

A Review Study on Rajyoga Meditation and Its Effects

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ABSTRACT

Raj Yoga has been recognized internationally and UN has declared 21st June as international Yoga day. Raj Yoga is a procedure of meditation to free atma (soul) from the clutches of maya (illusions) and unite with paramatma (prime soul) and for this purpose a healthy body is mandatory. Raj Yoga comprises of three components they are asanas (physical postures), pranayama (regulated breathing) and samadhi (self-realization or enlightenment). Raj Yoga has been accepted worldwide for its positive effect on human body. It is seen as an important prophylactic & therapeutic modality in various health conditions. Researchers and clinicians of various fields are keen interested in learning about the benefits of Yoga. In the present paper, an attempt has been made to review the various biomedical research work done over few decades in field of Raj Yoga.

Keywords: Rajyoga, Meditation, Prophylactic modality, Therapeutic modality, Clinicians

INTRODUCTION

As we know our life is based on thoughts, as our thoughts so our actions in terms of values, personality, character and integrity for the benefit of self, family, nation and universe. The meditation is nothing but, the attention to the mind that is thought. It empowers us in a positive manner to deal with any kind of situation. It gives correct understating of self nature and God's nature so that we can plan ourselves for a good cause. It gives subtle understating of suffering of human kinds. Joel M. Evans defines, Meditation involves trying to train your thoughts to stay in the present moment, because in the present moment there is true peace. Thoughts of the future (what can/might/will happen, leading to fear or anxiety) or of the past (what did or might have happened, leading to sadness, depression, anger, or jealousy) prevent us from feeling the peace that is in the present moment. According to "Meditation and Values", Meditation is a deep and purposeful thought that dwell on the landscape of your mind with understanding and a means to access your sub-conscious. It teaches you to have concentration, single track thinking and instant recognition of deviations from your intended focus.

Rajyoga is the direct connection with our supreme father God. God is point of light. He lives in incorporeal world (Red golden Area beyond the physical world, substatle world), which is called "soul world", "sweet home", or "param dham". This is explained in different ways in different religion. He is the ocean of love, peace, happiness, bliss, knowledge, power, and purity. In original form, we are also point of light.

Our original home is "param dham". We came here to play a role. Life is the combination of soul and physical body. As we can see in this figure soul (point of light) situated between the fore head near

peneal gland. Soul is also having these seven quality as our supreme father in original form but these qualities have been depleted due to five vices, for instance, lust, anger, ego, attachment, and jealous. And nature is very sensitive for these positive or negative vibrations. We can achieve our original identity by the practice of rajyoga meditation. Three quality has been found in soul-mind, body, and intellect. Soul act as computer operator.

EFFECT OF RAJYOGA ON HEALTH PARAMETERS

Health is a state of physical, mental, social & Spiritual well being & not just the absence of diseases or infirmity. Today more than 90% diseases are *stress – related or psychosomatic disease*. Stress (mind) affects badly on every dimension. Psychological stress can affect the individual and in turn the society in a number of ways.

1. **Subjective Effects:** are anxiety, aggression, apathy, boredom, depression, fatigue, frustration, guilt, shame, inability, bad temper, moodiness, low self- esteem, threat, tension, nervousness, loneliness etc.
2. **Cognitive Effects:** are inability to make decisions and concentrate. Frequent forgetfulness, hypersensitive to criticism and mental blocks.
3. **Behavioural Effects:** are accident proneness, drug taking, emotional outburst, excessive eating or loss of appetite, excessive drinking and smoking, excitability, impulsive behavior, impaired speech, nervous laughter, restlessness and trembling.

OBJECTIVES OF THE STUDY

1. To study about meditation and Rajyoga meditation.
2. To study about spiritualism related to Rajyoga meditation.
3. To study about various effects of Rajyoga meditation on health parameters.

REVIEW OF LITERATURE

Seema Maini et al, (2011) Effect of Rajyoga Meditation on the Heart Rate, Blood Pressure and ECG, 2011, shows that the mean heart rate in the meditators was 69.39 ± 5.26 and in the non meditators, it was 81.96 ± 3.53 . The mean value for heart rate in the meditators was lower than the value in the non-meditators and it was statistically highly significant. The mean value of systolic blood pressure in the meditators was 118.37 ± 7.25 and in the non-meditators, it was 128.15 ± 10.05 . This difference was also statistically highly significant. Similarly, the diastolic blood pressure in the meditators was 78.62 ± 4.71 and it was lower than the values in the non meditators, ie 84.50 ± 4.83 . This difference was also statistically highly significant. In the standard 12 lead ECG which was recorded in case of the meditators and the non meditators, except for the heart rate as was stated earlier, it did not show any significant difference. So they concluded that the mean heart rate, systolic blood pressure, diastolic blood pressure, heart rate were significantly lower in subjects who practiced meditation regularly than in subjects who did not. ECG did not show any significant change except for decreased heart rate in meditators.

Patel Girish (1984), “Effect of Rajyoga Meditation on vital parameters” A preliminary study on 25 Raja Yogis, including both males and females, practicing meditation regularly, in October 1984, by the medical wing of Raja Yoga education and research foundation to observe the effect of meditation to the vital parameters. This showed an overall decrease in the mean values of heart rate, systolic & diastolic blood pressure and respiratory rate within 6 months.

Team, Medical wing, Mt. Abu (1985), “effect of Rajyoga Meditation on patients of sleeplessness” in 1985, medical wing of Raja Yoga education and research centre has done one research study on sleeplessness. In this study 824 patients examined and taught Raja Yoga meditation for one month 507 of them got complete benefit.

Patel Girish (1986), “effect of Rajyoga Meditation on patients of addiction” Medical wing has done one more research on smoking & alcohol addiction patients for one month. 183 patients were taught Raja Yoga meditation. 74% patients became completely free of smoking addiction. After one year 93% smokers left smoking.

Patel Girish (1989), “effect of Rajyoga Meditation on patients of Hyperacidity” For 3 months, 66 patients of hyperacidity were studied. After doing Raja Yoga meditation for 3 months, 56.1% patients got complete relief. 34.8% patients got good relief and 9.1% little relief.

Sukhsohale Neelam D et al, Does Raja Yoga meditation bring out physiological and psychological general well being among practitioners of it, Emphasizes the declining effects of Brahmakumaris Raja Yoga meditation on physiological variables like heart rate, respiratory rate, systolic and diastolic blood pressure during meditation as compared to the pre-meditation period. Decrease in the physiological variables indicates a shift in the balancing components of autonomic nervous system towards the parasympathetic state. Sympathetic arousal is expected to be reduced during Raja Yoga practice. Hence the load on the heart due to sympathetic arousal is also minimized resulting in an improvement in cardiovascular parameters. Similar findings as in our study were observed in 23 subjects by Gupta S et al, attributing decline in pulse rate, respiratory rate and blood pressure to the reduction in the level of sympathetic arousal. Meditation is believed to gradually reduce the sympathetic dominance resulting in better balance between sympathetic and parasympathetic. This should bring about a hypometabolic state resulting in decreased heart rate and blood pressure. The reduction of lactic acid brought about by meditation is supposed to be a sign of tension free and peaceful state of mind.

Vyas R et al, observed that diastolic blood pressure was significantly lower in both short term and long term meditators of Raja Yoga meditation as compared to non-meditators. Lipid profile showed a significant lowering of serum cholesterol in short and long term meditators as compared to non-meditators. However contradictory results have been observed by Telles S et al, who conducted study in 18 males with 5-25 years of meditation (mean 10.1 ± 6.2) showing that heart rate during the meditation period was increased when compared to the baseline period, as well as compared to the value during the non-meditation period of control sessions. No significant change was observed during meditation, for the group as a whole, in palmar GSR, finger plethysmogram amplitude and respiratory rate. Hence, a single model of sympathetic activation or overall relaxation may be inadequate to describe the physiological effects of a meditation technique. Findings of their study suggest that dual model exist i.e. quietening of sympathetic system and activation of parasympathetic system during the meditation practice as indicated by the shift from sympathetic to parasympathetic resulting in decrease in physiological variables. Thus, meditation by modifying the state of anxiety reduces the stress induced sympathetic over activity resulting in a lowering of respiratory and cardiovascular variables. It relaxes the subject and thereby decreases arterial tone and peripheral resistance. This may be another reason for a fall in blood pressure. This implies that Raja Yoga meditation confers significant benefits in respiratory functions, cardiovascular parameters which continued to improve further with long-term meditation which justifies the fact that long term meditators have greater parasympathetic control.

RESEARCH METHODOLOGY

In the present study secondary data was used.

FINDINGS OF THE STUDY

Following were the findings of this study which are as follows:

1. The mean heart rate, systolic blood pressure, diastolic blood pressure, heart rate were significantly lower in subjects who practiced meditation regularly than in subjects who did not. ECG did not show any significant change except for decreased heart rate in meditators.
2. An overall decrease in the mean values of heart rate, systolic & diastolic blood pressure and respiratory rate within 6 months.
3. Showing the effect of Rajyoga meditation on patients of sleeplessness, 824 patients examined and taught Raja Yoga meditation for one month 507 of them got complete benefit.
4. There is a magnificent change in the life style of smoker i.e. with the help of yoga 93% smokers left smoking.
5. Effect of Rajyoga Meditation on patients of Hyperacidity i.e. after doing Raja Yoga meditation for 3 months, 56.1% patients got complete relief. 34.8% patients got good relief and 9.1% little relief.
6. The reduction of lactic acid brought about by meditation is supposed to be a sign of tension free and peaceful state of mind.
7. Meditation by modifying the state of anxiety reduces the stress induced sympathetic over activity resulting in a lowering of respiratory and cardiovascular variables. It relaxes the subject and thereby decreases arterial tone and peripheral resistance.

CONCLUSION

Rajyoga meditation is one of the ancient solutions to modern problems. It has gained a lot of popularity around the world during the century. Rajyoga meditation, as many people often subscribe to, is not merely a method to attain mental peace, but also a powerful method to get rid of ignorance which causes various kinds of suffering in human life.

Rajyoga meditation provides peace of mind, relaxed body, positive attitude in every situation, improves concentration, increases clarity of thought, and develops the positive relationships, it realizes the purpose of life, feeling of content and stability and it provides good health, happiness, and prosperity in life.

Albert Einstein (Noble Prize Winner) said about God, who is invisible, has strong evidence just like we feel the smell of flower but could not visualize.

Invisible corona (can be seen only by electron microscope) can create disaster in this world thus invisible God (can see or visualize only by divine eyes) can create paradise on this Earth.

New York (USA)—An International Day of Yoga Committee at the United Nation (UN) yoga event was held at the prestigious Tiliman Chapel of the UN church center in the celebration of 5th Anniversary of International Yoga Day. For further inquiry can contact any Brahma Kumaris nearby

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