

Part I: Bhakti for Emotional Purification
Part II: Add on Yogic Relaxation after CABG – a Follow up Study

By

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Part I: Bhakti for Emotional Purification

Abstract

Aims and Objectives

1. to study Bhakti according to ancient scriptures.
2. To study emotions and its various perspectives.
3. To relate Bhakti with emotions and use it as a tool for purification of emotion.

Scope

1. Since Bhakti is the easiest and direct path to reach the higher goals, this type of study has a vast scope.
2. This study explains about what emotions is its modern and ancient perspective.
3. Since the development of right brain to control the emotion is equally important as the development of left brain, this study shows how to utilize Bhakti as a tool for emotional purification.

Plan of the study

This study on Bhakti, the path which helps in purification or the upliftment of the emotion is divided into four chapters. The third chapter introduces to Bhakti and outlines on how Bhakti is the easiest and the most natural way to reach the great divine. This chapter dwells, at length, the various definitions of Bhakti, nine modes of Bhakti, fruits and types of Bhakti and the obstacles in the path of Bhakti. The fourth chapter explains the science of emotion - the role of autonomic nervous system and endocrine glands in generation of emotion, changes occurring to the body during an emotional act. It as well as well explains the modern and the ancient perspective emotion and process of development of emotion. Chapter five deals on how bhakti harnesses the violent emotion, trains the emotional faculty, transforming oneself from asuri sampat to daivi sampat, moving from kama to prema to bhakti and then to saakshaatkara there by helpin purification of emotion. This chapter also tells about two approaches in Bhakti yoga i.e. extensive and intensive methods which are the science of inner energy management. The summary and conclusion of the study are presented in chapter eight.

Summary and conclusion

The young minds of today are not accustomed to devotion to God in majority of the cases. However heritage, ancient vedic culture of India, epics like Ramayana, Mahabharata and Bhagavatha, Gita, Upanishads are rich treasures of way to salvation. India has rich crop of saints Tulsidas, Meerabai, Kanakadas, Purandaradas have proved that Bhakti, self surrender to God helps in purification and upliftment, Saints like Ramakrishna Paramahansa has enlightened our generation and proved that the Bhakti is a way to open the inner gate. His disciples Swami Vivekananda and later Swami Paramahansa Yogananda popularized power of self determination, self purification to the western world. The present generation of twenty first century should develop the culture of Bhakti because mankind has developed his feelings to quite an extent during the present era. People's feelings are no longer suppressed or blocked, they are out. They may be a little perverted but they are expressed. Now it is to be thought to the people how these expressed feelings are to be redirected and streamlined.

Scientists have been working within the dimensions of matter, now they are going to work on emotions, because emotions are more powerful than matter. Bhakti is a feeling. It is a feeling. It is a deep feeling in the heart towards God. Just as you have deep feeling of terror, passion, enmity or hatred, in the same way there is a deep feeling of love towards God. All the raw materials required for Bhakti is available within us. We only need to produce the finished products. In Bhakti marga there is only one remedy which is to somehow efface the ego.

To accomplish Bhakti fully and to accomplish the self purification one has to condition himself to the following;

- Have a feeling of universal brotherhood
- Love every individual and every creature of God.
- Always be helpful and serve the needy.
- Remember that God exist everywhere and in every individual be it human or animal or plants or trees.
- One has to distinguish the soul within the personality of an individual and respect it. Our eating habits are to be controlled. Non vegetarian, consumption of alcohol creates tamas trait which pulls us away from purification and prayers.
- Practice Yogic exercise and pranayama helps us to concentrate within.
- Meditate on God by looking inwardly and strive to reach to realization.
- Increase the duration of meditation slowly and steadily by total surrender to God by ignoring the surroundings disturbances.
- Prepare well before commencing Bhakti.
- Willingness to surrender to God totally.

- The Ego is one impediment which should be totally discarded.
- It is said that human birth is next to salvation, but due to some of our previous birth karma's, the ego, emotions attachment, greed, jealous and anger which are all embedded in the "jiva" like the peels of onion and all these are impediments to reach God. Unless until we shed all these above, we cannot reach God.

By total surrender to God makes one pure and saintly. In ancient days saints like Meerabai, Sant Turdas, Tulsidas, purandaradas are the examples and in modern days saints like Shiridi saibaba, RamanaMaharshi, NarayanaGuru etc have taught the importance of Bhakti, meditation, universal love and brotherhood. One who does not develop love for the supreme personality of Godhead, should be understood to be simply spoiling his human form of life. People who are generally attracted to the philanthropic, ethical, moral, altruistic, political and social welfare activities may be considered nice men only in the calculation of the material world. But from the scriptures we further learn that if the person simply acts in Krishna consciousness and discharges devotional service, he is considered to be far, far better than all those person engaged in philanthropic, moral, ethical, altruistic and social welfare activities. One has to prepare himself for total Bhakti.

It is said in the epics that God loves us all. We are his children whether we forget him in our happiness and remember him in our sorrow does not matter to him. It is said and believed that we have soul which is a part of God. He remains with us always till our death. Whatever we do doesn't affect him. He is like a lotus leaf which is unaffected by the touch of water. We have this body which is temporary shelter to the atma that is the jeeva. once the death comes to the human, his soul leaves the body and merges with God. The jeeva too leaves the body and remains in its Loka awaiting God's instruction for next reincarnation according to human's degree of karmic values and therefore it is necessary to purify the emotions so that there is no more birth and death.

Bhakti is one great value which makes God to listen to us it's possible to cure ones disease with pure Bhakti. The strong belief we have imbedded to our mind. it is said that the belief in the doctor is greater than the medicines he prescribes to cure the diseases. In Bhakti one has to totally forget oneself and surrender to God by looking inward. Whether it is Bhajan, Namaaz, Prayer or Meditation, it is the total Bhakti of surrender and concentration, makes one to forget his own body and all five senses. It makes one to reach ecstasy. asuri sampat is transformed to daivi sampat and hence there is purification of the emotion. Once this is achieved we become different person to our self. Hardly few will reach the desired goal because this needs total surrender and sacrifice and it is the will power which is very difficult to gain in the present day's mechanical life. However nothing is impossible against the strong and

determined will power. Swami Vivekananda said that all power is within us and we should and reach the higher levels of purification. Seek God within us.

Part II: Add on Yogic Relaxation after CABG – a Follow up Study

Abstract

Background

Complimentary therapies have been used with beneficial effects in the post operative period after coronary artery by-pass grafting (CABG). The present study is an attempt to evaluate the effect of yogic relaxation technique (YRT) on heart rhythm coherence and quality of life during first post-operative week and the following six weeks after CABG surgery.

Methods

After informed consent was taken 60 male patients with coronary artery disease in the age range of 35-65 years who were posted for CABG surgery were randomly allocated into two groups through computer generated randomizer i.e.yoga (n=30) and control (n=30) after obtaining signed consent. Heart rhythm coherence was measured using the Freeze Framer Version 2.0 Interactive learning system with the hear rhythm monitor, manufactured by Heart math, California, U.S.A and quality of life was assessed by WHOQOL BREF questionnaire after they were hospitalized for CABG on the pre operative day.

Yoga group practiced yogic relaxation technique like Mind Sound Resonance Technique (MSRT) which provides deeper relaxation at the mental level through its resonance effect and Deep Relaxation Technique (DRT) which provides deeper relaxation at the physical level by relaxing each and every part of the body one by one. MSRT and DRT was practiced through a pre recorded audio cassette four times a day for six days starting from fifth post-operative day in post-operative ward along with conventional medical management. The control group continued to have normal care.

Result

The data of variables were not normally distributed ($p < 0.05$ Shapiro Wilks test). The baseline data of two groups were well matched ($p > 0.05$ Mann Whitney U Test) for pre values. In low scores, result showed highly significant improvement ($P < 0.000$) in coherence on 1st - 45th day and 8th - 45th in yoga group. Medium scores show a highly significant improvement in coherence on 1st -45th day and 8th - 45th in yoga group. Highly significant improvement in coherence on 8th - 45th day, highly significant deterioration in coherence on 1st - 8th day in control group. High scores show a highly significant improvement in coherence on 1st - 45th and 8th - 45th day

in yoga group. Significant deterioration ($p < 0.05$) in coherence on 1st-8th day in control group (Wilcoxon Signed Rank test). There was a significant improvement in coherence on the 45th day between the two groups ($p < 0.01$ Mann Whitney U test) There was a significant improvement in the quality of life in CABG patients by 25.46%, at the end of sixth week after the practice of yogic relaxation technique when compared to control group where the improvement was 5.12% ($p < 0.01$ Wilcoxon Signed Rank test)

Conclusion

The yogic relaxation techniques-Mind Sound Resonance Technique and Deep Relaxation Technique can improve the quality of life; improve autonomic stability in post operative state in patients undergoing CABG.

Summary and Conclusion

- The randomized control study was aimed to determine the effect of Yogic Relaxation Technique on autonomic variables and psychological status by assessing heart rhythm coherence and administering questionnaires on 60 male patients undergoing CABG at Narayana Hrudayalaya, Bangalore.
- The mean age of yoga group was 53.17 ± 7.21 and that of control group was 52.40 ± 8.22 .
- The yoga group practiced yogic relaxation technique - MSRT and DRT through a pre recorded audio cassette for 20 minutes and the control group received the normal care.
- The heart rhythm coherence was measured using the Freeze Framer Version 2.0 Interactive learning system with the heart rhythm monitor, along with psychological variables which were measured by four psychological questionnaires - perceived stress scale, hospital anxiety and depression, positive affect and negative affect questionnaire and WHOQOL BREF.
- The result showed that there was a significant difference in the post values of the low, medium and the high scores on the 8th and 45th day between the two groups i.e yoga and the control group.
- There is greater increase in the medium and the high coherence scores in the yoga group when compared to the control on the 45th day. The decrease in the medium coherence score is less in the yoga group when compared to the control on the 8th day. There is more decrease in the low score in yoga group when compared to control on 45th day.
- The quality of life in CARG patients is improved by 25.46%, at the end of sixth week after the practice of yogic relaxation technique.
- It is suggested from the study that the yogic relaxation techniques such as DRT and MSRT were beneficial for the patients undergoing CABG, further study on

the large population and the longer period of follow up is necessary to get desired results.

Key words

yogic relaxation technique, post operative week, CABG, Heart rythm coherence, quality of life.