

ABSTRACT

EFFECT OF SIRASANA ON PSYCHOPHYSIOLOGY AND NEUROPSYCHOLOGY: A SINGLE CASE STUDY

Background

Sirsasana is an inverted or anti-gravitational asana. Sirsasana considered by some to be the most important inversion pose. Always follow Shavasana after invert pose. Rest until the breath and heartbeat are completely normal, then practice the recommended counterpose.

Sexual energy gets sublimated and transformed into spiritual energy by practicing inverted pose traditionally. The aim of the practice to stimulate chakra and activate the Sushumna Nadi and raise the Kundalini Shakti to bring the psychic awakening. inverted postures undoubtedly improve the quality of meditation and concentration.

While doing sirasasana blood in our body flow down to the head. 40-45 % of blood flow to the leg is stopped and flow towards the head region. But the brain has an auto regulator blood circulation, which stops the excess blood flow to the brain and make it flow to the facial region, arm, hand, shoulder, and abdomen. While doing a headstand, oxygen supply to the brain will increase. Skin tone will increase by practicing headstand. Some study concluded that practicing sirasasana will improve the memory level.

Objectives

The objective of the current study is to investigate the changes that happen in physiological and psychological in mind and body, such heart rate, breath rate, attention, memory, responds time, decision making, and planning capacity.

Result

The long duration practice of sirasasana brought considerable changes in physiological attributes as follows: decrease in breath rate, decrease of sympathetic nervous system activity, increase of parasympathetic activity, decrease of LF / HF ratio. Changes of Psychological variables are such as, increase in memory capacity, increase in attention level, increase in visual working memory level, increase in planning ability and improve the real life decision making skill by practicing sirasasana for 30 minutes.

Conclusion

In psychological domains, various psychological variables' efficiency is increased. In physiological domain, all variables show the normal range. So, practicing sirsasana for longer time is not harmful to the body. The systematic practice of sirsasana for a long time will not adversely affect the body and mind. So it can be suggested through this research that we can practice sirsasana for longer time with systematic, consistent and gradual increase in the practice duration.