**Original article:**

**Effect of forty days of Pranayama Training on Cardiorespiratory Parameters**

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**ABSTRACT:**

**Introduction:** Rapid industrialization, environmental pollution, overcrowding, sedentary lifestyle and various stress factors are responsible for the deterioration of the physical health of a person. Also, prevalence of obesity in developing countries is believed to be on the rise. This requires special and specific techniques to transcend the limits of our physical and mental abilities experienced in everyday life. Hence, in the present study beneficial effect of Pranayama on cardio-respiratory function was studied.

**Materials and method:** Study was conducted in Santosh Medical College and Hospital in Ghaziabad after the institutional ethical clearance and written consent from each participant. A total of 50 normal subjects were recruited in the study, were divided into study and control groups, each group containing 25 subjects. The study group was asked to perform Kapalbhati Nadishuddhi and Bhramari pranayama for duration of 40 days. Cardio-respiratory parameters were assessed before and after 40 days in both the groups.

**Statistical analysis:** Paired t- test was applied for statistical analysis and p value <0.05 was considered the level of significance.

**Results and conclusion**: In study group, heart rate, respiratory rate, systolic blood pressure were decreased whereas peak expiratory flow rate was increased significantly as compared to that of control group. This shows that Bhramari, Nadishuddhi and Kapalbhati pranayama have improving impact on these cardiorespiratory parameters.

**Key words:** Pranayama, HR,BP,RR and PEFR