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Breath pranayam and health

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Yoga means a way of connecting with the universe. A supreme health can be brought by breathing (Pranayam). Breath is base for whole life. God(nothingness) has been taken a form of matter and also established itself in running life. Breath is the cause of all creatures on this planet. There is two dimension of understanding the breathing. First- scientifically Second- spiritually. Science takes a breath is a mixer of air (O₂, N, H), but spirituality has been taken it differently. They assume breathing is not only aired they know it is a rare combination of air and vital force. Vital force is not a breath its comes through breath but it is not only breath. Eastern intelligence considers it as a so subtle force so miner than airs. Breathing is not only essential for human health. It too defines bad and good health. Indeed that body will be sound healthy if it takes more clean breaths. Pollute breathing is the cause of poor health. Biologists say that human lungs have almost five thousand blocks (A small storage places) that are all held O₂ or vital force. Blocks digest O₂ and transform energy into the body. In every human, all blocks are not activated. Its activation depends on breathing quality or Pranayam and then blocks activation defines health quality. If a man's only few blocks work then he cannot attend a good health. Thus yogic science insists on Pranayam or quality breathing. Because it is a way of waking blocks. Another medical approach acupressure also deals with Pran energy. Acupressure deals all the ailments by propping almost 700 points of Pran energy. Thus by proper breathing, we can awake and maintain higher health. Along with Pranayam, our breathing system can be affected by mental body approach. With it, we can make changes acuter and get supreme health. There are many dimensions in spirituality to activate vital force in the human body as like my breath, mind, emotion, conscious and superconscious. A sound health is related to all the above aspects. Only those persons understand whose heart is pure and full of willpower. Breath therapy can give us supreme health when our doctors and patients will be full of beliefs and dedicated to the existence.

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