

EFFECTIVENESS OF NADA YOGA DURING QUARENTINE ANXIETY

Ms. Reetika Pal

Assistant Professor, Amity Institute of Behavioural And Allied Sciences, Amity University
Lucknow campus

Dr. Chhaya Gupta

Assistant Professor, Amity Institute of Behavioural And Allied Sciences, Amity University
Lucknow campus

ABSTRACT:-

The new year 2020 saw the greatest change in the whole human history when the world got united to fight against COVID-19, a deadly virus that shook the entire human existence. People who are now facing the situation of lockdown in various parts of the world are going through a range of psychological and emotional reactions, fear, uncertainty which is leading them to experience “Quarentine Anxiety”. The present study seeks to explore the effectiveness of the ancient Indian philosophical science of Naad Yog explaining the importance of Naad and how this philosophical science leads to developing a richer psychological wellbeing thus bringing a positive state of mind which is the need of the hour.

Keywords:- Naad Yog, Quarentine Anxiety, psychological wellbeing.

INTRODUCTION

“ Sat Karmana Shodhanam cha asanena bhaveddrham

Mudraya sthirata chaiva pratyaharenadhirita||

Pranayamallaghavam Cha dhyanatpratyksamatmanah|

Samadhina Nirliptam cha Muktireva na samsaya||

(Gheranda Samhita Chapter-1 Sloka 10-11)

Meaning:- The Shatkarmas, purify the body, Asanas Strengthen it. Mudra Brings about steadiness, Pratahara results in calmness, pranayama leads to lightness, Dhayana gives realization of self and Samadhi leads to liberation through isolation.

The above shloka confirms that by practicing yoga one can achieve total good health. With this evidence one can understand that **YOG** is a science of health and better living. It joins our physical, mental, moral, intellectual and spiritual forces and ultimately leads towards good health and promising meaningful life. Yoga is the most practical and curative medicine to control the ailments of modern life. Yoga, an ancient but scientific practice of bodily exercises, activates energy spheres (chakras) and energy channels (nadis). It is an transcendental journey towards a harmonious union of body, mind, and soul. According to the Vedic Philosophy, yoga and music both are part of Nada Vidya. **Nada** means flow of sound and **Yoga** means Union.

Etymologically “**Na**” means **breath** and “**Da**” means **energy**. Nada Yog is process of union of the Individual’s mind with cosmic consciousness through the flow of sounds. Nada Yoga deals with the realization of **Anahata nada**, unstruck sound (extrasensory vibrations) of the eternal force of cosmic consciousness. In other words, **Anahata** means cosmic music. It is not merely a physical exercise but combinations of therapeutic postures that activate certain chakras and nadis in the body. It is also a journey within. It helps in creating a harmony of mind, body, and soul. On the other hand, music pertains to the rhythmic flow of the **Ahata nada**, which is struck sound (perceivable sonic currents) that is produced in nature physically. Conception of Nada is connected with Kundalini or Spiral energy centers in our bodies resonating to 22 nadis and seven chakras.

Nada is said to be present into its four manifested forms which are **Para, Pasyanti, Madhayama & Vaikhari**. Para resembles the transcendental silence that is present as a silent language of our mind. This particular nada can be harnessed during a deep meditative or introspective state. Para is said to be located in the naval area and the sound that it reverberate is “A”. Pasyanti is the sound of intellectual consciousness which can be seen as a form of mental representation. Madhayama connotes the sound produced from our breath. Vaikhari articulation of the word itself that has risen from nothingness of the soul (Para), all the way into existence.

In **Nada Bindu Upanishad** nada is equated to a Swan(*Hamsa*) as which the atma appears. The parts of the body of the bird are the 3 letters of the word **AUM** and the three gunas of the Sankhya Doctrine. The nada yogis contemplate on Onkara as the Swan, in four *Matra*(intonations). The variations is produced by three svara namely *Udatta, Anudatta* and *Svarita*. The text suggests that a yogi should contemplate and be absorbed in **OM** as it leads

one to the knowledge of self and helps him to overcome *Ajnana(ignorance)* as well as sufferings.(Aiyar, 1914).

The Sama Veda is a text that comprises the knowledge of existence through music. It is always sung with specific exactness in order to hold the piece together. Since it is from the unmanifest through our Vaikhari that we create conscious thought, the Sama Veda is a representation of this natural phenomenon. Modern psychology and yogic philosophy believes in three kinds of tension- muscular tension, emotional tension and mental tension- which can be progressively released through the regular practice of yoga and meditation. The neuroscientist hypothesize that regular practice of yoga and meditation actually alters the way in which our behaviours are wired in our brain improving the quality of life (Rajvanshi, 2002).

Pt. Sriram Sharma Acharya (2001) Music provides the best way of expressing emotion. It is necessary that the words of a song also be the linguistic translation of the emotions. Even without the involvement of any vocal expression of language, the sounds (Melody) of music can convey their emotions. The flow of music expresses itself even in the absence of an audience. Listening to the music of nature - a babbling brook, birds singing or leaves whispering in the breeze - is a great way to induce a stress-relieving relaxed state. Hammer (1996) studied the relationship between music therapy and patients perceived stress level. In this experimental study it was noted that the experimental group that received the treatment of the music therapy session showed reduced stress level than the control group.

Music therapy is the unique application of music to enhance personal lives by creating positive change in human behaviour. It is the use of music and musical intervention in order to restore, maintain & improve emotional, mental and psychological health and wellbeing (Fagen, 1982). Gold (2009), in a research showed that music therapy, when added to the standard care, has strong and significant effects on global state, general symptom, negative symptom, depression and anxiety. It also provided with substantial results that inferred that music therapy is an effective treatment strategy which help psychotic and non-psychotic severe mental disorders to improve global state, symptoms and functioning.

Srivastava. B (2014) in a research finding deduced that Nada mediation proved to be an effective intervention strategy to fight out anxiety in Aged people. The researcher took 30 samples of age 60-65 years where nada meditation was taught to them and after a period of a

month significant changes were observed in their level of anxiety. Dr. Pratima (2015), found out that the level of neurosis also reduced among young adults when they were exhibited to nada yog meditation everyday for 30 minutes. The level of neurosis significantly decreased after the therapeutic treatment of nada yog meditation.

Kumar (2013), researched that music therapy is effective in tackling various physical and mental disorders. He in his studies explained the various psychological benefits of different *Raagas* in our Hindustani classical music. Eg. Like Raag Asavari builds up self confidence, where as Raag Chandrakaus is used to tackle Depression. Also in our Indian classical Raag system the time allotted to various Raagas also have a deep psychological and emotional influence in our human psyche.

COVID-19 AND VARIOUS PSYCHOLOGICAL CHALLENGES

The year 2020 is considered the most unprecedented year up till now. This year saw the widespread calamity of the deadly CORONA virus which is also known as COVID-19. The outbreak of a Pandemic as verified by WHO demanded countries to shut down their entire daily routine task and be in a Quarantine situation. A quarantine is the restriction of the movement of people and goods which is intended to prevent the spread of disease and pests. It is often used in connection to disease and illness, preventing the movement of those who may have been exposed to the communicable disease, but do not have a confirmed medical diagnosis.

The word comes from 'quarantena' meaning "forty day" used in 14th -15th century Venetian language. The outbreak of coronavirus disease has lead to an unplanned change in the lifestyle of the entire human race that has resulted in heightened stress and fear among people. This has resulted in overwhelming strong emotions in adults and children. Hawryluck et.all (2020) studied the psychological effects of quarantine effects of Quarantine in Toronto Canada using a web based survey on 129 people. The results brought out a marked increase in the symptoms of PTSD and Depression coupled with stress and anxiety about the unprecedented period of Lockdown.

The studies conducted worldwide on corona outbreak reported on general psychological symptoms like emotional disturbances, depression, stress, low mood due lack of productivity, irritability, insomnia etc. Dong, Lu et.all (2020), explained the public mental health crisis

during COVID-19 pandemic in China. It talks about the the uncertain incubation period and and asymptomatic transmission that causes a rise in fear and anxiety among people. Jiloha (2020), explained that the spread of COVID-19 implemented on practicing social distancing as a public strategy to limit the spread of the virus. This has resulted in a feeling of ostracism, abandonment, and being neglected in people, particularly the elderly when they are isolated.

Thus, one can deduce from the researches that the present times demand change in the entire lifestyle of the individual and this change was not foreseen beforehand which is creating fear and unprecedented anxiety amongst all. The worldwide lockdown and quarantine isolation has created a lot of stress and irritability among all genres of people. The change in routine activity and the requirement of adjustment to the novel issue has also heightened the effects of stress and depression in many individuals. On the other hand government practise of social distancing is also creating an upsurge among the public as our lifestyle was too much dependant on being out from our home and spending time with friends outside. The joy of missing out on the plans that were created the loneliness, the emptiness of non indulgence in any activity has also led to conversion of psychological syndromes into various somatic complaints like headache, muscle spasm, body ache, locking of joints etc.

IMPLICATION OF NADA YOG IN FIGHT COVID-19 CHALLENGES

The present scenario reverberates a strong to need to focus on activities that can effectively deal as well as culminates the anxiety , irritability, stress caused due to Quarantine. Nada Yog has been an effective practise in dealing with not only issues related with anxiety but also has reaped various physical as well as psychological health benefits. As explained earlier in the study through researches that Music or Nada in our ancient Indian system resonates to our 22 nadis which are connected to the 7 energy centres or Chakras in our body. These energy centres deal with our physical psychological wellbeing. Every chakra vibrates with a unique sound and channelize our Kundalini energy in an our entire body.

The regular practise of the sound of AUM instil in us not only a sense of calmness but also aligns our energy in a meaningful purpose resorting a sense of peace and balance. As has been hinted by various positive psychologist that during a stressful situation a person who works with a state of equilibrium is able to not only keep his/her emotion, cognition intact but also strengthens the environment too. The period of quarantine as brought about the upsurge of a lot of emotions which are on the negative front and jolted an era of restlessness in people

all round the world. The situations in countries like Italy and United states has instil a fear about the deadly virus. The number of rising cases has resulted in psychological health crashes and thus there is a high need to take up remedial action. Music has been scientifically proven to sooth and calm our emotional imbalances.

As put by Donald Hebb in his Neuropsychological Learning theory that neurons have an excellent capacity to rewire and have synaptic transmission on that new created neuronal path. Yoga has the ability to effectively transform the negative neurological path created by negative emotions like stress anxiety and with due practise of 21 days a new neurological pathway is created in the brain. Nada yog if practised for a period of 21 days can create new neurological pathways that can effectively tackle negative emotions stated above. Etoile et. all,(2013) explained the parallel emergence of music and neuroscience. In this study the researcher brought out that music is effective in treatment of brain disorders and suggested future collaboration within these two fields.

Many researches quoted above in the present study seeks to notify that Music therapy or Nada yog intervention has resulted in reduction of anxiety, depression and also fruitfully combated insomnia and other such psychological problems. Music or Nada relaxes our mind and eases the dissonance caused due to the negative emotion, the rhythm of the nada provides vibration in our body that brings about tranquillity and progressively relaxes our senses thereby keeping us stress free.

CONCLUSION

Thus, Yog is considered to be an effective tool that improve in breathing difficulties, physical ,mental health and immunity. Nada Yog is a very effective tool in prevention and healing from COVID-19 psychological symptomology. Through Nada yog negative emotions can be effectively tackled and positivity can be harnessed. The current situation of social distancing can boost a rapid recovery not only from this virus but also help people to go deep inside their own consciousness and help them learn new activities and develop new hobbies which provide a fruitful coping mechanism from any kind of stressful situations.

REFERENCES

- 1) Anil K. Rajvanshi (2002), Music Meditation and Mental Happiness, Speaking Tree, Times of India, April 10;
- 2) Acharya, Pt. Sriram Sharma (2001); Music the Nectar of Life, Gayatri Parivar Yug Nirman Yojna Trust, Maharashtra, Andheri, Mumbai p4.
- 3) Etoile, Shanon K de (2013). Music Therapy and Neuroscience from Parallel histories to converging pathways. *Music therapy Perspectives 31(1) pages 6-14, Oxford Academic.*
- 4) Jiloha, R.C (2020). COVID-19 and Mental Health. *Epidemiology International(E-ISSN:2455-7048) 5(1)pg 7-9*
- 5) Fagen, T.S. (1982). Music therapy in the treatment of Anxiety and Fear in terminal Paediatric Patients. *Music Therapy, 2(1) pg 13-23.*
- 6) Gold, C. (2009). Dose-response relationship in Music therapy for people with serious mental disorders: Systematic review and Meta Analysis. *Clinical Psychology Review, 29(3) pg 197-207*
- 7) Hammer, S.E. (1996). The effect of Guided imagery through Music on State & trait Anxiety. *Journal of music Therapy, 33 Pg 47-70.*
- 8) Kumar, A. (2013). Music therapy for meeting the cure of various physical and mental disorders. *Sangeet Galaxy Volume 2 no.2 April 2013Pages 1-5 ISSN: 2391-9695.*
- 9) Kumar , Dr.Kamakhya ; Practise of Naad Yoga To Reduce Stress, *Nature and Wealth Vol8, No. 2*
- 10) Pratima, Dr. (2015). Effectiveness of Naad Yog Therapy for Neurosis Management. *International Journal Of Physical And Social Sciences. Volume 5 Issue 6 Pg 224-230 ISSN:2249-5894.*
- 11) Srivastava, Dr. Bhawana. (2014) Nada meditation as an Intervention Strategy for Anxiety among Aged People, *International Journal of Yoga And Allied Sciences, Volume 3 Issue 2 July-Dec.*
- 12) V, Nirmala. (2012). The Concept of Nada And Bindu In Tirumantrirum. *International Journal of Scientific and Research Publication, Volume 2 issue 5 ISSN: 2250-3153.*