

# “A study of Super brain yoga on memory enhancement and mental health of Adolescence”

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**Abstract-**The aim of this study was to explore the impact of super brain yoga (SBY) on memory enhancement and mental health. For this study pre and posttest design was used over 40 student. Memory drum and mental health inventory (constructed & standardized by Dr.Kamlesh Sharma) tool was used for data gathering. Pre and post score were recorded before and after practicing of super brain yoga. Score were analyze by statistical method (t-test & sd). And as result, found a significant difference between pre & post score. Posttest mean was higher compare to pretest. These changes may be due to memory improvement, low stress level, and reduction of distraction thoughts (mind wandering) due to practicing of super brain yoga.

**Keyword:** Super brain yoga, Memory enhancement and mental health

## Introduction

Our brain is amazing -even so more advanced than any existing super computer that gives people herculean potency. It is gifted with immense potentials, but it is our misfortune that we are unable to use it efficiently. The new born brain contains about more than 100 billion brain cells and a composite network of wiring or synapses and near about 300 million of neurons associates the brain's left and right lobes. A scientific breakthrough has demonstrated that an average person can put in more than 1 million items in the brain. It is said to be more possible connections in the human brain than the number of atoms in the entire universe.”[Ehleringer J.2010]. We normally utilize only 4-5% of the total brain's capacity in our life remain 95% is kept unused. Hence there remains much to realize and inspect about the human brain.

There are various technique/therapies used to enhance the hide brain power, among all of them, super brain yoga is one of the best technique to improve the brain power and enhance the memory capacity. It is a simple and efficacious technique to energize and recharge the brain. It is based on the theory of subtle energy and ear acupuncture.”[Dr. Glenn Mendoza] SBY is a practice that includes squatting while holding the ear lobes with controlled breathing. Advocates claim that this exercise improves cognition and academic performance.[Koterba R, 2007] It seems that this multi-sensory enriched yoga did have a positive effects over this younger's behaviors concern with social, physical and emotional wellbeing on and off the matt. [Scroggins, MichaelaL, LynG Litchke, and Ting Liu 2016].

The technique Super brain yoga was first applies by the revered master *CHOA KOK SUI*, the pioneer authority in employing energy/prana in healing, wellness and spirituality, endows us with the new technique of *SUPERBRAIN YOGA* for increasing our brain power. This technique has gained its importance and popularity due to its effectiveness and simplicity. Super brain yoga can allow for the fuel of energy that may keep our mind fit, able and functional, and how these can help counter the usual mental impacts of ageing, loss of memory, as well as dementia and dementia of Alzheimer type/*DAT* diseases and other related disorders. (Dehen C, Haas M, et al 2006). There is constant rising epidemics of both youngers and adolescence's being recognized with Attention Deficit Hyperactivity Disorder (ADHD) (Koterba,R.2007). These people suffer extremely from this ,as it not only reason of difficulty in centralised on academic studies and work ,but it also rebuff with their mutual relationship, impulse control, and general level of wellness.

## Functions of Super Brain Yoga

When the energy from the basic energy center and the sex energy center move upward, they are be turned into peace love and compassion. And when they come up to the crown energy center, the energy is

be turned into “pranic” energy of spirituality .Since the crown energy center controls and energizes the brain ,the energy is also transformed into a subtle and quirky type of ‘pranic’ energy that is utilized for energizing the brain for its proper functioning.

**NOTE:** The super brain yoga must be done every day to repeatedly energize and activate the brain cells. But do not do super brain yoga 2daysbefore and after menstruation in order to avoid the flow of dirty energy. The body must be kept clean. Avoid smoking, excessive alcohol intake, hallucinogenic drugs etc. Avoid eating pork, meat and fish intake should be minimized. It is also important to keep the body neat & clean and not overdone the super brain yoga to avoid probable physical health and mental problems like insomnia, overheating of the body and other type of common disorders. Besides, this exercise gives inner peace.

### **How it energizes and activates the brain**

When the energy body is switched on by connecting the tongue to the palate it begins to produce the expected result. The right ear lobe stand for to the left ear lobe and the left ear lobe stand for to the right ear lobe. When both the lobes are squeezed gently with the thumb and the index finger it produces the necessary energy connection, which energizes and activates both the brains, pituitary and pineal glands by increasing their energy or aura up to 100%-200%.The brains and the glands become lustrous but this condition is limited; the moment, the thumbs are removed the level goes back to its prior level and both becomes dim. But the continuous practice gradually makes it permanent.

### **Procedure of super brain yoga**

- \* Remove all trinkets. Face east side, if you know where it is.
- \* Tongue should be furled in the inward direction and press it tightly towards the roof of your mouth.
- \*Preferably invoke for divine blessings.
- \*Spread your feet shoulder width aside.
- \*Pinch the right ear lobe with your left thumb and left index finger.
- \*Also pinch the left ear lobe with your right thumb and right index finger.
- \*The left arm should be inside and the right arm should be outside. This is the correct arm position.
- \*When squatting down, inhale simultaneously. This breathing must be followed and must not be changed.
- \*When standing up exhale simultaneously.
- \*Repeat steps 8 and 9 at least 14 times per session.
- \* Liberate your ears, remise your arms loose by your sides and disjoin tongue from roof of mouth.
- \*The key is to inhale simultaneously when squatting down and exhale simultaneously when standing up.
- \*Release your finger from your ear lobes. And in last, Say a short prayer of thanks giving.

A plethora of researches showed the positive impact of super brain yoga on mental health, cognitive functions and other related variables. Jadhav, S.G. (2009) found a significant change as the effect of Yoga Intervention on Anxiety and Subjective well-being level. Venkataramana,H.L. (2008) having the similar observation during their study and find a significant effect of Yoga on Academic Stress of High School Students. Subramanya, P. & Telles, S (2009) pointed that Yoga can increase sensitivity of postsynaptic membrane and the effective inhibition of the distracting signals, which may be responsible for the improved cognitive performance. Yoga research for children with ASD has illustrated the melioration in stillness, following directions, emotional expression, and social interaction.”[Kenny M. 2002 & Goldberg L.2004).

In 2005 A study was started in a special education school in the Northern New Jersey. 9 severely autistic students with ages ranging between 14 and 16 were enrolled for the study. After the first three weeks, the majority of the children were able to do the super brain yoga exercises with minimal assistance. They

were calmer and quieter, more focused to take tasks at hand. Furthermore, yoga has been shown to alleviate hypertension and cardiac inflammation, stabilize the sympathetic nervous system (SNS), and ameliorate psychological health and cardiac function. (Innes KE, Selfe TK, Taylor AG 2008). Bakshi, A. ET. Al. (2009) observed the effect of practicing yoga among adolescents they found a significant change on the level of subjective well-being and academic performance. Abadi MS, Venkatesan (2008) result indicated that yoga requires focusing on a particular point by which the person learns to control conscious thoughts which can help to improve mind concentration. By using regularly super brain yoga, the children are calmer and more focused. Also, Overall improvement has shown through studies in all areas including function and behavior; interacting with the environment with more success (Koterba, R. (2007a). Now, it has proved in the light of above various reviews, the super brain yoga is very useful technique in counteracting many of the mental diseases and removing the psychological problems. It increases the memory power of the practitioner significantly (Srikanth N jois 2017). With this background the present study was interestingly felt and examine the efficacy of the super brain yoga to improve mental wellbeing and enhance the capacity of memory power.

**Methodology and Research design:** In the present study total sample of 40 participants ranging in age from 17 to 24 years was selected from shantikunj, haridwar, UK, (India). The total sample was consisted of 40 adolescents. Out of which 20 were in the experimental group and 20 were in the control group. An incidental sampling technique was used to select the best and interested samples. Pre and posttest design was applied to assess the effectiveness of Super brain on mental health and memory enhancement. Only male participants was considered who has minimum education was at least higher secondary level.

**Independent Variable:** - Super brain Yoga.

**Dependent Variable:** - Memory and Mental Health

**Tools:** Two type of tools were used in this study, memory drum apparatus and mental health questionnaire. To measure the efficiency of memory of the subject's, memory drum apparatus was used. Which contains 10 non-meaningful words (CVC) and that were rotated slowly by the experimenter. The subject had to read all the words and has to write those words on the paper how much he remembers out of them.

**Mental Health scale:** In the present study the consumable booklet of mental health questionnaire was used by the experimenter for measuring the mental health of the subjects both before and after the study. The Hindi questionnaire was used which was prepared by Dr.Smt.Kamlesh Sharma. In this questionnaire the total number of items was 60. Out of which 30 were positive items and rest 30 were negative items. Every statement has three alternative responses –yes, indefinite, no; the subject has to choose only one alternative response. The scheme of scoring is shown below. On positive statements 2marks for 'yes' 1marks for 'indefinite' and 0 marks for 'no.' Whereas for negative marking adopt just reverse marking 2marks for no 1marks for indefinite and 0 marks for yes .

**Experimental/ Intervention session:** The intervention program of super brain yoga was done by the experimental group. This project was conducted for 40 days continuously. All the samples in the experimental group were made to do 14 rounds of super brain yoga every morning at 6:00 A.M. to 6:30. And the subjects in the control group were kept aloof from the exercise to compare the results of super brain yoga. The data were gathered before and after interventions to all the participants.

**Result and Interpretation** - The result are showed below in the Table:

Table-1

Mental Health	M	SD	SDE	t-value
Pretest	19.62	2.95	.65	2.47*
Posttest	21.23	3.02		

Table 1 showed a significant differences between pre and posttest that might be attributable to the intervention of super brain yoga. Posttest mean score (21.23, sd 3.02) is high compare to mean score (19.62, sd 2.95) of pretest. That is significant at ( $p < .05$ ) level of confidence. Simard AA, Henry M. (2009) was also conducted a short yoga intervention, and reported there was an improvements in perceived stress and depressive symptoms among adolescences.

Table-2

Memory Enhancement	M	SD	SDE	t-value
Pretest	14.24	2.88	.66	2.16*
Posttest	15.67	3.12		

Table 2 also evident that mediate techniques (super brain yoga) has significant influence over the memory enhancement mean, as the obtained 't' value of 2.16 was found to be statistically significant ( $p < .05$ ). This result supported a study done by Srikanth N jios et.al (2017) indicated that SBY improve the short term memory and selective attention of students.

**Discussion:** The outcome of this study revealed a significant scores of the adolescences were found to be increased both in mental health test and in Memory test due to continuous exercise of super brain yoga module for a month. The adolescences reported that their psychological stress was reduced and they were able to concentrate on their studies more effectively. Kember (1985) research also showed that postgraduate students who took transcendental meditation improved in their academic activities. Furthermore, Wheeler & Wilkin (2007) reported, yoga in adults improves focus, concentration and learning readiness as well as enhances health and fitness.

The super brain yoga not only perk up and stimulate the brain, but also the heart, throat, ajna, forehead, and the crown energy chakra. When energies from the sex energy focus and move up to the heart energy center they are transformed into inner peace. When they go up to the throat and the ajna energy center they are transubstantiate into the pranic energy, for greater intelligence and creativity. When they go up to the forehead energy center and crown energy center they are transformed into subtle pranic energy of spirituality. (Master Choa Kok Sui. visit [www.superbraingyoga.com](http://www.superbraingyoga.com)). The lower energies are transformed into subtle pranic energy which is utilized by the brain for its proper functioning. This is why some people have experienced stress reduction by practicing the super brain yoga. (Ybrant Prana Volume 2: No 2, Feb 2009).

Other benefits from the practice of super brain yoga activates the higher energy centers and also energizes the brain and the nervous system, it is possible to use super brain yoga to alleviate the condition of patients with psychological ailments and brain and nervous system ailments. (Vempati RP, Telles S, 2002). The super brain yoga leads to the development of the frontal lobes of the adolescent brain are an area of great potential when developed properly. It is an area responsible for cognitive processing. The capability to analyze, apply,

and evaluate is a function that allows the brain to work more competently. The result support in effectiveness of the exercise, with an increase in test scores for the students. (Benson, et al (2000). Some other researches have also shown the effectiveness of relaxation (Benson, et al., 2000), meditation (Linden, 1973) and yoga (Angus, 1989; Hopkins, 1979) on students' concentration and stress levels, as well as their academic performance. Similarly, a three- year study conducted by Benson, et al (2000) showed middle school students who were exposed to a relaxation response curriculum scored higher on work habits, cooperation, and attendance, also had significantly higher GPA's than their counterparts.

**Conclusion:** According to the obtained results it can be concluded that there is a positive impact and significant improvement in the academic and behavioral performance of the adolescents by using super brain yoga .The participants who performed the super brain yoga not only increased their test scores on memory test and mental health test, but they were also looked different physically and feel positively in their behavior. They appeared more lighthearted and brighter.

### Limitation and Suggestion:

1. Small sample was the major limitation of this study, so the larger sample size for further studies get more reliable and valid results.
2. Study conducted only on male participants so, if female participants also included in further research results will be more reliable.
3. Further researches on super brain can be done on people of different sector such as corporate sector, education sector, with different age people.

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