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### THERAPEUTICS IMPACT OF PSYCHONEUROBICS ON MIND-BODY HEALTH MANAGEMENT AND ITS POSSIBLE SCIENTIFIC MECHANISMS

Dr Ravi Kumeriya <sup>1\*</sup>, Dr Yogesh Chopade<sup>2</sup>

1. Research guide Yoga Samskrutham University

2. Psychoneurobics Scholar Yoga Samskrutham University

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#### ABSTRACT

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This study attempts to summarize beneficial effects of Psycho Neurobics on different systems of body in maintaining of normal health as well as in prevention and treatment of many non-communicable diseases. Current evidences of effects of Psycho Neurobics in many studies as well as the possible scientific mechanisms of these effects are discussed in this review article. Psycho Neurobics is beneficial in psychological stress related diseases, and diseases related to cardiovascular, respiratory, reproductive, diabetes, thyroid etc. It also has a proven role in immune system, cancer and even at genetic level but extensive research is required for firmly establishment of such benefits. Possible scientific mechanisms of health benefits of Psycho Neurobics are by increased vagal activity and decrease sympathetic activity. Psycho Neurobics is relatively safe, cost-effective, and easy to be practice as a part of self-care behavioural treatment everybody should practice psycho Neurobics in day-to-day life for maintenance of better health and prevention of diseases as well as alternate therapy to medicines for treatment of some diseases under appropriate supervision

##### Corresponding Author

\*Kumeriya R.

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### INTRODUCTION

Several studies suggest that mind-body connection, an important component of integrative medicine or complementary and alternative medicine (CAM) like Psycho Neurobics may be effective in reducing biologic measures of stress and thereby can hasten the healing process from disease. Moreover, diet, lifestyle and stress management are important components of Integrative medicine (IM). Psycho Neurobics cognitive-behavioural practices, takes trident approach using Raas Rang and Naad, (Mudra, color and mantra/sound) along with deep breathing exercises etc. which are important components for healthy well-being. This

article reviews the various latest studies of effect of Psycho Neurobics on various ailments with possible scientific mechanisms.

#### About Psycho Neurobics

Psychoneurobics is the exercises of transferring spiritual energy in Neurocells by connecting psyche (mind) to the supreme source of spiritual energy.

Psychoneurobics is the best methodology to guide our mind in order to utilize our mind power for creative work, to heal our body and keep our body and mind healthy.

Practicing Neurobics daily makes our mind and body fully fit for ever. A Trident approach with muscular –respiratory actions,

sound vibrations and visualizations of different color of light makes Neurobics highly effective to ensure a cure from various diseases.

In all these activities, our psyche (mind) is involved. All other forms of exercises may involve mechanical or physical activities but here visualization of colors shower from Supreme source of Spiritual Energy is most essential phenomenon. Visualization of color showers helps more than 80%. Without mind involvement psycho Neurobic exercises are incomplete.

Therefore, blending hand gestures and regulated deep breathing exercises with mental exercises of receiving spiritual energy or current of Supreme Soul through visualization of different color showers coming from Supreme soul and transferring into neuro cells of body and feeling it called Psychoneurobics.

#### **Why it is Important?**

Staying healthy in present time is more a matter of positive thinking and healthy lifestyle than popping pills and going for medical examination. Modern science has acknowledged the role of psyche, thoughts and emotions in triggering healthy and unhealthy responses in the body. Whenever we hold something in our consciousness, it blocks the flow of life energy in the neuroendocrine axis leading to many diseases. Meditation establishes a direct link between sole mind activities (mental and emotional activities) and physical well-being (Healthy body)

Meditation is the science and art of harmonizing spiritual mental and physical energy through connection with the ultimate source of spiritual energy called the supreme soul. It is the state of soul consciousness and positive life style.

During the 'Golden Age of India, 5000 years ago, our lifestyle was entirely different from what we live today. Today, we can only dream about that healthy lifestyle.

It is possible to live like in the Golden age, today?

Interestingly, the answer is yes.

But we need to understand what actually a healthy lifestyle is.

'Meditation' is a term used to describe this unique and healthy lifestyle that prevailed

in India, 5000 years ago. There were no specific exercises meant for physical and mental fitness but people enjoyed good health through this unique 'Meditation'.

It was called "Meditation" because this lifestyle ensured a full flow of mind energy to our neural system and kept all our energy centers active through the activation of the endocrine glands. The basic element of meditation was Folk dances comprising of three element explained below: -

**1. Rhythmic dance (Raas)** - had some unique postures with coordinated foot step and hand gestures (Mudras). It helped retain our energies within ourselves instead of letting them drain out like now. This dance ensured 100% transfer of mind energy to our neural system through brain. 'Raas' which was popular almost 5000 years ago during the period of Lord Krishna is popularly known and accepted today.

**2. Colors (Rang)** from different gems- India was known as a Golden Bird. Various gems worn by humans radiated colors that significantly lowered the metabolic rate that had a very significant positive effect on health and well-being. The colorful radiations had a very soothing and harmonious effect on the mind body.

**3. Sound (Naad)** - was produced by various musical instrument. It had a harmonious effect on the mind and body system as compared to the musical sounds prevalent today. During the Golden Age in India, the sound vibrations produced by the musical instruments maintained the harmonious vibrations of all five elements in the body keeping the body robust, healthy, young and beautiful.

Combined effect of these 3 factors (Raas, Rang and Naad) led to a much reduced metabolic rate enhancing life span and quality of life. People always looked young with glittering personalities like "The deities living on earth" and the average age of people in those times was 150 years. They never looked old.

#### **Raas (Easy Psychoneurobics)**

Our body is a huge chemical factory. It has many glands which secret hormones, acids, enzymes, endorphins and various other chemicals for harmonious functioning of body

and mind. They generate energy, cosmic energy or bio energy or electromagnetic energy (Whatever be the name), this energy flows maximum in our finger tips. The Thumb is symbolic of Sun's Energy i.e. FIRE (heat), intellect and wisdom. The Index Finger Symbolizes Air (Movement and air circulation). The middle represents space and sound, the Ring Finger represents (Strength, vitality, stability); while the little finger symbolizes Water and youthfulness. When these fingers are joined individually or separately with the Thumb, their power is enhanced; their bioenergy is increased to achieve optimum balance. For example, joining the Thumb with the Index Finger increases memory and intellect; joining Thumb with Ring Finger Increase Strength and vitality; joining the Thumb with the little finger increases youthfulness and water content in our body, while joining the Thumb with the middle finger increases space and sound. Conversely, when each of these fingers is folded and pressed with the Thumb it tends to restore balance by decreasing the excessive energy of the element represented by the particular finger. In both ways, balance is restored in the body between various elements.

Each Finger is divided into three parts. When we touch the lower part, the corresponding element is increased, when we touch the Middle part, the corresponding element is decreased.

When we touch the upper part the corresponding element is balanced. This is the basic principle of science of Mudras.

The fingers can be used individually or collectively or in various combinations to form a variety of Mudras.

#### **Rang (Light Psycho Neurobics): - Light Meditation with 'Sunlight':**

Natural sunlight has a tonic effect on the mind, body and spirit. For this reason, it helps to relieve most common ailments. In general, exposure to sunlight enhances feelings of confidence and self-esteem, encourages relaxation and improves to stress and illness. Controlled doses of sunlight have been effectively used to treat seasonal depression and weight gain as well as chronic tiredness and lethargy. Light therapy helps to

enhance fertility, eases arthritic and rheumatic conditions and increases immunity to infections.

#### **Healing energy from the sun corrects vibrations in the physical body:**

It is said that in ancient times, people were able to see light and its component colors as luminous, swirling lights that flowed into, through and out of everything. In vibrational healing, sunlight is seen as having a cleansing, refreshing and revitalizing effect on the subtle anatomy.

One of the main functions of the aura, surrounding the body is to absorb white light and split it into its components of different colors. Each subtle body absorbs the ray that corresponds to its own color. The energy of the ray then flows to different parts of the subtle anatomy and the body to refresh and revitalize them, either by building and repairing process, or by the elimination and disposal process. In this way, the ethereal fluids help to transport light energy directly into the cellular structures.

Light energy rays are also drawn in, through the chakras distributed along the spine, and then throughout the body's systems. Each chakra absorbs a particular color frequency from the white light. The energy then flows through the extraordinary and ordinary meridians, organs, blood and nervous system to the cells, cleansing and revitalizing as it goes.

#### **How a color therapy works?**

There are various approaches to heal with color. Some color therapists believe that each vertebra is associated with one of the seven spectral colors as well as being related to a particular organ or a part of a body. These colors are repeated in a sequence down the vertebra, increasing color density from the neck to the base of the spine. Visualizing different colors through third eye activates the respective subtle energy centers in the body, which in turn direct the flow of energy to the respective systems of the body in order to purify and remove blockages and make them healthy.

In normal health, each vertebra emits energy at a given frequency which the therapist perceives as color, sound or both. In

ill health, variations in these patterns occur. By interpreting such changes therapists can recommend a color prescription based upon a person's individual needs.

On a more ethereal level, using color vibrations, to restore harmony to the energy systems can encourage healing at the levels of mind and spirit.

#### **Color breathing and Color showers:**

This is a visualization technique, which involves imagining breathing in a particular color or feeling showers of colors coming from cosmos or divine source. The inhaled color or color showers are mentally directed to the associated areas of illness, blockages and dysfunction or to those bodily systems that are in need of revitalization. There are variations in this technique, which allow the visualized colors to nourish the chakras, subtle bodies and aura.

#### **Naad (Sound Psychoneurobics)**

Modern sound therapist suggests that illness occurs when energies relating to the mind, body and spirit vibrate at incorrect frequencies. As a result, the whole vibrational being goes out of tune. They believe that there is a natural note which resonates with each individual as well as with each area of the body.

Sound can be used in many ways to encourage healing. Most sound therapy involves using the voice, tonal sounds and music, sometimes all three. Some techniques such as cymatics involved using a machine that transmits specific vibrations. Sound Neurobics ranges from the simple repetition of mystical words to the more complex rhythm and arrangements of notes, which have the ability to alter our moods and emotions, melt physical tensions, regulate biological process and raise steps of consciousness.

Sound is a form of vibration. When you pluck the string of a musical instrument it causes the air around it to be compressed and then expand. This gives rise to sound waves which travel through space at around 330 meters per second. The rate at which a wave vibrates is known as its frequency and is measured in Hertz. Different tones are produced by change in frequencies of vibration. The higher the frequency of the

tone, the higher is its pitch. Human have a sonic range (range of hearing) which extends from 20 to 20000 Hertz. Sounds above 20000 hertz are referred to as ultrasonic. We respond to sound with more than our ears. The entire human energy system responds to the sound waves in our environment. Healing sound synchronizes body, mind and soul. Ayurveda medicine uses certain primordial sounds which have potent effect on the mind, body and spirit. Silently reciting, the appropriate sound in the course of mantra-induced meditation stills the mind and slows the breathing right down. Studies show that such sound have the power to inhibit the proliferation of cancer cells.

### **THERAPEUTICS IMPACT OF PSYCHONEUROBICS ON MIND-BODY HEALTH MANAGEMENT**

#### **Psychoneurobics & Memory**

The brain is said to be the destination of the psyche and mental capacity. Psycho Neurobics is the practices of taking Spiritual Energy in Neuro cells by interfacing Psyche (Mind) to the Supreme Source of Spiritual Energy (God). Psycho Psychoneurobics practice makes our body and mind totally fit forever. In Psycho-Neurobics we take in the immense essentialness through the power of the brain and trade it to our body Neuro system. It facilitates sound, concealing and basic Neurobics. It animates neural activity to reinforce and develop brain cells consistently. Neurobics actuate neural systems to work and builds blood supply to the brain. Neurobics exercise includes legitimately with the cortex [1]

Sheela grace (2018) used enlightening Neurobics, Blissful Neurobics, Dynamic Neurobics, Color Therapy, Memory Techniques and Neurobic Machine to check for state of mind to bring improvement in Memory and Concentration

Kanthamalee, et.al. (2014) conducted Neurobic Exercise Program which improved the memory retention in the elderly with dementia with statistical significance.

Sushma TS (2020). [10] Conducted a study on Effects of psycho neurobics on mental focus and memory enhancement on a group consists of total of 50 students were

considered for the test. These were from the 11–22-year age group. Out of these 25 were a part of the control group and 25 were a part of the experiment group. These students belonged to the Aluva Taluk Area. The 25 students were given Psycho Neurobics training and made to undergo various tests. The other lot of 25 students were not given any training in Psycho Neurobics. Each student's level of memory was tested using the following tests:

Neurobic exercises are an extraordinary brain practice program reliant on the latest revelations of sensible examination. The brain practice program is presenting a mix of actual faculties, including hearing, vision, smell, taste, contact. It vitalizes neural movement to strengthen and create brain cells reliably. Neurobics activate neural frameworks to work and assembles blood flexibly to the brain. Neurobic practice incorporates authentically with the cortex and hippocampus, arranged at normal transient projection that goes probably as a fleeting store for new information and afterward gradually moves to enduring accumulating in the cortex. The sentiment of smell is related with emotional memory and stores information to improve the memory the experiment is a testimony of the same and successfully concludes that Psycho Neurobic Practices are very beneficial for mental concentration and memory enhancement. [10]

#### **Psycho Neurobics & Academic Performance**

G. Uthaya Banu (2018) observed that the practice of Psycho Neurobics gestures, regulated breathing and mental visualization, sound vibrations had a significant effect in improving the academic performance better judgment and thought process, academic performance [3]

R. Maheshwari (2018) conducted a study which proved that the effect of Psycho Neurobics had a significant effect on enhancing self-assertiveness to self-empowerment among students of age group 13-14 (Grade VIII) of Satchidanandan Jothi Niketan International School. [4]

**Psycho Neurobics & Relief in Stress & Anxiety:** Shubhra Agrawal Gupta (2018) Psychoneurobics given preoperatively can

help patients to relieve anxiety and reduce their stress response to surgery. It reduces preoperative cancellation of surgeries by controlling blood pressure and anxiety level. It also can make them better cooperate during surgery and feel more satisfied with operative procedure found that Psychoneurobics given preoperatively can help patients to relieve anxiety and reduce their stress response to surgery. It reduces preoperative cancellation of surgeries by controlling blood pressure and anxiety level. It also can make them better cooperate during surgery and feel more satisfied with operative procedure [5]

Amarnath (2017) conducted the study which revealed that there was a significant decrease in the level of test among women in the post-test. The effectiveness of psycho Neurobics practice on stress among women using paired t-test which showed remarkable improvement [8]

#### **Psycho Neurobics & Diabetes, obesity**

Vandana Chhabra (2018) [2] The goal of this study is actually finding out the usefulness of Psychoneurobics practice on Blood Sugar Levels. Diabetes is actually a problem brought on by the body's failure to regulate insulin levels, which may result in tissue damage and organ failure. This analysis is actually focused towards managing the sugar levels by building Psychoneurobics exercise is actually a part of the daily routine "Psycho Neurobics" is actually a meditation method for effective healing through total fitness of the mind, soul and body. The experimental strategy for the analysis was checking the sugar levels before and after the session for a team consisting of females and men of mixed age. The Psychoneurobics practice revealed that there's a drop in blood sugar level, hence improving the quality of life.

(R. Maheshwari, Effect of Psycho Neurobics to reduce Hypertension of seafarers (2018)) Hypertension is actually discovered to be on the list of main illnesses and even obesity of the Indian public. Psycho Neurobics is able to work beyond the traditional medicine to lessen the Hypertension. The current study is actually aimed to assess the usefulness of Psycho Neurobics in reducing Hypertension of

the instructors of Satchidanandan Jothi Niketan, Kallar in the age group of forty to fifty years. Psycho Neurobics helps in producing the ideal vibrations in the body using certain colors, mudras and sounds. Through this the frequency of the subconscious mind of ours may be raised, which helps to improve the strength of our soul and mind. 10 teachers had been selected and the Blood Pressure of theirs was tested. Psycho Neurobics session was carried out for 10 days for about half an hour and blood pressure was evaluated after ten days using sphygmomanometer.

Binny Chauhan (2020) [10] conducted a study on a group of 50 participants, along with a group of 100 non participants. The total subjects of study for this research paper were  $50 + 100 = 150$  participants. These participants were subjected to three variables (also called interventions)

- Psycho Neurobic Exercises
- Yoga
- Diet

These three interventions were tested on the selected group of 50 participants and the results obtained and tabulated on the basis of three variables as mentioned above. After this, the Pearson's Chi Square Test was performed on each of these variables and their data to check for the effectiveness of the variables and their impact on the lives of the participants

The experiment was performed daily over a period of 45 days and proved to be successful. All the three hypotheses assumed have been verified by the Chi Square test and clearly indicate that Psycho Neurobics, Yoga and Diet are very effective in dealing with Diabetes. These are very easy to perform regimes and cause long terms benefits, if done regularly.

All the three interventions i.e psycho neurobics, yoga and diet have been proven successful in dealing with obesity. [10]

#### **Psycho Neurobics & High Blood Pressure**

Ravi Kumeriya (2020) conducted a study of loveful Psycho Neurobics. The primary goal of the study examination was to explore the adequacy of Loveful Psycho Neurobics Meditation on High Blood Pressure

among moderately aged men at Pimple Saudagar zone in Pune. The examination was done on an example of 50 nos', 25 nos' as controlled Group and 25 nos as Uncontrolled at Pimple Saudagar region in Pune. The examples were chosen as Middle age men who have been found as High Blood Pressure. Sphygmomanometer and stethoscope were utilized to gauge the Blood Pressure during Regular Practice of Loveful Psycho Neurobics Meditation was completed for 4weeks for the span of 60 minutes. In 1-hour 40 minutes for Training and 15 minutes for the Meditation practice. From the above ends, the speculation that there might be huge impact in "Bringing down High Blood Pressure among Middle Age Males in Pimple Saudagar region in Pune by rehearsing Loveful Psychoneurobics Meditation" was acknowledged and held. Normal act of Loveful Psychoneurobics Meditation practice had quicker recuperating impact was acknowledged

Hypertension is actually discovered to be on the list of main illnesses of the Indian public. Psycho Neurobics is able to work beyond the traditional medicine to lessen the Hypertension. The current study is actually aimed to assess the usefulness of Psycho Neurobics in reducing Hypertension of the instructors of Satchidanandan Jothi Niketan, Kallar in the age group of forty to fifty years. Psycho Neurobics helps in producing the ideal vibrations in the body using certain colors, mudras and sounds. Through this the frequency of the subconscious mind of ours may be raised, which helps to improve the strength of our soul and mind. Ten teachers had been selected and the Blood Pressure of theirs was tested. Psycho Neurobic session was carried out for ten days for about half an hour and their blood pressure was evaluated after ten days using a sphygmomanometer [4]

#### **Psycho Neurobics & reversal of thyroid**

CA Falguni Rakesh Bhatt (2020) presented a case report to demonstrate that Thyroid disease can effectively be reversed without conventional medical interventions. It also emphasizes the importance of daily Meditation and by adopting a healthy lifestyle as a first line intervention for all patients but

especially in the particular case of patients suffering from primary Hypothyroidism

This case study of reversal of thyroid was concerned with analysis of Effective use of Peaceful Psycho Neurobics Meditation along with Basic Psycho Neurobics in providing positive effect on reducing or reversing Thyroid Disease. Having reversed (cured) 18 years old thyroid disease of Patient "A" by performing Psycho Neurobics Meditation

The study observed that in recent times there is a paradigm shift in patient thinking as they prefer Complementary and Alternative therapies such as yoga, meditation and change in life style are being increasingly used as adjuncts to modern medicine. It has been suggested that yoga, raj yoga and all types of meditation like Psycho Neurobics have a positive role in revitalizing thyroid function as well as improving psycho-neuroendocrine function on the whole (James Funderburk 1977, Singh RH 1982). The present case study could be the first case of heredity thyroid which was treated and healed with only through lifestyle modification and Psycho Neurobics meditation interventions. The present case study provides therapeutic evidence of complimentary and definitive strategy to heal patients suffering from thyroid disease. [9]

#### CONCLUSION

From the various latest studies mentioned above it can very well be concluded that Psycho Neurobic Practices are beneficial in prevention and treatment of many diseases related to cardiovascular, respiratory, reproductive system and cognitive developments etc. It is one of the safe and easy methods for mind-body- health management with promising results in many non-communicable multi-factorial chronic diseases

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