

**Part I: The Science of Emotion according to Yoga and Spiritual Lore**  
**Part II: The Immediate Effect of Yogic Relaxation Technique on Heart Rhythm  
Coherence in Normal Subjects**

By

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**Part I: The Science of Emotion according to Yoga and Spiritual Lore**

**ABSTRACT**

The aims and objectives of this literature study is to recognize the violent emotions in us, how that affect our total personality growth and how to utilize the techniques given in our ancient scriptures for purifying them through making the higher emotions (Bhakti) as a tool. In today's materialistic world people are suffering from lack of emotional training. The need of the hour is to train our right brain, to harness our emotion, by purifying our emotions from the grossest level to the highest level. The sublimation of emotions should take place. For the suffering world today the key message is love. Training our emotions by Bhakti (reduction in selfishness and ego) is very much possible. Our grossest emotion is called *Kama*, desires. Friendship is developed by common likes and dislikes that do not last for long. Likes or dislikes is ever changing factor. We have to raise ourselves from *kama* to the level of *Prema* characterized by sacrifice. The result is immense satisfaction; eventually from *prema* to the level of *param prema – Bhakti*, which takes us to the higher dimension of sublimated emotions where process of expansion, begins. Bhakti harnesses the power of the violent emotions. It is a science of inner energy management. The journey of the purification of the emotions explained by Sage Narada, and the techniques to harness the emotions explained in Bhagavadgita, is described in the present essay.

**SUMMARY AND CONCLUSIONS**

The essence of the whole essay is sublimation of the emotions is very much necessary for total personality development in today's materialistic approach of living. Purified, sublimated emotions not only help us maintaining positive health, but it is necessary to perform the best of one's level. Good performance brings harmony not only in our body and mind, but in the society and there by in the country. The science of emotion's culture is the real solution for the individual as well as for the society at large. In modern era we have been essentially training our left brain to develop our intelligence, power of analysis and concentration. At the same time we became more

body oriented, selfish and possessive which lead us to disharmony between our body and mind. Our ancient scriptures have provided us the techniques and the tools to purify our emotions. As Narada says the unfoldment of divinity is the effect of Bhakti. He has emphasized on rising from *Kama*, the grossest level of emotions to *Sakshatkara* level, the ultimate bliss. Bhagvdgita says one should have their senses under control, if not they would harm you and bring the disastrous downfall of the Empire of the Soul. The divine qualities mentioned by Lord Krishna declare a moral phase in the character of a Man of Perfection. One who has realized that the spirit everywhere is one and the same, and that the spirit in all alone is him self, this knowledge would not let him hate anyone; there will be no place for selfishness in his life. Yogic perspective further explains that power thoughts as emotions last longer and build deeper impressions which go deep into the subtle layers of consciousness and from our basic personality traits. The remedy given here is to work from Manamaya Kosha to purify emotions which is the cause of imbalances, blocks, knots, phobias and obsessions

## **Part II: The Immediate Effect of Yogic Relaxation Technique on Heart Rhythm Coherence in Normal Subjects**

### **Objective**

Complementary therapies have been used to generate sustained positive feelings that lead to a beneficial mode of 'Psycho physiological' coherence. The present study is an attempt to evaluate the immediate effect of Yogic Relaxation Technique (DRT) in normal subjects by studying more ordered and coherent heart rhythm.

### **Methods**

After taking signed consent, 40 male and female healthy volunteers in the age range between 20-55 years, who have practiced Deep Relaxation Technique for at least two weeks, were randomly allocated into two groups i.e. yoga (n=20) and control group (n=20). The inventory questionnaires i.e. General Health Quotient (GHQ) and Emotional Quotient (EQ) were filled out on the 1st and the 25th day of experiment. Yoga group practiced DRT through pre-recorded audio tape once on 1st and once on 25th day. The control group relaxed in supine rest lying down in 'shavasana' without any instructions on the same days. Heart rhythm coherence was measured using the Freeze Framer Version 2.0 Interactive learning system with the heart rhythm monitor, manufactured by Heart math, California, U.S.A.

### **Result**

The data of variables were normally distributed. In low scores, result showed significant improvement ( $P = 0.0025$ ) in coherence on 1st and 25th day in yoga

group. Medium scores showed no significant improvement in coherence in either of the groups. In high scores, result showed significant improvement ( $p = 0.01$ ) in coherence on 1st and 25th day in yoga group. A comparison of the two groups (Yoga and Control) showed a significant difference ( $p = 0.02$ ) for the low values on day 1. There were no other significant differences between the groups. Finally, a significant difference was found between the numbers of subjects who showed a changed score.

## **Conclusion**

The yogic relaxation technique –Deep Relaxation Technique can improve ordered and coherent heart rhythm; improve autonomic stability in healthy subjects.

## **SUMMARY AND CONCLUSIONS**

- The randomized control study was aimed to determine the effect of Yogic Relaxation technique on autonomic variables and psycho-physiological status by assessing heart rhythm coherence and administering questionnaires on 40 male and female subjects at SVYASA, Bangalore
- The mean age of female in yoga group ( $n=13$ ) was 24.54 and that of in control group ( $n=11$ ) was 25.45
- The mean age of male in yoga group ( $n=7$ ) was 40.00 and that of in control group ( $n=9$ ) was 33.00.
- The yoga group practiced yogic relaxation technique – DRT through a pre recorded audio cassette for 20 minutes and the control group relaxed in Supine Rest.
- The heart rhythm coherence was measured using the Freeze Framer Version 2.0 Interactive learning system with the heart rhythm monitor, along with EQ and GHQ were measured by ... psychological questionnaires.
- The result showed that there was a significant difference in the pre values of low HRC between the groups i.e. yoga and control ( $P=0.02$ ). There was no significant difference in medium and high HRC except Chi Square shows significant difference ( $p=0.004$ ) in high HRC scores between the two groups.
- There is greater increase in the low coherence scores in the yoga group when compared to the control on the 25th day.
- It is suggested from the study that the yogic relaxation techniques such as DRT was beneficial for the chosen subjects; further study on the larger population and the longer period of follow up is necessary to get desired results.

## **Key words**

Yogic Relaxation Technique, Heart Rhythm Coherence.