

YOGA NIDRA –A SPIRITUAL MEDITATION FOR EMOTIONAL PAIN MANAGEMENT

Dr. Sawai Rohini*¹ and Dr. Chopkar Sanjay²

PG Scholar Swasthavritta Department Guide and HOD Swasthavritta Department Vidarbha
Ayurved Mahavidhyalaya, Amravati.

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*Corresponding Author

Dr. Sawai Rohini

PG Scholar Swasthavritta
Department Guide and HOD
Swasthavritta Department
Vidarbha Ayurved
Mahavidhyalaya, Amravati.

ABSTRACT

Emotional pain is an inevitable part of life. Knowing that doesn't seem to make it any easier. Emotional pain is an unpleasant feeling (a suffering) of a psychological, non-physical. It can be described as heartache that results from a painful experience. Such as hurt by loved ones, it can occur from depression, anxiety, disappointment, fear, guilt and tend to worsen when you replay and relive painful, traumatic events that occurred in the past. Emotion pain can become debilitating when it affects your relationships, personal and professional life. And it occupies your mind constantly. There are many way that can help us achieve a more harmonious mental, emotional, and physical state. *Yoga Nidra* is a deep relaxation technique and a form of meditation.

And also called as "psychic sleep". It is a systemic structured method of self-inquiry, which bring about conscious physical, emotion self-awareness and relaxation. Anyone can practice *Yoga Nidra*. *Yoga Nidra* has a profound impact on stress related disorders (such as emotional pain) by taking you into the Alfa-theta state, where your brain rhythms drop into a peaceful, silent space. *Yoga Nidra* establishes the link between the conscious desires, the will, power, the subconscious mind.

KEYWORDS: Emotional pain, depression, *Yoga Nidra*.

INTRODUCTION

Technological advancements industrialization and excessive urbanization in 21st century have given rise to situation which produced dangerous emotional pain and stress. People who suffer from emotional pain often find them unable to stop dwelling on past hurts and disappointments, and may struggle to let go of the painful memories. They may find

themselves in a cycle of guilt and punishment reliving the event over and over in their minds. As a result, an individual may fall into depression. They may find themselves plagued with feeling of worthlessness or hopelessness.

Mental pain is no real than other types of pain related to parts of the body, but does seem to get adequate attention. Pain is defined as „an unpleasant sensory and emotional experience associated with actual or potential tissue damage, or described in term of such damage“. Emotional pain associated with feeling of guilt, anguish, fear, panic, angst, loneliness and helplessness.

Dealing directly with ones emotions and acknowledging emotional pain is the first step to healing. The next step is to allow oneself time to heal and include a *Yoga Nidra* practice to release all negative emotions and regain control of your life.

Yoga Nidra is a systemic method of inducing complete physical, mental and emotional relaxation. The term *Yoga nidra* is derived from two *Sanskrit* words, *yoga* meaning union or one pointed awareness and *nidra* means sleep. During the practice of *yoga nidra* one appears to be a sleep, but the consciousness will be functioning at a deeper level of awareness. For these reason, *yoga nidra* is often referred to as psychic sleep or deep relaxation with inner awareness.

According to Ayurveda Emotion pain

Ayurveda considers *Rajas* and *Tamas* as *mansika doshas*, which are responsible for the manifestation of neurosis and psychosis. Classical text book described 16 types of mental personality. Imbalance of *Rajas* and *Tamas* *gunas* can be counteracted by increasing *Sattva* (*sattvavajaya*) by *yoga* as also diet regime.

According to *Acharya Charaka*, *Dhi*, *dhriti* and *smritivibhransha* is develop due to ones *Ashubha karmas* and develop '*Pradnyaparadha*' which is one of the cause of mental decease.

Emotions are caused by a complex mixture of hormones and the conscious mind. Emotion is often intertwined with mood, temperament, personality, disposition, and motivation.

Basic emotions

Fear, anger, sadness, joy, disgust, surprise love are the basic emotions.

Birth of Yoga Nidra

This technique was found and formatted by Swami Satyanand Saraswati of Bihar school of yoga many years ago. Chapter four of *Hatha Yoga Pradipika* also speaks of *yoga nidra*. Here the author has mentioned the word only once in this chapter. While discussing the practice of various *mudras*, Swami Swatmarma indicates that one should practice *khechari* Mudra until *yoga nidra* is attained.

In *Hatharatnawali*, *yoga nidra* is said as an *asana*, where in the legs are wound around the neck and hand are tied on the back and lied down. This is said to improve the positive health.

Secret of Yoga Nidra

When the relaxation is complete, receptivity will be greater but when the consciousness is connected to all the senses, receptivity will be less. This is secret of *yoga nidra*. When one withdraws the mind a little bit and enter into a state where they are neither in deep sleep nor completely awake, whatever the impression enter the mind at that time become powerful, and they remain there. For example, there are distinct levels of mind. Some are very hard some are very tender. The conscious mind is like hard soil because it has intellect and logic in operation.

Therapeutic Applications of Yoga Nidra

Yoga nidra has widespread application in the management of diseases of all kinds and its effect both as a palliative and curative has been investigated in many research centers around with extremely favorable result. *Yoga nidra* can be utilized either alone or in conjunction with other conventional forms of medical therapy. It has been found useful in both acute and chronic conditions especially in degenerative and stress- related condition. *Yoga nidra* also plays an important palliative role in the fields of rehabilitation and geriatrics where intractable pain, loss of motivation and psychological depression pose major barriers in conventional treatment. In addition, *yoga nidra* has its most widespread application as a preventive measure to be practiced by healthy, active people as a means of relieving accumulated tensions, increasing stress resistance and overall efficiency and preventing the development of psychosomatic diseases.

Procedure of Yoga Nidra

1 hour *Yoga Nidra* = 4-5 hour of deep sleep.

Indication: Anyone can practice *yoga nidra*.

Contraindication: It is contraindicated for imbalanced psychological states and clinical depression.

Duration: A shorter practice of 10 min may be practice by focusing on your body, keeping ones eye open and sitting upright instead of lying down. If one is new to *yoga nidra*, one can starts with 20 min minutes and gradually increase ones practice to an hour.

Procedure: To prepare for *yoga nidra*, wear comfortable loose clothes and remove jewelry and eyeglasses. One can either sit in a chair or lie down on the floor. The use of bolsters may aid in comfort if lying on floor. Use a blanket to cover oneself with as one's body will cool down as it relaxes. Turn ones palm upward close the eyes (remain awake) and listen as one was guided through the following 8 steps:

- 1. Preparation/Relaxation-**Getting comfortable and releasing any tension one may have in one's body.
- 2. Sankalpa-**Choosing ones affirmation or *Sankalpa*(a positive statement)
- 3. Rotation of consciousness-** The process of bringing awareness to various parts of of body (*marma* points) aid in moving blocked energy from various (*nadis*) energy pathway.
- 4. Breath awareness-**Focusing the attention on the act of breathing complete physical relaxation and maintains awareness of breath at the nostril or of its passage through the navel and throat help to withdraw the sense Centre from their objects of sensation in „*pratyahara*’
- 5. Feeling and Sensation-**Pair of opposite feeling and emotions are experienced in effort to bring to memory the intense physical and emotional feeling they are re-experienced and the erased. Relaxation at the emotional level and building up of strong will power are the two major outcomes of this procedure.
- 6. Visualization-** Images are visualized mentally. The final stage of *yoga nidra* related to mental relaxation. The image and symbols are chosen for the visualization that have universal significant such as mountain, temple etc.
- 7. Repeating sankalpa-** Positive affirmation or „*sankalpa*” is repeated.
- 8. Return to full Awareness-**Experience of stillness and not allowing any though to enter one's mind and if they do, gently bring ones awareness back to the present.
- 9.** Finish by bringing awareness back to your body and chanting a mantra or *Omm*....

Four level of Yoga Nidra

Level1: Deep relaxation-Useful for self-healing

The brain first produces alpha waves, which may verge on theta waves during deeper practice.

Level2: Creativity, invention, achieving

Decisions/solutions to problems creating lecture and research papers poetry etc. the brain produces theta waves that verge on delta waves during deeper practice.

Level3: The participant experience deep non REM sleep but remain aware of his or her surroundings. The brain may initially produce theta waves, followed delta waves.

Level4: During this state the practitioner may alienate between theta and delta.

Benefits of Yoga Nidra in Mental pain

1. Rediscovering one's life of courage, strength and vitality.
2. Receiving clarity as to why one close your heart in times of uncertainly and distress.
3. Learning how to end resistance and struggle, let go, and return to equanimity.
4. Empowering your affirmation and positive intentions.
5. Releasing psychophysical trauma held in one's body, and erasing habitual patterns.
6. Increasing one's ability to stay present and relaxed when in stressful situation.
7. Rediscovering who one truly and open oneself to the abundance of an awakened, meaningful life.

Benefits of Yoga Nidra

- Deep relaxation of body and mind
- Reduced stress
- Overcome insomnia and improved sleep
- Solve personal and interpersonal problems
- Resolve trauma
- Reduced anxiety, fear, anger, and depression
- Boosts the immune system
- Decrease inflammation and reduced pain
- Symptom relief related to cancer, asthma diabetes heart diseases, migraine when use in conjunction with conventional medical care.
- Can be used to control physical body function such a breathing heart rate blood pressure metabolism, body temperature and brain wave.

CONCLUSION

In order to live from heart, you need to let go of fear and protective oneself from hurt and emotional pain. Living life with an open heart is being open to what is by welcoming each movement as it is. By practicing *Yoga nidra*, you can approach challenge with a tender heart as you learn to approach life's challenges with compassion and joy. *Yoga nidra* has a soothing effect on the mind by freeing it from unresolved conflicts and tensions. Conflicts may be in the form of unresolved emotional and mental issues or even physical stabilities and disorders, so, *Yoga nidra* is very effective on mental affirmations, and will power. It is a powerful therapeutic technique to overcome emotional pain. It prevents stress and stress-related disorders by including deep physical, emotional and mental relaxation. Therefore *yoga nidra* has preventive, promotive and curative value.

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