

Effect of Nadishodhan Prayayama and Om chanting on Memory Enhancement of College Students

Dr. Kanchan Joshi*

*Department of Yoga, H.N.B. Govt. P.g. College, Khatima, Uttarakhanda
E mail: kanchujoshi@gmail.com

Abstract:

The present study in a humble attempt to lighting on the remedial effect of Nadishodhana pranayama and Om chanting on memory enhancement of college students with age group 20-35 year more specifically. The sample of 50 students covered for the purpose of the present study from Kumaun University (H.N.B. P.G. College, Khatima, U.S. Nagar, Uttarakhand). The subject have been selected by using Quota sampling technique. The time duration for yogic practice 30 days and exposure time for yogic practice 30 minutes Nadishodhana Pranayama 20 min & Om chanting 10 min. Tool used to measure the variables of this study. P.G.I. memory scale constructal by Dwarka prasad and N.N.Wig. In this study t-tast has been used for statistical analysis. Result of the present study shown that there is a significant changes ($P < 0.01$). Hence Nadishodhana Pranayama & Om chanting cause a significant positive effect on memory of the students.

Key words: Nadi Sodhan, Om Chanting and Memory

Introduction:

There is no phase of human living untouched by memory. it is well known fact that expert of neurology and mental science believes that the exceptionally intelligent scholars and significantly talented people use 7% of Real poential of their brain about 93% of it capabilities still remain unused dormant and unnoticed. The potentials of human brain are indeed limitless. The yogic practie Pranayama & Om chanting described in the ancient India scripture were devised as experimental method for systematic training toward the realization and resusing of otherwise dormant capabilities of the brain. Pranayama and Om chanting are the most direct Ayurvedic tool for healing the mind from the deepest layer to its surface action and allow us to change the vibratory pattern of the consciousness and change the energetic structure of mind. The present study is a humble attempt to lighting on the remedial effect of Nadishodhana Pranayama and Om chanting on memory enhancement of college students.

It is a well known fact that some people born with supernatural memory, but that does not mean that others lack the capability of awakening this natural

potential of mind. Development of the sharp memory and same intelligence too achievable through these modes of yoga sadhnas.

There are several studies which shown that yogic practices play an important role in memory enhancement. H.R. Nagendra, Ramachandra, Bhatt (April 2006) effect of Vedic chanting on memory and sustained attention and found significant effect.

Yogacharya Vishwas. V. Mandlik [Kula guru Yoga Vidyapeth Nashik] Dr. Ramesh Charkhede [Reader in Chemistry H.P.T. College, Nasik] April 2006 effect of Om chanting on concentration and memory. The studies were conducted on 24 female age group of 20 to 50 year. The vibration due to Omkar mediation increases the efficiency of brain cell and the Organ and found significant result.

Swami Niranjanda Saraswati (2006) effect of Nishodhana Pranayama on mental disorders. The study conducted on 22 students in Jan 2002 for a long period and found that the practices of Nadishodhana play a important role to reduce phsyical and mental diseases and given good strength to mental and physical health.

S.K. Ganguly (30 Oct. 2005) studies the effect of mediation and Om chanting and found improvement in concentration power and reduction stressful condition. Mister Syandra (2004) The vibration during Bharamari Pranayama produce very significant effect on brain. Mister van Migard (2004) studied the effect of Bharamari Pranayama and found increases in peacefulness and activity of brain.

B. Bhagaban. R. Nagaratha. H.r. Nagendra (2003) A comparative study of three different yoga modules. On attention and concentration in normal children (9-12) year. Study conducted on 338 children of English medium school whose age ranged from 9 to 12 year. They were taught yoga posture and breathing exercise, mediation and found integrated yoga modules help in improving concentration and attention among the children's.

Karuna Marthy, Dr. R. Nagarathna, Dr. H.R. Nagendra (2003) A comparative study of three different novel yoga modules on short term memory in normal children (9-12) years. Integrated novel yoga modules help in improving short term memory. S. Shatrughan, H.r. Nagendra and R. Nagarathna (2003) efficacy of three module of yogic practice on visual memory in children's. All three groups showed significant increase in visual memory.

Dr. Pranav Pandya (2002) studied the effect of pranav Om chanting Jap on anxiety and stress level of Individuals. The study conducted on 12 boys age (20-30) years for 20 days 30 min daily in Brahmavarchass shod Sam than and

found significant decrease in stress level and anxiety. Sowak Rolf (1999) his research work on "Om chanting for healing and comfort" and found Om chanting in morning and evening for 108 days liberated you from mental disorders and giving mental peace.

In the light of this prospective the researcher purpose is to study the effect of Nadishodhana Pranayama & Om chanting on memory enhancement of college students with age group 20-30 years more specifically.

Research Methodology:

The sample of 50 students covered for the purpose of the present study belongs to age group between 20-35 years and are from Kumaun University, H.N.B. Govt. P.G. College, Khatima (U.S. Nagar) Uttarakhand. The subject have been selected by using Quote sampling technique.

- Total Sample - 50
- Yogic intervention for the present study
- Time duration - 30 days
- The exposure time for yogic practice - 30 min
- Practice of Nadishodhana Pranayama - 20 min
- Practice of Om chanting - 10 min
- Tool used - Tool used to measure the variables of this study.
- P.G.I. memory scale constructed by Dwarka Prasad and N.N. Wig.

Result & Discussion:

Table (1) Memory (Male)

	N	Mean	Sd	r	"t" value	Significant Level
Pre	50	53.02	4.91			at
				0.5	8.89	0.01
Post	50	62.8	9.07			

Significant at .01 level of confidence

Table (1) shows the premean value 53.02 and post mean value is 62.8 and calculated t value=8.89 for exceeds the critical t value=2.68 for df 49 at p<0.01 Significant at 0.01 level of Confidence. There is significant relationship between memory enhancement of college students and Nadishodhana Pranayama and Om chanting. This implies that the observed significant difference between pre mean and post mean memory of the subjects is due to effect of Nadishodhana Pranayama & Om Chanting intervened.

The above researches have shown that yogic practices play in important role in memory enhancement. The practice of pranayama and Om chanting are intended to bring about calmness in the mind by harmonizing the pronic flow

in the body. Pranayama is concerned with removing congestions in the pranic passage (nadis) so that the prana flows smoothly and without hindrance. Gaining mastery over prana is pranayama. Pranayama is the technique through which the quantity of prana in the body is activated in higher frequency. Nidishodhana Pranayama ensures that the whole body is nourished by extra supply of oxygen, carbon dioxide is efficiently expelled and the blood is purified of toxins. The brain centers are stimulated to work nearer to their optimum capacity.

It clears pranic blockages and balances Ida and Pingala nadis causing sushumana nadi to flow, which leads to deep states of meditation and spiritual awakening. It is helpful in increasing the memory power and increasing the mental strength. It has been observed that usually one nostril remains open for a certain duration of time and breath comes and goes mainly through that nostril. Every hour or hour and twenty minutes the active nostril changes. This rhythm affects all the psychological and physiological processes. When the left nostril flows, it indicates that the mental energy is predominant, whereas when the right nostril is flowing the pranic forces are stronger. When both nostrils flow together, it indicates the spiritual energy is dominant.

Vinekar (1966) using electronasography technique that air discharges from different nostrils give different electrical potentials. Deborah A. Werntzetal, (1983) have shown that relative changes of electrocortical activity have a direct correlation with changes in relative nostril dominance, the so-called nasal cycle. Relatively greater integrated EEG value in one hemisphere correlates with predominant air flow in the contra-lateral nostril, defining a new relationship between cerebral dominance and peripheral autonomic functions. Similar observations have been reported by Raymond Klen et al. (1986). I.N. Rega (1957) reports a close relationship between nostril breathing and disease states, like headache, dyspepsia etc.

David Shannahoff-Khalsa of the Salk Institute for Biological Sciences in the USA found that when one nostril has the dominant air flow the opposite hemisphere of the brain is dominant. The EEG responses consistently showed a relationship between nasal airflow and brain hemisphere dominance for all four types of waves: beta, alpha, theta and delta. Klein, Piolon, Irassker and Shannahoff-Khalsa (1968) studied the effect of pranayama practice on right brain or pattern of memory sources and found that breathing through a particular nostril modifies the activity of the opposite cerebral hemisphere according to Gore M.M. (2004) the practice of pranayama has a positive effect on neurotransmitters. Dr. Pranav Pandya (2004) Pranayama plays an important role in developing emotional balance along with physical and mental health. K.N. Udupa (2004) Pranayama is the only option which can control and regulate secretion of neurotransmitter and also makes nerves

healthy. Bollom (2004) during pranayama there is growth in Nor adrenaline and dopamine which is good for both body and mind.

The goal of Om chanting is calm mind and relaxed body. Om chanting is the instrument of the mind which unfold the hidden powers of the mind and awake these powers. S.G. Kulkarni and Bera T.K. (1999) studied the effect of Om chanting on biochemical and hemoatological parameters and found significant reduction in R.B.C. and marginal decrease in cholesterol when meditation is preceded by Omkar. Gregg Jscobs an Assistant Professor of Psychaiatry at Harvard Medical School who has published several studied on how brain waves change during meditation. Berrettini (1976) has done a study that by practicing (Om chanting) meditation college students were able to enhance their ability to focus attention, the spontaneous organization of memory and short term recall was also better. Ganguly. S.K. (3 Oct 2005) observed in a study that meditation (Om chanting) improve the concentration power and reduce stressful condition. Sowak Rolf (Phy Dip. Directed of Himalaya Institute New York) found in his research work that Om chanting in morning and evening liberate you from mental disorders and give mental peace.

Pranayama and Om chanting are the most direct ayurvedic tool for healing the mind from its deepest layer to it surface action allow we to change the vibratory patter of consciousness and change the energetic structure of mind.

Conclusion:

Result met after data analysis conducted that practice of Nadishodhana Pranayama & Om chanting is quite effective to enhance the memory of college students from this further it can be concluded that yoga package with nadishodhana Pranayama & Om chanting caused significant memory enhancement of college students.

The previous researches concluded that yogic practice like pranayama, meditation act as a tonic for the brain and this help to enhance the memory. With costant practice ones memory, whole personality and behavior will undergo an almost miraculous change in positive direction.

Reference:

1. Acharya, Pandit Shriram Sharma (2000) Human Brain Apparent Boom of the omnipotent : pub Shri Vedmat Gayatri Trust.
2. Gupta, Dr. N.K. (2004) Improve your brain power : Major Publication.
3. Nagendra, Dr. H.R., Telles, Dr. Shirley. (1999) Yoga and Memory; Pub Swami Vivekanand Yoga Prakashana.
4. krishnananda, Swami (2000), The Yoga & Meditation; Pub Vedanta Forest Academy Press 5th edition.

5. Nagendra, Dr. H.R. (2003) *Pranayama the art of Science* : Swami Vivekananda Yoga Prakashana Banglore India.
6. Rajadhyksha. S. Medha (2001) *The Memory Mystery* Pub. National Book Trust India Green Park, New Delhi.
7. Saraswati, Swami Niranjanad. (2002) *Pran Pranayam Paran Vidya* second Addition. Yoga Publication Trust Munger Bihar India. pp 216.
8. Sivananda, Swami (2001) *Mind its Mystries and control* : Fourteen Edition, Forest Academy Press pp-78.
9. Bhole, Gore M.M., & Rajkumar (1993) Effect of low pitched Om recitation (Omkar) on some selected psychophysiological parameters *Yoga Mimamsa* vol. 31 No.-4 pp 159-175.
10. Bhole, M.V., & Karambelkar, P.V., (1958) Significance of Nootrils in Breathing Yoga *Mimamsa Vol-4* 1-12 April.
11. Bolam (2004). *Akhand Jyoti* (Aug). *Akhand Jyoti Samasthan Mathura* pp-15.
12. Duba, Shekhar (1997) *Pranayama a medical view yoga & total health* Vol. XLII pp-14. The Yoga Institute Santacruz Mumbai.
13. Duba, Mahesh, & Bhole, M.V. (1988) effect of Pranav Jop Com recitation an Experimental Study. *Yoga Mimamsa* Vol. XXXVI, No. 3 & 4 pp-19-28.
14. Ganguly, S.K. (2005). Effect of Om chanting on concentration power & reeducation stressful condition. *Yoga Mimasa* Oct. vol. XXXVI No.-3, Kaivalyadhama Lonavala Maharashtra India pp-211-215.
15. Pandya, Dr. Pranav (2002) Effect of Om Jap on Anxiety and Stress Level of Individuals. *Akhand Jyoti* July. *Akhand Jyoti Samasthan Mathura* India pp-32-33.