

## BACKGROUND

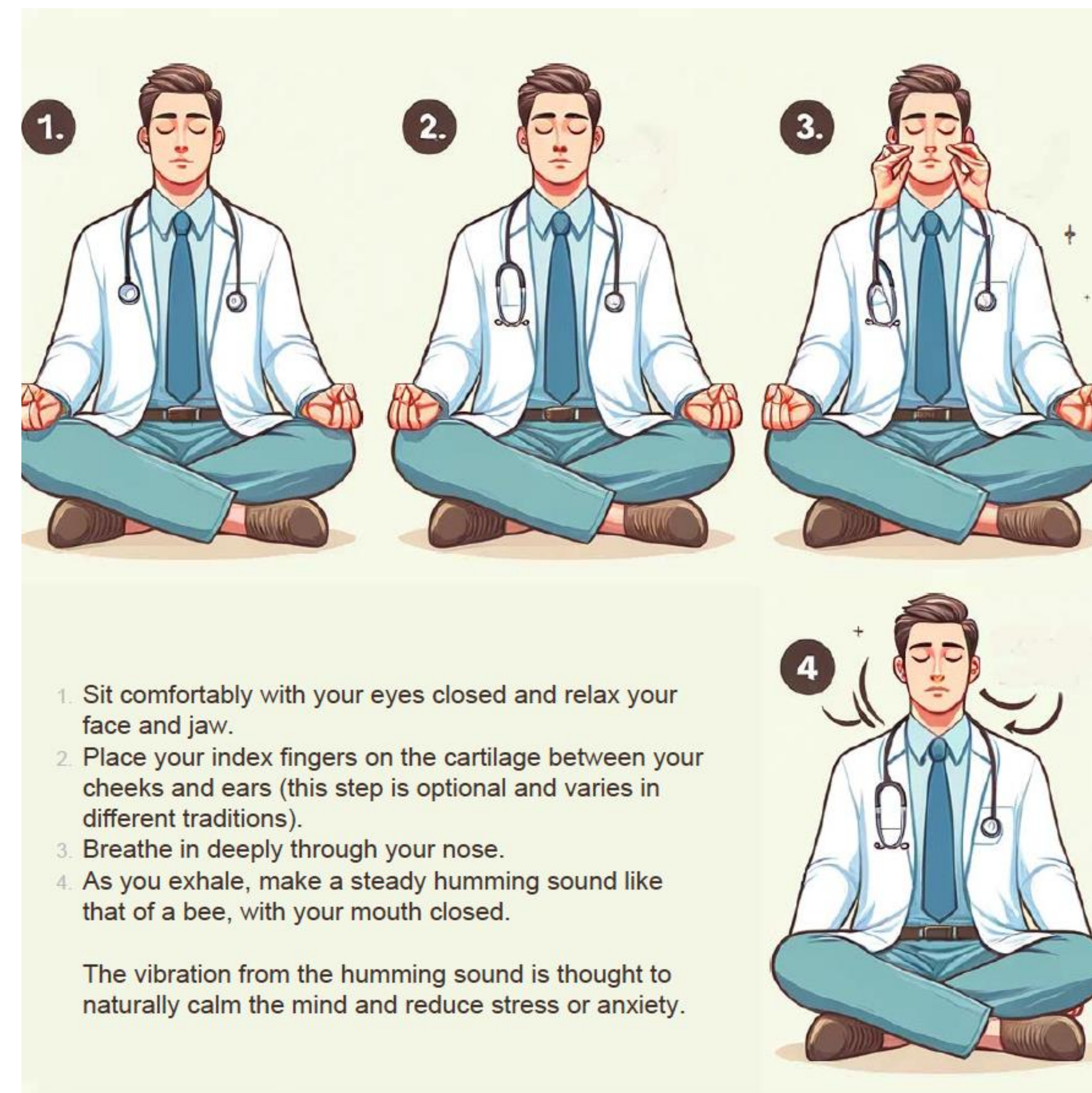
The Bhramari Pranayama (Bh.P) breathing manipulation, originating from yogic practices in India, involves controlling your breath in three stages, inhalation, retention, and exhalation. The technique decreases the work of breathing. Practicing pranayama regularly has a positive impact on cardiovascular and respiratory functions, improves the autonomic system towards parasympathetic (vagal tone) dominance.

Bhramari Pranayama (Bh.P), can prove beneficial for the health and wellbeing of individuals in the diagnostic and interventional radiology workplace. We highlight the techniques of Bh.P and the steps involved in improving cognitive function, mindfulness, and emotional regulation during a demanding interventional radiology workday.

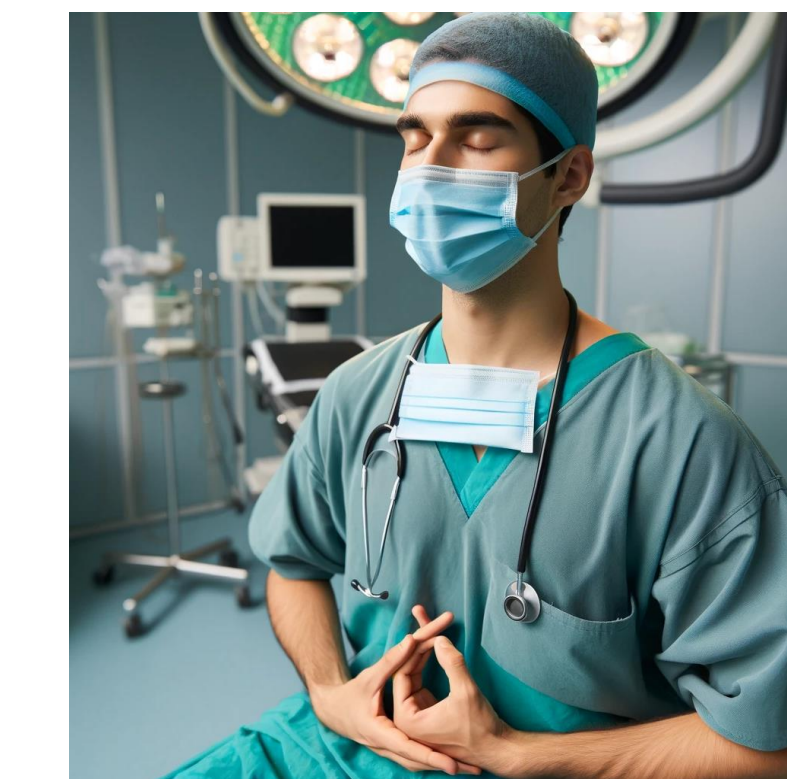
## Purpose

- To Review of current literature outlining the Brahmari Pranayama within the interventional radiology workplace environment.
- To Discuss the benefits and pitfalls associated with the utilization of Brahmari Pranayama in radiology practice, including effects on efficiency, decision-making, and physiological benefits.

## Results and Technique



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The Bhramari Pranayama breathing manipulation involves controlling your breath in three stages, inhalation, retention, and exhalation. The technique decreases the work of breathing. Practicing pranayama regularly has a positive impact on cardiovascular and respiratory functions and improves the autonomic system towards parasympathetic (vagal tone) dominance.

To begin, they can take a long and deliberate deep breath through the nostrils, bringing the breath into the belly. The second stage involves holding the breath and making a steady, low-pitched ‘hmm’ sound at the back of the throat—like the humming of a bee. At the third and final stage of the exhalation, they will slowly straighten their neck as they inhale again through the nostrils to repeat the process—for up to seven repetitions.

## CONCLUSION or DISCUSSION

Potential benefits of incorporating time management techniques such as Bhramari Pranayama (Bh.P) in interventional radiology practice include focus, productivity, and effectiveness while diminishing anxiety and fatigue, while helping to prevent burnout in the workplace.

## REFERENCES

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