



THE 360



A HOLISTIC RESEARCH NEWSLETTER BY SSIAR



Sudarshan Kriya : A personalized technique just for you

Millions of people around the world have benefitted from the practice of sudarshan kriya .It is a unique rhythmic breathing technique that has been studied scientifically and shown to have tremendous benefits on mental and physical health.We are sharing a very unique benefit of sudarshan kriya that it is customized to our own body and our own physiology in the age of personalized mechanism. Sudarshan kriya is the most personalized healing technique that one can experience .Recently a research study was conducted by SSIAR on the effect of sudarshan kriya on saliva PH . PH is a numerical value that determines whether a substance is alkaline or acidic. We all have done PH experiments in our chemistry labs where we dip different color papers in different chemicals and they would change color and the teacher would tell us that because the PH is changing from acidic to alkaline. PH is not something that belongs only in the chemistry lab ,even in our body has a PH, our blood has a PH value , our saliva has a PH value and for the body to function the PH value of saliva should be neutral .Acidic PH of saliva has been associated with high stress and various diseases and if the saliva ph becomes very very alkaline then it might interfere with our digestion . Our research study, we measured the effect of a long sudarshan kriya session on saliva PH .It was done on people who never experienced sudarshan kriya. What we found was very interesting .

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We found that people who had very alkaline saliva PH to begin with their saliva PH became neutral after sudarshan kriya and people with acidic PH of saliva their saliva PH also became neutral and people who had neutral PH to begin with sudarshan kriya did not change much so no matter where you begin sudarshan kriya worked with you, with your physiology to bring you to a state of optimum health it is the most personalized customized healing technique in the world. Saliva is increasingly used as a diagnostic tool as it is non-invasive, easily accessible, and less stressful compared to blood sampling. Saliva has a vital role in maintaining oral health. It is necessary for the salivary pH to be neutral in the oral cavity for the optimal functioning of its components. An exploratory pilot study involving an open trial on 321 healthy individuals who were novice to SKY was conducted. The salivary pH was measured before and after a single 90-min session of SKY. Mind-body interventions like SKY modulate the salivary pH to bring it to the range of optimal functioning. This pilot study provides information for future long-term studies that can be implemented with measures of anxiety and stress along with measuring other salivary biomarkers.

Work load regulation by Sudarshana Kriya yoga with EEG & ECG Perspective

Sudarshan Kriya Yoga (SKY) is the most powerful meditation practice, proved by the different studies conducted on it. We are discussing a study whose objective was to verify the effect of meditation in optimizing task efficiency and regulating stress. It was built on to quantitatively answer if SKY will increase workload tolerance for divided attention tasks in the people.

EEG and ECG recordings were taken from a total of twenty-five subjects who had volunteered for the experiment. Subjects were taken without any criterion divided into two groups of 'control' and 'experimental'. Scores were collected from the experiment based on NASA's multi-attribute task battery II. The participants in the experimental group were made to learn SKY and were provided with an intervention of SKY for a duration of 30 min everyday. Pre- and post-meditation data were acquired over a period of 30 and 90 days. It was observed that the subjective score of workload (WL) was significantly reduced in the experimental group and performance of the subject increased in terms of task performance. Another astute observation included a considerable increase and decrease in the alpha and beta energies and root mean square of the EEG signal for the experimental group and control group, respectively.. SKY had an effect on stress regulation which in turn enhanced their workload tolerance capacity for a particular multitask activity. Subjects were taken from the border road organization with no ongoing or recent mental health problems or neurological disorders. After taking permission from all 25 participants (Male, average age = 40 year), 10 control and 15 experimental subjects were exposed to the experimental protocol.. The control group was not given SKY sessions. EEG signals were acquired by using a 14 channel acquisition system, according to the 10-20 international system of electrodes. Reference electrode was kept at the right and the left mastoids. It was sampled at a rate of 128 Hz, and discretized using a 12-bit A/D resolution. Input impedance was kept to under 5 KΩ. The data were filtered using a 4th order Butterworth bandpass filter with a 24 dB/octave configuration. The ECG data were acquired using a 4-channel MP150 system, sampled at a rate of 500 Hz. The study successfully concluded the fact that SKY helps in reducing stress and handling workload pressure.



What is God? Scientists Ask Gurudev Anything on Time, Space and More!

Erwin Schrodinger, the father of quantum mechanics said the multiplicity is only apparent. In truth, there is only one mind. Thousands of years ago, The Upanishads stated exactly this "**Sarvam Khalvidam Brahma**" which translates to everything is one consciousness. Upanishad means sitting close to the master.

1.Our Ancient Rishis Have estimated the age of the present creation to be around 10 billion years, whereas in other tradition it is just 15000 years. But now recently European space telescope has measured the age from looking at the fossil radiation from big bang and exactly matches with the prediction of ancient rishis. Did They have another route to this truth because the technology was not available? -
(Dr.Subinoy Das Indian Institute of Astrophysics, Bangalore, Professor of Astro Physics)

Gurudev : We have largely ignored our ability to cognize you know our consciousness has the ability to cognize so they went in the subjective route anything you cognize, you cognize through the mind. Mind cognises through senses. This is an objective cognition when our mind turn inward and take another dimension of cognition, then many secrets reveal to us and interestingly it matches very well with what we see from the objective cognition. Because truth is the same.

2.There are many physics based laws in many ancient scriptures like laws of motion in kanad samhita, even long long before, Newton rediscovered these laws similar to gravity concept of DNA and Atoms etc. Then why these western literature is getting huge attention and Citations?
(Dr.Debnath Bhanjan- Indian Institute of Science Bangalore, Phd Student of Chemical Engineering)

Gurudev : The spirit to do research the scientific temper took a back seat. That is when we lost and this is partially also because there was no support from the establishment. This country was ruled by invaders for a long time and so science was never encouraged in those days. that could be one reason. Another reason is we consider things to be too sacred and too localised and people kept it themselves. They would only pass on to their own children. They test the student whether they are capable and then nobody passes those test and so they don't pass on to anybody. that is how the transfer of knowledge was hampered and spirit of enquiry and scientific temper, was somewhere curtailed. to be too sacred and too localised and people kept it themselves. They would only pass on to their own children.



They test the student whether they are capable and then nobody passes those test and so they don't pass on to anybody. that is how the transfer of knowledge was hampered and spirit of enquiry and scientific temper, was somewhere curtailed. Third thing was when the country was facing so many challenges, security challenges, food and famine, with all these science takes a back seat. But still we should salute those people who have at least maintained.

3.In Science, there are two schools of thoughts. One says that matter came first then consciousness arose. But lately some scientists are saying that consciousness is fundamental and matter came later which one is true? -
(Dr.Monica Patania AIIMS Rishikesh Associate Professor, Department of Medicine.)

Gurudev : It's a linear thinking one after another, why could it all not happen simultaneously. It is more of scientific to think spherical we don't need to find one spot of origin for anything we need not have to say coconut plant first originated in kerala or in Hawaii how did it happen. you know? Did the coconut float through to hawaii all the way and gets sprouted there again. Everything can happen simultaneously everywhere. In this sense the more possibilities of spherical thinking is needed. The linear thinking in which we say something begins somewhere so we try to find some origin for everything that need not be in fact it is not



DID YOU KNOW?

SOME UNKNOWN INTERESTING THINGS



The strongest muscle in the body is the tongue



Ant's take rest for around 8 Minutes in 12 hour period.



When the moon is directly overhead, you will weigh slightly less



Stomach acid is strong enough to dissolve stainless steel



Wearing headphones for just an hour will increase the bacteria in your ear by 700 times!

