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Pranayama, the life force

Life quality depends on breath quality. Maximum people are used to taking a short breath; they cannot use their lung's full capacity. The most significant factor in health and long life is how well our breath. Proper breathing technique is central to the ancient practices of Yoga and is called Pranayama, means "the life force". By controlling the act of breathing we can effectively control all the various movements in the body and the different nerve currents that are running through the body. We can easily develop body, mind, soul through breath control. By Pranayama we can control our circumstances and character and can consciously harmonies the individual life with the cosmic life. The breath, directed by though under the control of the will, is regenerating force which we can utilize consciously for self-development, for healing many incurable diseases in our system. It is easy to develop good breathing habits, but it needs to practice Pranayama. Mainly the respiratory system is the one system of the ANS (Autonomic Nervous System) over which we have conscious control because air intake is essential for life, the brain responds to the respiratory system with urgency. That's why yogic breathing can make such an impact on overall health. It's a place where we can begin to plug into our nervous system and support its overall function and balance. Disease means an imbalance of action in our inner health. Overall, with Pranayama we can balance our inner health activity and cure all kind of diseases and can survive easily.

Biography

Nizam Uddin has completed his graduation from the Leading University of Bangladesh called Jahangirnagar. He is the founder of Saldin Yoga, a famous yoga organization in Bangladesh. He has published more than 52 episodes of Yoga shows at Massranga Television, which are in progress. He conducted yoga seminars in Universities, Colleges, Schools and public places. Though Bangladesh is a Muslim Country, he created a yoga field with his diligence. He has a muscular body which helps to make a revolution in the health sector in Bangladesh. Not only the general people but also the top officers of national and multinational companies, personnel of international organizations and traveling foreigners are learning yoga with Saldin.

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