

THE 360

A HOLISTIC RESEARCH NEWSLETTER

Issue 03

DIRECTOR'S NOTE

We are happy to share the 3rd edition of The 360 : A holistic research newsletter.

SSIAR, the Art of Living Research wing is actively expanding the scope and the diversity of Research studies that examine the impact of Ancient Knowledge Systems on human health, environment and society.

The range of research studies under SSIAR is vast; from studying the impact of Ayurveda on Infertility to examining the transformational work that Art of living has done for the environment and education.

We invite all scientists, Researchers, students and doctors to be a part of this unique research initiative.



INTERNATIONAL CHILD NEUROLOGY CONFERENCE

Guru Dev Sri Sri Ravi Shankar addressed more than 900 Child Neurologist at the International Child Neurology Congress at Mumbai on 18th November. Divya Kanchibhotla, Executive Director, SSIAR are also shared some of the latest key research findings on intuition process in the conference.

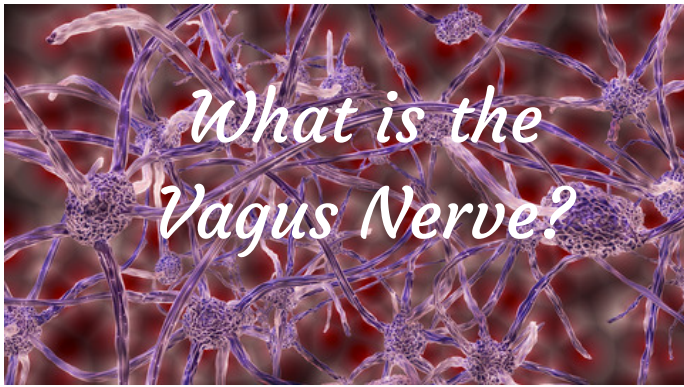
Gurudev Sri Sri Ravi Shankar emphasised the importance of taking care of the mental as well as physical well-being of children. He shared insights on how meditation and yoga help in the process of early development and creating a well balanced childhood. He also spoke about practical techniques and tips for the doctors to reduce stress and improve their own well being.



IEC MEETING FOR RESEARCH PROPOSALS



Institutional Ethics Committee of SSIAR met today for their second meeting. Ethics approval of each Scientific proposal ensures that the research conducted is of high quality and takes cares of the interest of the study participants.



WHY YOU SHOULD KNOW ABOUT IT?

So what is the Vagus nerve?

'Vaga' in Latin means to wander. True to its name, the Vagus nerve wanders around the body, impacting all the major organs. It controls all the involuntary actions in the body such as breathing, swallowing, heartbeat, blood pressure, hearing, circulation, digestion and gut health. It also controls bladder movement, orgasms and fertility.

The functioning of the Vagus nerve can be impaired by stress, poor lifestyle, smoking, drinking, and lack of proper nutrition and sleep. When the Vagus nerve is not properly stimulated, our mind and body become susceptible to a range of diseases and disorders like depression, obesity, cardiovascular diseases, hypertension, diabetes digestive disorders, chronic inflammation and even infertility.

The Sudarshan Kriya breathing practice, taught in the Art of Living Happiness Program, is one of the most effective and natural ways of stimulating the Vagus nerve. The practice of Sudarshan Kriya slows down the breathing and heart rates. This induces the Vagus nerve to send the signal to the brain that things are calm and safe. The brain in turn responds by switching off the Fight-or-Flight response and goes into the Relax-Rest-Digest mode.

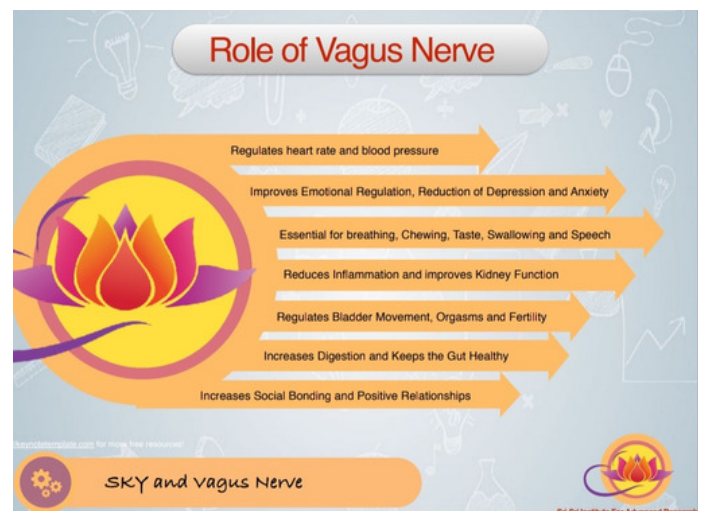
Over 60 independent studies show that the regular practice of Sudarshan Kriya also suppresses the release of stress hormones in the body by 56%, decreases anxiety by 71% of the practitioners and reduces depression by 67%. It improves deep sleep and mood indicators, improves immunity, builds stress resilience, and enhances creativity and ability to handle situations.

The human body is a miracle in action. Our nervous system is made of more than a 100 billion cells. The nervous system relays information from the brain to the body and back.

One of the most important channels of this two-way communication between the brain and the body is the Vagus nerve. Most of us have probably never heard of it or have a clue about its location.

The Vagus nerve remains one of the most well-kept secrets of the human body. Love and empathy, sense of connectedness, intuition and mental and physical well-being all become integral parts of life when you keep the Vagus nerve nurtured and activated.

Source: Khaleej Times



NEUROCHEMISTRY OF ADDICTION AND HOW YOGA CAN HELP



We all have experiences in our life that make us happy, put a smile on our face, and give us a "high". It could be achieving a deadline at work, shopping, that warm chocolate cookie, or just curling up in front of our favourite TV show. We all want that "high" but what is it that compels some people to seek out these experiences even at a huge financial and personal cost, jeopardizing health and relationships? What causes addiction? Answers Divya Kanchibotla, International Meditation Teacher and Director, Sri Sri Institute of Advanced Research.

American Society of Addiction Medicine defines addiction as a primary, chronic disease of brain reward, motivation, memory, and related circuitry. Dysfunction in these circuits leads to characteristic biological, psychological, social, and spiritual manifestations. Addiction can be chemical (drugs, alcohol, opioids, nicotine) or behavioural (gambling, social media). According to UNODC world drug report, there are 255 million illicit drug users globally, out of which 29.5 million have a drug use disorder. Out of these opioids were the most harmful and most frequently used drug with 70% of the negative health impact of drug usage. More often than not, addiction is merely a symptom of a number of other underlying issues such as depression, PTSD, anxiety, and so on.

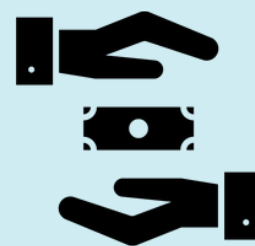
Several scientific advances have shaped our understanding of this common and complex problem. For example, brain-imaging technologies have revealed that our brains respond similarly to different pleasurable experiences, whether derived from psychoactive substances, such as alcohol and other drugs, or behaviours.

Dopamine is a molecule that ferries messages across the brain's reward centre. It's what gives people the feeling of pleasure and reinforces behaviours critical for survival, such as eating food.

Substances like drugs manipulate the reward pathways in the brain and cause increase in the amounts of dopamine in the brain, giving a high and pleasurable feeling. With repeated usage and artificially induced levels of dopamine, the brain scales back its normal production of dopamine to create a balance, thus creating cravings and the need for drugs for a person to feel the pleasure. This creates a vicious cycle and long-term changes in the brain physiology.

Neuroimaging studies also show that drug users experience twice the loss of grey matter with ageing than non-drug users. This indicates faster ageing and a greater cognitive decline. De-addiction is not an easy process. It requires tremendous willpower and perseverance to give the body and the brain a chance to rewire itself. Many attempt to rehabilitate from this chronic disease by going through the initial detox but relapse in the long run. A natural technique to support the de-addiction process is yoga and meditation. This 5000+ year-old technique is gaining immense popularity globally because of its numerous benefits. Yoga and meditation can create a sense of calm, a greater sense of self-awareness. The stretching and deep breathing help us not only to be fit but also helps with attaining mental clarity and peace. Yoga and meditation have also been shown to alter the neurochemistry of the brain. Studies show that yoga and meditation release dopamine in the brain. Dopamine creates motivation. Through the release of dopamine through natural pathways, yoga, and meditation help in rewiring the brain and experiencing the natural high.

source: www.boldsky.com



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We need your help to make a difference to revive the Global Ancient Knowledge Systems including Yoga, Meditation & other holistic practices.

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