

An Analytical Study of Impacts of Naad Yoga Therapy in Patients of Insomnia, Stress, Memory and Overall Brain Health

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ABSTRACT:

Chronic insomnia has been linked to a variety of contributing variables, including as psychological training, genetic predispositions, dysfunctional beliefs and attitudes, and cognitive and physiological arousal. The hyper-arousal theory of insomnia postulates that sleep disturbances are caused by an increase in physiological arousal based on the discovery of high physiological arousal, which may be connected to these people's active stress system. Sometimes, sleep issues including difficulties getting asleep, difficulty remaining asleep, or having poor-quality sleep are referred to as insomnia. Insomnia can be brought on by a variety of things, including the use of psychoactive drugs, caffeine, nicotine, amphetamines, and cocaine; hormonal changes, such as menstruation and menopause; stressful life events, like the birth of a child and bereavement; disruptions of the circadian rhythm, like shift work and jet lag; some neurological disorders; and medical conditions, such as hyperthyroidism and rheumatoid arthritis. Everything in the universe vibrates at a specific frequency, and when we are in a state of natural resonance, we are in perfect health. But if a bodily component begins to vibrate at the incorrect frequency, the energy becomes trapped, and illness appears. In order to release the repressed energy and return resonance to its natural level, chanting can therefore be employed to affect a therapy.

KEYWORDS: Naad Yoga Therapy, Insomnia, Stress, Memory.

INTRODUCTION:

Numerous contributing factors, including as psychological training, genetic predispositions, dysfunctional beliefs and attitudes, and cognitive and physiological arousal, have been related to chronic insomnia. According to the hyper-arousal hypothesis of insomnia, sleep problems are brought on by an increase in physiological arousal. This idea is based on the observation that persons with high physiological arousal may have an active stress system. It has been suggested that insomnia is not a sleep disorder but rather an indication of excessive arousal and that "treatment strategies should be directed toward normalizing the level of arousal." This point of view is supported by research that demonstrates the therapeutic benefits of physical and mental relaxation techniques. Yoga's ultimate objective is to foster physical, psychological, and spiritual well-being. Since it is believed that each breathing, meditation, and postural/exercise approach might have unique psycho physiological effects that can be utilized to treat certain conditions, it contains a variety of these techniques. Since preliminary research suggests that yoga is helpful in modifying psycho-physiological, neuro-endocrine, and

autonomic characteristics, it has mostly been utilized to treat diseases with a strong psychosomatic or psychological component. The effectiveness of each of yoga's individual component approaches as well as the practice of yoga as a whole multi-component discipline has been investigated.

AN OUTLINE OF MENTAL DISEASE:

Insomnia is a term that is sometimes used to describe sleep problems such as trouble falling asleep, trouble staying asleep, or receiving poor-quality sleep. The use of psychoactive drugs, caffeine, nicotine, amphetamines, and cocaine; hormonal changes, such as menstruation and menopause; stressful life events, such as the birth of a child and bereavement; disruptions of the circadian rhythm, such as shift work and jet lag; some neurological disorders; and medical conditions, such as hyperthyroidism and rheumatoid arthritis, can all contribute to insomnia. People who have sleeplessness as a result of the tsunami shock factor in the following factors:

1. Sadness and other mournful emotions

Numerous of their homes had been destroyed, friends had disappeared, one or both of their parents had been murdered, their children had either been abducted or slain, and siblings and other close family members had also been murdered or taken. For those who survived the tsunami, the suffering and loss will never go away. Shock occurs when bodies are identified, affecting both patients and medical staff.

2. Remorse for progressing

At the same moment, some of them tried to get away, but only a handful of them were successful. Many of them feel guilty about themselves now that they have survived.

3. Recurring tremors and flashbacks

They frequently have light to moderate quakes, and the tsunami danger makes residents nervous. Even the slightest vibrations cause flashbacks of the tsunami, drastically worsening their insomnia.

4. Fear of radiation

Many parents who have experienced trauma have struggled to control their own fears while providing comfort to their kids. Children are unhappy since many of them are unable to play outside due to the radiation issue, which worries parents. Agriculture and some food products, especially shellfish, are impacted by radiation fear. Many residents in the earthquake-affected regions rely mostly on farming and fishing for their livelihood. The radiation problems immediately jeopardize their chances of survival.

5. Concern for the future

The houses, means of sustenance, and precious assets of many people were lost. Some people's house losses have left them in financial difficulty. They constantly experience a lack of control over the future. Many people experience complete despair and are unable to perceive any future hope.

6. Solitude, loneliness and loss are common emotions

Suicide attempts have grown in number. According to a survey, suicide rates have increased nationwide by 18%. In May, 3,281 people committed suicide, 499 more than in the same month of 2010. This figure is significantly influenced by loneliness.

The physiological functioning of the hypothalamic-pituitary-adrenal axis is altered by major depression, which increases cortisol release and may have an impact on sleep. In polysomnographic sleep investigations, it was shown that individuals with sleep disturbances had greater amounts of adrenocorticotrophic hormone and cortisol. People whose sleep is purposely interrupted during a sleep

study but who do not suffer insomnia, which does not occur, also experience an increase in metabolic rate. This may be one of the factors causing persistent insomnia.

A few possible negative impacts of insomnia include decreased performance, longer reaction times, a higher chance of anxiety and depression, a weaker immune system, high blood pressure, a higher risk of heart disease, diabetes, and obesity.

The word "insomnia" describes ongoing issues with the induction, upkeep, or quality of sleep that impair functioning throughout the day. Regular sleep deprivation is associated with poor performance in social and professional settings. It is associated with higher healthcare cost, as evidenced by a 2-fold increase in hospitalizations and office visits. Insomniacs miss work 10 times more frequently than those who don't. Chronic insomnia is a risk factor for depressive disorders and an indication of several physical, psychological, and sleep problems. Drugs used to treat insomnia can have dangerous side effects. Yoga practice has the ability to greatly enhance these people's sleep quality and daytime deficits (23, 24).

A VARIETY OF YOGA TECHNIQUES FOR INSOMANIA:

The yoga postures are from Yogi Bhajan's well-known and essential Kundalini Yoga, which emphasizes breathing techniques and meditation in addition to postures. The exercises were chosen because they were easy to learn and carry out on one's own with little assistance, as well as because they were specifically advised for improving sleep. During the intervention, the same exercises were performed every day. All exercises were done while sitting upright but comfortably, with the eyes closed, and nose breathing only, unless otherwise stated. During the first training session, specific instructions were given to make sure that participants grasped the long, slow belly breathing method. It was instructed to the participants to breathe as gradually as they could.

1. YOGA NIDRA.

One of the most important and helpful yoga positions for insomnia is yoga nidra, sometimes referred to as yogic sleep, since it encourages a deeper state of relaxation on both the mental and emotional levels. An hour of yoga nidra practice is comparable to four uninterrupted hours of sleep. Yoga nidra is great since it may be used by everyone and has no limitations. It could be possible to let go of tension, discomfort, emotional barriers, and even bad behaviors by using yoga nidra techniques.

2. OMKAR AND MANTRA REPEATING

For the ill, reciting the Omkar has positive effects. The pulsing beat of this song promotes mental relaxation. The cells in the body would be in harmony since each one is composed of unique atoms that carry vibrating electrons. The chanting alone decreases blood pressure just by hearing it.

However, because so many of us are reminded of the cult band "AUM Shinrikyo" (now known as Aep), it is challenging to market this foreign sound in Japan. They practiced "yoga," a form of religious exercise, in an effort to achieve "salvation." This gang produced chemical weapons in 1995 and hooked them to the Tokyo subway system; used them to murder and injure a large number of people. Although yoga has recently experienced a spike in reputation and popularity, there have been a lot of misconceptions circulated about it. It would be one of the key explanations for why some Japanese people still regard yoga as a religion and choose not to further their education in the subject. Omkar is one of the effective yoga therapy methods that may be applied gradually.

3. SHATKARMA, ASANA, AND PRANAYAMA 3.

All yoga asanas, breathing techniques, and shatkarma can aid with sleeplessness. Here is a brief rundown of each practice's benefits.

4. ASANA'S PRACTICES ARE EFFECTIVE

The Yoga Sutra of Patanjali defines asana as "comfortable and steady postures (sthira sukham asanam)". The asana exercises utilized in this competition might assist someone in developing greater body and mental control. More importantly, persons who have insomnia could learn how to increase their awareness of their bodies and thoughts, which is beneficial for the treatment of their condition.

5. BENEFITS OF PRANAYAMA PRACTICES

The broad definition of pranayama is the control of breathing. The phrases "prana," "yama," and "ayama" all denote the "vital energy" or "life force," as well as "to control," "extension," and "restraint," respectively. As a result, pranayama modifies how prana, or life force, moves as you breathe. One of the most important advantages of pranayama for patients is the capacity to control one's thoughts. Patients need to start practicing deep breathing before pranayama. Deep breathing exercises can help patients calm down, relax, improve organ oxygenation, have a massaging impact on their internal organs, and more.

6. BENEFITS OF SHAKARMA

As "shat" means "six" and "karma" means "action," the phrase "shatkarma" refers to a group of six methods for obtaining physical and mental harmony. This process also balances the kapha, pitta, and vata doshas, or bodily humours. Sickness, according to ayurveda and hatha yoga, is caused by an unbalanced dosha. Getting individualized guidance on when to use them and how to do so while taking into consideration each person's particular needs and limitations is essential. For insomniacs affected by a tsunami, vaman dhauti (regurgitative cleaning) is highly advised since it helps release suppressed mental strain and reduces excess mucus and stomach acid.

7. MEDITATION

We can create homeostasis in our thoughts, feelings, behaviors, and perceptions by using meditation practices. To maintain their body and mind in balance, the patient should ideally sit comfortably when meditating. It could be suggested that they add frequent mindfulness breathing awareness practice if this proves to be too difficult. They are capable of doing this whenever and whenever. Patients gain from this since it helps them understand their own bodies better.

Patients who practice mindfulness are advised to focus on the "present" moment while engaging in activities of daily living such as eating, working, talking, and listening. Again, this is an important technique since many individuals struggle to live in the now, possibly because they are focused with the past or the future.

Activate more "meditation-in-motion" methods on the patient. Many Japanese traditions, such as the tea ceremony, Japanese flower arrangement, and Japanese calligraphy, can be classified as "meditation" practices. These practices may make it easier and more enjoyable for patients to start practicing meditation.

8. DIET AND STYLE OF LIFE

A karma yoga lifestyle is strongly advocated for the patient. Many patients worry about the future while having trouble accepting their current situation. They don't appear to be fully in the present. Karma yoga practitioners discover that accepting not just the world, their surroundings, their past, and all that has occurred is easier. Patients who practice acceptance are more equipped to face their problems head-on and live in the now. Patients will also find their life's mission, which will give them the strength and bravery they need to survive the tsunami. Patients who are more aware of the present moment and who have a greater feeling of the "here and now" will have a better understanding of both themselves and

other people. They will get better at taking into account other people's viewpoints on the subject. The development of these traits cannot be achieved alone via asana practice. By drawing parallels between their everyday lives and their practice, Karma Yoga helps patients adopt a more relaxed and forgiving perspective on life and other people.

Diet is crucial since what we eat affects both our physical and mental health. Patients should refrain from drinking alcohol and caffeine since they may make it more difficult to fall asleep. Yogic diet is highly recommended.

However, considering that many Japanese, particularly those who reside in areas impacted by the tsunami, rely on fishing as their primary source of income, it is likely difficult for many of them. Given this, those who have trouble falling asleep may benefit from Ms. Hatsume Sato's method. Hundreds of people have been assisted by Ms. Hatsume, who founded Mori-no-Ischia, a woodland retreat in northern Japan, via her thoughtful conversation and the use of natural ingredients in her traditional Japanese home cooking. Her famed "Omusubi," or rice ball, gives those who have contemplated suicide the fortitude to face their struggles. Why is that so special? Because she gave each ingredient considerable thought throughout the whole cooking process. She believes that every element of food or existence contains "heart." Her cooking is authentic and infused with gratitude for life as well as affection for each item. For instance, she chops a bunch of spinach leaves individually rather than all at once. Her "heart" is then poured into each piece of spinach as she chops it, attempting to connect with its "heart." Depending on whether we think that having "heart" is the most important attribute or that it is just a fiction, everything will vary substantially. Many of the guests cry and confess their concerns while they eat, despite the fact that she only serves simple dishes. On our bodies and minds, "how to cook" and "how we appreciate the food" both have a major role.

9. TRUTHFUL SCIENTIFIC EVIDENCE

Yoga as a Treatment for Insomnia and Poor Sleep: The study found that yoga is helpful in treating cancer patients as well as healthy individuals who experience fatigue, depression, and other sleep-related issues. In this article, we look at the study on yoga's use to the sleep problems of cancer patients.

A technique for whole-body exercise Yoga is becoming a more and more popular kind of mind-body training. A mindfulness exercise is another name for it. There are many different types and styles of yoga. These are based on Eastern practices from Tibet, China, and India (Classical, Advaita Vedanta, Tantra). These include Chi Kung and Tai Chi. Yoga is based on the Sanskrit word "yuj," which means "to yoke" or "to join together." In this sense, the term "yoga" is used to express the merging of the physical and mental selves. Early forms of yoga with a solid basis in physical and mindful (breathing and meditation) practices gave rise to traditional yoga. The bulk of yoga classes provided now are based on traditional yoga. The therapeutic benefits of yoga's most popular form Hatha which includes both Gentle Hatha and Restorative Yoga are progressively being recognized in conventional Western medicine. The physical aspect of yoga is highlighted by Iyengar, Anusara, and other yoga systems such gentle Hatha yoga. Restorative yoga is a component of the Iyengar yoga method and it places a significant emphasis on unhurried leisure. The combination of Gentle Hatha and Restorative yoga may be an effective strategy to promote sleep due to its significant use of breathing, physical posture, and meditation techniques that demand both the active and passive activation of skeletal muscles. According to the existing scientific evidence, yoga may aid cancer patients and survivors with their insomnia and poor sleep quality.

Yoga Therapy by The Naad Practice for Mental Health Naad Yoga can help you relax your body and mind and change the way you think and behave. Since Naad Yoga is a technique that includes concentrating on one item, with ‘Naad’ as the object, we should totally immerse ourselves in that scenario and perceive the entire universe to be that one sound.

CONCLUSION:

Everything in the cosmos vibrates at a particular frequency, and we are in perfect health when we are in a condition of natural resonance. However, if a part of the body starts to vibrate at the wrong frequency, the energy is trapped, and disease develops. Chanting can therefore be used to effect a treatment in order to release the suppressed energy and raise resonance to its normal level. There is proof that some mantras cause the brain's left and right hemispheres to work together. Additionally, this kind of chanting increases calm brainwave activity, lowers blood pressure and heart rate, and oxygenates the brain. Most prayers and meditations are done for a particular purpose all around the world. Innovative approaches like Nada Yoga change people's behavior to enhance their quality of life. Naad is meant to strike a balance between one's physical, mental, and emotional health. It also made important discoveries that reinforced the notion that sound therapy is an effective treatment for serious mental diseases, both psychotic and non-psychotic, as well as for enhancing general health and wellness. Regular practitioners of nada yoga pave the way to inner fulfillment, pleasure, and peace.

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