



THE 360



A HOLISTIC RESEARCH NEWSLETTER BY SSIAR



DARBHA

A grass with magical powers!

Darbha grass or kusha grass. This grass is used in almost all the vedic ceremonies from times immemorial. This grass grows in many parts of the world including India you might know it as the grass you put in food when eclipse is happening to protect the food, but now science is discovering so many of its benefits. We have done a pilot study in SSIAR where we found that if we do a X-ray by holding this grass in our hand we can actually see the grass on the X-ray that means it absorbs radiation, also there is another research conducted in Shastra University in Tamilnadu where they took darbha grass along with four other different types of grasses and they put them in yogurt and they let the yogurt ferment for four hours at room temperature. After 4 hours when they took out all the grasses and they put them under the electron microscope and they saw the nano structure of the grass they found that darbha grass had the unique nano structure different from all the other grasses. Because of its unique nano structure the maximum number of bacteria adhered to the grass. That means during the eclipse when the bacterial growth in the food becomes high because of there is no good radiation so at that time if we put that darbha grass in our food it attracts all the extra bacteria that grows in our food and then we can take out the darbha grass and just throw it outside and protect our food from spoiling. It is amazing to see how much scientific acumen and knowledge our ancestors had and modern science is discovering it today.

[Click here to watch the video](#)

IN THIS ISSUE

**Dharba ! A Grass With
Magical Powers - P1**

**Science Day Special 2021
-P2**

**DID YOU KNOW?
INTERESTING THINGS
ABOUT YOUR SKIN
-P3**

**Sudarshan Kriya Yoga and
well being of health care
professionals during the
COVID-19 Pandemic - P4**



Highlights of National Science Day Event- 2021



In response to a question about sustainable development and sustainable future by Dr. Vikram Vishal from IIT Bombay, Gurudev said that Nature recuperates itself, he mentioned about the lockdown where nature healed itself as dolphins returned to Mumbai, birds returned and weather condition improved. He also encouraged to plant more trees.

In the response to a question by Dr. Suruchi from AIIMS Bhopal, He encouraged people from both allopathy and Indian system to work together. He mentioned that because of the prejudice of one side towards the other side it is sometimes difficult to come together but we must overcome it. He also mentioned the efficacy of Kabasura Vati in overcoming the COVID-19 disease.

In response to a question by Dr. Ajinkya Navare of IIM Jammu on Upanishads, Gurudev responded that every child in the world has a scientific temperament and is born with the spirit of scientific enquiry. It is only that occidental education system kills the spirit of enquiry forcing them to believe something that's written in the scripture. He further went on to say that in the orient like India science and spirituality have never been in conflict because the Upanishad themselves start with the question and encourage people to ask question while in the occident, in the west, science and spirituality have been in loggerhead because the spirit of enquiry is not encouraged.

In response to a question by Dr. Jyothsana Komaragiri of CHEP, IISc about the dark matter, Gurudev shared about Naaskiya sukta and also shared about how the ancient Indians never believed that the sun revolved around the earth. The civilization that gave the world the concept of zero cannot be frivolous or unrefined civilization.

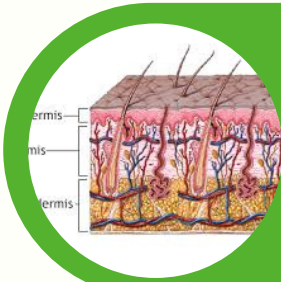
About a question from Mr. Ramesh Kumar CEO Vayu-Jal Technologies Pvt. Ltd about how to increase the adaption of recycled water, Gurudev responded them nature is the best recycling agent but more than asking people to adopt the use of recycled water we must protect the water source of India and make sure they are not contaminated.

In end of the session he encouraged all the young scientists to keep up the spirit of enquiry and do more and more research on the ancient vedic and the global knowledge system. At SSIAR we would like to use the opportunity of National Science Day to encourage more and more people to take up research in the ancient knowledge system and to bring about the scientific validation of these systems.



DID YOU KNOW?

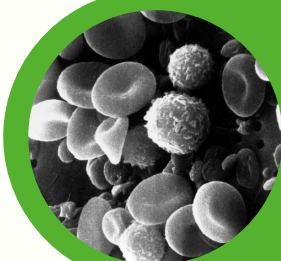
INTERESTING THINGS ABOUT YOUR SKIN



It's our body's largest organ



An average adults skin spans 21 square feet, weighs nine pounds



The average person has about 300 million skin cells



Skin Contains more than 11 miles of blood Vessels



There are atleast 5 types of receptors in the skin that respond to pain and to touch

SUDARSHAN KRIYA YOGA & WELL-BEING OF HEALTHCARE PROFESSIONALS DURING THE COVID-19 PANDEMIC

A PRE-POST STUDY FROM INDIA

Divya Kanchibhotla, Saisudha Bharathi, Somya Ramrakhyani and Darshan Mehta

Global Advances in Health and Medicine, Volume 10: 1-8

A collaborative study by scientist from Harvard Medical School and SSIAR

The COVID-19 pandemic has created unprecedented challenges for healthcare globally. The long hours, cross over of responsibilities, lack of resources to adequately care for patients, and concerns around safety of self and loved ones, have led to a spike in anxiety, depression, insomnia and other stress – related disorders in healthcare providers. To observe the impact of Sudarshan Kriya during such challenging situation Healthcare Professionals(HCP) were assessed on different parameters before and after Sudarshan Kriya Yoga.



IMPACT OF SUDARSHAN KRIYA YOGA AMONG HCPS

↓ Parameters Reduced

ANXIETY LEVELS BY

27%

STRESS LEVELS BY

37%

DEPRESSION LEVELS BY

47%

Parameters Improved ↑

RESILIENCE TO COVID STRESS BY

27%

SLEEP QUALITY BY

59%

SATISFACTION WITH LIFE BY

27%

- A collaborative study by scientist from **Harvard Medical School** and **Sri Sri Institute for Advanced Research**

- First study that examined the effects of mind body intervention to improve HCPs quality of life during pandemic

- The study was conducted during the pandemic lockdown between April to June 2020

- Sample size: 100 Doctors.

- After Sudarshan Kriya , stress levels reduced by 37% , anxiety levels by 27%, depression levels by 47%

- Sleep quality improved among the HCPs by 57% after SKY program

- HCPs showed resilience to COVID stress by 27% and were 29% more Satisfied with life after SKY program

- Not a single person was dissatisfied with their life after 40 days of practice

This is very significant as the data collection for this study was done when the entire country was in lockdown. Not only was there was a great anxiety among the people, effective therapeutic options were also not available. At such a time, HCPs were under tremendous pressure. Despite being in such an extraordinarily dire situation, SKY created a sense of positive mental well-being in them. The HCPs reported improved sleep and resilience, as well as greater satisfaction with life.



research.artofliving.org



@aolresearch



/aolresearch



@theartoflivingresearch

Once a month Every week Daily