



# THE 360



A HOLISTIC RESEARCH NEWSLETTER BY SSIAR



## 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/vn1sept13>

### IN THIS ISSUE

The Vagus Nerve

-P1

A White Papers Series on Sudarshana Kriya and Lung Function

Part -1

-P2

A White Papers Series on Sudarshana Kriya and Lung Function

Part -2

-P3

Did you know Some Interesting unknown facts

-P4



**The Vagus Nerve Workshop**  
19 - 21 July, 2021

*I loved the informative session and now can relate more to Sudarshan Kriya & Meditation. Feeling Grateful.*  
-Lalit Grover

*Thank you for explaining in Simpler way to understand how to manage and maintain Vagus Nerve.*  
- Srinath

*The session was perfect balance of science & practical information. Thank you to Divya ji & Technical team.*  
- Neelu K.

*Great Session!!! This Knowledge will definitely help one to be aware of their habits & routines and lead to a more healthy & happy life.*  
- Sanjay

*It has been a great session, respect to body is multifold now, thanks to Divya ji for such a wonderful session.*  
- Sunanda Sriram

*This has been a very enlightening course - the meditation really does wonders and keeps us energized all through the next day! Thanks.*  
- Vidya



# SUDARSHAN KRIYA YOGA AND LUNG FUNCTION

Breathing is a unique physiological function that can be switched between voluntary and involuntary on demand.

## INVOLUNTARY

While breathing involuntarily, the respiratory centers of the upper brainstem in the brain control the function.

## VOLUNTARY

During voluntary breathing, another part of the brain, the cerebral cortex starts controlling the breath.

Average Volume of air per breath

# 500

Millilitres

We inhale everyday

# 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.

## 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.

## HOW TO IMPROVE RESPIRATION?

### Physical Activity

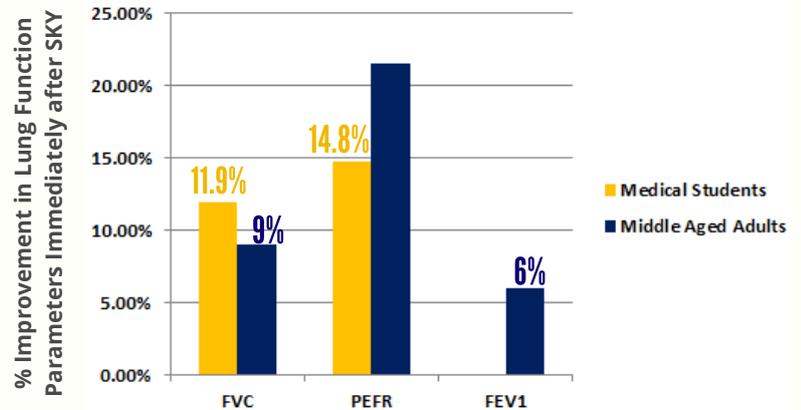


### Breathing Exercises



### The Immediate Effect

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



“ 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 ”

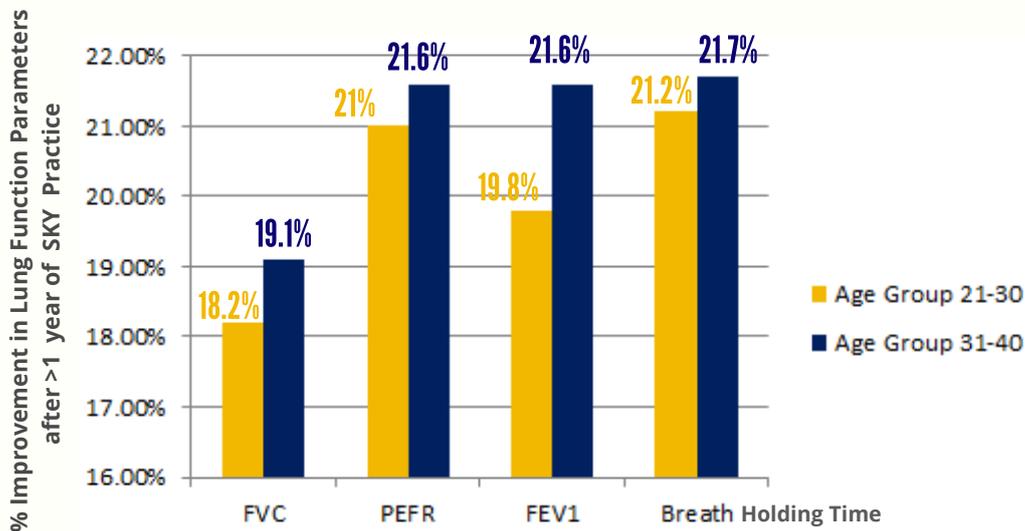
**Lung Function Parameters improved after the SKY practice across different age groups**

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

- 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 Long Term Effect

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

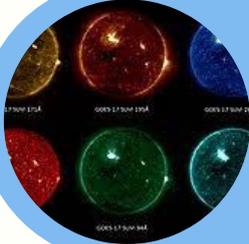


- SKY improves lung volume available for breathing (FVC).
- SKY supports open, healthy, obstruction free airways (FEV1).
- SKY expands lung capacity and improves optimal respiratory rate (PEFR).
- SKY strengthens the muscles involved in respiration.
- All these create maximal oxygen delivery into the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



# DID YOU KNOW?

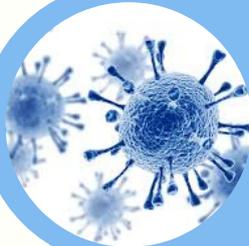
## SOME INTERESTING UNKNOWN FACTS



**Solar flares are Scarily Powerful**



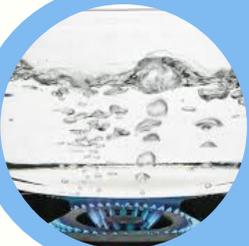
**Helium can also work against gravity**



**About half of our body is bacteria**



**Cold water heats up faster than hot water**



**Hot water freezes faster than cold water**

