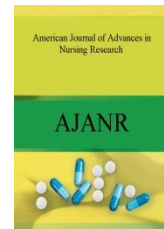




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ANULOMA - VILOMA PRANAYAMA AND NURSES STRESS

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ABSTRACT

Stress affect everyone and it has become a more recognize term over the past decade. Clinical nurses confront different stressors as they work in different working conditions with different work tasks, causing stress to clinical nurses. Stress affect the patient's care and lives of clinical nurses. Stress reduces the quality of nursing care, decreases job satisfaction and increases turnover. Anuloma Viloma pranayama is an innovative method to reduce stress. The response of stress can be reversed by anuloma viloma pranayama (Alternate Nostril Breathing Technique). It is also known as Nadi Shuddhi Pranayama. Anuloma viloma pranayama cleans and purifies the pranic energy channels, thus makes the prana flow freely in the entire body, enhancing the mental and physical health.

INTRODUCTION

Yoga breathing is the first step toward re-orienting and improving the functioning of the mind and body by learning to improve the breathing process. The Yogis were the first to discover the importance of oxygen and breathe control and devised an exact science of breathing. They called it PRANA-YAMA.

PRANA-YAMA: It is a Sanskrit word Prana means breath and Yama means to control or cessation. Pranayama includes following correct breathing technique and breath control. Yogic breathing techniques are extremely effective in handling stress-related disorders depression, and anxiety. Pranayama is the science of breath control. Without breath, there is no life [1].

Anuloma Viloma Pranayama: Anuloma viloma or alternate nostril breathing is one of the most effective pranayama (Breathing Exercises) to reduce and relieve stress by purifying the mind and body. It is also known

as Nadi Shuddhi Pranayama. It can be practiced without expert guidance. In this Breathing Technique, the individual inhales through one nostril, retain the breath, and exhale through the other nostril so it is also called the Alternate Nostril Breathing Technique.

It consists of three phases:

- Puraka (Inhalation) : Breathing air in
- Kumbhaka (Retention): Holding the breath by closing both the nostrils with thumb and ring finger
- Rechaka (Exhalation): Exhaling air out from lungs



Inhalation

Retention

Exhalation

Types of Nadi: The practices of alternate nostril breathing balance the pranavayu that flows within the body. There is thousands of energy channels (nadi), three most important nadi are: Ida, Pingala, and Sushumna

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Review Article



- **Ida Nadi:** It relates to the right side of the brain, and the left side of the body, terminating at the left nostril. The flow of Prana on the left is Lunar, and is called *Ida*. Breath in the left nostril is described as cool.
- **Pingala Nadi:** It relates to the left side of the brain and the right side of the body, terminating at the right nostril. The flow of Prana on the right is **Solar**, and is called *Pingala*. Breath flowing in the right nostril is described as hot.
- **Sushumna Nadi:** The central channel is called Sushumna Nadi. When the Ida and Pingala nadi are balanced, the Sushumna nadi interpenetrates the cerebrospinal axis from the perineum to the junction of the lambdoid and sagittal suture of the cranium [2].



Physiological Effect of Stress:

When a clinical nurse's experience stress, stress activates the brain's fight or flight mechanism which causes the release of hormones like cortisol, adrenaline, and influences both the sympathetic and parasympathetic nervous systems, causing imbalance. Breathing becomes rapid and shallow and person experience shortness of breath, pulse rate and blood pressure increases, muscle tension brings aches and pains in the head, back, neck, shoulders. Salivary glands dry up, which in turn slows digestion and reduces the supply of blood to the digestive system [3].

There are many stressors which causes stress to the clinical nurses i.e. direct patient care, critically ill and unstable patients, work overload, frequent shift to

unfamiliar unit, lack of needed supplies, conflicts with health team members, inadequate pay incentives and benefits, delay in promotions, abuse from patient and patients' families, lack of opportunities for higher education, poor physical health, unable to maintain social relationship, lack of support from family and relatives etc [4].


Stress management: Anuloma viloma pranayama is an innovative method to reduce stress. The response of stress can be reversed by Anuloma viloma pranayama (Alternate Nostril Breathing). Anuloma viloma pranayama involves diaphragm and abdominal muscles for deep and slow breathing, allowing more oxygen and carbon dioxide exchange in lower lungs with each breath resulting in more oxygen supply to each tissue of the body. It balances the Ida and Pingala nadi. It increases the Prana level high and makes its flow continuous, smooth and steady. Sushumna nadi gradually awakens. The Prana is guided to enter and flow into the mouth of Sushumna nadi from downward to upward. The balanced Prana flow is sustained for a longer time [5].

Practicing anuloma viloma pranayama regularly, balances the sympathetic and parasympathetic activities in the body. It activates the parasympathetic nervous system, which reverses the stress response in the body by slowing down the heart rate, lowering the blood pressure, decreases emotional turbulence, promotes clear thinking, calms the mind and body, soothes anxiety and thus reduces stress.







Instructions: Few points to be kept in mind before practicing anuloma viloma pranayama:

1. Wear loose clothing.
2. Perform in an empty stomach; the best time is in the morning after excretion. It can also be done with a gap of 4 hours after the last meal.
3. Keep mouth closed during inhalation, retention and exhalation.
4. Breathe gradually, so that it does not produce any Sound [6-8].



Steps of Round One Anuloma Viloma Pranayama (Alternate Nostril Breathing):




STEPS	CONTENT	RATIONAL
1 	Choose a calm and quiet place and spread a carpet.	Calm and quiet place help to concentrate on breathing.



<p>2</p> 	<p>Sit in sukhasana on the floor that is a cross- legged position with spine, neck and head erect, chin slightly tucked in towards your chest in a straight line. Balance body on the center of sitting bones and keeps both the palms on both the knees facing up and relax the body.</p>	<p>Sukhasana and relaxed body help the upper chest to expand fully for easeful breathing. It helps the abdomen lifts upward during inhalation and inward during exhalation. It also helps to maintain the comfortable position while practicing anulom vilom pranayama.</p>
<p>3</p> 	<p>If it is difficult to sit in sukhasana on the floor, sit on a chair with spine, neck and head erect, chin slightly tucked in towards chest in a straight line keeping both the palms on both the knees facing up and feet touching to the floor and relax the body. Maintain this posture while performing anuloma viloma pranayama.</p>	<p>While doing sitting on the chair the feet are on the floor to maintain the balance on the center of sitting bones to keep back straight. The relaxed body helps the upper chest to expand fully for easeful breathing.</p>
<p>4</p> 	<p>Close both eyes and become aware of your breath.</p>	<p>Keeping the eyes closed helps to prevent the mind from wandering and focus on the breath.</p>
<p>5</p> 	<p>Bend right hand, close your index and middle fingers and place them on the palm of your hand. Place the thumb on right nostril and the tip of the ring finger against the left nostril.</p>	<p>Closing the index and middle fingers provide more space to perform the anuloma viloma breathing technique freely and helps to practice it without interruption.</p>
<p>6</p> 	<p>Inhalation: Close the right nostril with thumb and draw in air from the left nostril. Do this slowly, deeply and keeping the mouth closed and count 1,2,3,4.</p>	<p>Inhalation fills the lungs with air and oxygen comes in contact with the blood. Through inhalation, the blood gets an increased amount of oxygen that thoroughly cleans and purifies blood and stimulates the whole body.</p>
<p>7</p> 	<p>After counting 4 hold the breath by closing both nostrils with thumb and ring finger; and count 1,2,3,4,5,6,7,8,9, 10,11,12,13,14,15,16.</p> <p>This is called retention.</p>	<p>During retention, the body's temperature is raised and the oxygen is absorbed from the lungs in the blood [9].</p>



 <p>8</p>	<p>After counting 16, exhale air through the right nostril, keeping the left nostril closed with the ring finger and count 1, 2,3,4,5,6,7,8. During exhalation, expel the used air as much as possible from the lungs. At the end of exhalation, contract the abdominal muscles to expel more air.</p>	<p>The blood releases carbon dioxide gas as a form of waste products and toxins gathered by blood from all parts of the body. During exhalation the diaphragm is returned to its original position and the toxic air is released into the atmosphere.</p>
 <p>9</p>	<p>Repeat same process for left nostril that is – Inhalation: inhale air from the right nostril keeping the left nostril closed with ring finger slowly, deeply and keeping the mouth closed and count 1,2,3,4.</p>	<p>Inhalation fills the lungs with air and oxygen comes in contact with the blood. It is essential for proper functioning of the brain, nervous system and all internal organs. Through inhalation, the blood gets an increased amount of oxygen that thoroughly cleans and purifies blood and stimulates the whole body.</p>

 <p>10</p>	<p>Retention: Close both nostrils with thumb and ring finger; and hold the breath count 1,2,3,4,5,6,7,8,9, 10,11,12,13,14,15,16.</p>	<p>During retention, the body's temperature is raised and the oxygen is absorbed.</p>
 <p>11</p>	<p>Exhalation: Close the right nostril with the thumb, keep the mouth closed and exhale through the left nostril counting 1,2,3,4,5,6,7,8. During exhalation, expel used air as much as possible from the lungs. At the end of exhalation, contract the abdominal muscles to expel more air.</p> <p>This is one round of Anuloma Viloma Pranayama. Practice it for 15 - 20 rounds in one sitting.</p>	<p>The blood releases waste products like carbon dioxide gas and toxins gathered by blood from all parts of the body. During exhalation the diaphragm is returned to its original position and the toxic air is released into the atmosphere.</p>
 <p>12</p>	<p>After practicing it for 15 - 20 rounds, sit calmly for few seconds then slowly open your eyes.</p>	<p>It helps to become aware of the environment.</p>

Advantages of Anuloma Viloma Pranayama):

- Anuloma viloma pranayama cleans and purifies the pranic energy channels, thus makes the prana flow freely in the entire body, enhancing the mental and physical health.
- Anuloma viloma pranayama balances Ida and Pingala energy channels and both the hemispheres



- of the brain, bringing about peace and tranquility.
- Toxins are removed from the body.
- The resistance power of the body increases.
- Concentration increases.
- It helps to get sound sleep.
- It soothes the nerves while strengthening the lungs [10].

CONCLUSION

Clinical nurses face many stressors which causes stress to them and leading physiological and psychological harm.

Anuloma viloma pranayama can be effective to reduce stress as it calms and soothes nervous system.

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