

Pranayam

Abstract: Pranayama (Prana and Ayama) is the development and control of life force. It is the 4th stage in the 8 stage Yoga discipline. It is a form of breathing exercise, very important in yoga. It goes along with the asanas or exercise.

“The voluntary interruption of the movement of breathing in and out is pranayama.” (Yoga Darshana 2, 49.)

Dr C H ASRANI DNB

Sainath Health Centre, 5 Rajkamal Apts, Opp Kalina University, Mumbai 400 098

Tel: 26652348 • email: chasrani@gmail.com

Breath is the life force that sustains life. Nobody can survive more than a few minutes without air. When the breath stops, life ends. Normal breathing uses only a fraction of our potential respiratory capacity. Most of us have a tendency to restrict our breathing when we are frightened, anxious or feeling overwhelmed. It is not “natural” to restrict one’s breathing at such times, but for most of us it is a default habit - performing an action without needing to pay careful attention to what we are doing; soon we

can perform certain habits without seeming to think at all. For us, restricting our breathing has become a habit that we do so “well” that we do not even notice when and how we do it.

By controlling these vital energies, not only the mind is rapidly brought under control, it is of immense help to patients suffering from both obstructive airway disease (Asthma, COPD) and restrictive air way disease.

The forefathers of Yoga developed a special system- ‘Pranayama’ to increase, develop and

control this life force. This Practice is meant to reawaken us to the process of breathing and to help us to reverse degenerative breathing habits. Pranayama helps to control this life force in a superior and extra ordinary way to reap maximum benefits. Our inhalation enters our body through the nose and sinuses and goes all the way down to your pelvic floor. One should remain relaxed while practicing this; one should do whatever is possible and no more and no less. Breath is held in for a relaxing moment or two and then: the exhalation should leave our body via our throat and mouth.

While being certain to remain relaxed, patients are advised to build up to a cycle of inhaling for about 10 seconds and exhaling for about 10 seconds. Perform breathing with grace and power, for a minimum of five minutes.

Instruction to patients - Breathe in slowly through your nose making a "Suuu" sound which emanates from the area of your sinuses.

What is important is that it should be a slow and constant inhalation and that the inhalation has some sound to it.

Exhale slowly through your mouth making a "Haaa" sound which emanates from your throat. The method usually adopted is to breathe in for the time it takes to repeat four times the sacred Syllable of Obeisance AUM (Ya Ali or Hail Mary), breathe out for the time it takes to repeat the syllable eight times, and stop breathing for the time it takes to repeat the syllable sixteen times.

Pranayama can be mastered only gradually. It may take months or even years before the practitioner mind becomes receptive to the regulated flow of breath and he experiences the full benefits of *pranayama*.

Proper practice of *pranayama* can control almost any disease but improper practice may give rise to all sorts of respiratory ailments.

George Carlin on age 102: George Carlin's Views on Ageing

Do you realize that the only time in our lives when we like to get old is when we're kids? If you're less than 10 years old, you're so excited about ageing that you think in fractions.

'How old are you?' 'I'm four and a half!' You're never thirty-six and a half. You're four and a half, going on five! That's the key

You get into your teens, now they can't hold you back. You jump to the next number, or even a few ahead.

'How old are you?' 'I'm gonna be 16!' You could be 13, but hey, you're gonna be 16! And then the greatest day of your life You become 21. Even the words sound like a ceremony.. YOU BECOME 21. YESSSS!!!

But then you turn 30. Oooohh, what happened there? Makes you sound like bad milk! He TURNED; we had to throw him out. There's no fun now, you're Just a sour-dumpling. What's wrong? What's changed?

You BECOME 21, you TURN 30, then you're PUSHING 40. Whoa! Put on the brakes, it's all slipping away.

Before you know it, you REACH 50 and your dreams are gone.

But wait!!! You MAKE it to 60. You didn't think you would!

So you BECOME 21, TURN 30, PUSH 40, REACH 50 and MAKE it to 60.

You've built up so much speed that you HIT 70! After that it's a day-by-day thing; you HIT Wednesday!

You get into your 80's and every day is a complete cycle; you HIT lunch; you TURN 4:30 ; you REACH bedtime. And it doesn't end there Into the 90s, you start going backwards; 'I Was JUST 92.'

Then a strange thing happens. If you make it over 100, you become a little kid again. 'I'm 100 and a half!'

May you all make it to a healthy 100 and a half!!

.....contd on pg 53



The Gift of Time

Abstract: This is a case of Interstitial Lung disease monitored from 1999 to 2003. The lady is no more with us, but when this issue of Restrictive lung disease came up, I wanted to share her case with you. Though the disease in itself is not curable, through this case I would like to highlight how in these challenging cases, especially when everything else has failed, then palliation of the painful symptoms and easing the mental trauma of patient and of the distressed family, is a joy to see. I would request all Homoeopaths to take up these cases not to cure, but palliate and slow the progress of the pathology, for which Allopathy would use life long steroids, leading to other complications and general deterioration of health over a period of time.

Dr VISHPALA PARTHASARATHY MD

Milan Clinic, Saraswati Road, Santacruz (W) Mumbai-400 054
Tel : 26492762 / 26042749 • E-mail: vishpalap@gmail.com

Mrs GB, a 62 yrs female, was brought to me in 1999 by her son. Married, House wife. Mother of four, 2 daughters, 2 sons. Non-vegetarian. Maharashtrian. Education SSC.

CHIEF COMPLAINT

1) **RESPIRATORY SYSTEM:** A diagnosed case of restrictive lung disease, since 4 yrs ie 1996.

Daily morning cough, difficult expectoration, breathlessness³, palpitation. On treatment: Tab Wysolone (Steroid). Loss of hair, trembling, breathlessness now gets laboured breathing, as if breath is stuck > walking.

AGGRAVATION: AM, rising after, cold weather, COW, fruits, curd, talking³.

AMELIORATION: Walking.

Had taken Ayurvedic treatment and also Homoeopathic medicine. No relief.

USG: 01/10/92

ABD-PELVIS: A small well defined, rounded hyperechoic mass with smooth contour, in right lobe of liver, post segment in sub-diaphragmatic region. ?Haemangioma most likely. Remote possibility of a solitary mass.

CT SCAN

08/01/99: Interstitial Lung Disease.

28/03/00: Interstitial Fibrosis.

2) **VERTIGO:** Blackout, < Getting up suddenly. Almost daily since two years.

3) **HEART:** Since 2 yrs, palpitation and then trembling of UL/LL.

Aggravated: Noise³, talking, winter. Better rest.

4) **GIT:** Daily since 2 yrs, constipated goes daily, but unsatisfactory.

5) Flatulence³ < spicy < 7 pm < 11am < pressure hard < winter³

6) Leg left since 3 months. Pain < walking

7) **In General:** Gradual loss of weight in 4 yrs of 13 kgs. Due to the disease and decreased appetite. Tiredness, weakness, loss of sleep very (On tablet Trika).

PATIENT AS A PERSON

WEIGHT: 12/11/99 - 36 kgs, 14/01/00 37.6 kgs.

TALL:

SKIN: Wrinkled

HAIR: Normal

NAILS: Normal

PERSPIRATION: Scanty

APPETITE: Now better

DESIRE: Spicy³ Digestion: Acidity +

AVERSION: Rice, sweet

THIRST: 4-5/d

STOOL: 1/d, Unsatisfactory

URINE: 5-6/d

THERMALS: Chilly

SLEEP: Less. Only 4 hrs, on medication, very light sleep, full of thoughts, even the complaints like cough contribute to disturbed sleep.

DREAMS: Mother, dead relatives

MENSTRUAL HISTORY: Regular cycle. 28 days, Menopausal at 36 yrs of age, Duration -3, flow↓ quantity↓ dark red. Staining ++.

OBSTETRIC HISTORY: 4 FTND. Tubal-ligation done.

FAMILY HISTORY: NAD

PAST HISTORY: Tubal-ligation done

DIET AND DAILY ROUTINE

7 am – Gets up

7 to 9 am - House work

9 am to 1 pm – Break fast, house work

1 pm – Lunch, then sleeps for an hour, then house work

9:30 – Dinner

10:30 – Sleeps

LIFE SITUATION

1937: Born in Karachi, she came to India after partition.

1956: Completed SSC.

1956: Got married.

1962: Delivered a baby girl, though conceived after 6 yrs; no reason cited.

Very sympathetic, hard working. Neglected herself. Will do anything for anybody.

3 yrs stayed alone with husband, daughter fell ill, husband was careless, did not pay much attention.

Herself took care of children, their education.

Used to teach them herself; if she did not know a particular topic, would go ask others come back and make them learn. Always wanted to be loved.

Her youngest brother stayed with them after coming from Pakistan, SIL had TB. Took care of brother's children. Suffered a lot.

1964: Delivered a boy.

1967: Delivered a boy.

1970: Delivered a girl.

1978: Developed palpitation, after seeing a building collapsing. Also her sister's son got killed. Since FIL and MIL had expired long back she had to take care of entire family.

1987: Daughter got married, daughter - Reserved, introvert.

1990: After the daughter had a girl born she had problems with her husband. For 2 years husband severed relations with her. Her son in law tortured her, thus ailments from suppression. Took psychiatric treatment. Patient was worried for her daughter, constantly the thought of her divorce used to run in her mind. Fortunately the son in

law realized that it was his mistake and the differences were sorted out.

1993: Both sons got married within 2 months. It was love marriage for the second son.

2nd Son very bold, and sweet talker.

1st Son, very obedient, took care of parents. His wife also very good. Though all the children were very good natured, no one was as caring and responsible as the eldest son.

1995: 2nd Son separated since place was small.

1995: 2nd Daughter got married.

1996: Daughter in law was pregnant. The chief complaint started; prior to this was perfectly all right.

MIND

Anger, irritable++

Suppressed, mortification +

Gets affected easily, brooding³

Affectionate³, attachment³

Fear³, nausea³, anxious³, nervous³

Anxiety anticipatory +, agitation < any guest

Perception: Clear

Memory: Sharp

Thinking: Active

Decision: Obstinate

Confident

Perfectionist³

Emotions: Brooding, weeping easily, darkened, alone, company amel, cannot stay alone

Performance: Intellectual ++

Speech: Likes to talk

Sleep: Light, 4 hours, thoughts, complaints due to

TOTALITY OF SYMPTOMS

Anger

Irritable

Mortification

Brooding³

Affectionate³

Fear³

Nervous³

Anxiety³ anticipatory

Obstinate

Confident

Perfectionist³

Weeping easily²



Fear of darkness alone

Company ameliorates

SLEEP: Light

PERSPIRATION: Scanty

DESIRE: Spicy³

AVERSION: Rice, sweet

STOOL: Unsatisfactory

THERMALS: Chilly

DREAMS: Mother, dead relatives

Menses Staining²

REMEDY SELECTED

ACUTE: *Puls*, *Carbo-veg*

CONSTITUTIONAL: *Kali-carb*

INTERCURRENT: *Bacillinum*

FOLLOW UP

1999 – 2000: *Kali-carb* as her constitutional once a week for initial six months. Morning cough and breathlessness³ were better. Gradually within a year, the breathlessness had reduced to 90%, the laboured breathing sensation was gone. Cough though it was better needed an acute intervention once in 3 mths.

Puls if the symptoms of the lungs alone and *Arsenic* if coupled with gastric ailments would relieve her. Also *Bacillinum* 1/mth as an Intercurrent was helpful to reduce the recurrence of symptoms.

Palpitations+. Tab Wysolone +.

Loss of hair >, Trembling >. Last 2 months, no vertigo.

Constipation better 50 %. Flatulence³ >. No leg pain, but general weakness and tiredness at times was tremendous, both this and loss of sleep would settle with *Kali-carb*

2000 - 2001: *Kali-carb* as her constitutional once in two weeks for 8 months and then 1/mth. Bouts of cough when change of weather with breathlessness. In the month of May flatulence++, which was not better by *Ars-alb*, or *Puls*. Given *Carbo-veg* 30 for a week and SOS one dose later on would ameliorate.

Bacillinum 1/mth was continued as an intercurrent. Vertigo. Bowels normal. Constipation better.

2001 - 2002: Since the patient had improved there were many weeks and in between few months

when the patient did not turn up. But *Kali-carb* one a week and *Bacillinum* once a month was continued irrespectively.

2002 - 2003: From the month of July she began deteriorating the flatulence³, nausea, vomiting on and off, Tremendous weakness. Was admitted twice for retention of urine. Had kept her on *Carbo-veg*, *Ars-alb*, *Puls* and her constitutional *Kali-carb*, depending on the symptoms.

THE LAST CALL

Patient expired on 8th August 2003. On 1st September, the son, called and asked can he come and visit me, I said Yes. He came with his wife to thank me. Following is the excerpt of what he said, "Doctor I have come to thank you, though my mother is no more. Now I am happy that I could take care of her and want to especially thank you; if it had not been for Homoeopathy, from what I have read and know, she would have suffered a lot. With your medicine, right from 1999 her ailments were under check, the suffering was minimal. In the end though, she had to be hospitalized, her gastric complaints, her sleep, her cough, appetite were in check. I was happy though she was going, she was eating well. It was a happy farewell". So saying, he gifted me a Titan watch, and made sure I took it. Thus I have titled the case the gift of time, for the memorable moments the family and I spent in the closing stages.

CONCLUSION

Till today, ie 2009, the son and I maintain a happy relationship; he comes for his treatment as need arises. This emphasizes my conviction that Homoeopathy helps. I have had only 2 other cases of RLD- one had a similar story, where I could maintain him for 4 yrs. And 3rd one is currently under treatment, where the special thing is how, in an acute stage with her coughing in the clinic every 2 mins, we gave her *Eupertorium-perf* 200, which ameliorated her in 3 mins- there was absolute silence in the clinic after just the one dose. All waiting patients were shocked!! (Snap prescription: Selected on basis of cough better by warm drinks, worse in evening and > **knee chest position.**)