



SIMPLIFIED KUNDALINI YOGA (SKY) PRACTICES FOR WELL BEING

Dr. A. Rajam¹ and E. Santhi²

¹Director of Physical Education and Sports, Mother Teresa Women's University,
Kodaikanal, Tamil Nadu.

²Ph.D. Research Scholar, Pondicherry.

ABSTRACT

Yoga is considered to be a spiritual and scientific methodology for human excellence since ancient times. Simplified Kundalini Yoga (SKY) system, designed by Thathuvagnani Vethathiri Maharishi, provides various yogic practices that ensure physical, mental and spiritual well being. According to Maharishi, yoga means maintaining harmony among the body, mind, soul, society and nature. Simplified Physical Exercises can help maintaining harmony between body and mind by regulating the blood, heat and air circulations in the physical body. Simplified Kundalini Yoga and Kayakalpa yoga practices help one to realize the Self which in-turn help to maintain harmony between mind and soul. Introspection techniques enable one to maintain harmony between Self and Society whereas Brahma Gnanam leads to the realization of the truth and hence to maintain harmony between Self and nature.



KEY WORDS: Simplified Kundalini Yoga (SKY), Physical Health, Mental Health, Spiritual Health, Social Well-Being, Simplified Physical Exercise, Meditation, Kayakalpa Yoga, Introspection.

OBJECTIVES OF THE STUDY

- To find out whether the practices of SKY system satisfy World Health Organization's definition of health.

PHYSICAL HEALTH - SCIENTIFIC PERSPECTIVE

According to science, the basic unit of human body is the cell. The cells make up the tissue; tissues collectively form the organ; organs integrated to form the system and different systems like nervous, respiratory, circulatory, digestive, excretory, endocrine, reproductive etc. constitute the human body. The functions of the systems are to be regulated to enhance the physical health. Also there is a fact that the part of the human body may get degenerated if it was kept inactive for a longer period of time, in terms of several generations, as in the case of the evolution of humans from monkeys. This emphasizes the importance of physical exercises for acquiring physical health.

PHYSICAL HEALTH - PHILOSOPHICAL PERSPECTIVE

Indian philosophy visualizes the human body (Sharira) as a collective phenomenon of physical body (Sthula sharira), subtle body (sushma sharira) and the causal body (karana sharira). The physical body is composed of solid, liquid and gaseous states. The solid state (prithvi) refers to the muscles, bones etc. Liquid state (appu) refers to the blood, lymph etc.; whereas the gaseous state refers to the breath (vayu), body temperature (theyu) and life force particles (akash). Vethathiri Maharishi who designed SKY system, advocates the fact that to acquire physical health, the blood circulation, heat circulation, air circulation and

energy circulation in the body are to be regulated by doing simple physical exercises. The Simplified Physical exercise in SKY system comprises of nine division and they are as follows.

Hand exercise, Leg exercise, Neuro -muscular breathing exercise, Eye exercise, Kapalapathy, Makarasana - Part I & II, Massage, Acu-pressure and Relaxation.

When practiced regularly, the cell layers get protected and all circulations in the body get regularized, assuring for physical health.

MENTAL HEALTH - PSYCHOLOGICAL AND PHILOSOPHICAL PERSPECTIVE

WHO defines mental health as “a state of well-being in which the individual realizes his or her own abilities, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to his or her community”.

According to J.A. Hadfield, “Mental health is the full and harmonious functioning of the whole personality. A mentally healthy person lives a fuller, happier, harmonious and effective life”

Thathuvagnani Vethathiri Maharishi defines man as a human with harmonious mind and mind as the psychic extension of life force. The mental health depends on the purity of mind. The six temperaments viz., greediness, anger, miserliness, immoral sexual passion, vanity and vengeance (in Sanskrit, kama, krodha, loba, moha, madha and machairya) pollute the mind and they are to be transformed into six good temperaments viz., contentment, tolerance, charity, chastity, equanimity and forgiveness respectively to sublimate the mind. Since the bad temperaments arise at the higher mental frequency, a technique to lower the mental frequency called Simplified Kundalini yoga- meditation can be adopted.

Social Well-Being

SKY system’s introspection techniques like analysis of thought, moralization of desire, neutralization of anger, eradication of worries and self realization help to sublimate the mind by improving the awareness of mind and hence harmony between self and society can be maintained, assuring for social well-being.

Spiritual Health

The greatness of man lies in the greatness of mind. In order to realize one’s greatness and values, it is necessary to explore the mind through meditation, the inner travel that can lead to Self realization and the spiritual consciousness which in-turn enhance Spiritual health.

CONCLUSION

As the SKY system of yoga has been designed to maintain harmony among body, mind, self, society and nature for physical, mental, spiritual and social well-being, it can be concluded that the SKY system has satisfied the world health organization’s definition of health and thereby ensuring the wellness of the mankind.

BIBLIOGRAPHY

1. Vethathiri Maharishi. (1977). Simplified Physical Exercises. Erode: Vethathiri Publications.
2. www.who.int/features/factfiles/mental_health/en/
3. Mangal, S.K. (2007). Essentials of Educational Psychology. New Delhi: Prentice Hall of India Pvt. Ltd.
4. Vethathiri Maharishi. (1999). “Mind”. Erode: Vethathiri Publications.