

Effect of Bhramari pranayama and OM chanting on pulmonary function in healthy individuals: A prospective randomized control trial

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ABSTRACT

Background/Aim: Yoga is an ancient Indian science as well as the way of life. Pranayama is a part of yoga, which improves pulmonary function in combination of many pranayama, but the aim of our study is to evaluate the effect of only Bhramari pranayama and OM chanting on pulmonary function in healthy individuals.

Materials and Methods: A total of 82 subjects were randomized into the study group (SG) ($n = 41$) and control group (CG) ($n = 41$). Baseline assessment was performed before intervention for both groups. SG practiced Bhramari pranayama and OM chanting for the duration of 10 min (5 min for each practice)/day for the period of 6 days/week for 2 weeks and CG did not practice so. After intervention post-assessment was performed for SG ($n = 40$) and CG ($n = 39$). Statistical analysis was performed by Independent samples t -test and Student's paired t -test with the use of Statistical Package for the Social Sciences version 16 (2007, USA).

Results: The result showed a significant improvement in peak expiratory flow (PEF), forced expiratory flow (FEF)_{25%} and maximal voluntary ventilation (MVV) along with a significant reduction in weight in SG compared with CG in independent samples t -test. Significant improvement in slow vital capacity (SVC), forced expired volume in 1 s (FEV₁) along with PEF, FEF_{25%} and MVV; Significant reduction in weight and body mass index were observed in SG unlike in CG in Student's paired t -test. No significant changes were found in forced vital capacity, FEV₁/SVC and FEF_{50%}, between and within the group analysis of SG and CG.

Conclusion: Bhramari pranayama and OM chanting are effective in improving pulmonary function in healthy individuals.

Key words: Bhramari pranayama; OM chanting; pulmonary function

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