

# **Vihangam Yoga**

## **THE BENEFITS ON BODY AND MIND**

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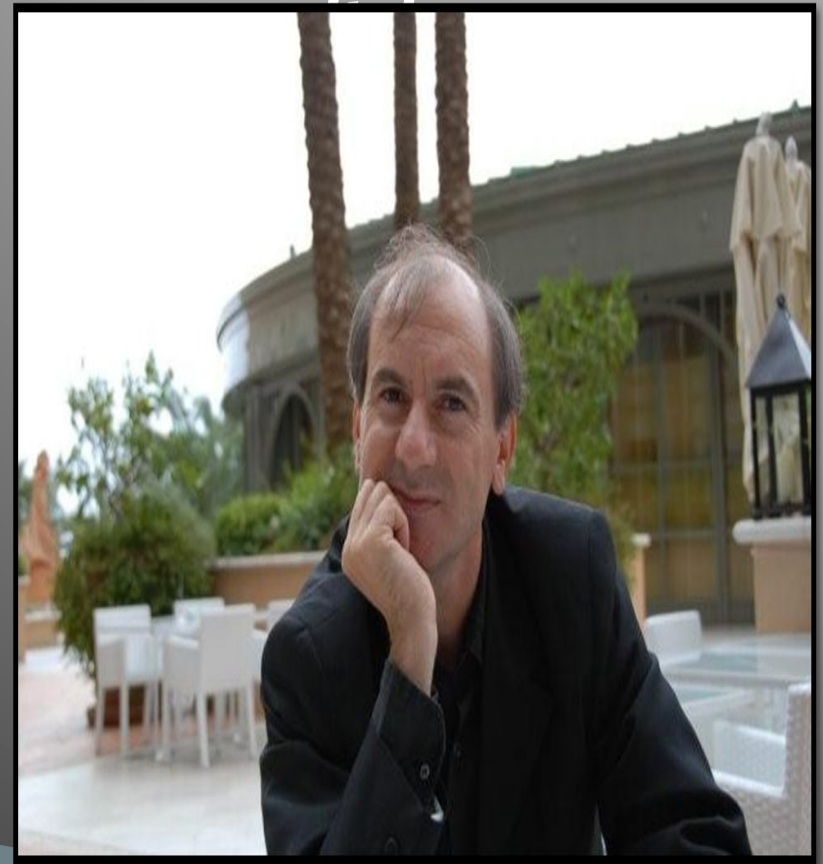
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# The Research Team

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*University of Bergamo*



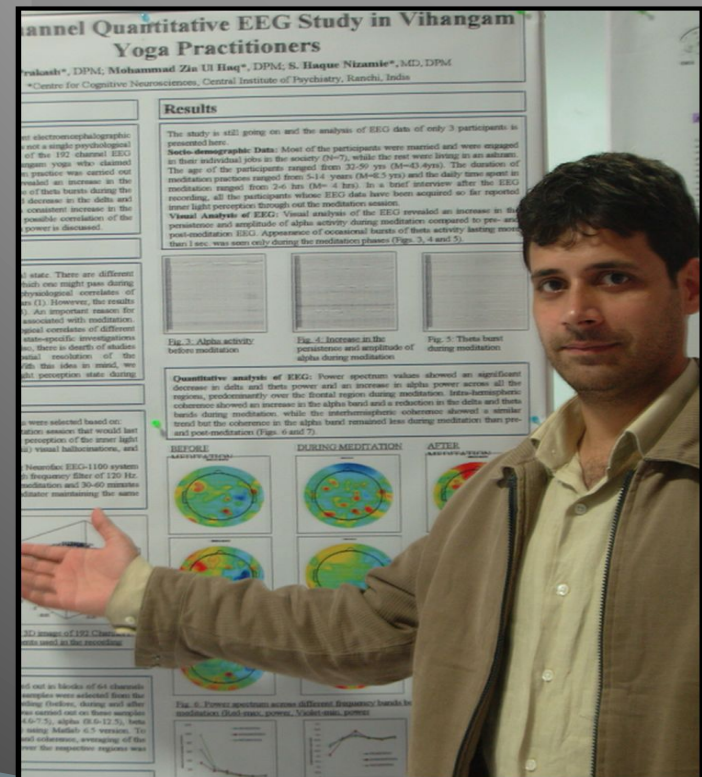
# The Research Team

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# The Research Team

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- **Dr. Wei Zhang**
- **Dr. Suprakash Chaudhary**
- **Dr. Mina Chandra**
- **Dr. Fatma Oz**
- **Dr. Priyanka Rastogi**
- **Dr. Vinay A.V.**



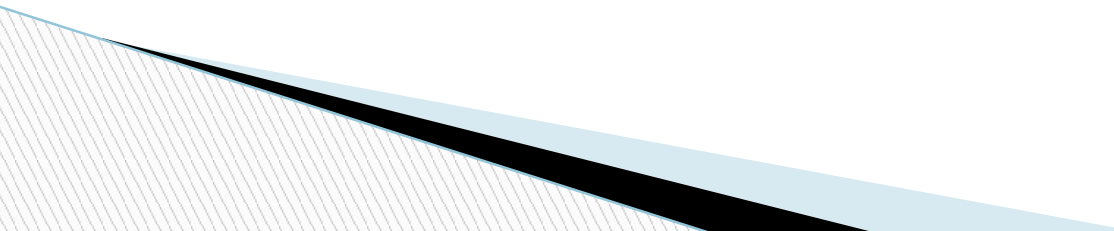


# THE AMAZING HUMAN BRAIN



- ▣ **100 Billion Neurons**
- ▣ **1 neuron can have up to 15000 synapses (connections) with other neurons**
- ▣ **The greatest super-computer known**  
(It takes 40 mins for a supercomputer to perform a task of 1 sec of 1% of human brain)
- ▣ **Capacity of approx 1000 TB**
- ▣ **Encounters approx. 70000 thoughts per day**

# Why this capacity is not reflected in our activities?

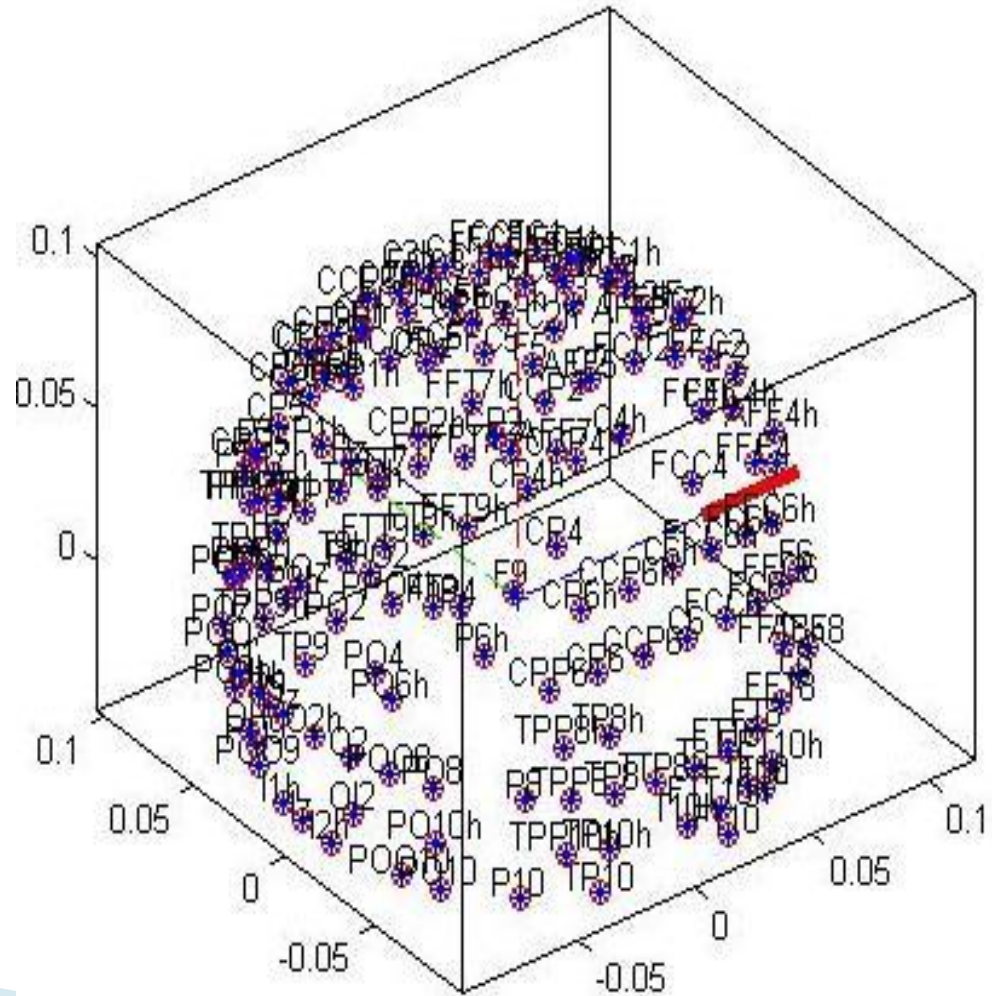
- Three important weaknesses of brain:
    - 1) Difficult to control its activity
    - 2) Very poor focusing ability
    - 3) Highly prone to ***stress***
- 

# EFFECTS ON BRAIN



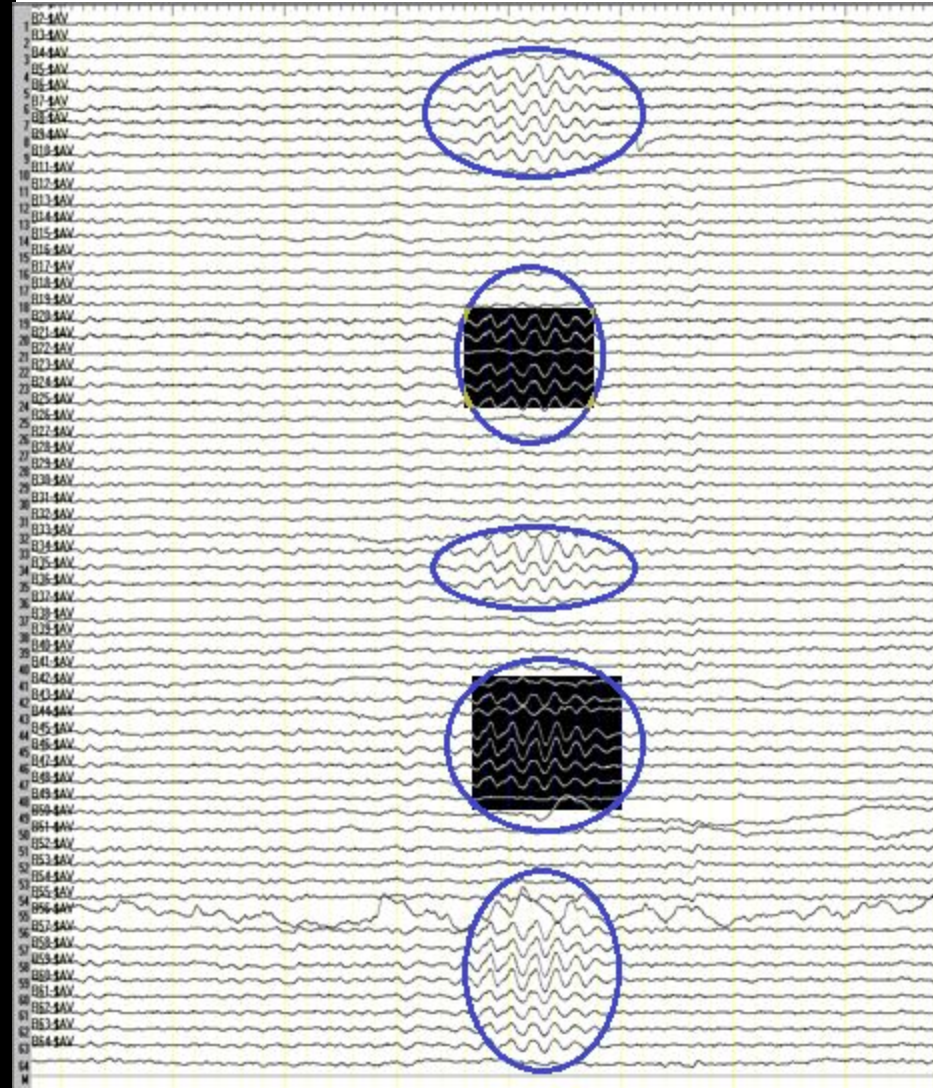
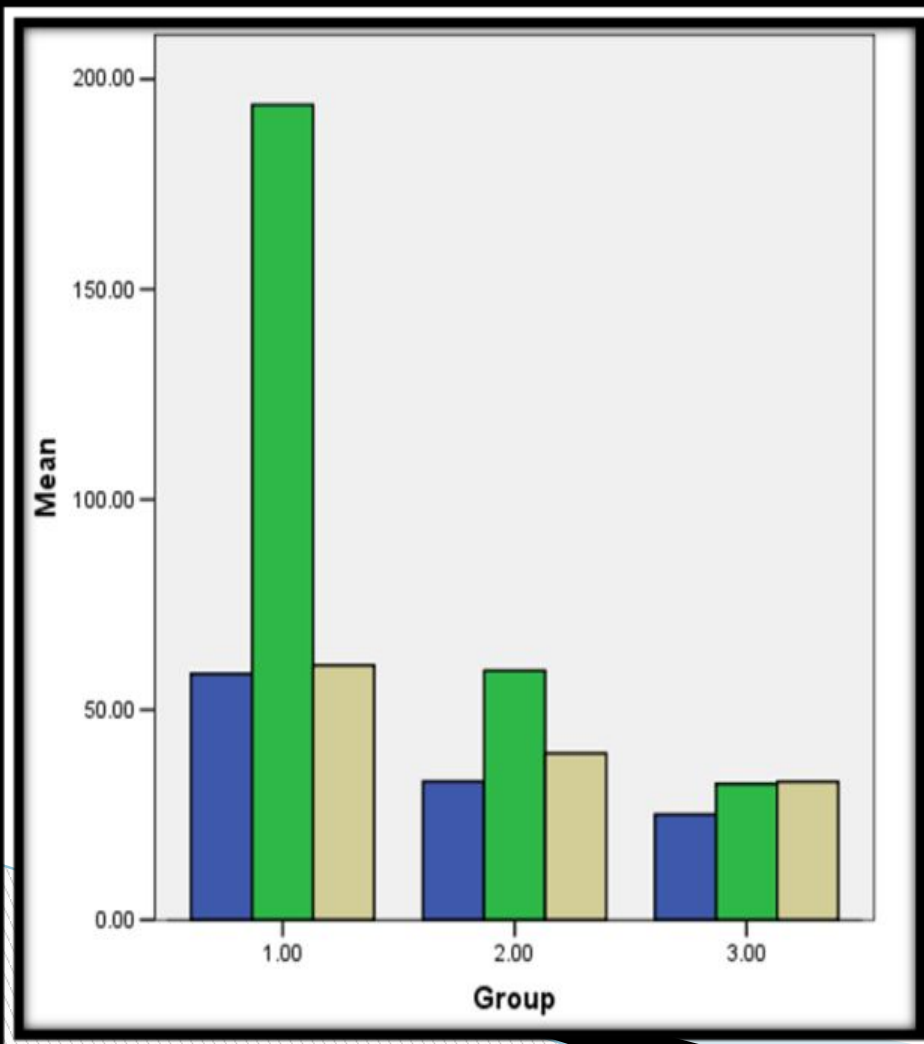
Central Institute of Psychiatry

A Government of India Organization



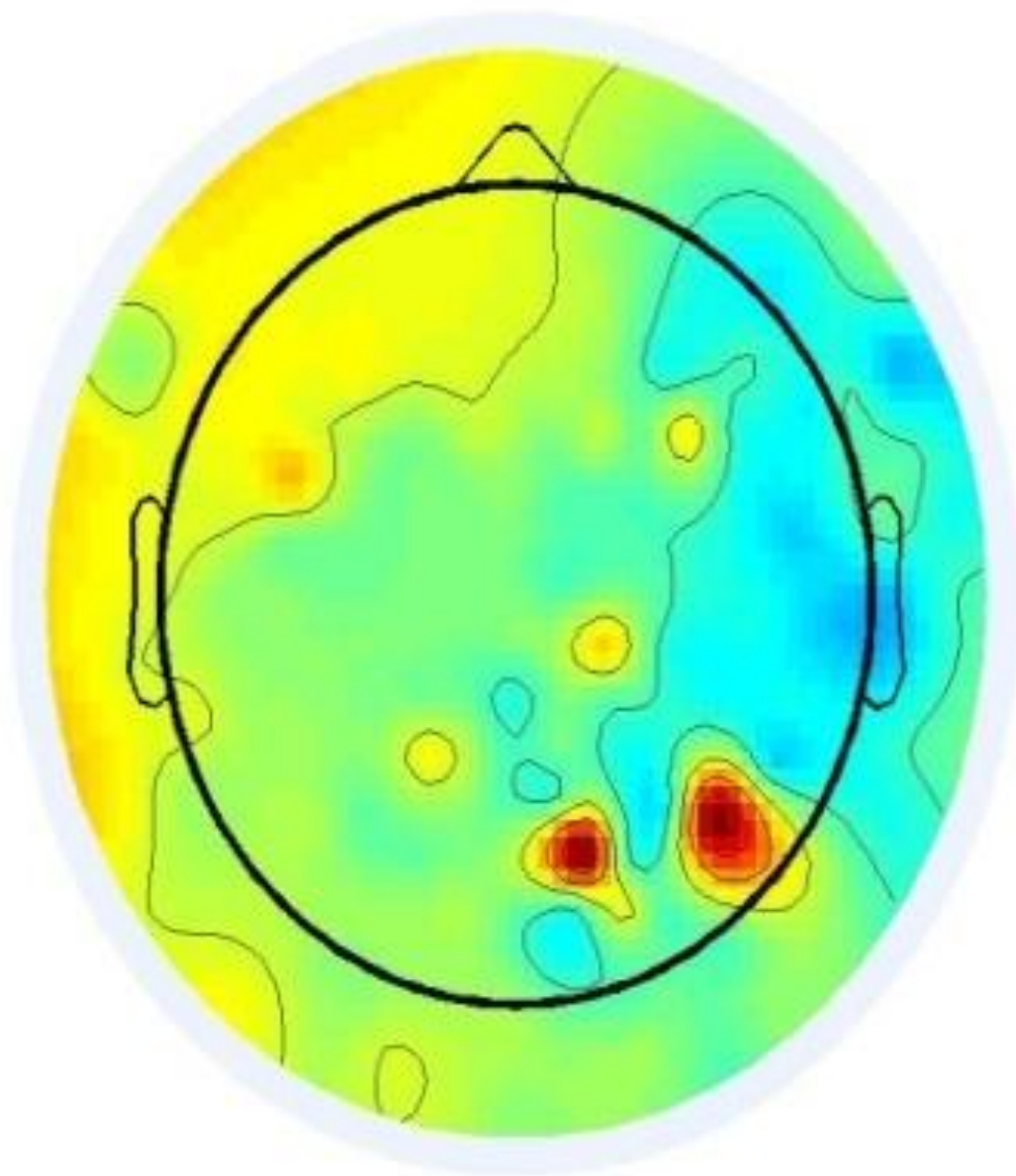


# Upto 5 times Rise in the Relaxation (Alpha waves)

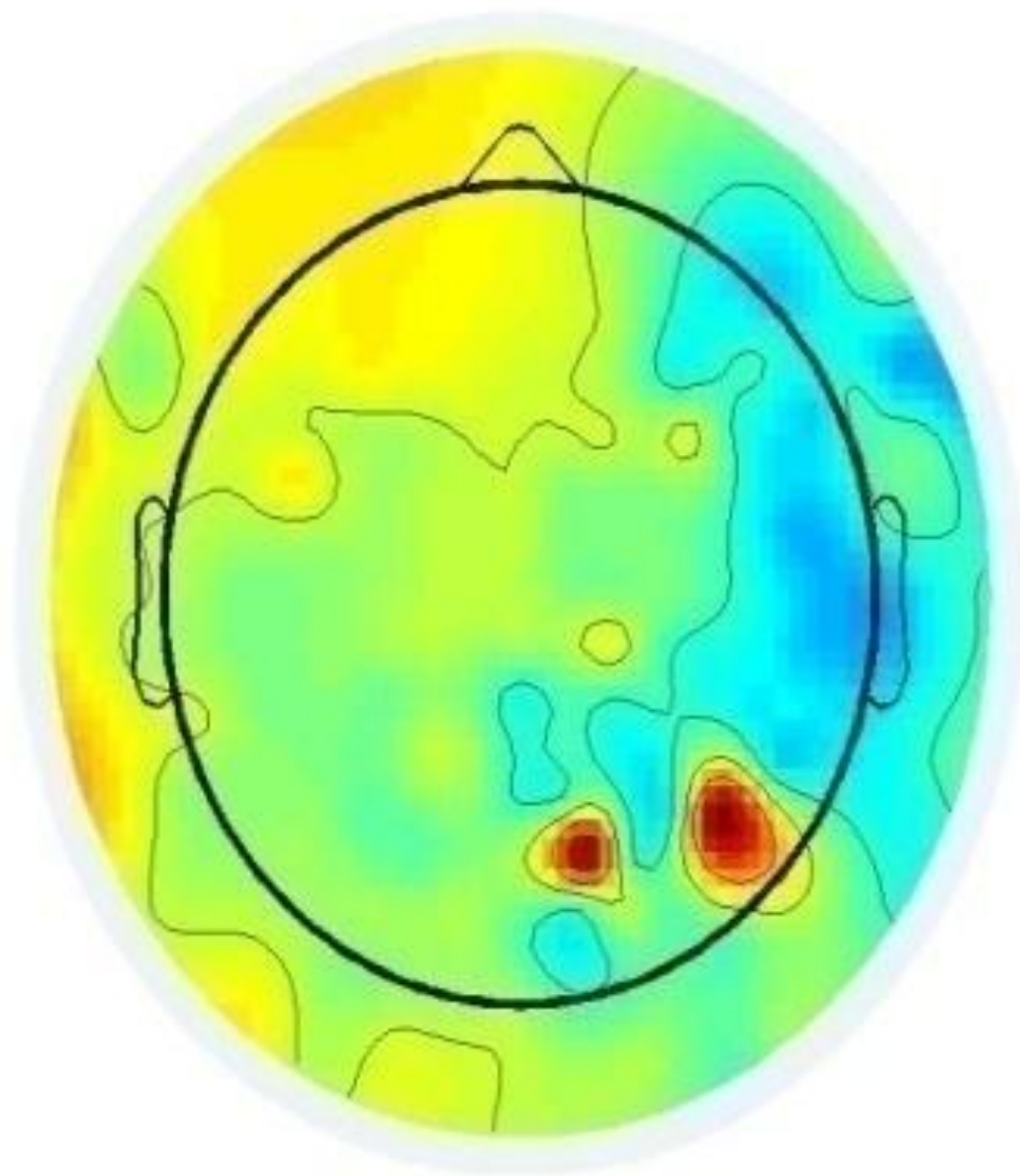




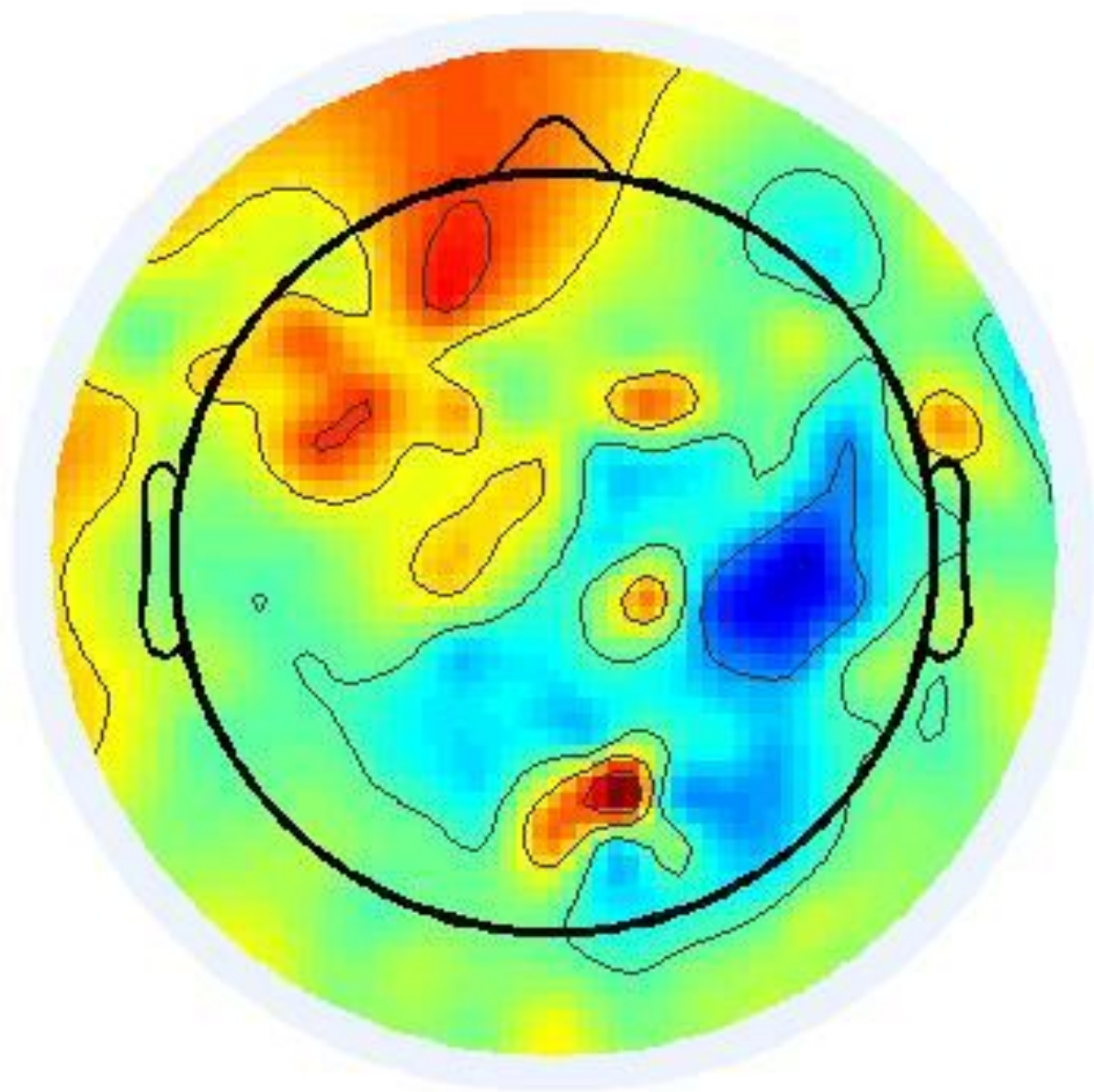
5.0



6.0

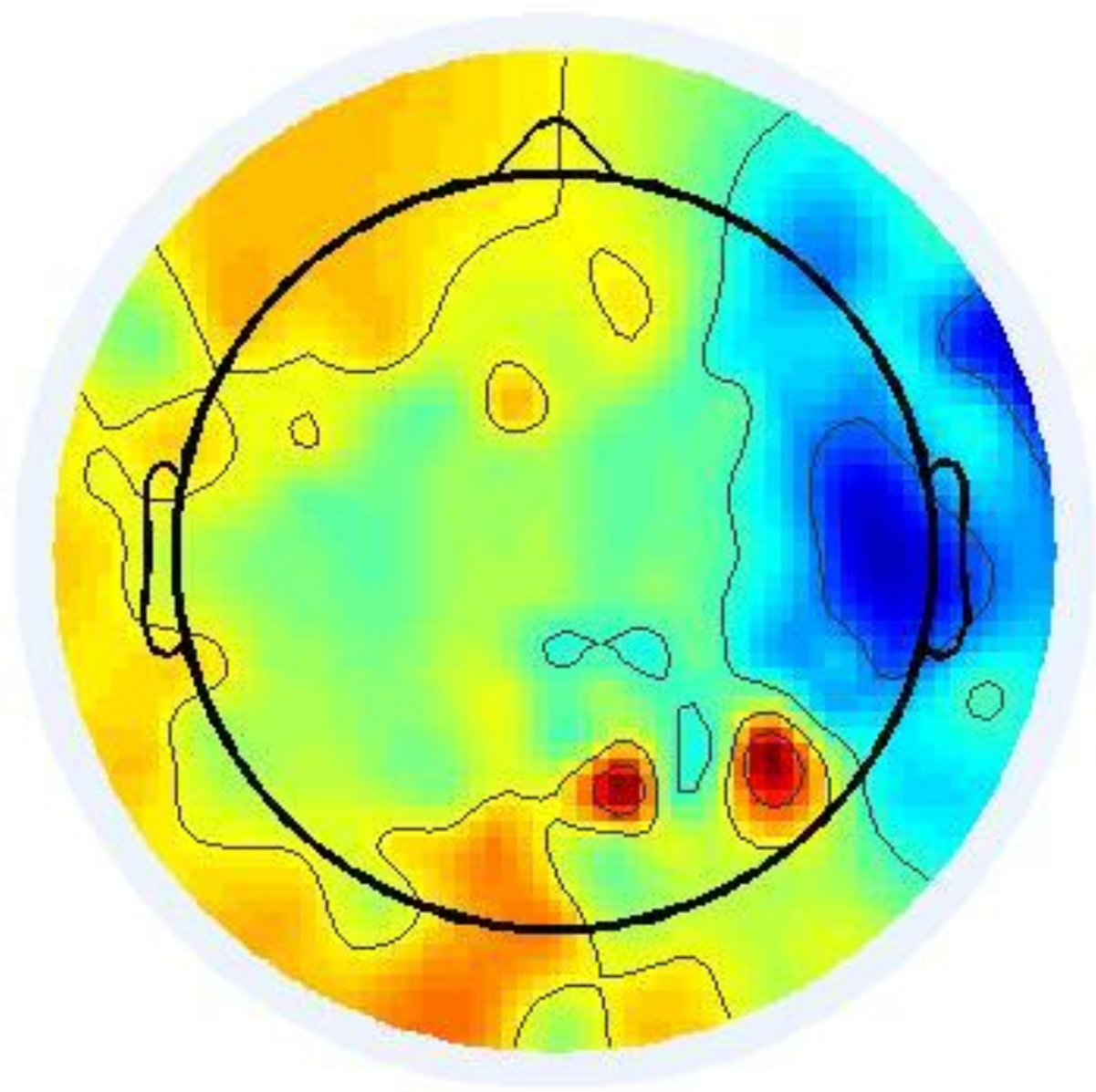


2.0

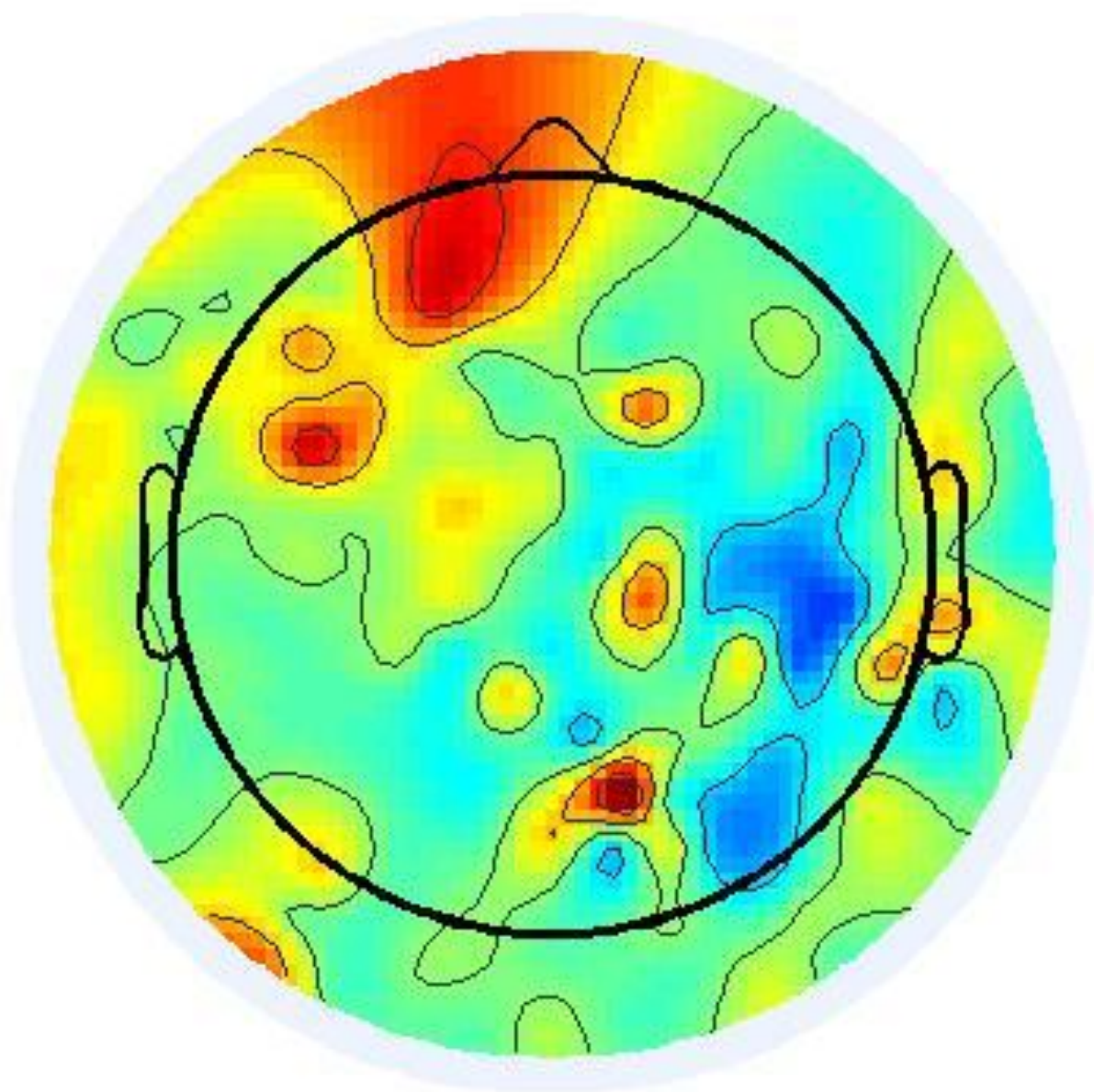




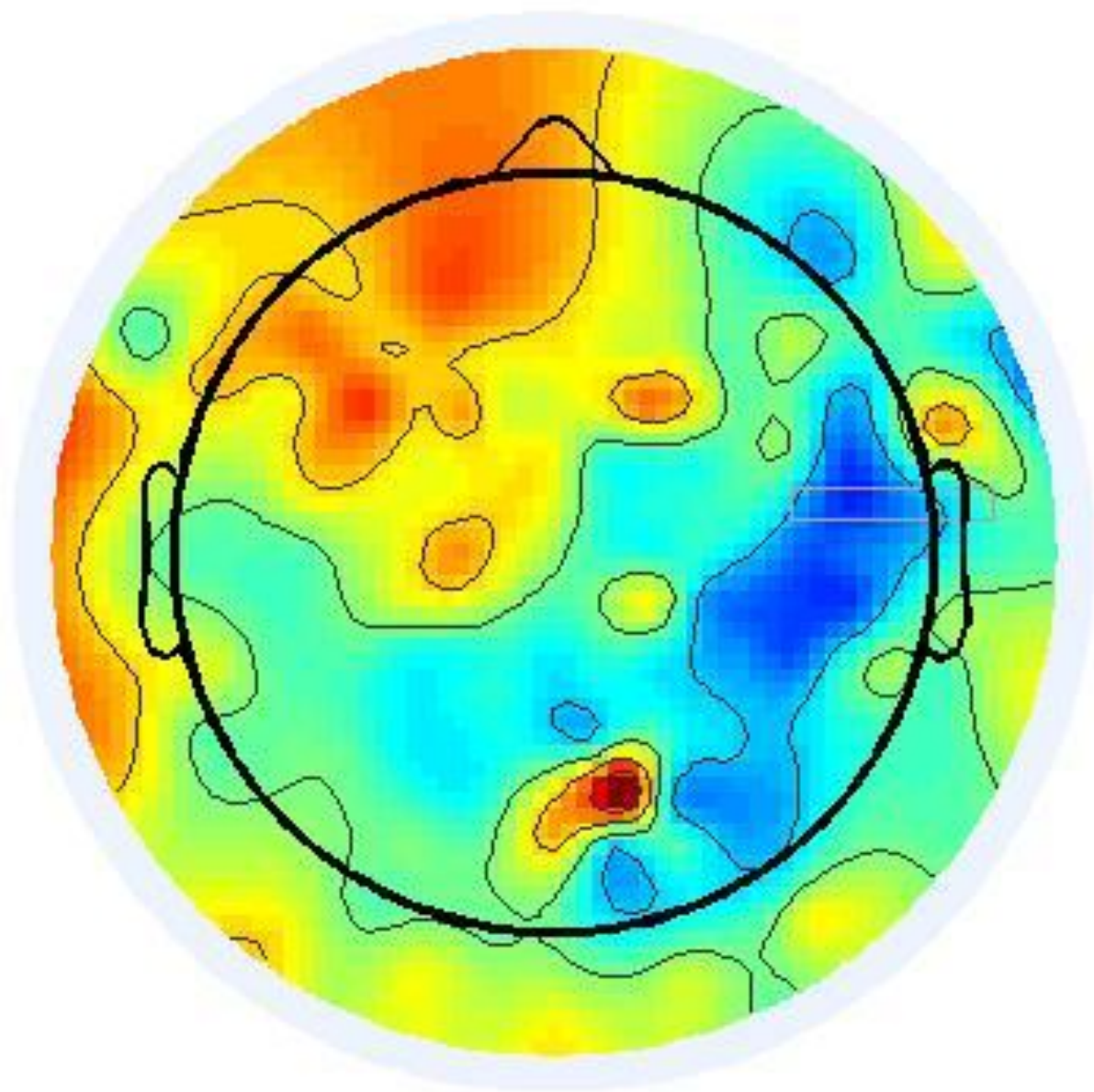
12.0 Hz



1.0

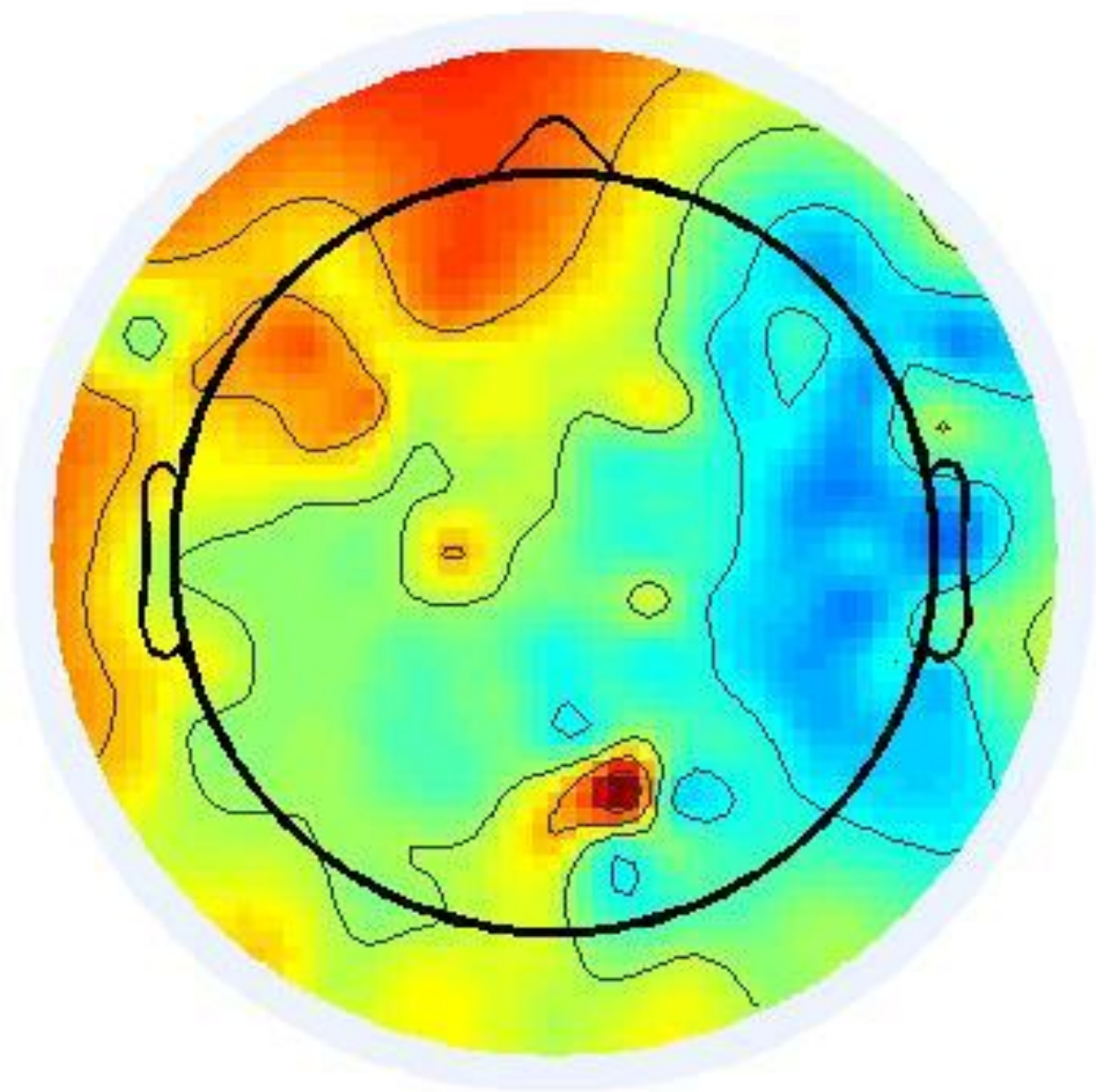


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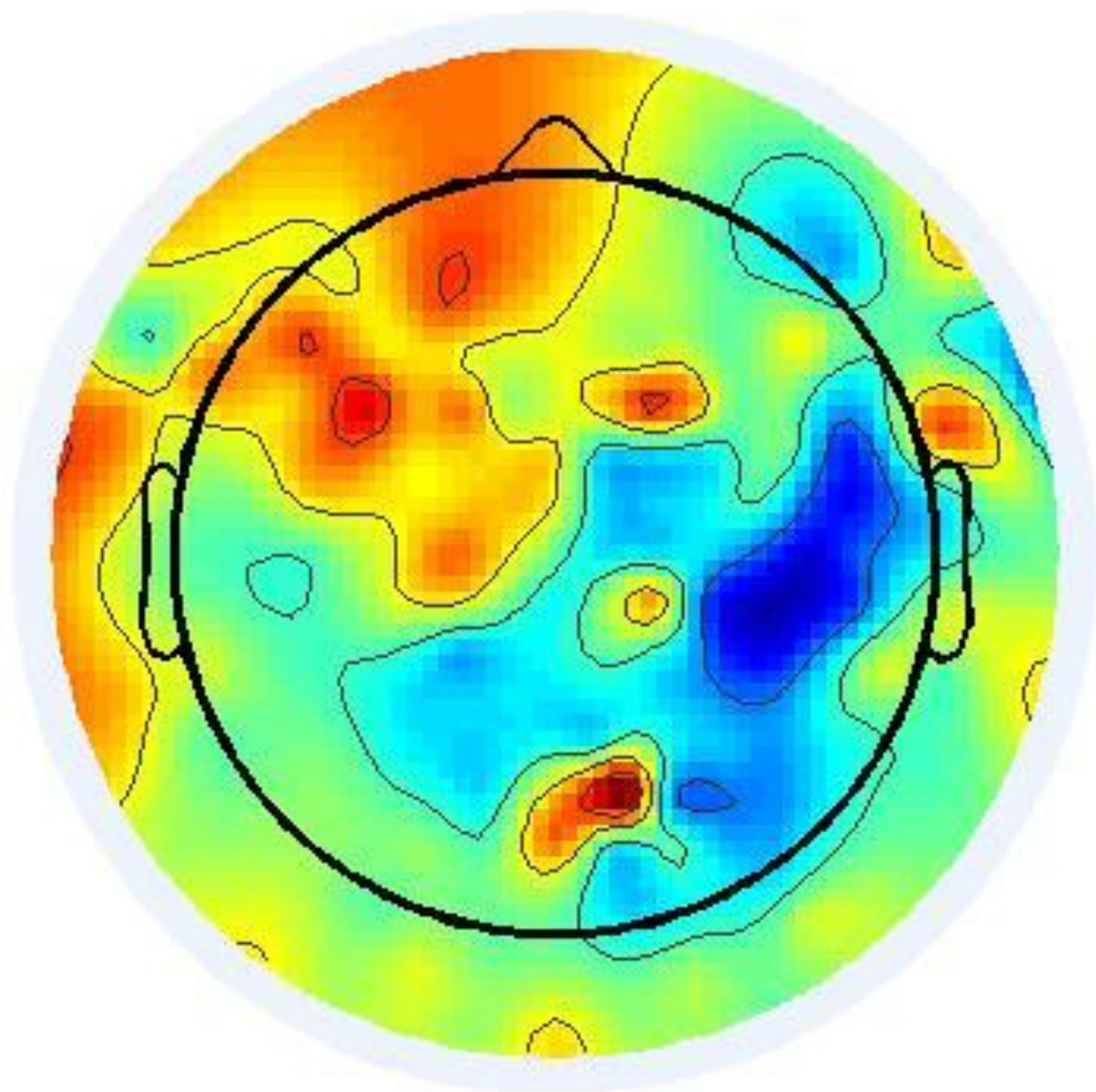




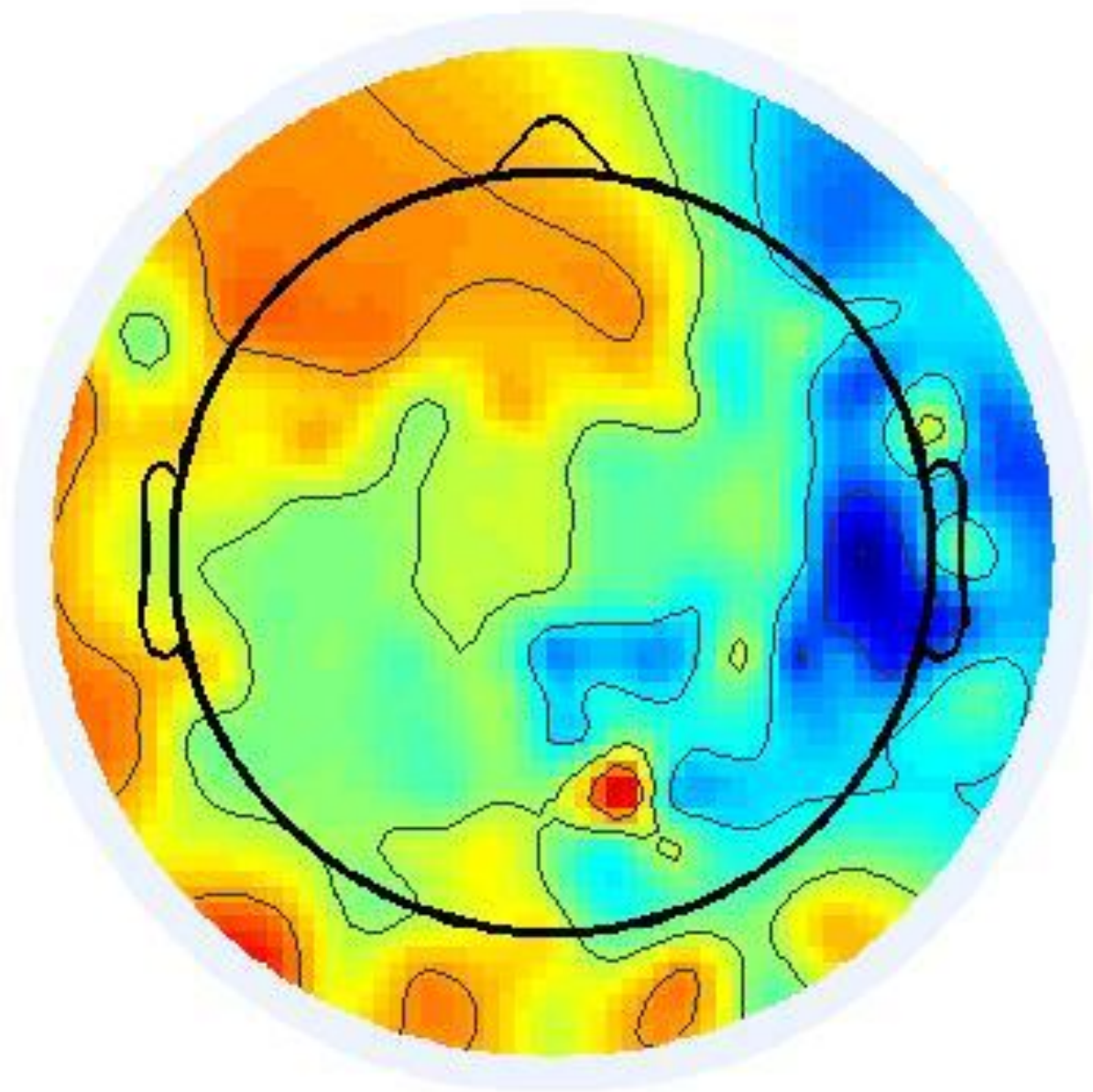
9.0



4.0

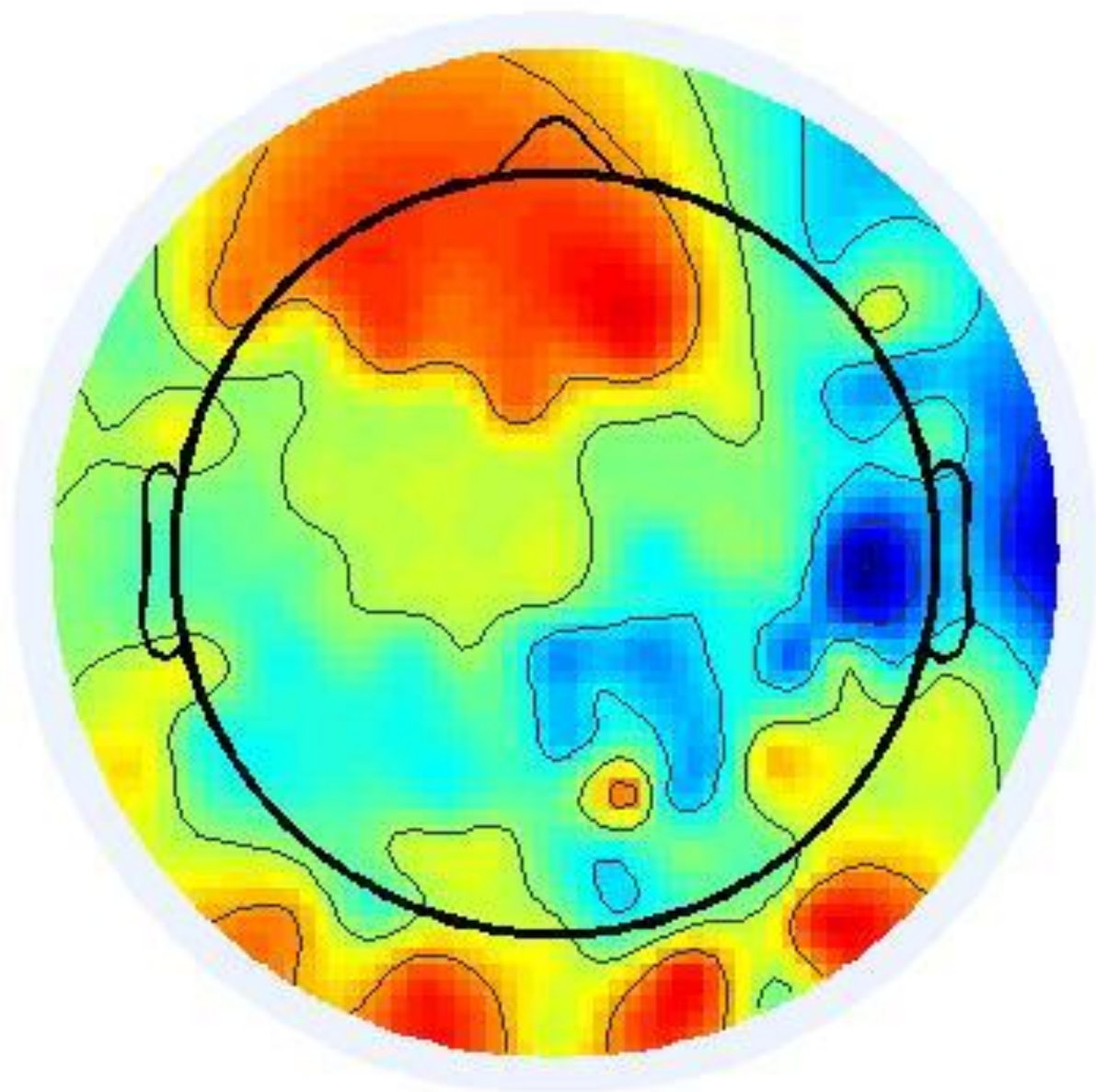


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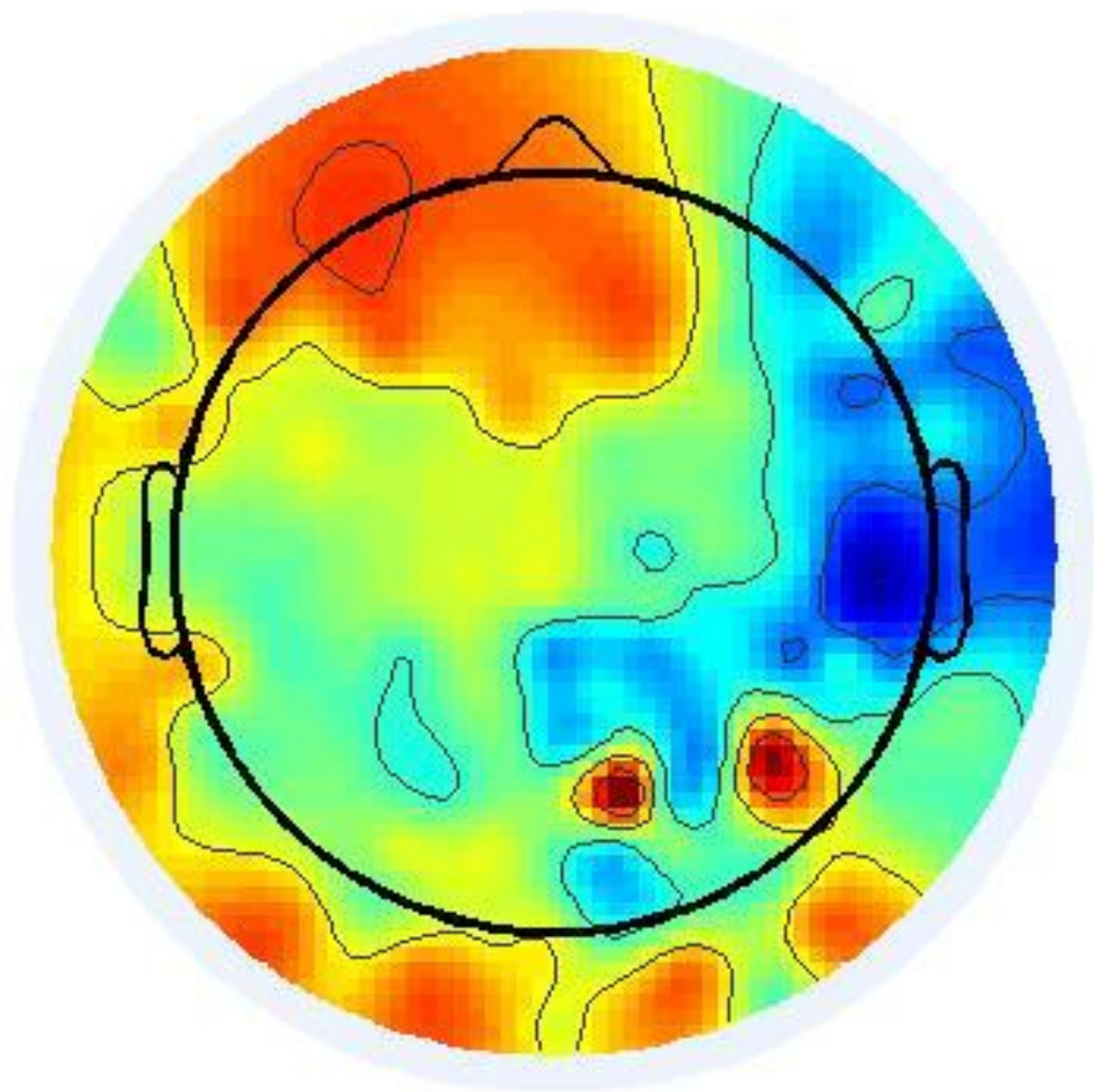




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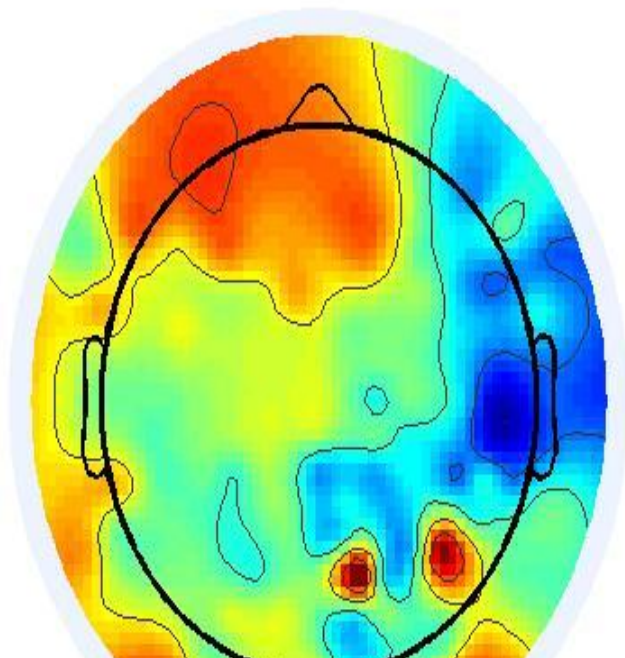


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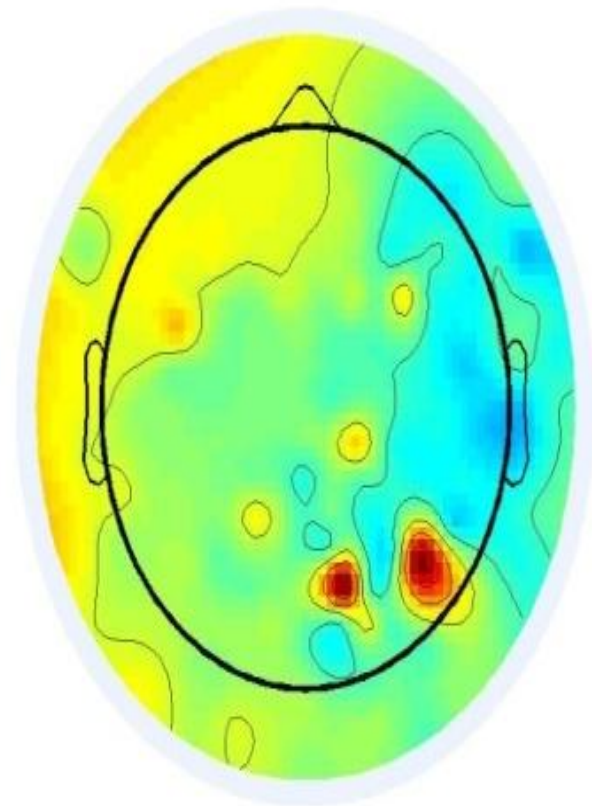


# Comparison of b Before & After M

8.0



5.0





# Effects on negative thoughts: Only 10 days of meditation makes the difference!

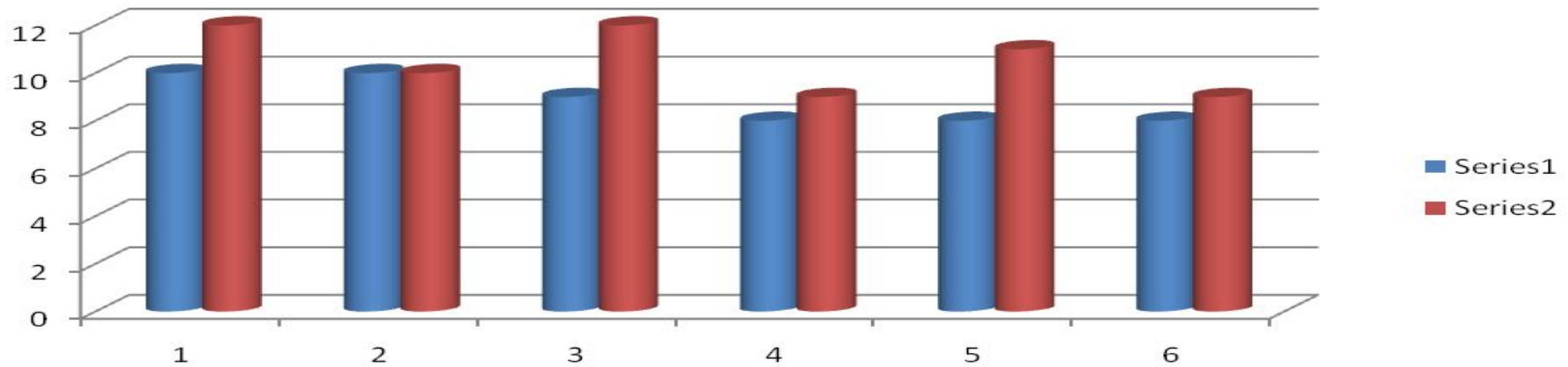
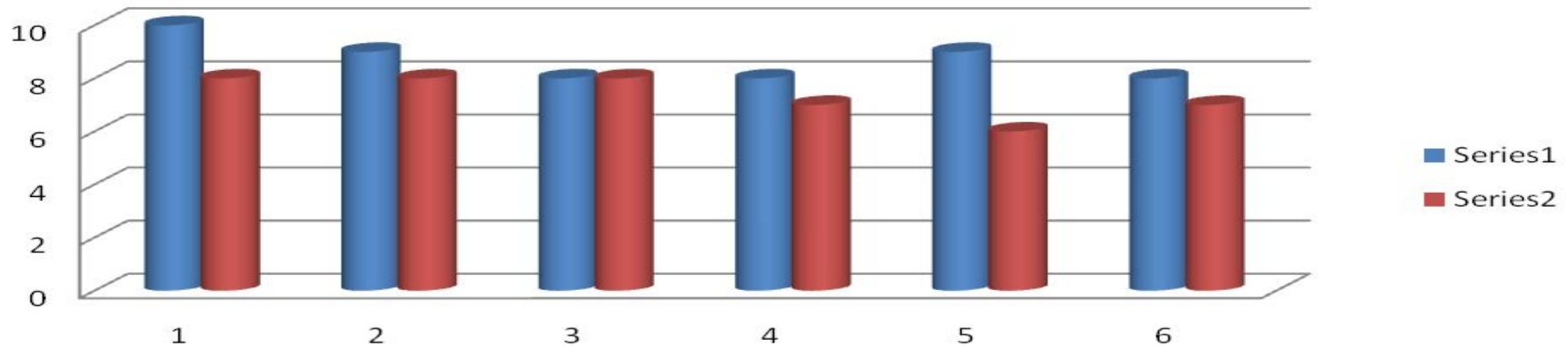
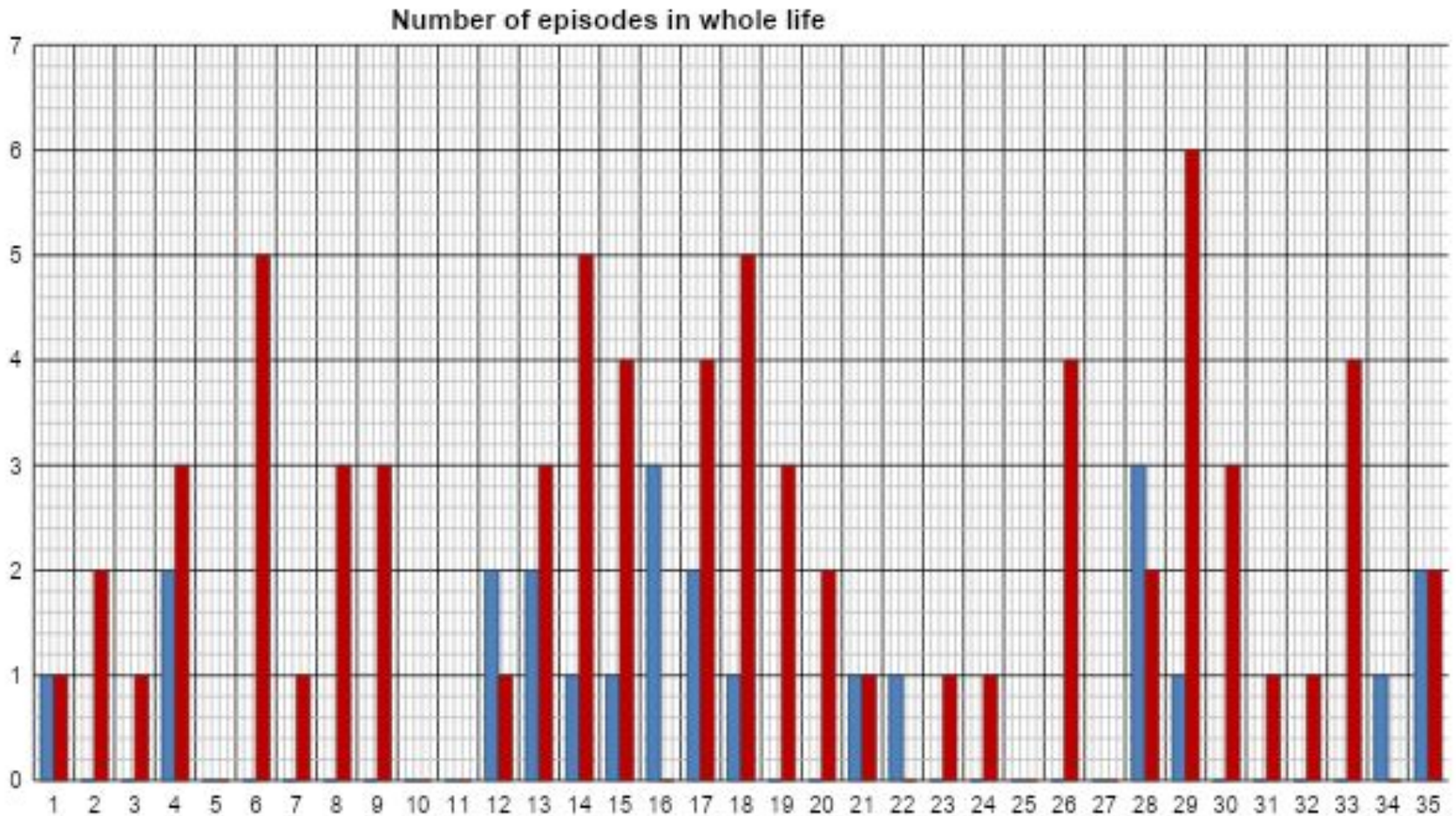


Chart Title

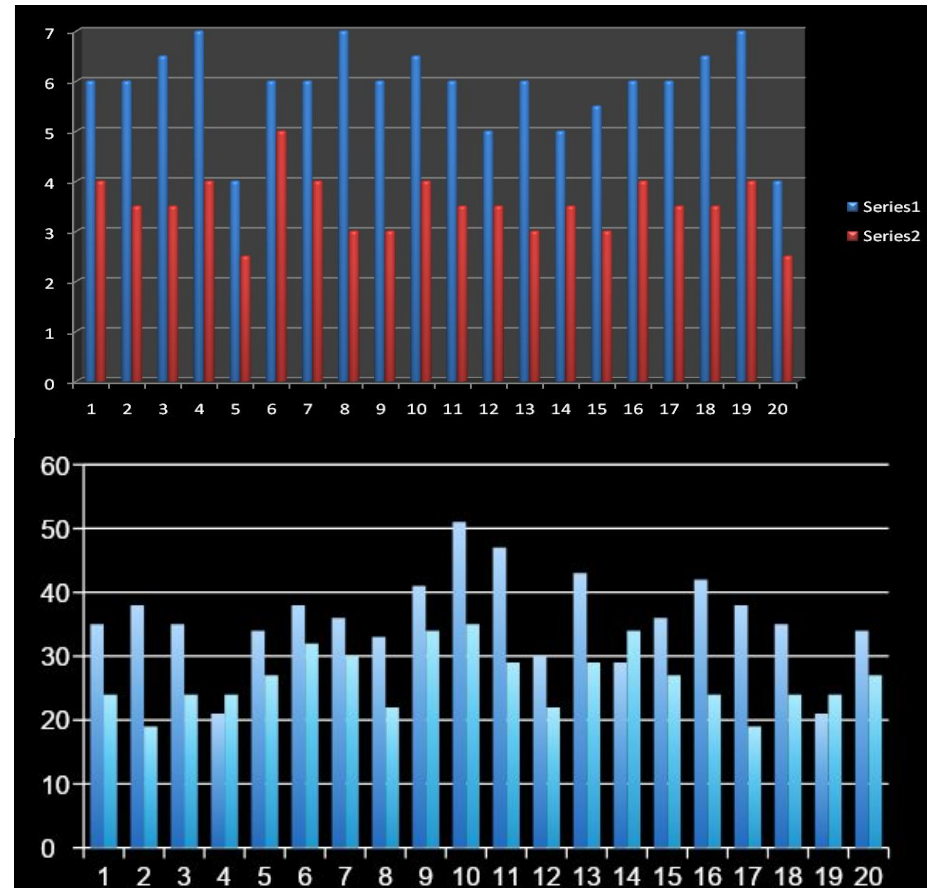


# Life long prevention of depression



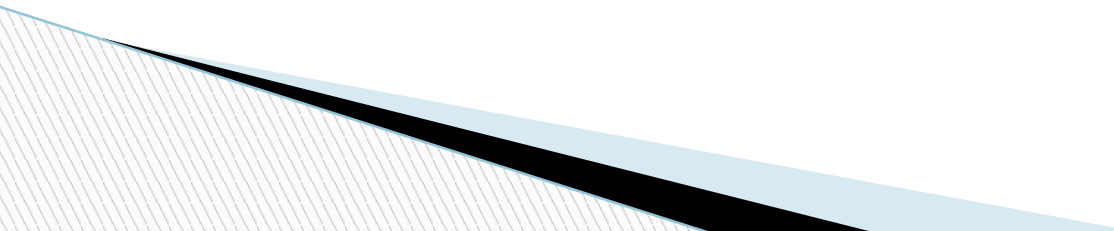
# EFFECTS ON IQ

- Consistently superior performance on intellectual tests upto twice that of the non-meditators



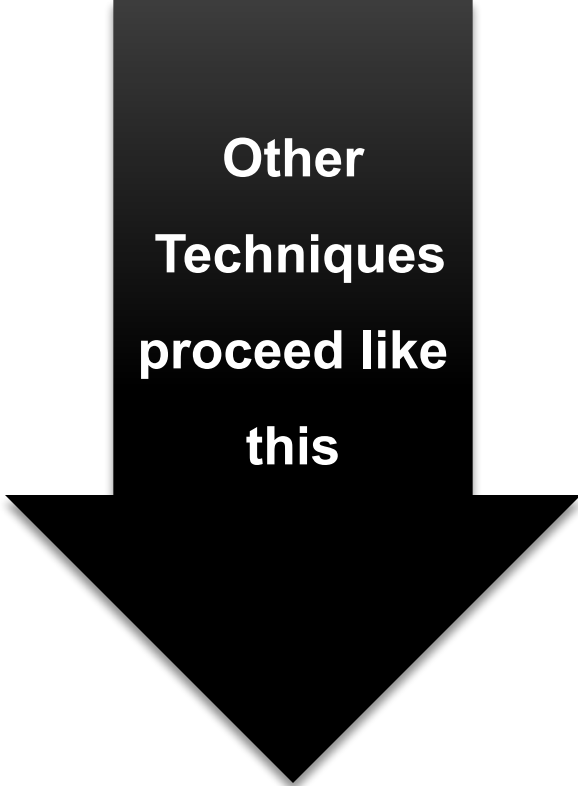


# STRESS: MODERN DAY CANCER

- Everyone is stressed
  - Why? Because we are unaware
  - Lies in the roots of many health conditions
  - Can originate from any situation where we feel less efficient to face the problem
  - Affects ***all the systems*** of mind and body
  - Important to understand: Acute and Chronic stress
- 

# WHAT IS THE MOST POWERFUL STRESS BUSTER?

Other  
Techniques  
proceed like  
this



Physical  
activity

Bodily  
Sensations

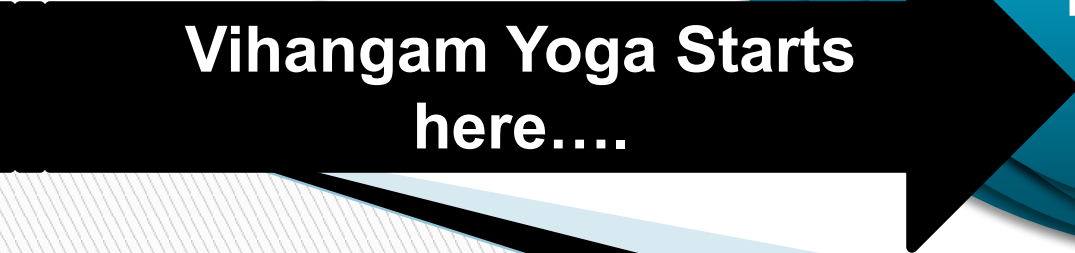
Breath

Thought  
flow

Emotional  
stability

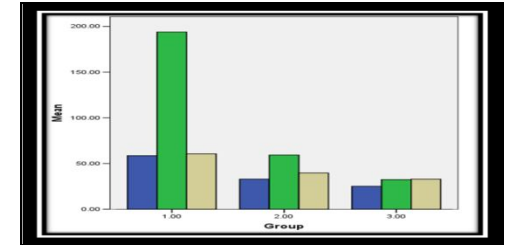


Vihangam Yoga Starts  
here....



# HOW VIHANGAM YOGA HELPS IN STRESS MANAGEMENT....

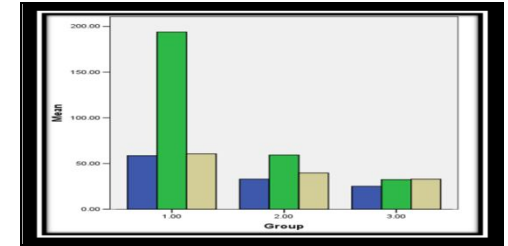
□ **Relaxes your brain & mind**



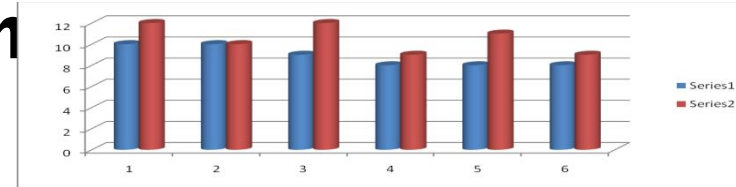


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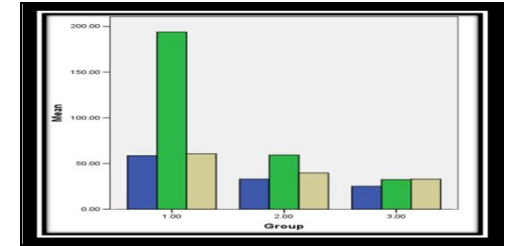


□ **Decreases negative thinking**

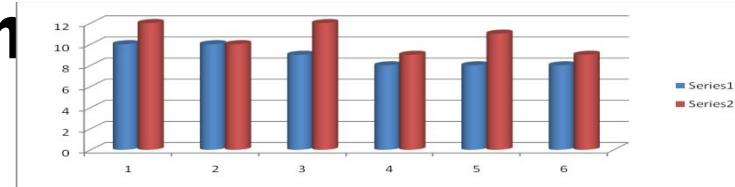


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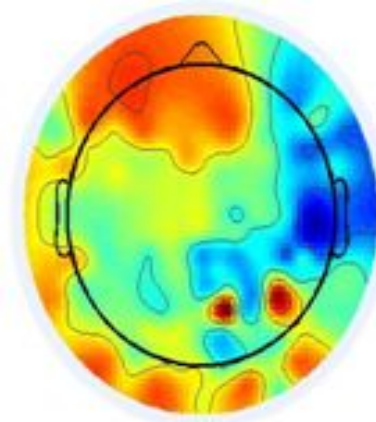
☐ **Relaxes your brain & mind**



☐ **Decreases negative thinking**

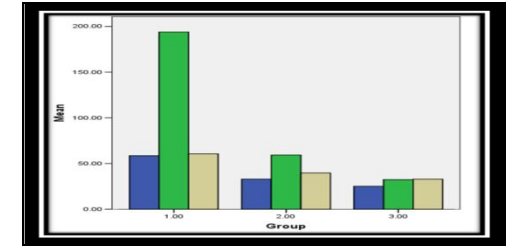


☐ **Increases your abiliti  
plan**

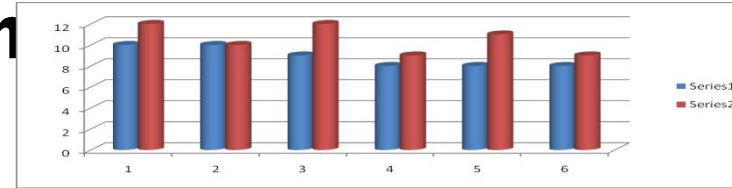


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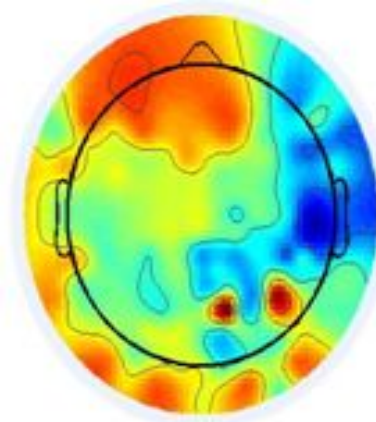
☐ **Relaxes your brain & mind**



☐ **Decreases negative thinking**



☐ **Increases your ability to plan**



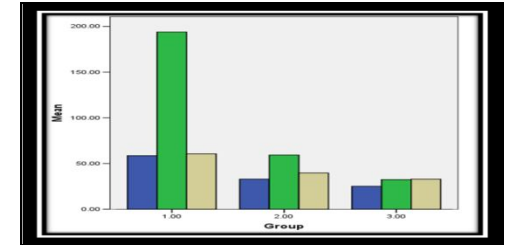
☐ **Improves problem solving ability**





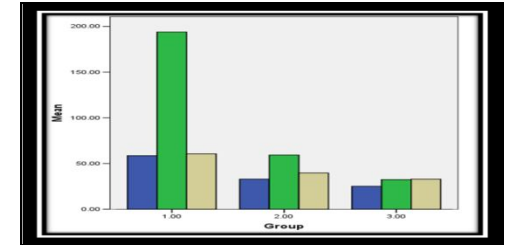
# HOW VIHANGAM YOGA HELPS IN ANGER MANAGEMENT....

- **Meditation relaxes your brain & mind**



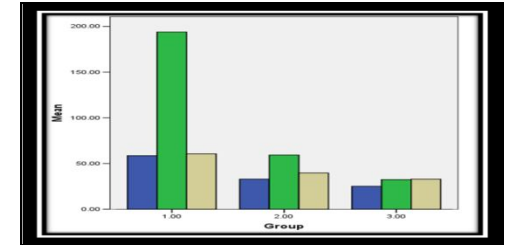
# HOW VIHANGAM YOGA HELPS IN ANGER MANAGEMENT....

- **Meditation relaxes your brain & mind**
- **Pranayamas and meditation help in the phenomena of “*Postponement*”**



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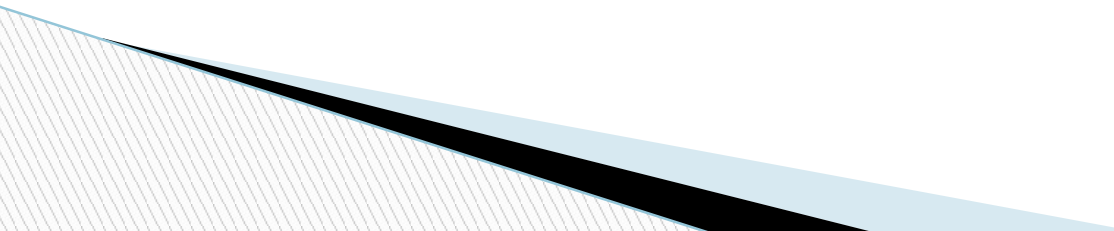


□ **Vihangam Yoga Values** →

□ **Meditation** →

Cognitive restructuring of Anger related thoughts

# Sleep related benefits

- A global problem
  - Sleep disturbances common in stressed individuals
  - Sleep deprivation leads to several psychological problems
  - Several kinds of sleep disturbances
- 



# Sleep related benefits

- ❖ VY life-style incorporates “***sleep hygiene***”
  - Fixed time to go to bed
  - Fixed time to get up
  - Avoid nicotine, caffeine, alcohol or activating substances before sleep
  - No heavy meals before sleep
  - Too light meals before sleep also problematic

# Sleep hygiene contd

- Stimulus minimization
- Not to keep watching the clock
- Stress management
- Relaxation before sleep
- 10 mins of meditation before sleep beneficial
- 20 minutes break pattern



# Sleep Hygiene *Do's* and *Don'ts*

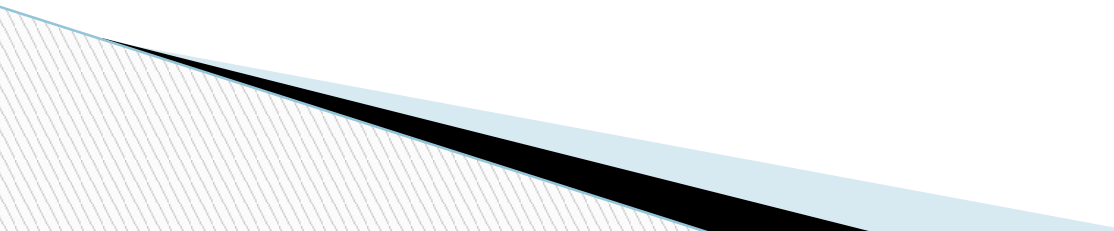
## **Do:**

- ▷ Establish a regular bedtime and rise time
- ▷ Exercise in the late afternoon or early evening
- ▷ Take a hot bath a couple of hours before bedtime
- ▷ Establish a comfortable sleep environment (e.g., bed, and bedding)
- ▷ Sleep in a dark, quiet area that is temperature and humidity controlled
- ▷ Establish a relaxing pre-sleep routine that you use every night before sleep, such as washing your face, getting into pajamas, reading or listening to soft music before turning the lights out.

## **Don't:**

- ▷ Take daytime naps
- ▷ Use stimulants such as caffeine and nicotine
- ▷ Drink alcohol before bedtime
- ▷ Go to bed too hungry or too full
- ▷ Eat offensive foods, such as spicy or acidic foods (e.g., orange juice) before bed
- ▷ Try too hard to fall asleep
- ▷ "Watch the clock"
- ▷ Take prescription and over-the-counter medications that might be stimulating (check with your doctor)

# The pleasure phenomena in VY

- Seeking pleasure is universal
  - Temporary and permanent pleasures
  - Intensity of pleasure experienced guides our actions
  - Source of pleasure can be *“Internal”*
  - Vihangam Yoga associated with experience of immense internal pleasure
- 



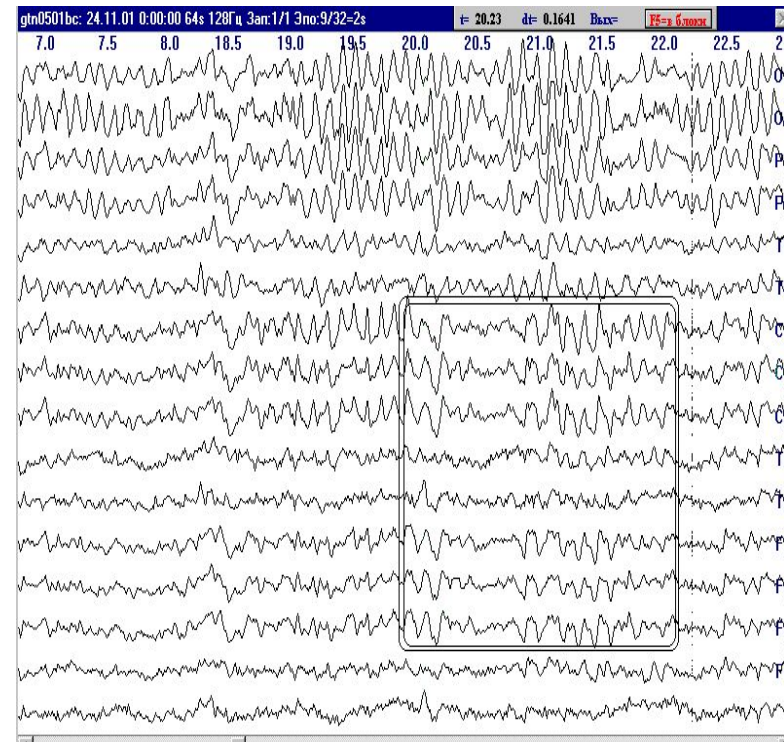


# Ecstatic Pleasure in depths of meditation

## □ Theta Bursts in EEG

### □ Inner light perception

- Experience of soothing light during meditation
- Extremely pleasurable
- Post-meditation persistence
- Being researched as a unique state of consciousness



# Helps in De-addiction





# Mass de-addiction in rural Indian villages



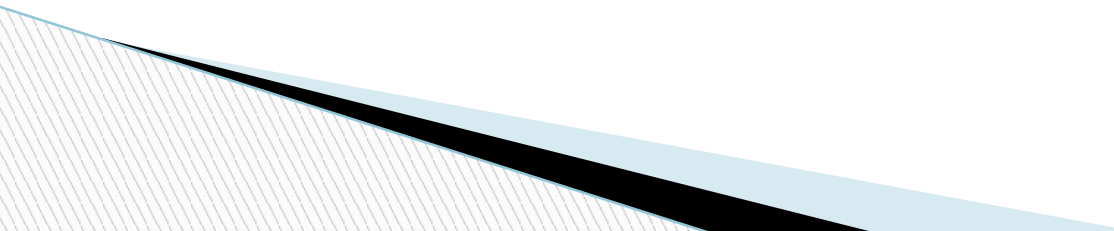


# Mass de-addiction in rural Indian villages





# Mechanism of de-addiction

- VY meditation relieves stress
  - Ecstatic pleasure during meditation
  - Impulse control
  - Aggression control
  - Aiding effects from VY life-style and food habits
- 

# Dementia & Old Age Memory Loss



# International researches on VY



New-York



China



RAVI PRAKASH  
M. Caponigro  
S. Chaudhury

**INNER LIGHT VISIONS IN  
VIHANGAM YOGA-CAN  
SCIENCE SEE WHAT EYES  
CAN'T?**

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A UNIQUE MEDITATIVE EXPERIENCE WHICH CHANGED  
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