



Efficacy of Yogic Eye Exercises, Psychoneurotic Exercises & Diet in Curing Eye Disorders and Improving Eye Health

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ABSTRACT

Today, with changing lifestyle, eye disorders have also increased. Eye disorders are common in people of all ages - from children to old, which can be a reason for loss of vision as well, if not taken care of at right time. Daily practice of Psycho Neurobics and Yogic Eye Exercises with Diet can give miraculous result to cure eye disorders and improve eye health. The present study is aimed to evaluate the effectiveness of Psycho Neurobics, Yogic Eye Movements alongwith diet in curing Eye disorders and improving Eye health naturally on participants of all age groups, chosen randomly, selected irrespectively of age, gender, or profession through an online survey. The interventions used were Yogic Eye Exercises and Psycho Neurobic Exercises along with a diet to improve eye health. Psycho Neurobics is combination of three therapies colours, sounds and mudras. It is unique and powerful meditation technique, which raises the frequency of our sub conscious mind to achieve desired goals.

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Introduction

The eyes are an important and integral part of our body. Eyes are the first and most used sense (To See) from all five senses. "Eyes represent our Soul." Eyes can be the language of non-verbal communication, as we often easily express our feelings through Eyes. More than 80 % of things, we learn through our visual senses which make us more aware of our surrounding activities and situations.

Causes of Vision Problems

Today, after pandemic-we are all living in the different world, which is digital world. Since morning, we wake up to till nightwe go to bed – we are constantly living in digital world. Whether it is work from home or attending onlinemeetings, kids attendingstudy classes online. Due to which now even kids are suffering from eye issues and having glasses at very younger age. Excess use screen time has increased Computer Vision Syndrome issues like dryness of eyes, itching, blurred vision, red eyes, eye fatigue, headache, neck and shoulder pain, back pain etc.



Psychological Causes of Vision Problems

With the competitive and unhealthy lifestyle, mental stress level has also increased which also affects our eye vision. According to science and all the research done till date -more than 80 % of the diseases are psychosomatic and are related to our emotions and unexpressed feelings.

According to Spiritual enlightened ones and Dr. BK Chandrashekhar Sir, our vision is also gets affected by feelings and emotions. The reason behind the change in vision is not only physical but also psychological. Now, the question arises in our mind," how come having the eye numbers can be the psychological reason?" - Then here is the answer. Whenever we keep seeing only the lacking and bad things in others, then we will have Farsightedness also known as Hypermetropia or Hyperopia. Similarly, if we keep finding and feeling lacking in our self, have less willpower, then we will have Shortsightedness. According to him, when we have truthfulness in nature, then our vision is clear.

Dr. William H. Bates mentioned in one of his researches done on Eye problems, he attributed that the cause of most of the sight problem is associated with habitual "Strain" of the eyes and mental strain. He believed vision to be 90% mental and 10% physical.

There was one of the experiments he did on was lying. During an eye examination with an ophthalmoscope, he measured an increase in blur, while he asked his patient to tell a lie. There was not much change, when they were telling truth.

Thus, on psychological terms, vision problems may occur due to emotional strain like suppressed feelings of anger, sadness, fear, lying etc. One can self-inspect by asking question to oneself recollecting the memory and going back to the time when the vision was changed and started wearing glasses? Were there any sudden unfamiliar, unwanted, or traumatic events was happened to you or seen by you? By asking few questions and figuring out the emotional strains or fears you lived with, after getting clarity and dealing with them, vision problems can be cured.

There are many aspects due to which our health gets affected. Major cause can be a disturbance in daily routine like food, sleep, lack of exercise, unhealthy habits, or even working and living under stressful situations for a longer period. Most of the issues related to mental and physical health can be cured by practicing Psycho Neurobics exercises regularly.

We all, recognize soul as 'Atma or SELF (Spiritual Energy in Light Form).' The soul systemizes the body, when the Soul leaves the body, it becomes lifeless. According to Spiritual Gurus and Enlightened people, Soul is situated in the centre of the forehead at the same level as hypothalamus and governs all the sense organs to function the body. That is the reason most of the people in India apply a tilak or bindi on the forehead, as it is a symbol of the soul in the forehead. The source of all the spiritual energies known as 'Supreme (God).' Psycho Neurobics connects the oneself with the Supreme (God) for ultimate evolution on psychological, physical, and spiritual level.

As Albert Einstein once said, 'Science without spirituality is blind and spirituality without science is lame. Human life is integration of biological and spiritual science.' Psycho Neurobics is a unique and ultimate healing technique. It is integration of three therapies, Mudra (Raas), Colour (Rang) and Mantra (Naad). Through this therapy one can achieve health and happiness in abundance by curing mental, physical problems and awakening the inner self with divinity.

Co- relation between Central Nervous System and Chakras

The human body is controlled by the nervous system. The Central Nervous System is the assimilation and command centre of the human body. It contains – the brain, spinal cord, and the retinas of the eyes. The Cranial Nervous System nerves connect the brain to the eyes, ears, mouth, and other parts of the head.

The brain is connected to the spinal cord through a long wire. The spinal cord carries the energy which transmitted via brain like transformer. There are major emotional energy centres alongside the spinal cord called 'chakras.' Chakras are energy centres which function like receivers and transformers of the various forms of energy (prana). These chakras absorb the energy via all the nadis and transform it into the frequencies needed by the various areas of the body. The brain constantly transfers the energy to nervous system.

The entire universe and our body are composed of five elements (Pancha Mahabhuta). Each chakra is connected with one of the elements – Fire, Air, Space, Earth, Water.

Mudra (Raas) Therapy

Each of the five elements is regulated by a specific finger of the human body:

- Thumb - Fire element
- Index Finger - Air element
- Middle Finger - Space or ether element
- Ring Finger - Earth element
- Little Finger - Water element

Hasta Mudras play a highly active role in maintaining good health and curing diseases. They provide tremendous healing powers and if practiced properly they have a deep curative impact on all major diseases. Additionally, they enhance happiness and aid in spiritual attainments. Daily practice of appropriate Hast Mudras can ensure lifelong good health.

Colour (Rang) Therapy

Colour therapy is a complementary medicine method. Each chakra has its own colour, and each colour has its own frequency, respectively. So, by visualizing particular colour for the respective chakra, the frequency and energy of that chakra can be balanced and activate.

Mantra (Naad) Therapy

Modern sound therapists suggest that illness occurs when energies relating to the mind, body and soul vibrate at incorrect frequencies. As a result, the whole vibration being goes out of tune. They believe that there is a natural note which resonates with each individual as well as with each area of the body.

Sound can be used in many ways to encourage healing. Most sound therapy involves using the voice, tonal sounds, and music, sometimes all three. Some techniques such as cymatics involve using a machine that transmits specific vibrations. Sound neurobics ranges from the simple repetition of

mystical words to the more complex rhythms and arrangements of notes, which have the ability to alter our moods and emotions, melt physical tensions, regulate biological processes, and raise states of consciousness.

Methodology

For the research study, all fifty subjects from experimental group were given a daily routine to follow with the Protocol Sheet for 45 days. Daily one-hour session was also taken for Yogic Eye exercises and Psycho Neurobics. The schedule of daily routine was as follows:

- After waking up, followed by morning prayer, drink Luke-warm water or detox water.
- Daily routine exercises – Pranayama/ Yoga, Meditation, Eye Exercises, Brisk walking, and Psycho Neurobics exercises.
- In breakfast-soaked nuts (Almond + Walnuts) and soaked Black raisins along with Green juice which includes- all green leafy vegetables, cucumber, bottle gourd, Mint leaves, Tulsi, and other easily available edible plant leaves with pinch of rock salt (Sendhanamak), roasted jeera powder and lemon.
- Around 11 AM – ABC Juice (Apple, Beetroot, Carrot) with fruits.
- Between 12 – 2 PM healthy lunch with salad.
- Application of grated Cucumber/ Potato/ Bottle Gourd on eyes for 15-20 mins.
- Around 4 PM – Herbal Tea / Hunza Tea with roasted Makhana.
- Evening, before dinner – Anulom- Vilom Pranayama + Exercise + Psycho Neurobics.
- Around 7 PM light dinner.
- Drink warm milk with Eye Tonic powder (Mixture of Almonds+ Fennel Seeds+ Rock Candy (KhadiSakar/ Mishri) before 30- 40 minutes of sleeping.
- Between 10 – 10:30 PM Neurobic Spa.

For this research study, all the subjects practiced two psycho neurobics which are related to upper two Chakras: Enlightening Neurobics and Blissful Neurobics regularly for 45 days.

ENLIGHTENING NEUROBICS

Enlightening Psycho Neurobics is related to the Third Eye Chakra also known as Ajna/ Agya Chakra. This chakra involves the brain which is the main control centre of the body. The major gland here is the pineal gland. The carotid plexus is located here. This chakra is associated with sense of seeing, which is called, 'The Third Eye.' Along with eyes, the ears, the nose, the lower brain, and nervous system are also partially associated with this chakra. This chakra gets blocked by negative emotions, judgemental nature. These imbalances become reason for problems like headache, migraine, poor vision, psychological disorders etc. The virtues to open this chakra are Truth and Enlightenment. When our thoughts become negative or we start judging people all the time, it also affects our vision. With the practice of Enlightening Psycho Neurobics, this chakra gets open and cures nerves and eyes related issues, cures brain disorders, increases psychic powers and intuition. It strengthens our optic nerves and improves eye vision. In this neurobics, we chant vowel 'O' – is the only vowel which is a combination of A and U (the first and the last vowels). Chanting of 'O' creates vibrations in the five elements of the physical body and humming after chanting 'O' creates vibrations in the Agya / Ajna Chakra.



Pran Mudra

Prana means life force – which is existing in our body in the form of energy. According to Hatha Yoga, the panchprana which are essential for the balance of life are Apana, Vyana, Amana, Udana and Prana. Apana and prana are most important in all panchprana. By practicing Pran Mudra, one can easily energize the life force within the body.

To perform pran Mudra among all five fingers, - Little finger represents Jala (Water), ring finger represents Prithvi (earth), and thumb represents Agni (fire) tips are joined together and the other two fingers straight at rest, palms facing upwards and hands keeping on knees in relaxed position.



Indigo Colour

The colour of this Chakra is Indigo. Monday is the day of enlightenment of the mind with true knowledge and the colour is Indigo. Indigo is – ‘A beautiful blend of Blue and Violet.’ Indigo colour symbolizes spirituality, divinity, integrity, intuition, order, structure. Indigo colour is uplifting, inspiring and introspective. Indigo helps to tap into intuition and open up the third eye chakra.

Blissful Neurobics

Blissful Neurobics is associated with Crown / Sahasrara Chakra. This chakra is associated with higher consciousness. This chakra works as a gateway for receiving Spiritual Energy. This chakra blocks by Ego, laziness, addictions, excess medications. When this chakra gets block by negative thoughts, issues like brain disorders, hormonal disturbances and lack of growth occurs. The virtues to open this chakra are Bliss, Gratitude, and elevated positive thoughts.

The colour of this Chakra is Violet. Sunday is the day of bliss and the color is Violet. This colour is associated with spirituality, uplifting. Once Leonardo da Vinci claimed that the power of meditation can be enhanced tenfold under the influence of violet rays passing through the stained-glass windows of a quiet church. In muted hues this color can be helpful for treating headaches, neuroses and certain forms of schizophrenia and dementia.

In Blissful Neurobics, along with Visualization of Violet color and Mudra, the sounds used are called humming sounds. It is created by a combination of M and N sounds, which are in the middle of twenty-six alphabets.

The Mudra used for Blissful Neurobics were Vayu Mudra and Hakini Mudra. Both the mudras were used during the research study, as some subjects practiced Blissful Neurobics with Vayu Mudra and some with Hakini Mudra.



Vayu Mudra

Vayu mudra helps in all the diseases and irregularities that occurs due to the air element imbalance in the body. To do Vayu Mudra, touch the tip of the index finger represents Vayu (Air) at the base of thumb represents Agni (Fire). Now, gently press thumb on it while keeping the rest of the fingers straight.

Hakini Mudra

It is named after the Hindu Goddess Hakini. Goddess Hakini represents the third eye chakra. So, represents clairvoyance, intuition. She is portrayed as having six heads and sitting on Two-petaled lotus flower, which symbolizes two hemispheres of brains. Thus, Hakini mudra balances right and left hemispheres of the brain. So, it is also known as mudra for the mind.

In this mudra, all the fingertips of both hands and thumbs are joined together, facing palms one another inches apart. As all the elements are joined, it balances all the five elements in the body.

As upper chakras also open and activates with positivity and gratitude, following Positive Affirmations and prayer of Gratitude with visualization were also practiced by all the subjects during the exercise of Neurobics to improve eye health.

- My Eyes and My Vision are Getting Better & Better Every day in Every Way. (Repeat 3 Times)
- I have Perfect, Crystal-Clear Vision
- I have Perfect, Bright, Shiny Eyes.

➤ **Forgiveness Prayer and Gratitude for Eyes**

'I Love you, My Eyes.

I am Sorry.

Please Forgive Me.

Thank you for Forgiving Me.

I Respect You.

I love you, My Eyes.'

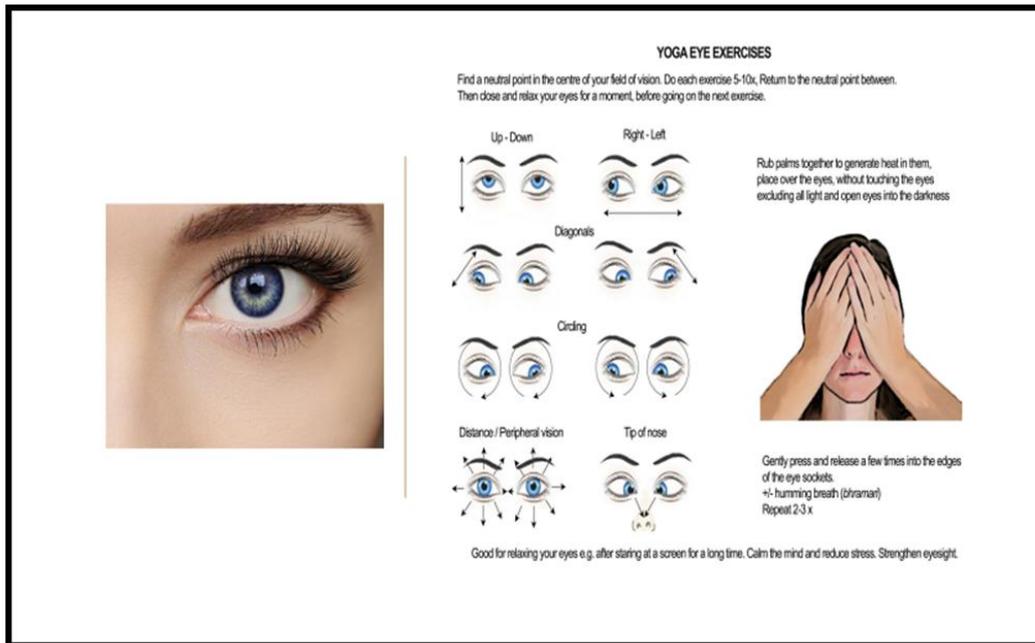
(Visualize and feel that we have perfect Eyes and Vision during entire process).

YOGIC EYE EXERCISES

Just like body, our eyes also need some kind of exercises or movements to relax the muscles around the eyes and increase the blood flow around the eyes while strengthening the optic nerves.

Whenever we work on computer, laptop, mobile screen or even while watching the tv screen, we keep staring at screens. Staring is lack of movement. When we stare it is like park our eyes on one thing and they do not move, they are frozen, stuck that creates a lot of strain & tension and blurred vision. As many of us, associate, stare with focusing. We think to focus on something, we need to stare at it, and try hard to focus on it.

All the subjects from experimental group also practiced Yogic Eye Exercises daily for 20 mins. They practiced, Vertical Eye Movements, Horizontal Eye Movements, Diagonal Eye Movements, Circular Eye Movements – clockwise& anti-clockwise, Near & Far Vision, Blinking, Palming. Eye Exercises along with breathing, gives direction to energy and gives maximum relaxation to the muscles around the eyes and optic nerves for better blood flow and to improve eye health.



EYE HEALTH DIET

The eye disorders may also occur due to lack of necessary nutrients, vitamins, minerals in the body for a longer period. For example, Anaemia, diseases due to Vitamin A, E, K deficiency, Calcium deficiency, Vitamin, A deficiency can lead to Eye problems and night blindness.

Eye-friendly diet suggestions were given to all subjects like Green Juice, ABC Juice. Soaked Almonds and Walnuts, fruits, and green leafy vegetables etc. Research has proved that the diet including high fat and cholesterol enriched food can contribute to development of eye diseases which leads to loss of vision. Our eye vision also gets affected by gut health.

Along with all the methods, a one-hour session was conducted daily for 45 days with participants from experimental group. It included 7 minutes of Anulom-Vilom Pranayama, 20 minutes for Yogic Eye Exercises and 20 minutes for Psycho Neurobics, and 10 mins for any queries from participants.

A framed questionnaire of 51 questions was filled by all the subjects based on age, gender, daily routine, food, sleep, lifestyle, by all the subjects before and after the 45 days research study. The questionnaire helped to get in depth details about the health, lifestyle, and other necessary information of the subjects, for the research study and data analysis.

DATA ANALYSIS

It has statistically observed that eye health of experimental group has significantly improved, same is been showcased in parametric and non-parametric tests, shown below.

Paired t test Tabular results	
Table Analyzed	Data 1
Column B	Data Set-B
vs.	vs.
Column A	Data Set-A
Paired t test	
P value	<0.0001
P value summary	****
Significantly different (P < 0.05)?	Yes
One- or two-tailed P value?	Two-tailed
t, df	t=12.99, df=49
Number of pairs	50
How big is the difference?	
Mean of differences (B - A)	3.220
SD of differences	1.753
SEM of differences	0.2479
95% confidence interval	2.722 to 3.718
R squared (partial eta squared)	0.7749
How effective was the pairing?	
Correlation coefficient (r)	0.1764
P value (one tailed)	0.1102
P value summary	ns
Was the pairing significantly effective?	No

Mann-Whitney test	
Table Analyzed	Data 1
Column B	Data Set-B
vs.	vs.
Column A	Data Set-A
Mann Whitney test	
P value	<0.0001
Exact or approximate P value?	Exact
P value summary	****
Significantly different (P < 0.05)?	Yes
One- or two-tailed P value?	Two-tailed
Sum of ranks in column A,B	1412 , 3638
Mann-Whitney U	137
Difference between medians	
Median of column A	5.000, n=50
Median of column B	8.000, n=50
Difference: Actual	3.000
Difference: Hodges-Lehmann	3.000

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