THE VAGUS NERVE

What is Vagus Nerve?
The vagus nerve is the longest and most complex of the 12 pairs of cranial nerves that emanate from the brain. It transmits information to or from the surface of the brain to tissues and organs elsewhere in the body. The vagus nerve has a number of different functions. The four key functions of the vagus nerve are: Sensory, Special sensory, Motor, Parasympathetic

First ever workshop on Vagus Nerve was Facilitated by Ms .Divya Kanchibhotla, SSIAR (Sri Sri Institute for Advanced Research) on 19 July.

Next batch for the workshop dated on September 13 - 15

Click here to register : http://tiny.cc/vnIsSept13

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SUDARSHAN KRIYA YOGA AND LUNG FUNCTION
Breathing is a unique physiological function that can be switched between voluntary and involuntary on demand.

<table>
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<th>INVOLUNTARY</th>
<th>VOLUNTARY</th>
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<td>While breathing involuntarily, the respiratory centers of the upper brainstem in the brain control the function.</td>
<td>During voluntary breathing, another part of the brain, the cerebral cortex starts controlling the breath.</td>
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Average Volume of air per breath

- We inhale everyday
  - 500 Millilitres
  - 11,000 Litres

- An adult inhales everyday
  - 23,000 Breaths

RESPIRATORY RATE IS AFFECTED BY:

- Stress
  - Respiratory rate is directly linked to the state of mind and is altered by stress and unpleasant emotions.

- Age
  - Respiration is affected with age. After age 25, the lung function declines gradually.

- Smoking
  - Practices like cigarette smoking destroy lung tissue, block the airways and lead to lung cancer.

- Mucus or Swelling
  - Excess mucus and swelling in airways may lead to shortness of breath.

- Air Pollutants
  - Air pollutants such as nitrogen dioxide, ozone, sulphur dioxide, carbon monoxide and particulate matter cause shortness of breath, wheezing, cough, chest pain and asthma attacks.

HOW TO IMPROVE RESPIRATION?

Physical Activity

Breathing Exercises

Measures of Respiration

- FVC (Forced Vital Capacity): The largest volume of air that can be forcibly exhaled from lungs after inhaling to a maximum capacity.

- FEV1 (Forced Expiratory Volume in one second): The maximum volume of air exhaled in one second.

- PEFR (Peak Expiratory Flow Rate): The maximum expiratory flow rate determines the speed at which the breath is exhaled out of the lungs.
3 Studies investigated the immediate effects of SKY, and 3 studies the long term effects of SKY on lung function among healthy adults.

After age of 25, the lung function declines gradually. Lung Capacity decreases by 25-30 ml every passing year.

A higher FVC, FEV1 or PEFR indicates an improved lung function.

Lung Function Parameters improved after the SKY practice across different age groups

- Optimal lung function is essential for health and well-being.
- Studies demonstrate an immediate improvement in lung function after the practice of Sudarshan Kriya Yoga.

The Immediate Effect

Percentage Improvement in Lung Function Parameters Immediately After SKY Among Different Age Groups

The Long Term Effect

Percentage Improvement in Lung Function Parameters Among Long term (>1 year) SKY Practitioners of Different Age Groups

- SKY improves lung volume available for breathing (FVC).
- SKY supports open, healthy, obstruction free airways (FEV1).
- SKY expands lung capacity and improves optimal respiratory rate (PEFR).
- SKY strengthens the muscles involved in respiration.
- All these create maximal oxygen delivery into the blood stream and good heart health.
DID YOU KNOW?
SOME INTERESTING UNKNOWN FACTS

Solar flares are Scarily Powerful

Helium can also work against gravity

About half of our body is bacteria

Cold water heats up faster than hot water

Hot water freezes faster than cold water

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