: Minimizing the influence of the qualities associated with agitation confusion and lethargy.

CONCLUSION

Stress in college going students is mere piling of underlying stressful conditions which they experience in their day-to-day life. In this article, we concluded that the best way to manage stress is through practicing Bhramari Pranayama along with maintaining a healthy Ahar and Vihar. Bhramari Pranayama produces acoustic vibrations which have a significant impact on brain. The regular practice of Bhramari Pranayama decreases the Raja and Tama dosha and increases Satvaguna of mind. Due to regular practice of Bhramari Pranayama, there is a significant reduction of cortisol (stress hormone) and the increase flow of serotonin (happy hormone) and Sattvavajaya Chikitsa is also a milestone in students to reduce stress anxiety and depression and enhance their academic performance.

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