

# A Study on the Effect of Yoga & Pranic Healing on Psychological Disorder

Dr. Manorama Nikhra

Assistant Professor, School of Yog and Health, DSVV, Haridwar

## Abstract

The study was attempted to explore the effect of yog & Pranic Healing-Twin Heart Meditation which is constructed by Master Choakoksui of Philippines. These packages were given to the 20 students of Dev Sanskriti Universtiy at Haridwar, selected by accidental sampling. The time duration was 20 days. I used the measurement test for stress i.e.  $\alpha$ -E.E.G. Pre and Post test was done. It has shown significant result. The stress has become an inseparable parts of life of human beings. The stress is a great challenge to the mind & body. Stress is a product of dissatisfaction, frustration & leads to psychosomatic disorders. Yog is a classical Indian Science dealing with the search for the soul. Today's life style with its technological wonders is a mixed blessing, on the other hand the mental anxieties of a competitive world deplete inner resources, and inviting stress related problems. Yog is a holistic approach to make the harmony in physical, mental, emotional and spiritual aspects of the body with the help of exercise, pranayam and meditation for stress management. According to Dr. Pranav Pandya, "Meditation is the gateway of inner journey." Pranic Healing is a method of chanalising spiritual energy to the required destination have a role cause in physical, emotional, mental or spiritual block in our body. Pranic healing Twin Heart Meditation is helpful to improve positive thinking & human relationship which results in increase of the auric frequency. Meditation on twin Hearts is based on the principle that some of the major chakras are entry points to certain levels or horizons of consciousness. When a person does meditation on Twin Hearts, divine energy flows down to the light, love & power. According to Acharya Shriram Sharma : " Meditation is the key for opening the doors of mysteries to your mind." Modern Education unfortunately tends to over emphasize the development of the throat chakra and the agna or brow chakra or the development of concrete mind & the abstract mind. The development of the heart has been neglected. Because of these person becomes intelligent & successful but his human relationship may be very poor. By practicing Meditation on Twin Hearts a person becomes harmoniously balanced.

**Key words:** *Yoga, Pranic Healing, Stress*

**Article Received:** 23-12-2015, **Published:** 18-03-2016

**Conflict of interest:** None declared

**\*Corresponding Author:**

Dr. Manorama Nikhra, Assistant Professor, School of Yog and Health, DSVV, Haridwar

**International Journal of Science and Consciousness (IJSC): a Bio-Psycho-Spiritual approach**  
**Published by the Research Foundation for Science & Consciousness, Uttarakhand, India**

## A Study on the Effect of Yoga & Pranic Healing on Psychological Disorder

### Introduction:

Stress is the outcome of imbalance in Neurotransmitter level. Emotional imbalances in the form of strong likes & dislikes bring about imbalances in Prana (the vital energy) in the pranamaya kosh which percolates to the Annamaya kosh causing stress symptoms and hazards. Origin of desires and action guided by strong likes and dislikes (and not by what right & wrong) will be the expression of imbalance in Manomaya kosh. In vigyanmaya kosh, the Avidya goes on reducing until in Annmaya kosh it is all bliss. This state is totally stress free state which we can obtain by meditation.

Yog helps to solve all life problems. At the physical level, it gives relief from countless ailments. The practice if postures strengthen the body & create a feeling of well-being. From the psychological view point, yog sharpens the intellect and aids concentration. It steadies the emotions and encourages a caring concern for others. Meditation is an internsely personal and spiritual experience. The desired of each mediation technique is to channel our awareness into purpose a more positive direction by totally transforming ones state of mind. To meditate is to turn inwards to concentrate on the inner self  
Pranic Healing is a form of healing that uses Prana. Pranic healing is an ancient science and art of healing that utilizes Prana or life energy to heal the whole physical body. The element of prana is the base of our condition, movement and action. Pranic healing establishes harmony in the charkas.

A chakra is a center of activity that receives, assimilates and expresses the bio-energy. The word chakra literally translates as wheel or disk and refers to a spinning sphere of bio-energetic activity emanating from the major nerve ganglia branching forward from the spinal column. There are seven of these wheels stacked in column of energy that spans from the base of the spine to the top of the head.

Pranic healing consists of various methods. In this study the researcher has employed pranic psychotherapy. This is based on

color Prana and technique of chakras. Our human system functions on the basis of colors. Colors effect the inner mind, super consciousness, brain and entire personality of the individual. Volloi vokunini (2008): Director of criminal reformation department :According to his research conclusion of California, when the criminals were fully bent on the violence of crime then, they were in a room plastered with pink color. By this practice arrogant children goes to sleep in 10 minutes.

Surrounding and interpenetrating the physical body of any living being is an aura of energy known as the bio-Plasmic body or the ethric body. This energy body absorbs the "Prana" and distributes it throughout the physical body are thus closely interlinked. What affects the energy body also affects the physical body. Any disease thus first manifests itself on the energy body before it materializes on the physical body. This phenomenon has been scientifically proven through experiments with Kirlian photography.

Twin Heart Meditation- Meditation on Twin Hearts is a powerful meditation that produces a deep sense of inner peace harmony, love and inner joy. According to Master Choa Kok Sui the meditation awakens and projects positive energy for the blessings of whole world. Pranic Healing-Twin Heart Meditation is a powerful scientific method which can heal a wide range of physical i.e. fever, cold, chronic cough, toothache etc. and psychological ailments i.e. life stress. Irritability, grief, anger hysteria, phobia severe depression etc.

Meditation on Twin Hearts is a technique aimed at achieving cosmic consciousness or illumination. To achieve illumination or cosmic consciousness it is necessary to sufficiently activate the crown chakra. Twin Hearts refers to the heart chakra, which is the centre of the emotional heart and the crown chakra, which is the centre of the divine heart.

**Procedures:**

The present study was under taken on 20 students of D.S.V.V. for 20 days. They were instructed for the package (Yogic exercises and twin heart meditation) and practiced for 20 days for 45 minutes every day.

**Research Methodology:**

*Design:* Pre-Post research design was used.

*Sampling:* Through accidental sampling sample of 18-20 years age group of students were selected.

 **$\alpha$ -EEG:**

No.		Mean	S.D.	r	SEM	t value	Significance
20	Pre	4.90	1.889	.410	.501	3.596	0.01 Level
20	Post	6.70	2.203				

df-19; Significant at .01 level of stress.

**Discussion and Interpretation:**

Yoga is the method by which the restless mind calmed down the energy directed into constructive channels. As a mighty river which when properly harnessed by dams and canals, create a vast reservoir of water, prevents famine and provides abundant power for industry; so also the mind when controlled provides a reservoir of peace and generates abundant energy for human upliftment.

According to Dr. Pranav Pandya stress causes a reaction within neuro system. Stress hormone 'Cortisol' is over produced and weakening & decreasing in the production of the calming hormones melatonin & serotonin occurs. With subsequent production of free radicals stress hormones may actually damage the brain when stress is sustained. Toxins and free radicals kill the cells in every organ of the body. Richard Davidson (2003) thorough meditation the activity of left brain increases up to 50% level. Awasthi. S and Dwivedi, S.K (2008) got in our study, "meditation effects on pituitary glands and decrease the quantity of adrenaline and cortical hormones and maintain the level of CRF (cortisol releasing factor). Many Research shows the effect of yoga practice and meditation in particular mind, body and soul relationship.

*Tools:* For this study to measure stress before and after meditation I used the  $\alpha$ -EEG machine.  $\alpha$ -EEG recording before and after Biofeedback therapy. Note that before therapy very few waves can be seen. After a regular course of relaxation, therapy, a considerable clinical improvement could be noted along more waves.

**Hypothesis:** This is significant relationship between "Twin Hearts Meditation" & Stress.

**Results:****Conclusion:**

The result shows there is significant relationship between "Yog-Pranic Healing-Twin Hearts Meditation" and Stress. According to Master Choa Kok Sui in Meditation Twin Hearts divine energy flows down to the practitioner, filling him with divine light, love and power.

Acharya Sri Ram Sharma said – the un-stabilized mind can be balanced only by the meditation.

So we concluded that through Twin Heart Meditation students felt relaxation, inner peace, harmony in daily work and positive thinking. After practice of yog, Pranic Healing- Twin Heart Meditation the group of students felt positive energy joy and peace.

**References:**

1. Acharya Sri Ram Sharma (2004). Brahmvarchsv ki Dhyam Dharna, Akhand Jyoti Sansthan, Mathura
2. Acharya Sri Ram Sharma (1998). Sadhna Padhtiyon ka Gyan Vigyan Vangmay 4 Akhand Jyoti Sansthan, Mathura

3. Acharya Sri Ram Sharma (1998), Pranshakti ek Diya Vibhuti, Vangmay 17 Akhand Jyoti Sansthan, Mathura
4. Dr. Parnav Pandya (2006), Antar Jagat ki Yatra Ka Gyan Vigyan, Vedmata Gayatri Trust Shantikunj, Haridwar.
5. Swami Vivekanand (2004). Dhyan Tatha Iski Padhtiyani, Ramkrishan Matha Dhantoli, Nagpur.
6. Swami Satyanand Saraswati (1983). Dhyan Tantra ke aalok me, Yog Publication Trust Munger, Bihar.
7. Swami Shivanand (2007). Kundlini Yog, the Divine Life Society Shivanand Nagar Rishikesh, Uttrakhand.
8. Master Choa Kok Sui (1997) "Miracles through Pranic Healing" Institute for Inner Studies, INC Makticits-1200, Philippines
9. Master Choa Kok Sui (2004) "Meditation for Soul realization" world Pranic Healing- foundation-India. M.G. Road, Bangalore.
10. Dr. H.R. Nagendra, Dr. R. Nagrathna (2004). "New Perspectives in stress management. 'Swami Vivekananda Yog Prakashana, Bangalore, India.
11. B.K.S. Iyengar, Light on yoga published by Schocken books Inc. 200 Madjson Avenue, New York City p. 22
12. Park J.E., Preventive and Socail Medicine, Banarsidas, Bharat, Jabalpur, 1995, P. 470
13. Richard Davidson (2003), Boasts Immune System, Jurnal Psycuosomatic Mediation (6) HMG worldwide 2003 <http://www.healthypages, news asp/news diof 3878>.
14. Awasthi, S and Dwivedi, S (2008) : The effect of Gayatri Mantra on stress, Journal of Humansitic Behaviour, Published by – Drawan Hupp Agency of print in, Machhakkala, Dekestan state, Orissa, Dec-2008,PP-44,46
15. Volloi Vokunani (2008). "Jivan vigyan, preksha dhyana and yoga" Jain vishwa bharati sansthan, Ladanu.

**Cite this paper as: Nikhra, M. (2016). A Study on the Effect of Yoga & Pranic Healing on Psychological Disorder. *International Journal of Science and Consciousness*; 2(1): 41-44.**