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Impact of Surya Bhedana Pranayama on Introverted Personality

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Abstract

The purpose of this investigation was to examine the effect of Surya Bhedana Pranayama on introverted personality, with the aim of exploring whether regular practice can facilitate a shift from introversion toward extroversion. For this study, 20 students from Class 12 at Government Higher Secondary School, Mauganj, Rewa District, aged between 17 and 20 years, were selected using quota sampling. A pre-post research design was employed. Prior to the intervention, personality was assessed in all 20 participants using the Personality Inventory developed by S. Jalota and S. D. Kapur. All participants then practiced Surya Bhedana Pranayama for 20 minutes each morning and evening for 25 consecutive days, after which personality was reassessed using the same inventory. Results confirmed that Surya Bhedana Pranayama exerts a positive influence on introverted personality.

Keywords: Surya Bhedana Pranayama, introverted personality, extroverted personality

1. Introduction

In the present era, the pace of human life has accelerated enormously. Every aspect of a person's existence — behavioral patterns, diet, lifestyle, and social interactions — is subject to wide-ranging influences. When an individual is behaviorally adept, tasks are accomplished efficiently and success is attained. Personality pervades and shapes a person's social, familial, and political life. Psychologically, personality is broadly classified into two types: introverted and extroverted. [Arun Kumar Singh \(2002\)](#) noted that some individuals possess characteristics of both personality types; however, in certain cases the extroverted traits are diminished and introverted tendencies dominate, creating a situation in which introversion becomes an obstacle to personal and professional success.

To overcome such psychological conditions, yogic traditions prescribe various practices, among which pranayama has become a particularly significant component. The Patanjali Yoga Sutras (2/52–53) describe the objective of pranayama as achieving mastery over the mind, whereby restraint of the breath during inhalation and exhalation fosters mental stability and concentration. One specific form of pranayama is Surya Bhedana, which involves slowly drawing the breath upward through the right nostril, retaining it (kumbhaka), and then slowly releasing it through the left nostril. This practice is said to fill the body with energy and vitality (Hatha Pradipika 2/48–49). [R. P. Sharma, N. Gupta, and S. Khera \(2006\)](#) reported that pranayama practice reduces anxiety levels — an effect observed in both normal and clinically diagnosed populations. Since a reduction in anxiety naturally promotes a positive enhancement in personality, this finding has direct relevance to the present investigation.

Furthermore, [M. Joshi and Teles \(2002\)](#) demonstrated through an analysis of the psychological dimensions of pranayama that unilateral nasal breathing synchronizes the cognitive functions of the left and right cerebral hemispheres, enabling both to function in a balanced and coordinated manner. [Geetika Kohli and Rudra Bhandari \(2009\)](#) found that pranayama enhances the supply of oxygen (O₂) to the brain, thereby improving neural nourishment, increasing concentration, and strengthening memory. Dr. M. M. Gore additionally observed that pranayama promotes good health, revitalizes the body, calms the mind, and channels energy effectively — and specifically noted that continued practice of Surya Bhedana Pranayama enhances youthfulness, enthusiasm, physical vitality, and mental efficiency.

On the basis of these findings, the present study examines whether Surya Bhedana Pranayama can produce a positive shift in introverted personality. The independent variable is Surya Bhedana Pranayama, and the dependent variable is introverted personality. The directional hypothesis proposed is that Surya Bhedana Pranayama will have a significant positive effect on introverted personality, thereby reducing the individual's negativity and moving them toward extroverted traits.

2. Research Methodology

Sample and Sampling: Twenty students from Class 12 at Government Higher Secondary School, Mauganj, Rewa District, aged between 17 and 20 years, were selected using quota sampling.

The following instruments and procedures were employed:

- Test: A pre-post design using the t-test was applied.
- Independent variable: Surya Bhedana Pranayama was used as the independent variable.

- **MPI Scale:** The Maudsley Personality Inventory (MPI), adapted and developed by Jalota and Kapur, was used to assess personality. The inventory contains 40 items — 8 positively scored items and the remainder negatively scored or interrogative.

Procedure: Twenty Class 12 students from Government Higher Secondary School, Mauganj, Rewa District, were selected through quota sampling and administered the MPI Scale as a pre-test. They then practised Surya Bhedana Pranayama for approximately 20 minutes daily over 25 consecutive days. At the conclusion of this period, the MPI Scale was re-administered as a post-test. Through observing the changes in introverted participants, it was found that negative feelings, guilt, and associated emotions diminished as a result of the practice, leading to the conclusion that Surya Bhedana Pranayama positively influences introverted personality.

3. Results

After 25 days of practice, statistical analysis demonstrated that Surya Bhedana Pranayama significantly affects introverted personality. The results are summarized in Table 1 below.

Table 1: Pre-Post t-Test Results for Introverted Personality Scores

Phase	N	Mean	SD	t / df
Pre-test	20	23.5	12.96	t = 3.3; df = 19; r = 0.91
Post-test	20	18.55	10.05	

Hypothesis accepted. Significant at $p < 0.01$ (df = 19; critical t at .01 = 2.86).

4. Discussion

In the present study, the pre-test group mean was 23.5 (SD = 12.96) and the post-test mean was 18.55 (SD = 10.05). The correlation between the two sets of scores was 0.91, and the obtained t-value was 3.3, which is statistically significant at the 0.01 level (df = 19). The directional hypothesis that Surya Bhedana Pranayama positively affects introverted personality was therefore accepted. These findings indicate that sustained pranayama practice infuses even individuals with markedly introverted personalities with renewed energy and vitality, gradually cultivating extroverted qualities such as cheerfulness, optimism, and sociability. Prior research and textual sources consistently demonstrate that pranayama produces physical, mental, and social transformation. [H. David Coulter \(2010\)](#) observed that pranayama increases the concentration of O₂ in the brain and body, accelerating cellular metabolic processes, generating glucose (energy), and stimulating growth centers, cognitive processes, and behavioral centers — particularly the hypothalamus. [Garth and colleagues \(2006\)](#) noted that pranayama accelerates metabolic processes, affecting impulse polarization and depolarization in the brain and influencing the limbic system. [Wood \(1993\)](#) conducted a study on 71 volunteers aged 21–76 years and found that yogic pranayama increases physical and mental energy, enthusiasm, and positivity, with adrenaline and glucose utilization contributing to overall vitality. Finally, [Teles, Nagarthna, and H. R. Nagendra \(1996\)](#) reported that Surya Bhedana Pranayama activates the sympathetic nervous system, elevating blood pressure and pulse volume.

Taken together, prior research and the findings of the present study confirm that Surya Bhedana Pranayama brings about remarkable transformations in personality, resulting in more positive thinking and increased physical energy and enthusiasm in the practitioner.

5. Conclusion

This investigation establishes that Surya Bhedana Pranayama exerts a meaningful positive influence on introverted personality, enabling individuals to adopt extroverted qualities progressively. This demonstrates that pranayama practice exerts a positive effect on personality overall, as evidenced through observable changes in behavior.

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