BREATHING TECHNIQUES

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Abstract. *The manner of complete breathing has a very big importance for every man, woman and child which whish to preserve their sanity (or to recover it). Although peoples whishes their sanity, it knocks on their doors, many of them not knowing about this. The simplicity of this type of breathing is not taken into full consideration by peoples*

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1. Conscious breathing

For us to assimilate conscious breathing, we imagine that just now we learn how to breathe. We have to know that the principle of healthy breathing is based on the control of localization, rhythm and respiratory frequency.

For control, we chose the following position: lying down on the floor over which we stretched over a carpet or a blanket (never on a bed). We will take care in giving up the clothes which create discomfort or … Our body will be well laid down on the horizontal plane, hands easily opened with hands pointing up, our legs easily apart, we try to relax the bodies muscles including facial ones. We lay one hand over the belly and the other over our chest. We breathe on our nozzles and then we aspect to feel the need to inhale. In the breathing time the hand from our torso is raised, that means that our inspiration is thoracic; if the hand from our belly is raised, that means that we have and abdominally breathing type. The thoracic breathing can be on its behalf superior on top of our torso or from the inferior part of our thoraces. Thus we localized our breathing rating it in one of the 3 respiratory types:

a) thoracic breathing or superior torso;
b) thoracic-abdominal breathing or inferior torso;
c) abdominal or diaphragmatic breathing.

Locating our breathing is the first step on our way over a conscious breathing.

Let's take a small review over the 3 breathing types:

a) upper torso type is tem oust frequent one in woman populations, is defined by inspiration by the rising of the upper ribs of the clavicles and the shoulders. In this breathing type the diaphragm (the muscle which separates the thoracic activity from the abdominal one with the concavity over the abdominal cavity) is raised. The air does not reach the lungs basis. This is the maximum effort and minimal efficiency breathing type.

b) Inferior ribs type is ribs-diaphragmatic (ribs-abdominally) frequently noticed at man population. At inspiration time the inferior ribs are raised and recessed, the torso cage is dilated, the diaphragm rarely raises, the abdomen is constricted and the lungs are partially dilated.

c) The abdominally diaphragmatic type is observed usually in children's and over some man population. In this type of breathing the diaphragm lowers and lends the lungs more space. The lungs basis are filed with air, this is the most adequate respiration for those who want to practice the conscious breathing.

2. The respiratory rhythm

The principles of the conscious breathing are based on the control over the respiratory rhythm. Whatever type of breathing we have, as localization, the breathing is composed of two times which corresponds to the air entering our lungs and expires which corresponds the used air eliminated that permits the fresh oxygenated air to feed the blood. Beside these 2 times there is a suspension of the breathing which appears after the inspiration as well as after the expiration.

Thus, the respiratory rhythm has 4 stages:

- inspiration,
- apnea,
- expiration,
- apnea.

The 3rd point is the respiratory frequency which corresponds the acceleration or the slowing of our pulse. The measure for rhythm control and our respiratory frequency is the pulse beat, unit with which we will measure our respiratory frequency in all the 4th phases for the respiratory rhythm. Before starting the controlled respiration, we will measure the pulse. The start has to fit our pulse. We will measure at inspiration 1,2,3, etc. then apnea, which can vary; particularly by individual, at the end the expiration, which is usually the double of inspiration and followed by apnea, after which we continue inspiration. The numbering is done, both in the two principal phases, as well as at apnea. One of the most important conditions of conscious breathing is the respiration on any controlled respiration which starts with a powerful expiration. For both sexes, the conscious breathing starts with abdominal inspiration.

3. The abdominal breathing technique

At the beginning we will lay down face up hands aside our body with hands oriented in up position. The relaxation is needed in this phase. Later on these stages can also be executed standing up. We expire slowly contracting our abdomen, always thinking at a correct breathing. To help ourselves, in the beginning, we set both our hands on the abdomen. The air is expired on our mouth, as we would dust of an object, slowly pronouncing with the tip of our lips “pfff”. When all air is eliminated we close our mouth and fill out our belly, easily inspiring over our nose. Filling out our abdomen we force the lowering of our diaphragm and the increase in space for the lungs expansion at inspiration time. Usually this technique can’t be mastered from the beginning, but this fact dose not has to discourage, perseveringly we can control all the moves. When we come to know this technique well enough we start measure up the respiration frequency. At the same time with breathing we insert apnea (respiration holding). We do the numbering using the pulse beats, as shown above. The numbering is strictly individual, and depends on the state of the individual (eg. Heart disease subjects are not recommended in using apnea). Correctly executed, the abdominal respiration is calming. The heart rhythm decreases by the recursively activity of compression and decompression from the torso and the arterial tension decreases. Experiences had been conducted, which lead to the conclusion that after 20 years of abdominal breathing, the arterial tension decreases. It’s very important in emotions blocking which speeds up recovery after an effort, stimulates digestion, regulates the bow’s activity, developing an perfect massage over the abdominal organs. The abdominal breathing is a start which will be continued with the complete respiration.

4. Complete respiration

It's the fundamental respiration from all the breathing techniques. It's very useful to be fully known and to be used as perfectly as we could. If we study the characteristics of the 3 types of breathing, superior ribs, inferior ribs and diaphragmatic breathing; we would see that the complete breathing comprises all the aspects and the useful parts of the other types of breathings described above, plus the advantages of the combined actions of the superior, medial and diaphragmatic regions. In this breathing all the respiratory muscles are used, compared to the other types of breathing where only a part of them are used. Our body works with a minimum energy need and obtains the maximum efficiency. Each part of the respiratory mechanism is put in motion and develops the natural function. The muscles which controls our ribs, work more actively increasing the space in which the lungs can expand. The diaphragm is perfectly controlled and it can fulfill its functions. The subject retracts the inferior ribs downwards and in the same time the inter-ribs muscles are pushed away. From this combined action, the maximum expansion of the torso is obtained. The upper ribs are as well raised, and pushed away from the inter-ribs muscles, this way facilitating the upper torso to be expanded at the maximum limit.

5. Full breathing technique

Positions: laid down, chair sited with vertical vertebra
Execution: entire body relaxation, forced nose inspiration and abdominal maximum expansion. Thus we manage to fulfill the upper part of the lungs by lowering the diaphragm, by doing so a slow pressure over the abdominal organs is assured. The next stage is to fill up the medial region of the torso, rising up the inferior ribs and our stern. Last stage is to fill up the superior part of our lungs by pushing away and rising the superior part of our torso with all the 7^{th} peers of ribs. In this movement, our abdomen is slowly contracting helping the lungs to fill up the upper region with air. At this point it's indicated the rise of our shoulders for helping the air in a free entrance into the lungs.

To be observed the fact that full breathing does not implies the fulfillment of our lungs. Full breathing does not have any abnormal, or forced sides, it is based on the principle of nature return.

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