

# Study on Different Types of Psycho-Neurobics in Current Scenerio

Raymond Myles<sup>1\*</sup> Dr. Chandra Shekhar Tiwari<sup>2</sup>

<sup>1</sup> Research Scholar, Yoga Samskrutham University, Florida, USA

<sup>2</sup> Founder

**Abstract – In short we can characterize Psycho-neurobics as-'Procedure of taking astronomical vitality present in the universe by the intensity of brain (the source is GOD) and after that exchanging it to brain and neurosystem' We can mend any sort of illness by psycho-neurobics and actuate our seven vitality focuses present in the body. The word psycho remains for 'mind' as we take the vast vitality through the intensity of brain. There are three sorts of neurobics LIGHT NEUROBICS, SOUND NEUROBICS AND EASY NEUROBICS in Psycho-neurobics we incorporate all the three neurobics.**

-----X-----

## LIGHT NEUROBICS

### Light Neurobics with "colours of light (VIBGYOR)"

Shading is a type of vibrational vitality that has assumed a critical job in wellbeing and mending for a huge number of years. The old Egyptians fabricated corridors of shading in their incredible sanctuaries at hebes and different spots, where they researched the impacts of light and shading. Each shade of the range is related with a scope of wavelengths, which implies that there are several unpretentious subtleties of shading. Not these are noticeable to the human eye, since hues vibrating at similar rates look particularly indistinguishable. Violet wavelengths are the shortest, extending from around 380 to 450 nanometers (nm.). Red wavelengths are the longest, traversing 630 to 760 nm.

Diverse hues influence the brain, body and soul in various ways and most societies connect hues with specific characteristics, sentiments, et cetera. Shading is one of the nine fundamental 'fixes' connected in Feng Shui, the Chinese specialty of divination and coordinating vitality (qi) to make conditions that are helpful for wellbeing, satisfaction and favorable luck. Some fundamental ideas about various hues are:

White: - White is actually not a shading, as it is the aftereffect of the considerable number of hues blending together in equivalent extents. In the west, it is related with virtue, guiltlessness and tidiness.

Violet and Indigo: - These hues are related with otherworldliness, faithfulness, celestial and love.

Leonardo da Vinci asserted that the intensity of reflection could be improved ten times affected by violet beams going through the recolored glass windows of a peaceful church. In quieted tones, this shading can be useful for treating migraines, mental issues, and certain types of schizophrenia and dementia.

Blue: - Blue is related with confidence, mindful, harmony and constancy. Cornflower and lavender blue specifically represent mysticism, keenness, steadiness and graciousness.

Green: - Green is all around viewed as the shade of growth, mending, benevolent love and peacefulness. The green shade of plants elevates love and amicability to ease harried personalities. Green is related with the heart and when we think green, it draws in whatever we have to feel sustained and quiet. An excess of green can make a static condition since it eases a wide range of pressure.

Yellow: - Yellow represents persistence, resistance, satisfaction, joy, knowledge and mental vitality. It grows skylines and brings satisfaction. In China, charms against fiendishness spirits are written on yellow paper.

Orange: - Orange represents immaculateness, fellowship and ladylike erotic nature.

Pink: - Pink is a warming, calming, consoling shading that represents love and sentiment. When

you feel furious, figure pink and the outrage will vanish.

Red: - Red is an energetic and blending shading which identifies with self discipline, life and strength. It is an exceptionally enthusiastic and stimulating shading. In the event that you are over passionate or hyperactive, it is best not to encircle yourself with this shading. In China , red is the image of ethicalness.

### Science proposes relationship of hues for remedial purposes

Science proposes that there is a reason for these affiliations. Studies have demonstrated that shading can impact disposition, impression of temperature and time, and even the capacity to focus. It is being utilized progressively in doctor's facilities, workplaces, mental wellbeing centers and detainment facilities to make a positive domain.

Red light has been found to accelerate the dissemination and raise circulatory strain, while blue has a quieting impact on these procedures. The impact is the equivalent regardless of whether the patient is blindfolded, which suggests that shading does not need to be believed to apply its belongings. Daze individuals can see diverse hues through their third eye, so it appears to be almost certain that we react to various shading vibrations by means of the unpretentious life structures, the unobtrusive bodies, atmosphere and chakras.

### How a shading treatment functions?

There are different ways to deal with recuperate with shading. Some shading advisors trust that every vertebra is related with one of the seven phantom hues and being identified with a specific organ or part of the body. These hues are rehashed in sequence down the vertebra, expanding in shading thickness from the neck to the base of the spine. Picturing distinctive hues through third eye actuates the individual unobtrusive vitality focuses in the body, which thus guide the stream of vitality to the particular systems of body with the end goal to purge and expel blockages and make them solid. The accompanying table and pictures clarify the shades of ideals, unobtrusive vitality focus and the particular body systems.

## SOUND NEUROBICS

### Figure out how to Heal Yourself with Sound Neurobics

#### What is sound neurobics?

Present day sound specialists propose that sickness happens when energies identifying with brain, body and soul vibrate at inaccurate frequencies. Subsequently, the entire vibrational being leaves tune.

They trust that there is a characteristic note which resounds with every person and also with every zone of the body.

Sound can be utilized from various perspectives to energize healing. Most stable treatment includes utilizing the voice, tonal sounds and music, some of the time each of the three. A few strategies, for example, cymatics include utilizing a machine that transmits particular vibrations.

Sound neurobics ranges from the basic reiteration of supernatural words to the more intricate rhythms and game plans of notes, which can modify our dispositions and movements, soften physical tensions, direct natural procedures and raise conditions of awareness.

### Sound purposes vibration

Sound is a type of vibration. When you cull the string of a melodic instrument, it makes the air around it be packed and afterward grow. This offers ascend to sound waves which travel through space at around 330 meters for every second. The rate at which the wave vibrates is known as its recurrence and is estimated in Hertz (Hz). Distinctive tones are created by change in frequencies of vibration. The higher recurrence of the tone, the higher is its pitch. Human have a sonic range (scope of hearing) which stretches out from 20 to 20,000 Hz. Sounds over 20,000 Hz are alluded to as ultrasonic. We react to sound with more than our ears. The whole human vitality system reacts to the sound waves in our condition.

### Healing sound synchronizes body, psyche and soul

Ayurvedic prescription uses certain primordial sounds which potently affect the psyche, body and soul. Quietly presenting, the fitting sound over the span of a mantra-initiated meditation stills the psyche and backs the breathing appropriate off. Studies demonstrate that such sounds have the ability to repress the multiplication of malignant growth cells.

### Sound waves increment trim creation

Sound waves and amicable vibrations are utilized together with a plant splash containing common supplements, and hormones and conventional composts, for example, fertilizer and excrement to give a more secure option in contrast to synthetic compounds.

Winged creature melody additionally influences the wellbeing and growth of plants. Amid the last 15years, Canadian researchers have been building

up an eco-friendly approach to support edit creation.

### **Frequencies that open the entryway of the Invisible specialist**

A few logical researches uncover that stacking the brain with the frequencies likened to alpha and theta waves may hold the way to moment meditation and imaginative knowledge, which opens the entryway of the Inner doctor (undetected specialist).

Some high frequencies go about as characteristic painkillers. Frequencies in the locale of 2000 Hz are fit for setting off the creation of endorphins in the brain, which inspire sentiments of ecstasy, and also the dull impression of torment.

### **The high recurrence waves radiated by dolphins clarified the inspiring impacts.**

Tone of healing sound changes the vibrations of each cell of the human body. Conditioning is the vocal arrival of a vowel sound on a solitary note. Easy to learn and to a great degree incredible, the sound adjusts the vibrations in each cell in the body. In the wake of conditioning, individuals get themselves deep down quiet and regularly unfit to talk, as though in a gentle stupor, feel settled and reestablished. The sound of somebody conditioning resounds through the climate and influences every one of those present. The standard routine with regards to conditioning can discharge enthusiastic injury, ease physical inconvenience, advance mental lucidity and arouse otherworldly love.

You can explore different avenues regarding vowel sounds, for example, 'e' 'e' 'e' 'e' 'e', 'o' 'o' 'o' 'o' 'o', 'a' 'a' 'a' 'a' 'a', 'i' 'i' 'i' 'i' 'i', and 'u' 'u' 'u' 'u' 'u', expressing the sound while breathing out and holding it for up to 15 seconds.

Consonants, for example, 'm' and 'n' are now and again added to the start or end of a tone or articulated alone. Old Hindu spiritualists utilized the 'm' 'm' 'm' 'm' 'm' tone which influences the 6th chakra, or third eye, to open and upgrade instinct, animate the pituitary and pineal organ to invigorate the brain.

The call to petition heard five times each day in Muslim nations joins reciting with conditioning. Native Americans utilize similar sounds in their conventional serenades and tunes.

### **Healing Mantra of Invisible specialist**

A mantra is a graceful psalm, petition, spell or the expressing of sacrosanct sounds. Mantras are an essential piece of each religious or profound ceremony. Christian mantras are alluded to as psalms. In Hinduism, it is trusted that the sound approximating

to the first 'word' ('before all else there was the word, and the word was God'), is 'Om'. Omkar Japa is a Vowel Chanting for Vibrational Healing. Reciting of vowels makes unadulterated vibration inside the brain. That is the reason a large portion of the mantras in all religions are made with vowel blends. "O" is the main vowel, which is the mix of An and U (first and the last vowel).

Reciting of "O" makes vibration in the five components of physical body and murmuring in the wake of reciting "O" makes vibration in "Agya" and "Crown" chakra. Murmuring makes combination of M and N sound, which are amidst the 26 letter sets. Hence, it winds up similar to OM, which makes vibration in entire body. Along these lines, it is fitting to begin Pranayam with vowel reciting in "Dhyana Mudra" for a moment or two and end with similar reciting in "Prana Mudra" for two to five minutes. OM or AUM is the most broadly recited expression crosswise over religions and societies. Some famous serenades with Om resounding are Tibetan mantra-Namo Arihantanam, Namoh and Sikh mantra Ek Omkar Satnam. This is the fundamental trinity of sounds and the entire music of life becomes out of this.

### **Advantages:**

It balances out the brain and body to start with and reinforces the soul as the last outcome. The reason for reciting is to make your mind still and tranquil and take you past the domain of super cognizance. Reciting gives passionate energy and raises mystic capacity to an exceptionally extraordinary dimension.

"Reciting likewise makes your BP ordinary, your breathing quiets down and there are changes in the oxygen substance of your body. Your heart thumps with an alternate rhythm, alpha waves are made and you feel calm and revived." Chanting of "O" and "M" (HUMMING) with visualization is the best of the Sound Neurobics, which is the core of all Pranayams. Visualize the maritime focus in yellow shading and see a hover turning at the maritime focus and emanating yellow shading all through the stomach. Synchronize the visualization with the reciting of "O".

Imagine the heart chakra with a green circle turning and emanating green shading. Synchronize the visualization with the reciting of "O".

Picture the Ajna chakra amidst the temple with an indigo circle turning and transmitting indigo shading (You can contrast the radiation of light with a night light of a dark blue shading). Synchronize this visualization with reciting of "M".

This exercise is done after all different pranayams have been performed. "Ooo" and "Mmm" sound can be consolidated together with breathing out example and can be synchronized with shading visualization of the individual Chakras.

Focus the brain on the demonstration of breathing and think about the mantra," Om ". With each demonstration of breathing out, mentally continue rehashing the "Om" mantra. Practice gradually with the goal that a phase must be achieved when one demonstration of breath takes one moment. Doing sound neurobics makes the recurrence of 2000 Hz in all cells and tissues in our body, which thusly trigger the generation of endorphins in the brain, which summon sentiments of ecstasy, as well as the dull impression of torment. Om Meditation is otherwise called "Udgita" pranayam Chant "Om " and envision a shower of merry beams of violet shading on your head (the crown chakra). Feel the showers as though you were washing in them. You can connect it with the memory of a shower and include violet shading. Simple neurobics Neuro strong combination exercises

Different "Hastamudras" (hand motions), "Asanas" (Postures) and a couple of "Pranayama" (Breathing exercises) fall under neuro strong exercises. Alongside hastamudras for solid body, two superb neuro strong joining exercises, for muscular strength, lungs and shoulders, are amazing breathing and upbeat relaxing.

**Hastamudra**

Our body is made out of five components - earth, water, air, fire and ether (sky). These five components additionally shape our universe. These five components have allocated works in our body to keep it solid. After serious research, Indian sages have discovered that Hastamudras (hand signals) are imperative, for keeping a parity in the vitality that stream among the five components. Each of the five fingers direct the five components of body. These are as per the following :-

(a)	Thumb	Fire component
(b)	Index finger	Air component
(c)	Middle finger	Space or aether component
(d)	Ring finger	Earth component
(e)	Little finger	Water component

Consequently, hastamudras are useful in keeping up great wellbeing and getting alleviation from illnesses too. Joining the tips of the fingers or squeezing by thumb, control and equalization particular components in the body. Its day by day practice can keep oneself solid forever. It has colossal healing force and whenever rehearsed appropriately, all real sicknesses can be restored. It likewise offers satisfaction and

otherworldly accomplishments. Presently, we would learn different hastamudras as pursue: -

1. Gyan mudra: Sit down serenely with your back and neck straight. Join tips of pointers and thumb and keep three fingers straight. Keep your hand at your collapsed knee, make sure to keep palm looking up. Put a little weight on joined tips and rest of the hand would be in loosened up position. Practice it for 20-30 minutes consistently. It is gainful to enhance memory, focus and sensory system. It additionally forestalls cerebral pain, loss of rest, pressure, nervousness, wretchedness and fears. It helps in otherworldly accomplishments.
2. Vayu mudra: Keep your pointers at the root of your thumbs and press it with thumb. In this motion, pointer is in contact with center finger. At that point keep both your hands at collapsed knee that palm is looking up. Put a little weight in your palm and rest of the hand would be in loosen up position. Practice it for 20-30 minutes consistently. This hastamudra is useful for medical issues like Gastro issues, joint torments, spinal pain, sciatica, arthritis and Parkinson's infection. If it's not too much trouble take note of that curd, kadhi, rice, urad dal, gram, rajma, bhindi, arabi, lemon, and so on., ought to be maintained a strategic distance from while doing this mudra for healing arthritis, gout and so forth.
3. Akash mudra: - Join tips of center fingers and thumb and keep other three fingers straight. Keep your hand on your collapsed knee, make sure to keep palm confronting upwards. Put a little weight on joined tips and keep whatever is left of the hand loose. Practice it for 20-30 minutes consistently. It is gainful for evacuating all ear issues, retching and vertigo.
4. Shunya mudra: - keep your center fingers at the root of your thumbs and press it with thumb. At that point keep both your hands on collapsed knees with the goal that the palms confront upwards. Put a little weight on your palm and rest of the hand would be loose. Practice it for 20-30 minutes consistently. This hastamudra is useful for medical issues like deafness, retching, vertigo and thyroid issues.
5. Prithvi mudra: - Join tips of ring fingers and thumb and keep other three fingers straight. Keep your hands on your collapsed knees, make sure to keep palms looking up. Put a little weight on joined tips and rest of the



- hand would be loose. Practice it for 20-30 minutes consistently. It is advantageous for expelling every single stomach related issue and puts on weight.
6. Agni mudra: - Keep your ring fingers at the root of your thumbs and press with thumb. Keep both your hands on collapsed knees to make the palms look up. Put a little weight in your palm and rest of the hand would be in loosened up position. Practice it for 20-30 minutes consistently. This hastamudra is useful for medical issues like diabetes, liver issues, diminishes cholesterol levels and fortifies the body.
  7. Varun mudra: - Join tips of little fingers and thumb and keep other three fingers straight. Keep your hand on your collapsed knees, make sure to keep palms looking up. Put a little weight on joined tips and rest of the hand loose. Practice it for 20-30 minutes consistently. It is valuable for expelling all blood related issues, skin and urinary issues.
  8. Apan-vayu mudra: - Join tips of ring fingers, center fingers, thumb and keep your forefingers at the root of your thumbs keeping your little fingers straight. Keep your hands on your collapsed knees, make sure to keep palms looking up. Put a little weight on joined tips and rest of the hand loose. Practice it for 20-30 minutes consistently. It is gainful for expelling sharpness, lessening hypertension, restoring Asthma and every single heart issue. It gives moment help in heart assault.
  9. Apan mudra: - Join tips of ring fingers, center fingers, thumb and keep the other two fingers straight. Keep your hands on your collapsed knees, make sure to keep palms looking up. Put a little weight on joined tips and rest of the hand loose. Practice it for 20-30 minutes consistently. It is gainful for expelling kidney stones, kidney issues, heaps and aides in expelling all poisons from the body.
  10. Pran mudra: - Join tips of ring fingers, little fingers and thumb and keep the other two fingers straight. Keep your hands on your collapsed knees, make sure to keep palms looking up. Put a little weight on joined tips and rest of the hand loose. Practice it for 20-30 minutes consistently. It is useful for evacuating eye and nerves related issues. It empowers the body and parities nutrients in the body.
  11. Vyan mudra: - Join tips of pointers, center fingers, thumb and keep other two fingers straight. Keep your hand at your collapsed knees, make sure to keep palms looking up. Put a little weight on joined tips and rest of the hand loose. Practice it just for 15 to 20 minutes consistently. It expels pressure and fixes hypertension issue.
  12. Shivlinga mudra: - Clasp all fingers of the two hands together keeping your correct thumb erect. Put a little weight and sit loose. Practice it for 20-30 minutes consistently. It is gainful for evacuating hack, restoring normal cool, asthma, esinophelia, sinus and low circulatory strain issues. You should take enough fluids like natural product squeeze, drain or water in the wake of doing this mudra.

### IMPORTANT NOTE

For prompt outcome, Hastmudras must be drilled every day with light neurobics to reestablish sound vibrations in the body for least 30 minutes. All these hastmudras except Akash and Shunya mudra can be polished while strolling and in lying position too. Notwithstanding if Hastmudras Preferred standpoint of neuro solid and neuro respiratory exercises (Easy neurobics)

1. At the point when neuro strong joining and neuro respiratory exercises are performed as a team with the psyche and appropriate breathing, the impact is quick. A healthy inclination develops in the body.
2. The intensity of concentrated idea is great to the point, that once we realize how to guide it to each piece of the body, it will assist us with animating and rejuvenate the entire life form and its everything capacities might be brought under the control of cognizance.
3. The fundamental question of neuro solid joining and neuro respiratory exercises is to acquire authority of the crucial powers acting inside the body. It additionally guarantees the excitement and freedom of the inert clairvoyant vitality in the creature.
4. With the guide of neuro strong combination and neuro respiratory exercises, we can change grandiose vitality into human vitality, along these lines keeping up the balance of power inside the body. These exercises are valuable, not exclusively to resuscitate the body, reinforce the sensory

system and recover the organs, yet in addition to fix physical and mental sickness. They bring the human body under total control of the spirit, through the brain.

5. Neuro solid joining and neuro respiratory exercises are a viable methods for advancing the amicable improvement of the body, a productive and ground-breaking instrument of otherworldly advancement. Standard routine with regards to these exercises joined with control of the psyche will battle negative components, for example, obliviousness, sluggishness, latency, and over-fervor, and additionally expanding the self-control.
6. To prepare and build up the body to its full degree is just conceivable with the assistance of a progression of neuro strong coordination and neuro respiratory exercises. The system is known as activity based neurobics.
7. This simple technique is very one of a kind; it demonstrates to us generally accepted methods to recover and store the biggest measure of Prana, empowers us to disseminate Prana similarly all through the entire body and guarantees the correct working of the considerable number of systems of the living being. They are exceedingly valuable to wellbeing, and the part played by them in the conservation of the crucial power is indisputable. At the point when rehearsed routinely, balance, perseverance, extraordinary imperativeness, and protection against disease is the outcome. They wipe out tiredness and quiet the nerves, with the goal that rest turns out to be really serene.
8. They likewise bring mental parity by keeping the psyche from separating its considerations. At the point when the psyche and body cooperate agreeably through neurobics, we can discover quiet and significant serenity in each minute.

**What is Mind, Memory, Brain, Intellect?**

Psyche (mann) is one of the mystical piece of Brain (mastishk or demag) and different parts are memory (known as smriti or yaddasht) and astuteness (known as buddhi)

**Difference between Mind & Brain**

MIND (SOFTWARE)	BRAIN (HARDWARE)
It is Metaphysical Part of the body.	It is Physical piece of the part.
Mind's considerations	

resemble programming.	It is the equipment of human PC.
There are three resources of the spirit. These are mind, acumen and impressions.	There are two sections of the brain (left and right). Left part is utilized for examination and right part is utilized for innovativeness.
It is weightless.	It's weight is approx 2% of the body weight.

**CONCLUSION**

NEUROBICS are Mind Control exercises to enact your Brain, Mind and Memory and keep our body fit with the assistance of Breathing, Hand Gestures and Color visualization procedures to live calm and cheerful life. Remaining sound in the present occasions is progressively a matter of positive reasoning and solid way of life than popping pills and going for restorative mediation. Present day science has recognized the job of mind, contemplations and feelings in activating solid and undesirable reactions in the body.

At whatever point we hold something 'negative' in our awareness, it obstructs the stream of life vitality in the neuro-endocrinal pivot prompting numerous illnesses. "Wellbeing is Happiness" is one of the greatest facts which the sooner we understand better it is for us. Wellbeing and Happiness together in life will undoubtedly transform everything we could ever want into a REALITY.

**REFERENCES**

1. Author Rowshan 'Stress' – An Owners' Manual, Sterling Publishers (1994) pp. 17
2. Science of mind signified Dr. B. K. Chandrashekhar, Fusion Books Publication, pp. 72-73
3. The Healthy Heart Handbook for Women Dr. David Ashton, Vermilion, London (2000) pp. 187
4. Mental Stress Dr. B. V. Pattabhiram, Vasan Publications, pp. 37-43
5. Text Book of Science of Healing – SIGFA Solutions (2010) PP 250 6. Research Methodology.

**Corresponding Author**

**Raymond Myles\***

Research Scholar, Yoga Samskrutham University,  
Florida, USA