



HEALTH & WELLBEING

DIY

9 Benefits of Humming!



The simple practice of humming can offer significant health benefits by acting as a natural, calming mechanism that stimulates the vagus nerve and increases nasal airflow. Humming relaxes the parasympathetic nervous system, allowing the body to shift into a 'rest and repair' state, reducing anxiety and improving overall well-being.

An Ancient Tradition

One of the most influential of Indian humming practices is **Bhramari Pranayama (Bee Breath)**, which involves making a steady, buzzing sound like a bumblebee during exhalation to create ease and calm the nervous system.

1

Enhances Focus and Cognitive Function: The soothing vibrations and gentle breathing increase awareness, and providing improved focus and attention.

2

Increased Nitric Oxide Production: Humming increases nasal nitric oxide (NO) production by up to 15-20 times compared to normal exhaling, which helps to stimulate vasodilation and immune defense.

3

Boosts Cardiovascular Health: Practicing humming regularly can increase heart rate variability (HRV) and reduce blood pressure, supporting overall heart health.

4

Stress and Anxiety Reduction: The vibration and breathing regulation employed when humming lowers the cortisol levels and promotes deep relaxation, providing a "mental reset".

5

Respiratory Health Improvement: Humming helps to clear sinuses by increasing airflow oscillations, which has been shown to be useful for reducing chronic sinusitis symptoms.

6

Vagus Nerve Stimulation: Humming activates the vagus nerve, helping to shift the nervous system from a "fight or flight" mode to a calm "rest and digest" parasympathetic state.

7

Pain Reduction and Enhances Mood: With humming's calming effects and gentle vibrations, the body can trigger the release of endorphins, improving mood and changing pain perception.

8

Reduces Inflammation and Boosts Immunity: The increased airflow and nitric oxide production, which has antifungal and antibacterial properties, can support the immune system.

9

Promotes Better Sleep: Practicing regular humming, especially before bed, can help to relax the mind and body for a restful sleep.

Did You Know

- Humming for 60 seconds can your body out of "fight-or-flight" mode by stimulating the vagus nerve and lowering heart rate.
- 5-10 minutes of humming in the evening helps calm the nervous system and encourages deep relaxation for better sleep.

A Simple Humming Technique

- Inhale deeply through the nose and hum gently while you exhale.
- Keep your lips gently closed, teeth slightly apart, and feel the vibrations in your nasal cavity or lips