

Energy Balance by Yogic exercise during COVID 19 pandemic

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I. Introduction

Medicine is an art and science. The art of Medicine has grown with an increased understanding of Human **Anatomy** and Physiology. With greater understanding of Anatomy and Physiology, the functioning of Human body has come to lime light. The application of quantum physics has resulted in the better understanding of concepts dealing with energetic nature of human body. These concepts were understood and expressed by other cultures in terms of chi, prana, mana and vital force. This quantum based Anatomy has allowed to scientifically study energy levels and their locations. These studies were made possible by the Kirlian photography (1-2).

Aura or Kirlian photography is a relatively new development in the age of ‘new age’ technology. It refers to a form of photogram made with a high voltage. The Kirlian technique is contact photography, in which the subject is in direct contact with a film placed upon a metal plate charged with high voltage, high frequency electricity. Aura photography provides a visual representation of the energy field (aura) around a person. It gives many people who are not clairvoyant the opportunity to get a peek at their aura. Today there are many different systems for taking these kinds of photos. Some require the subject stand or sit with the left hand on a plate with copper buttons which is called a hand sensor. Others are strictly no-touch, like a regular camera. Most of these systems include a hook up with some sort of computer for transmitting biofeedback data which provides the analysis report for the individual subject.

The Aura is an energy field that interpenetrates with and radiates out beyond the physical body. It is made up of different energy vibrations or frequencies that are also known as the outer bodies. These, in turn, make up the physical, etheric, astral, mental, causal and higher spiritual aspects of the multidimensional human form. The Aura and the Chakras are linked; the chakras are part of the auric field and each penetrates the other. The chakras are the means through which a physical being or body communicated with the aura and vice-versa (3). The main function of each chakra seems to be as a step-down transformer for the higher frequency subtle energies of the aura. These energies are converted in to chemical, hormonal and cellular changes in the physical body. While the aura and chakras are not usually accessible to the naked human eye and not easily proven to exist using conventional/traditional ‘scientific’ methods. Recent advances in science, medicine and psychology are showing that there is more to the idea of body-mind-spirit connection than was originally thought. In quantum physics one can record these observations and predict the outcome of the experiment. Doctors understand today that the mind can make the body ill – stress illnesses and conditions such as hypertension, ulcers and immune disorders easily demonstrate that.

Shambhavi Mudra

Mudra means gesture. Mudra expresses and channelizes cosmic energy with the mind and body. The energy from the body radiates out mainly through finger tips and toes. When the thumb gets in contact with the other fingers is directed back to vitalize various parts of our body. This is called as circuit by pass. Mudra not only improves the physical health also improves mental health by reducing the anger, depression, anxiety and increasing the peace. When mudra is done with the right hand, it affects the left part of the body and vice versa (7). Mudra therapy is a complimentary therapy and can be used side by side with any therapy.

With the COVID-19 pandemic there has been a demand for methods to focus and develop mental strength using various techniques. One of these techniques relate to Yoga and its different forms. Shambhavi Mudra is one such Mudra where through meditation and exercise one can channelize their energy for positive outcomes. In the present preliminary study using Kirlian photography the distribution of energy levels around the body is shown. The GDV (= Gas Discharge Visualization) Camera developed by Dr. Korotkov is a high-end device capable of measuring the state of health of the body by means of a highly sensitive electromagnetic field, and visualizing the result with the associated computer software.

For this purpose, the fingertips of both hands are placed, one by one, onto the lens of the camera. Through the electromagnetic impulses sent to the body within milliseconds, resonance signals of the body are forwarded to the measuring sensors of the camera, permitting an immediate evaluation of all vital functions. During the scan, a weak electrical current is applied to the fingertips for no more than a few seconds. The subject response to this stimulus is the formation of an electron consists of light energy protons. The electronic 'glow' of this discharge captured by the camera system and then translated and transmitted back in graphical representations to show energy and vitality evolutions. The images are then mapped to various organs and system of the body. The result of the study discussed with the health status, energy status and balance of the body.

Basic steps in practice of Shambhavi Mudra:

Shambhavi mudra is a practice of yoga with 30 min duration. Initial 10 min of physical exercise is followed by 20 min of breathing exercise.

For the readers' understanding the results obtained for an individual is shown in Fig 1 to Fig 4 portraying the distribution of energy levels before and after the Shambhavi Mudra. It is clearly demonstrated that the energy which is distributed unevenly before the Shambhavi Mudra exercise is balanced and evenly distributed after the exercise.

Every cell in the body, plants, rocks and objects vibrating energy and creates energy field. This electromagnetic field caught by the CDV camera and physical elements is represented by the holes shown in the aura Fig 1 before meditation. A perfectly healthy aura would not have any gaps (Fig. 2) after meditation.

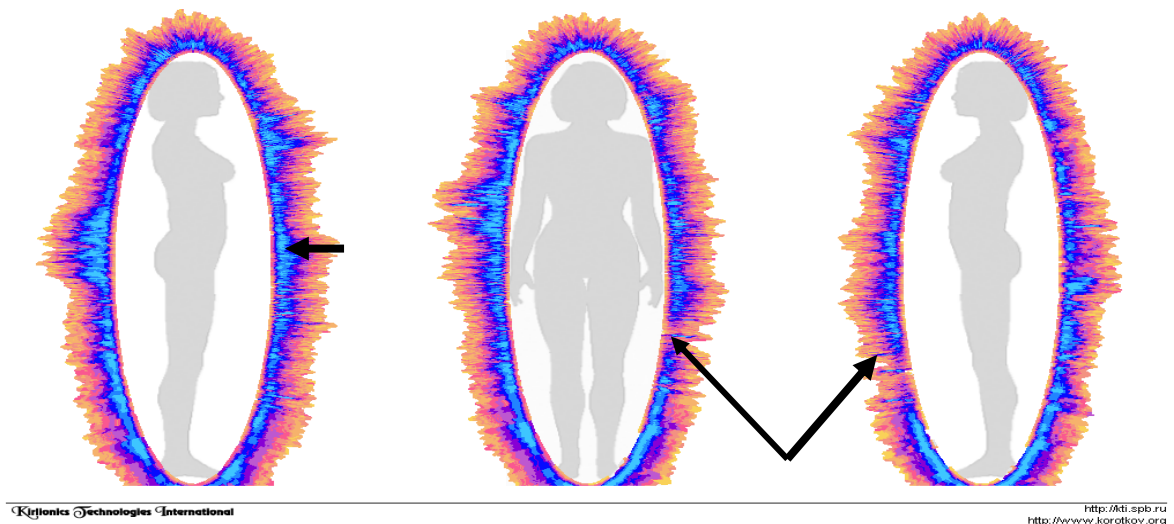


Fig.1. Gaps and random presence of Aura indicating uneven distribution of energy in the body

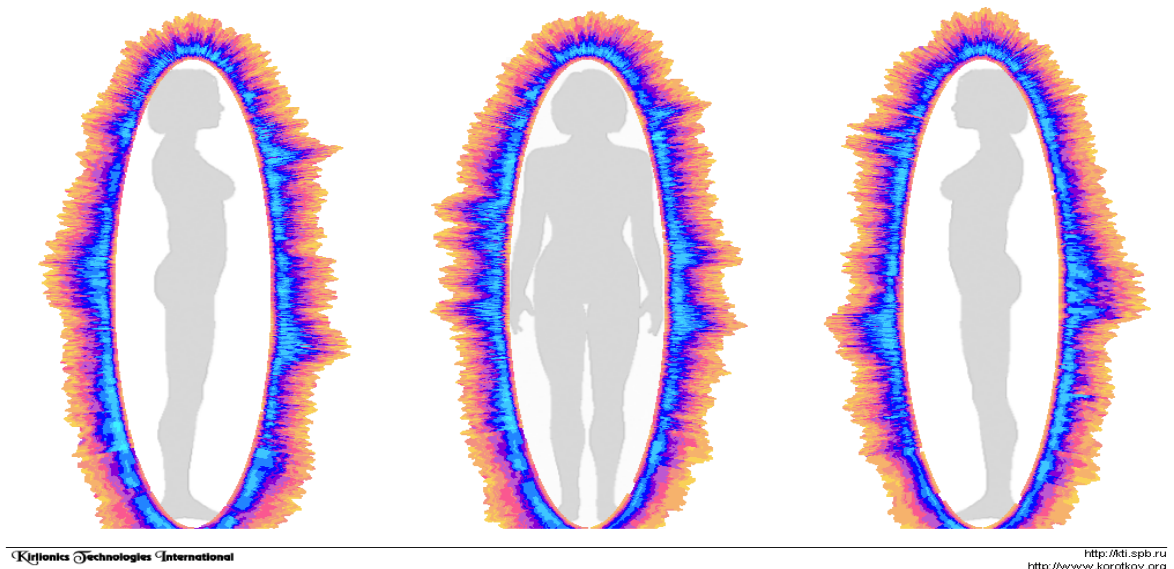


Fig.2. Balanced and complete Aura around the Body after Yogic Exercise

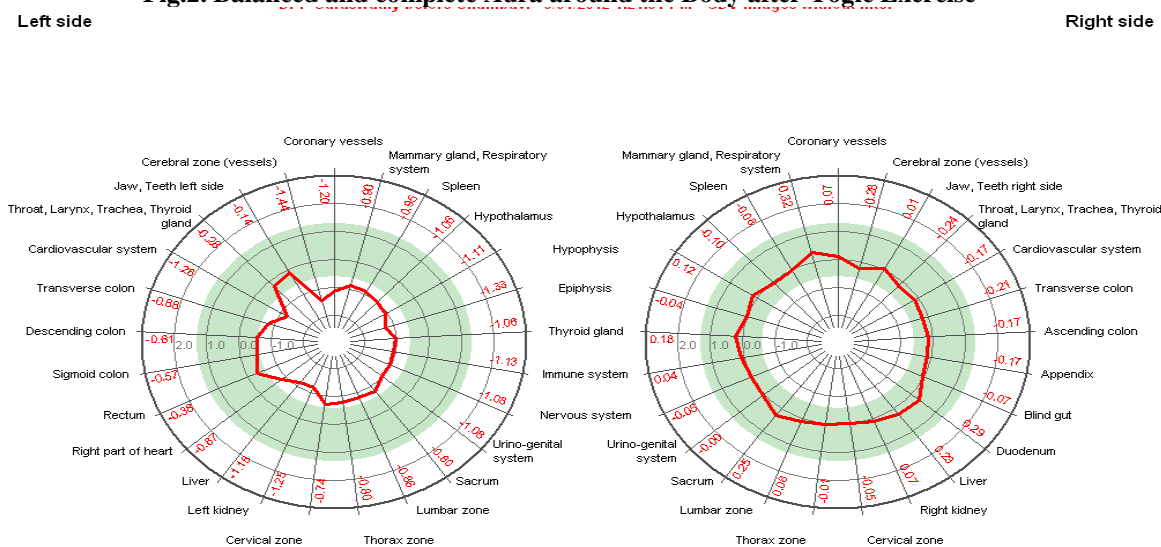


Fig.3. Uneven Distribution of Energy Fields between left (hypo) and right (hyper) sides of the Body

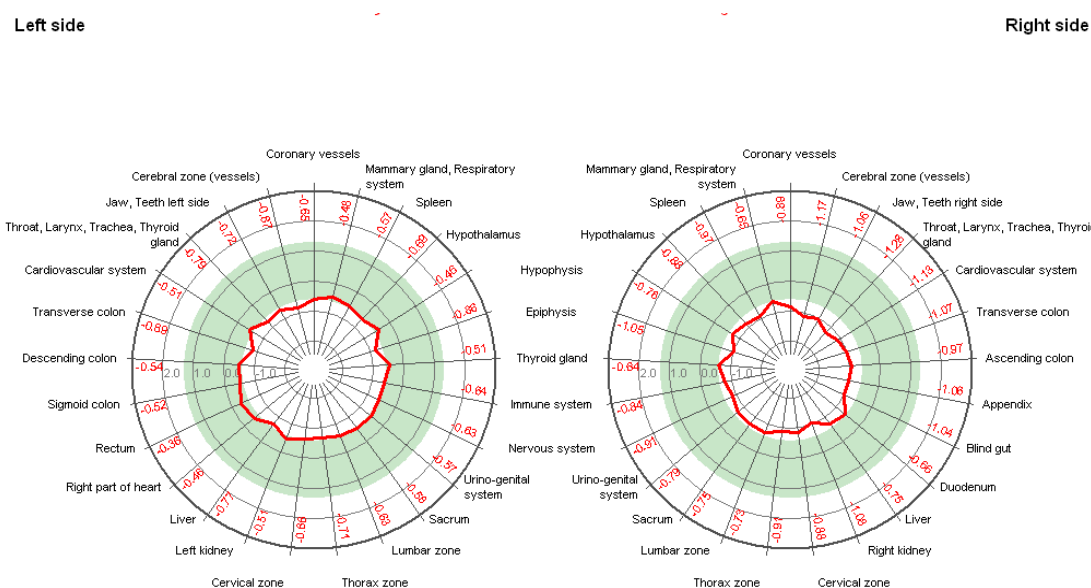


Fig.4. Even Distribution of Energy Fields on both sides after Yogic Exercise

The random uneven distribution of chakras between physical space and emotional space are regulated after the meditation. Before meditation the chakras are towards emotional space on the right side Fig 7. After meditation the chakras are balanced and brought near the mid line Fig 8. Almost all the chakras are brought to the mid line. Vitalizing and strengthening of the chakras are linked together with other energy systems.

Fig.5. Random Distribution of Chakras more Towards Emotional Space before the Yogic Exercise

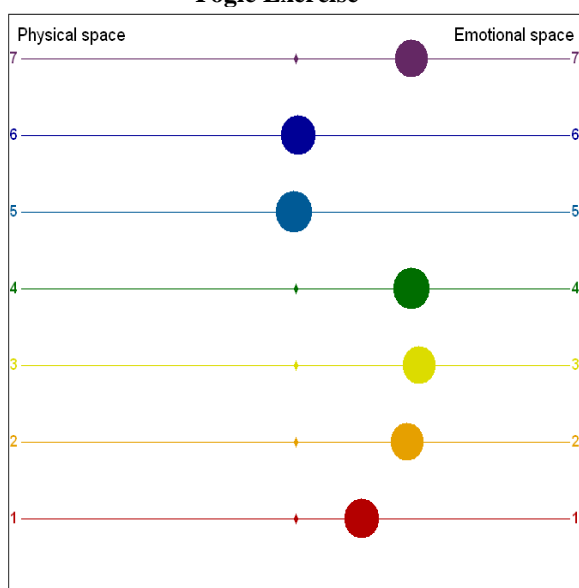
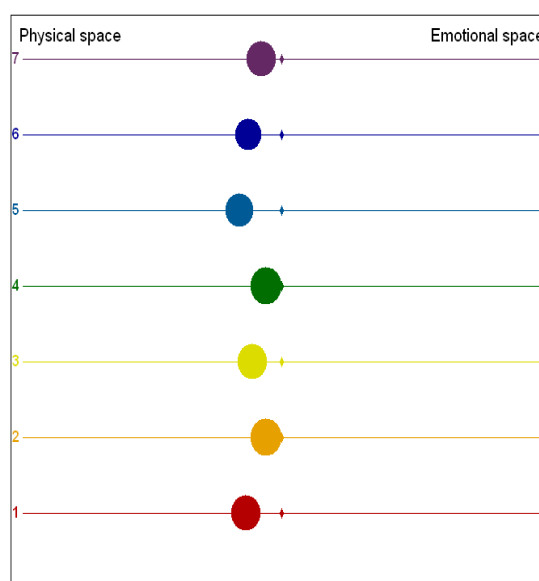


Fig.6. Balanced Distribution of Chakras between Physical and Emotional Space after the exercise



II. Discussion

The images obtained were shown to describe the possible effect of Shambhavi Mudra in regularizing the distribution of energy and proper aligning of chakras between physical and emotional space conducive to health. Therefore it will be worthwhile to conduct further studies with more human volunteers and understand the beneficial effects of such yogic exercise in restoring physical and mental health of people during a pandemic like COVID 19.

The name Shambhavi is a manifestation of Shakti the consort of Shiva in the human form through mudra, symbolic gestures in various contexts. It is stated that Shakti at the bottom of the spine lies dormant near or at the four-petal led psychic center (chakra). When awakened it travels through SushmunaNadi or conduit of Shambhavi shakti breaking through subtle centers Svadhisthana, Manioura, Anahata, Vishiddha and Ajna to unite with Shiva in the Sahasrara chakra. Shambhavi mudra has three attributes. With the help of an expert the person becomes inwardly attentive to Brahman, harmonizes the mind and prana, the vital energy attaining the state of stability enabling to visualize everything around the person (2). Acupuncturist stated that energy travels along hidden pathways called meridian, with needle point they influenced meridians and healed many illness 5000 years ago.

Yogi knows these too and called this pathway Nadis which means motion. There are more than 114 Nadis in the body. Many of these Nadis come together called Chakras and they contain some of the deep programming of the soul. Blocks in these Nadis can result in imbalance in the chakra has been done, deep programming of the soul in the chakra starts functioning and everything changes in life that is body, mind, behavior and emotion (5). The movement of Bio energy (action potential) along these channels (Nadi) dissolves the blockage and restores normal physiology. The movement of Bio energy charges every tissue of the body and creates Bio electro-magnetic field (2). An attempt has been made to give a scientific explanation for the beneficial effects of such yogic practices during lockdown period including mental health. The fields of energy distributed around chakras and Nadis are explained relating to nervous system of the human body.

Chakra

The position of the chakra is related to the nerve plexuses. For example, Moladhra chakra is related to sacrococcygeal plexus. It is in front of the tip of coccyx where two sympathetic chain meet and form ganglion impar external. Swadhisthana chakra is related to superior hypo- gastric plexus, Manipura chakra to coeliac plexus (solar), Anahata chakra to cardiac plexus and pulmonary plexus, Vishuddha chakra to pharyngeal and carotid plexus which monitor cerebral blood flow and heart rate, Agna chakra situated between the eyebrows at glabella which is related to the anterior part of the middle cranial fossa in the midline where two sympathetic chain meet over the anterior communicating artery called ganglion impar internal and Sahasrara chakra in the crown of the head related to the pre frontal cortex which receives communication from Agna chakra (5).

Nadis – Ida (left) and Pingala (right) are compared to a pair of ganglionated sympathetic trunks which are situated one on either side of vertebral column (spine). These chains convey visceral afferent and efferent impulses to the central nervous system (spinal cord and brain). These channels transmit the information fairly and quickly from the primordial energy of Kundalini at Moladhra chakra. Susumnanadis is the root of all the nadis which starts from moladhra chakra and located between external genitalia and the anus (perineal body). It is related to central canal of spinal cord (merudanda) which is filled of C.S.F. It extends up to the brain through the ventricular system. It is through these channels Prana or Kundalini shakti courses upward and reaches Sahasrara chakra (5).

Bandhas (Locks)

Bandhas are safety neuromuscular locks used during the process of breath holding in kumbakha. Antara kumbakha (glottis lock): It is holding the breath at the end of inspiration by the voluntary opposition of the vestibular folds of the larynx. Bahyakumbakha: it is holding the breath at the end of forced expiration by the voluntary opposition of the vocal folds of the larynx.

Kundalini shakti

It is considered as potential or supreme energy which is coiled like a serpent situated at Moladhra chakra close to the coccyx. SusumnaNadi within the spinal cord lies normally in a closed form and extends to the Moladhra chakra in close proximity to the kundalini shakti which is the crux (centre) of all yogic exercise. The Kundalini energy generated from the Moladhra chakra could have found a place through the SusumnaNadi to reach the ventricular system of brain.

Embryological explanation of Kundalini Shakti

The Hensen's node and primitive streak appears as cord of cells and regresses at the end of the third week of development without any remnant. It seems that some traces of primitive streak cells may persist and intermingle with the sacrococcygeal plexus which could be considered as the hidden power of Kundalini shakti. The enormous power generated from the dormant kundalini may be compared with the primitive streak which acts as primary organizer which induces the development of notocord and intra embryonic mesoderm. In turn the notocord acts as secondary organizer which induces the development of neural tube. The neural tube develops into brain, spinal cord and neural crest cells (6).

III. Conclusion

Traces of primitive streak cells in the sacrococcygeal plexus (primary organizer), Notocordal cells (secondary organizer) in the inter vertebral disc of spine and neural crests cells in the sympathetic chain at moladhra chakra could have been the cause of hidden power of kundalini in the yogic practice. The practice of Shambhavi Mudra could activate these energy centers and bring about a positive change in energy level around Chakras and Nadis to enhance the well being of the individual. This review tries to explain the beneficial effects of some of the ancient methods of exercise that helps to improve the health holistically.

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