

INTERNATIONAL SKY DOCTORS CONFERENCE - 2019

Meditation - The Super Medication

Paper -1

Topic: Impact of meditation on the stress and tension of a man

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Abstract

Introduction: Vethathiri Maharishi's Simplified Kundalini Yoga –

Rehabilitation of mentally disturbed – stress and tension – role of meditation in shaping the mind - life devoid of medication – composition of Manavalakalai.

The purpose of life: Life is a whirlpool of mistakes and miseries –correction by mental exercises – meditations – practice of kundalini yoga –stops intake of medicines

What is mind? Personality of the individual – extension expansion of soul – perceptions – feelings – experiences – five senses – sanctity of the mind – no role for medication.

What is Meditation? Practice to streamline our thoughts – four stages of the meditation – disciplining the mind.

Value of meditation: Science of life – life force – systematic psychic practice – will power – realizing the self- - human life without medication.

The purpose of meditation: Improving esoteric awareness - well-being of the physical body – harmony with the law of nature --perfect process –successful life – super medication

Simplified kundalini yoga: Meditations of Vethathiri Maharishi – masters

Trained in meditations – importance of Agna, Shanthi, Thuriya and Thuriya theetha meditation.

Conclusion: Meditations help persons with mental depression, stress, tension - no medication – practice of meditation cures diseases – body pain – head ache –Rishies – five elements in the body – could be set right by meditation therapy – pranayamam- mudras – endocrine glands could be activated – co-ordinations of organs of human body human factory – result - good health – meditation becomes super medication.

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ABSTRACT

AIM:

To summarize the concept of introspection this can be a useful model for developing better cure and mental health state in depressed adolescents.

HYPOTHESIS:

Introspection can prove to be a beneficial treatment for depressed adolescents to make them gain a positive perspective in their life.

BACKGROUND:

Introspection is the art of self-reflection, in other words, better knowledge of the self in the physical and emotional planes. Introspection can be an effective method to prevent depression in general and to treat depression in adolescents who are already in the clutches of depression. It is mandatory to educate and emphasize the importance of introspection in parents and teachers who act as pillars in the life of these young adults. Knowing the causes of depression and providing proper counseling through introspection can improve the social behavior and remedy disruptive attitude in teens and young adults. The usage of modern self-reflective and cognitive therapies can also lead to better introspection. Thus introspective techniques like, CBT, journaling, empathy mapping, and self-reflection when effectively used can be promising treatments for depression in young adults.

METHOD:

Various articles and peer reviewed journals from classical texts and electronic databases were reviewed using various keywords.

RESULT:

Introspective techniques have proven as an effective treatment for depression in adolescents.

KEYWORDS:

Introspection, Depression, Adolescence, Self-reflection

TRANSCENDENTAL MEDITATION- ITS EFFECT ON CUTANEOUS DISORDER

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ABSTRACT

AIM:

To find the effect of transcendental meditation on cutaneous disorders.

HYPOTHESIS:

Transcendental meditation may reduce the severity of cutaneous disorders of psychogenic origin .

BACKGROUND:

Psychodermatology is the treatment of skin disorders using psychological and psychiatric techniques by addressing the interaction between mind and skin. It was found that the people suffering from skin disorders such as vitiligo, atopic dermatitis, acne, psoriasis, rosacea, eczema are likely to undergo prolonged stress, depression and hormonal imbalance due to the role of psychoneuroimmunology. The conventional treatment focuses on reducing physical distress and depression. Transcendental meditation which involves silent mantra chanting for 20 minutes with closed eyes for a period of 6 days and twice a day has found to have a great effect on reducing stress levels, regulating hormonal imbalance and reducing the symptoms of the disease.

METHOD:

Various articles and peer reviewed journals from classical texts and electronic database were reviewed using various keywords.

RESULT:

From the review, systematic practice of transcendental meditation with proper guidance will have a positive effect on cutaneous disorders of psychogenic origin, without the existing side effects.

Keywords: Meditation, stress, hormonal regulation, cutaneous disorders.

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The simplified kundalini yoga system identified by Vethathiri maharishi as yoga for Modern Age has very important organ called Karma Yoga. Karma yoga of Maharishi is the basic force in the journey of consciousness. It also functions as super medication being meditation.

The therapeutic function of Karma yoga being meditation can be described in the following way.

Synthesis

Synthesis of the thought, action and result is the crux of karma yoga. Thought represents space. Action represents energy and result represents mass. This equilibrium between mass, energy and vacuum promotes health by strengthening the natal consciousness. This is a classic psycho analytical system accepted by Payanam ali.

Perspacity

This is the key of karma yoga. Perspacity does not simply mean a status of mind. It is also inclusive of the integral state of visible and viser. This plays a very vital role in calming down the net work of thoughts. This is a precondition for what Raja yoga mentions amanaska state. Amanaska literally means not having mind. But functionally it is integration of thoughts into aura and wisdom. Wisdom is said to be one of the features of Brahman by Maharishi

This perspacity reduces the psycho metric and psycho functional frequency resulting in the loss of stress.

Result and sacrifice

This dimension of Karma yoga has the appreciation of Upanishads and Bhagavad-Gita also. This is the basic for the individual peace, social peace and world peace. This dimension reduces the enigma of ego. This absence of ego centricism boosts up the universal supreme glory what Pathakalu calls Vibhuthi. This dimension makes man positively acting and encountering what is taking place.

Thus synthesis, perspacity, result and sacrifice of Karma yoga assure meditative state in day today life confirming stress free state and peaceful adjustment to the changing socio cultural ecology.

**EFFECT OF KAYAKALPA YOGA WITH AND WITH OUT DEER EXERCISE
ON SELECTED PSYCOLOGICAL VARIABLE AMONG WOMEN SUFFERING
WITH IRREGULAR PERIODS**

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ABSTRACT

The science of yoga works on physical, mental emotional, psychic and spiritual aspects of a person. When imbalance is experienced at this level, the organs, and muscles and nerves no longer functions in harmony rather they act in opposition to each other. Therefore, yoga aims at bringing the different bodily functions into perfect coordination so that they work for the good at the whole body.

The body is the temple of the soul and to reach harmony of the body, mind and spirit, the body must be physically fit. The body fitness of an individual could be obtained by the systematic training. Through the training all these qualities are adopted by our body.

The aim and purpose of the present study was to find out the performance of psychological variables by the influence of kayakalpa yoga and kayakalpa yoga with deer exercises on women with irregular periods. Sixty women of 35 to 45 years from Manavalakalai mandram, Sakthi nagar, Porur, Chennai were selected as the subject for the study. The scores made by the subjects were collected on the chosen psychological variable (Stress).

The variable to be used in the present study was collected from irregular period women they have to treat with respective exercises. It was assumed pre test.

After completion of exercises they were tested again as it was in pre test on all variables used in the present study. This test was assumed as posttest. Analysis of covariance (ANCOVA) was applied because the subjects were selected randomly, but the groups were not equated in relation to the factors to be examined. Hence the difference between means of the three groups in pretest had to be taken into account during the analysis of posttest differences between means. This was achieved by the application of the analysis of covariance, where the final means were adjusted for differences in the initial means, and the adjusted means

were tested for significance. To test the obtained results on variables, level of significance 0.05 was chosen and considered as sufficient for the study.

CONCLUSIONS

The light of the above findings of the present study the following conclusions have been made.

1. The Kayakalpa yoga with deer exercises group had shown significant improvement in all the selected physiological variable.
2. The Kayakalpa Yoga with deer exercise group had shown improvement which is greater than the Kayakalpa yoga without deer exercises group.
3. The Kayakalpa yoga with deer exercise has reduced the other menstrual problems.

Key words; Irregular menstruation, Kayakalpa Yoga, Deer ExerciseEFFECTS OF

Paper-6

Effect of Kayakalpa Yoga on Neuro Transmitters

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Abstract:

Background:

KayaKalpa Yoga is an attractive area to find out solutions in the domain of Anti-ageing but without any ill effects. Yoga is considered to help a person to lead a holistic life style of bliss, peace, creativeness, emotional balance and physical wellbeing. Vethathiri Maharishi has

identified the fundamental causes for the sufferings in the Human society all over the world. In order to transform and help humanity to lead a healthy, prosperous, harmonious and joyous life,

Maharishi formulated a suitable system of Spiritual Education with practices for Physical, Mental and Social health called as Simplified Kundalini Yoga (SKY).

Objective:

In this study we wanted to find out the effect of Kayakalpa Yoga on Neuro Transmitters.

Neuro Transmitters are the chemicals which transmits signals from one neuron or nerve cell to the targeted (neuron, muscle or gland) cell

Methods:

To understand the same, this study was carried out in voluntary subjects in Delhi who have normal household and official stress and we measured Neuro Transmitters levels in sera of these participants before and after practicing Kayakalpa Yoga.

Results:

We have conducted the paired “t” test in the sera samples which were collected before and after Kundalini Yoga practice. The analysis revealed that Neuro Transmitters such as Oxytocin, Endorphin, Alpha Melanocyte, Neurotensin, Substance P, Sox10 was increased after the 3 months Kundalini Yoga practice.

Sensitivity: Internal (C3)

Conclusions:

By practicing Kayakalpa Yoga regularly could find out increase in Neurotransmitters that helps in decreasing inflammation, increase in concentration, helping in leading happy life, fat metabolism, helps in reducing oxidative stress.

Paper-7

Effect of Kayakalpa Yoga on alpha Melanocyte Stimulating Hormone

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Abstract:

Background:

Alpha-Melanocyte Stimulating Hormone (MSH) also called intermedin or melanotropin, derived from a protein known as proopiomelanocortin (POMC) and secreted primarily by the Pituitary gland. MSH is responsible for inducing melanocytes to produce pigment called Melanin which is responsible for pigmentation in the skin, hair and eye. Skin being largest and most visible organ influenced by environment factors is ideal for studying effects of ageing. In recent studies MSH plays a vital role about learning, memory and good behavior apart from pigmentation. MSH performs two types of biological function (i) hormonal effects such as melanin synthesis, regulation of temperature, control of pain, learning and (ii) cure inflammatory conditions of brain and peripheral organs. Kayakalpa Yoga effects a lot of biochemical changes and alteration of hormone status in our body and one such hormone is alpha MSH that increases our learning, memory, behavior as well as improves our immunity and affects ageing process.

Methods:

The Siddha saints, who lived in our country during the olden days, undertook research into the ways to postpone death and increase the life span. Kayakalpa Yoga an anti-ageing technique was systematized by Yogiraj Vethathiri Maharishi. It conserves Life energy and prevents onset of pain, disease and death, making for a happy and contented disease free life. Kayakalpa yoga increases Perspicacity one makes decisions quickly and wisely. Receptivity and memory power also increase. To understand the same, a pilot study was carried out in voluntary subjects who were practicing Kayakalpa yoga observed significant changes in alpha MSH. The blood was collected before starting Kayakalpa practice and these participants were taught Kayakalpa Yoga practice by respective teachers. Few of the participants were already practitioners of SKY. All the participants strictly followed the practice and maintained the log for the practice. Those who followed the practice for at least 70 % were taken for further analysis. After 3 months of regular practice, blood samples were collected again from all the participants.

Results:

These blood samples were processed to get sera samples and these samples were stored at -80deg C till the analysis of alpha MSH, which was measured by ELISA assay. We have conducted the paired "t" test in the samples which were collected before and after SKY practice. The analysis revealed that alpha MSH was found to be increased after the 3 months Kayakalpa practice.

Sensitivity: Internal (C3)

Conclusion:

By practicing Kayakalpa Yoga regularly could find out increase in Neurotransmitters that helps in decreasing inflammation, increase in concentration, helping in leading happy life, fat metabolism, helps in reducing oxidative stress.

Managing Stress through Simplified Kundalini Yoga

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Abstract:

Introduction:

Every organism in this world wish to live happily in tune with Nature. Man is the only organism tries to live against Nature but wish to lead a happy and stress-free life. Stress is nothing but the condition where environmental demand exceeds the natural regulatory of an organism. In today's world Stress is main cause for all Psychosomatic problems. Vethathiri Maharishi designed a simple technique for wholistic approach of Well-being like Simplified Kundalini Meditation for Psychological Well-being, Simplified Physical Exercise for Physical Well-being,

Simplified Kayakalpa Practice for Spiritual Well-being and Simplified Introspection practices for Psycho Social Well-being

Meditation and Managing Stress:

Stress can be acute or relative. Acute is like real threat that every person faces e.g., earthquake in town, or natural disaster. Relative stressors are like those which effects in certain portion of individuals and not all. Like giving presentation in front of big audience group, gives stress only for few people but not for all. The stressor is just event, it can be physical conditions, physiological, psychological or social conditions or may be work place related conditions.

In a stressful situation, our body and mind prepare ourselves to face such incidences and leads to release certain hormones known as HPA axes. Though this minimal "fight or flight" causes a temporary relief from the stressful condition by increasing our blood pressure, breathing and heart rate, this also leads to weaken our body immune system and other body systems if this condition occurs repeatedly. Numerous scientists have demonstrated that following mind relaxation techniques leads to tackle against these stressful conditions.

Meditation effects a lot of biochemical changes and alteration of hormone status in our body. Meditation reduces stress hormones like Cortisol and release of few happy hormones such as Serotonin, Melatonin, Oxytocin etc.

Sensitivity: Internal (C3)

Conclusion:

Stress is what we experience when we believe we can't cope effectively with threatening situation. By practicing Meditation in day to day life, one can improve the functioning of body and brain cells, paving the way for peace and contentment in life. Simplified Kundalini Meditation helps a person to reduce Mind frequency thereby manage stress and lead healthy and stress-free

Paper-9

EFFECT OF SIMPLIFIED PHYSICAL EXERCISE ON SELECTED

PSYCHOLOGICAL VARIABLE AMONG STRESSED HOME MAKER WOMEN

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Abstract

The purpose of the present study was to find out the effect of Simplified Physical Exercises on selected psychological variables among Stressed home maker women. The study was conducted on 30 randomly Stressed home maker women. Totally two groups, namely, control & experimental group, each consisting of 15 subjects. Stressed home maker women underwent eight weeks practice in Simplified Physical Exercises, whereas the control group

did not under go any type of training. The anxiety was measured before and after the experimentation using the standardized questionnaire to measure the anxiety. The data were analyzed by Analysis of Co-variance (ANCOVA) and it was concluded that the Simplified Physical Exercises had significant ($P < 0.05$) effect on the stress level.

Key words : Simplified Physical Exercises, Stress, Anxiety.

Paper-10

EFFECTS OF SELECTED MEDITATION PRACTICES ON SELECTED PSYCHOLOGICAL DISORDERS – A REVIEW

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ABSTRACT

AIM

To analyse the effects of Transcendental meditation, Mindfulness meditation, OM meditation in diseases like Alzheimer's disease, Bipolar disorder, Schizophrenia.

HYPOTHESIS

Meditation practices may influence the psychological illness of a patient in a positive way.

BACKGROUND

Alzheimer's disease in cerebral cortex and presence of neurofibrillary tangles, plaques.

Donepezil, Galantamine are the drugs used with side effects: anorexia, abnormal dreams, muscle cramps. Bipolar disorder is characterized by recurrent episodes of mania and depression in the same patient, at different times. Drugs: Donepezil, Galantamine, side effects: anorexia, abnormal dreams, muscle cramps. In Schizophrenia, cortical brain regions affected: involved in language processing, change in levels of neurotransmitters, gray matter reduction. Drugs used for **Schizophrenia**: Haloperidol (difficulty in urinating), Clozapine (diabetic conditions).

Transcendental meditation increases GABA level and produces calming effect. Mindfulness meditation is associated with more adaptive emotion regulation and believes. Some facets of mindfulness are also associated with self-reported motivation. Om meditation: During deep meditation, gamma waves (controls the extraordinary states of mind) are produced and increasing neuroplasticity and grey matter.

METHOD

Various articles and peer reviewed journals from classical texts and electronic databases like Pubmed, Google Scholar and Speaking Tree were reviewed using various keywords.

RESULTS

When the various psychotic disorders are treated with conventional medications and the arising side effects hampers the person in a different way. Yogic methods can be used as an alternate to conventional medications or can be used along with conventional medications to positively treat the patients.

Keywords: psychotic diseases, meditation, alzheimer's disease, bipolar disorder, schizophrenia