



ISSN: 2456-4419

Impact Factor: (RJIF): 5.18

Yoga 2022; 7(2): 109-112

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www.theyogicjournal.com

Received: 26-05-2022

Accepted: 29-06-2022

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Mental rejuvenation through yoga nidra

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DOI: <https://doi.org/10.22271/yogic.2022.v7.i2b.1339>

Abstract

Yoga nidra is the state of yoga in which one is able to control his own emotions and efforts while in sleeping. The objective of present study is to revealing the benefits of yoga nidra for mental stress. Balanced biological state, psychological and social factors which may be able to control mental ability and environment termed as mental health. Yoga nidra is profound as the meditative state of Samadhi. Yoga nidra is the way to stand up to all the life problems and still lead a stress-free life. It has immense benefits, which helps us to organize our inner thoughts and stay focused on solving issues with a positive attitude.

Keywords: Yoga nidra, anxiety, insomnia, mental rejuvenation

Introduction

Yoga is the combination of spiritual, mental and physical activities which generated from ancient Indian cultures aiming to recognizing mundane sorrow and its consciousness with controlling the mind and souls. According to (Burley, 2000) [3] western world understand yoga as the form of a series of physical poses which enables stress free and mental relaxation. (Burley, 2000) [3], (Jantos, 2012) [8] differs the meditation and traditional yoga for releasing mental stress in their studies.

Grimes (1996) [7] stated that the final aim of yoga is the controlling the mind and obtaining the imminent for determining self-awareness and liberation form sorrows leading to unity and divine with one's self. These objectives differ by religious or philosophical system. According to Ashtanga yoga, the finite aim of yoga is to attain position of Samadhi and staying in that position of complete awareness.

The Patanjali yoga sutra outlines the eight limb or steps which should be followed by individual to reach moksha. There are 8 limbs of yoga includes, the Yama, The Niyama, The Asanas, The Pranayama, The Pratyahara, The Dharama, The Dhyana (Meditation) and Samadhi (Union with god) respectively.

There are four major way of Yoga e. i. The Bhakti Yoga, The Karma Yoga, The Raja Yoga and The Jnana yoga for gaining goal of yoga. David frawley stated in his books that concentration on mind, emotions with sense on the divine is Bhakti yoga. Whereas the Raja Yoga is a comprehensive technique emphasizing meditation, which openly deals with the confronting and multiplied thoughts of the mind. The Yoga Nidra is a most important meditation technique which enables one's feel relaxed and peaceful.

Yoga Nidra.

An old but little-known yoga technique called yoga nidra is gaining popularity as a type of dhyana and a mind-body therapy. This is a meditational approach to guided relaxation, usually practiced for 35 to 40 minutes at a time.

A condition of perception between sleep and wake termed as yoga nidra or yogic sleep is now commonly brought on by guided meditation. Shiva and Buddhist tantras link yoga nidra to meditation, while some mediaeval hatha yoga books use the term yoga nidra to refer to the profound meditative state of Samadhi.

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Shiva and Buddhist tantras are the first to link yoga nidra to meditation. Yoga nidra is referred to as "peace beyond words" in the Shiva literature *Cicinmatasrasamuccaya* (7.164), and that is described as a condition in that fully-realized Buddha's can find undisclosed awareness in the *Mahamantra* (2.19ab) (Birch & Hargreaves, 2015) ^[1]. Yoga nidra was initially used as another word for meditation, a insightful state of contemplative perception where the practice nor no longer moves, thinks, or take breathings, in the 11th or 12th century in Raja-yoga and hatha-yoga books. According to The *Amanaska* (2.64), a yoga in awakens from the conclusion of his yogic sleep "just as anyone who has unexpectedly awake from nidra becomes conscious of sense objects" (Birch & Hargreaves, 2015) ^[1].

In the modern era, Satyananda Saraswati asserted that he had experienced yoga nidra while residing in Rishikesh with his mentor Sivananda Saraswati. He developed a system of guided meditation for relaxation in 1976 (Saraswati S. S., 2009) ^[17], which he promoted in the middle of the 20th century.

In modern era yoga-nidra is the state of sense in that the human body feels entirely peaceful and the yogi become aware of insight awareness by following of verbal instruction (Ross, 2009) ^[15], (Desai, 2017) ^[6].

(Ross, 2009) ^[15], (Boccio, 2004) ^[2] stated that this consciousness state varies from meditation, the meditation required to focus on tip of the object. In yoga-nidra, the seeker is in a state of losing the light of the 5 senses (*pratyāhar*), in which the four senses are internal, withdrawn and only the process of listening is still connected to any instruction given (Ross, 2009) ^[15].

Steps to peaceful yoga nidra

1. Lie down straight on your back on the yoga mat in the savasana position with your eyes closed. Begin taking deep, slow breaths to relax.
2. As you continue taking deep, slow breaths, focus your attention on the left foot. Keep your foot as relaxed as possible, and slowly move upward to your left knee, left thigh, and waist.
3. Repeat step 2 with your right leg while keeping your eyes closed and taking deep, slow breaths. You must become aware of your entire leg and its existence.
4. Gradually, move your attention to the rest of your body parts: stomach, chest, naval region, hands, shoulders, neck, and face.
5. When you slowly move your attention upward, focus on your palms, fingers, wrist, forearm, biceps and shoulder. Also, think about your throat, nape, back, and forehead. Just realize yourself of your entire body's presence and try to stop your mind from wandering around.
6. Continue taking deep, slow breaths and experience your body's sensation and all of its different parts. Relax your mind and body for 10 to 15 minutes.
7. After a few minutes (5-7 minutes), turn to your right and keep gradual, slow breathing. Repeat all the above steps and stay like that for a few minutes. Then, slowly sit up and open your eyes.
8. After waking up, you'll surely feel relaxed and rejuvenated. However, it'll take a few more tries for you to get accustomed to Yoga Nidra.

Mental health

As per the world health organization the status of absence of mental illness is known as mental health. Or it can be the

balanced state of biological, psychological and social factors which may be able to control mental ability and environment.

Determinants of mental health

Mental health of individual may be determined any time by certain multiple social, biological and psychological factors. For example, violence, aggression, depression, socio-economic pressure is recognized risk to mental health. Poor mental is may be related with rapid social change, gender discrimination, unhealthy life style, stressful working conditions, violation of human rights and physical ill health. Miller (2005) ^[12] describes yoga-nidra as the restoration of natural functions of body, sense and mind for awaken of 7th sense.

Yoga nidra reduces stress & anxiety

Yoga nidra has been proven effective in reducing stress and anxiety. A 2018 study published in the International Journal of Yoga revealed that yoga-nidra was more effective than meditation at reducing both cognitive and physiological symptoms of anxiety. Chronically elevated stress hormones like cortisol and epinephrine lead to increased inflammation, heart disease, fatigue, stroke, sleep disorders, and chronic pain. It's important that we make time for our health now, so we don't have to make time for our disease later.

Another study looked at H R inconsistency, which is a sign of ANS balance and found that yoga nidra (alone or preceded by an asana practice) improved Heart Rate Variability. The practice of yoga-nidra shifted the control of the autonomic nervous system toward the PNS. The PNS is what governs our relaxation response, commonly referred to the "rest and digest" response.

Yoga nidra slows down your brain waves

The learner is guided by yoga nidra into the deepest sleep possible, during which the brain emits theta (4-7 hertz) and delta waves (1-3 hertz), where the practicenor awake the all-time. Theta Condition is a status of very profound rest; that is used in hypnosis and during rapid Eye Movement claims Theta Healing 4-7 cycles per second is the frequency at which the brain waves slow down. Theta waves are usually imaginative, filled with inspiration, and highly spiritual. According to popular belief, this mental state enables behaviour lower the level of the awaking mind. On the other hand, delta waves, which occur during profound, dreamless sleep, are the slowest waves, occurring at a rate of 1-4 cycles per second. When our brain waves have slowed down to the delta level, it is when our body has an opportunity to rest, restore and heal.

Yoga Nidra: Heal Trauma

Trauma recovery can be aided by yoga nidra. The department of defense in 2006 performed study on Army Medical Center at Walter Reed on the usefulness of yoga-nidra on military recurring from Afghanistan and Iraq with post-traumatic stress disorder. According to a Boston Globe article. Due of this, weekly treatment programmes for military in many VA clinics across the nation now include yoga nidra.

Reduces chronic pain

Yoga nidra provides our bodies with the time they need to organically heal. Do you still recall the delta waves I mentioned earlier? Also, what about the parasympathetic nervous system? Yoga nidra assists us in shifting from doing to being so that we can relax. The US military doctors

approved yoga nidra as a treatment for chronic pain, the Boston Globe reported earlier. Yoga sleep offers the body time to relax, recoup, and rebuild, which reduces inflammation and enhances the immune system's performance.

Reduces PMS symptoms

There have been a few research on the effectiveness of yoga nidra in easing PMS symptoms. In one recent study, it was found that learning and using a programme based on yogic intervention (Yoga Nidra) greatly improved the wellbeing, anxiety, and depression of patients with menstrual irregularities who also had psychiatric issues.

Make some time for yoga nidra if you're feeling low on energy, anxious, depressed, or irritated. It's really helpful when aunt "Flow" is in town, in my experience. My energy increases, I am less agitated, and my emotional state is more generally "even."

Reduces insomnia and improving sleep

Yoga nidra helps people fall asleep and lessens insomnia. Sleep deprivation and insomnia are linked to immunological suppression, stress management (or lack thereof), and mental illnesses. Adults and adolescents should receive seven to nine hours of sleep each night, according to the National Sleep Foundation. Yoga nidra teaches the body and mind to unwind and make it simpler to enter deeper sleep stages. Yoga nidra for 45 minutes can replace up to 3 hours of sleep!

Our physical and mental health depend on sleep. Insomnia and lack of sleep can cause more problems than just anger and dark circles under the eyes. If you're having trouble falling asleep, you might encounter: poor memory and trouble concentrating, heart disease, heart attack & stroke, hypertension, low libido, weight gain, diabetes, a weekend immune system, increased inflammation if you have trouble falling or staying asleep at night, yoga nidra is a fantastic approach to supplement your sleep. During your lunch break or shortly before bed, you may give yoga nidra a try. Crawl into bed and get ready for a good night's sleep.

Reduces Type 2 diabetes

Yoga-nidra and other types of deep relief can potentially benefit people with type 2 diabetes. A study of Huffington published in the Ind. J. of phy. And pharmacology stated that Yoga-nidra may provide relieve the symptoms of diabetes and help in controlling blood sugar levels.

While lying in shavasana, Swami Rama teaches a type of yoga-nidra that comprises an exercise called shavayatra, inner pilgrimage which guides the mind to sixty one sacred places of the body. Shithali karana, a second exercise that serves as a warm-up for yoga nidra, is claimed to bring on "a very deep level of relaxation. It is also done in shavasana and involves 5 or 10 repetitions of exhalations that are supposed to be directed from the crown of the head to various spots on the body. Directed breathing is used during the yoga nidra exercise, which includes reclining on the left side, then the right side, and finally in shavasana. When in shavasana, the concentration is drawn to the eyebrow, throat, and heart centers or chakras (Rama, 2016) [14]. Richard Miller, a pioneer of yoga therapy in the west, created the Integrative Restoration (iRest) methodology to employ yoga nidra to help injured troops recover (Miller, 2005) [12].

Yoga nidra has inconsistent scientific support for its effects. Swami Rama demonstrated conscious entry into NREM delta wave sleep through yoga nidra in Parker's (2019) [13] single-observation study on a well-known yogi, while a student

produced delta and theta waves even while talking and keeping their eyes open (Parker, 2019) [13]. Datta and colleagues (2017) [4] created a therapy model, and it appeared to be helpful for those with insomnia (Datta, Tripathi, & Mallick, 2017) [4]. Yoga nidra had a positive impact on the sleep of 45 male athletes, according to Datta and colleagues in 2021 [5]. They note that sportsmen frequently experience sleep issues.

There has been primary research on a variety of yoga nidra topics, sometimes on a modest basis. The prefrontal cortex, cerebellum, and sub cortex, which control activities, all have lower blood flow, which is related to the reduced urge for activity in the condition (Kjaer, Bertelsen, Piccini, Brooks, Alving, & Lou, 2002) [9]. In accordance with another study, yoga nidra, whether or not it is preceded by a session of hatha yoga asanas, increases heart rate variability, a gauge of the autonomic nervous system's balance (Markil, Whitehurst, Jacobs, & Zoeller, 2012) [11].

Summary

No matter how much we reject, the anxiety, the stress, the fatigue, and constant thinking is entrenched in our habits and way of living. We do many, many things to take a break from our normal life, but we cannot always stay on break. One way to stand up to all the life problems and still lead a stress-free life is to practice Yoga Nidra. It has immense benefits, which helps us to organize our inner thoughts and stay focused on solving issues with a positive attitude.

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