



## MANAGEMENT OF NON COMMUNICABLE DISEASES THROUGH BRAHMAKUMARIS RAJYOGA

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**Abstract:** This review article focus on Management of non communicable disease through Brahmakumaris Rajyoga. Today every human being suffering from these non communicable disorders. Due to lack of misunderstandings, wrong way of thinking, confusion, lack of concentration, bad life style, bad habits, mainly lack of understanding themselves leads to unstable mind, mental fluctuation, leads to hormonal imbalances or imbalance in glands secretion. These are leads to Migraine, anxiety, depression, indigestion, variability in heart rate, breath rate influence on Low/High BP. Like this so many other diseases takes place. One of the most oldest self management technique is Brahmakumaris Rajyoga. It is a Spiritual science, through this practice we may overcome from all the non communicable disorders and protect our self from these diseases. It influence to lead a life like a king with good understanding self, and others. Accurate decision power with cool and calm mind with knowledge of Rajyoga tradition. Through this every one can achieve peace of mind and good health. Rajyoga is the most best and easiest way to overcome and lead a healthy, harmonious life in this universe.

**Key Words:** Brahmakumaris Rajyoga Technique, disease management, Self Management, Non communicable disorders.

### Introduction:

Brahmakumaris Rajyoga is a Spiritual Science. Human life is based on thoughts. "As you think so shall be" thoughts, influence on sense organs. Then on actions. Action will be an influence on results. Results will be an influence on resolves then we have to face the situations in terms of values, personality, character and integrity for self, family, nation and universe. The Brahmakumaris Rajyoga is the attention to mind or way of thinking or thoughts. Nowadays, human beings suffer from so many psychosomatic disorders due to the pollution of the environment, which includes family, friends' circle, half-hazard lifestyle, and other entertainment technology and lack of internal journey, it provides subtle understanding of suffering of human kinds.

Joel M. Evans states in his book that yoga involves trying to train thoughts to stay in the present moment, because in the present moment there is true peace. Future thoughts, influence on fear and anxiety, past thoughts, influence on sadness, depression, anger, and jealousy<sup>1</sup>. The present is in hand. Use it as you can, which prevent us from feeling the peace that is the present moment. According to "Brahmakumaris Rajyoga and Values"<sup>2</sup>. Helps with concentration, positive way of thinking and quick recognition of deviations from intended focus Venkateshwara Rao, Nunna<sup>3</sup>. Brahmakumaris Rajyoga is a natural awareness state of being.

It is always there in us, we just need to realize and recognize it by paying attention to the senses, thoughts, and body actions.

**Aim:**

Through Brahmakumaris Rajyoga manage the non communicable disorders.

**Objectives:**

1. To study the impact of Brahmakumaris Rajyoga on among the diseased persons.
2. Understand the pillars, subjects and practice procedure of Brahmakumaris Rajyoga.
3. Promotes the positive way of thinking.
4. Regular practice of Brahmakumaris Rajyoga for the management of non communicable disorders.

**Method:**

In this reviewed research paper it focuses on the Brahmakumaris Rajyoga, its subjects, pillars and practice procedure to manage non-communicable disorders. Mainly things extracted from research papers, review articles, literature and good old practitioners experience of Brahmakumaris Rajyoga.

**Limitations:**

Experiments made on communities, irregular practitioners, or maybe on common people or multiple diseases, etc. are excluded

**Brahmakumaris Rajyoga Meaning and definition:**

The word Rajyoga has two parts. One is “Raja”, and the other one is “Yoga”. The word ‘Raja’ means the “King”, the “Sovereign”. Yoga means “Union”. This is called Rajyoga. According to Brahmakumaris, Rajyoga, Raja means Secret, Self, King over the sense organs, Ruler over the universe. Sovereign, or the Supreme. Raja because it is the supreme or the highest yoga, being true and most effective.

Rajyoga is one of the oldest techniques of re-orientating thought patterns and feelings so one can live with greater harmony and contentment, being-of- light and thinking of nothing but its divine qualities<sup>4</sup>. It recharges one’s self or soul with light and might and fills one with creative energy.

M Santhi etl<sup>5</sup>. defines the word Raj means the king, ruler or the supreme of austerity or penance or renouncing one's family circle is engaged in its practice. Rajyoga is based on the perception that every person has two aspects of personality – the body (outer sheath) and a conscient entity which is a metaphysical or spiritual being or soul. It is this which thinks, understands, reflects and has emotions. The brain is one of its mechanisms and its switchboard or control entity to the brain or the body. The practice of Rajyoga results in a perceivable world. It can also be practiced for maintaining sound health, improving attentiveness for better performance in any field, overcoming character defects, developing personality<sup>6</sup>, etc.

**Non-communicable disorders:**

The word itself said that it is non communicable. These are not spread through infections or from person to person or other people behaviour but are typically caused by unhealthy behaviour or wrong thinking patterns and misunderstandings. Today more than 90% of diseases are stress – related or psychosomatic diseases. Stress (mind) affects badly on every dimension. Psychological stress can affect the individual and, in turn, the society in a number of ways. List of non communicable disorders are Migrane (headache), apathy, boredom, Diabetes Mellitus, Obesity, Spondylosis (Back pain, and neck pain), skin disease, Arthritis, Insomnia, Digestive disorders, PCOD, Heart disease, High/Low BP, Asthma, Paralysis, Anxiety, Depression, Allergic diseases, Disc prolapsed, Epilepsy, Menstrual disorders, hypo-hyperthyroidism, Auto immune diseases, kidney disorders, fatigue, frustration, guilt, shame, inability, bad temper, Inability to make decisions and Behavioural aspects drinking and smoking, excitability, impulsive behavior, impaired speech, nervous laughter, restlessness and trembling<sup>7</sup>.

## **Purpose and scope of Brahmakumaris Rajyoga:**

Brahmakumaris Rajyoga is the “Management of thoughts” or giving management to thoughts. It is practice taking control of thoughts. During the waking period, on an average of 30-40 thoughts per minute bombard our minds, of which 90-95% are idle waste or negative<sup>8</sup>. The Supreme power is the unlimited ocean of knowledge, peace, purity and happiness<sup>9</sup>.

After using this management technique, you will come to know that Brahmakumaris Rajyoga is a true self-awareness, right-thinking, Contemplation, Visualization, Silence, Communication, and Creativity, which are more useful in managing self and others.

Brahmakumaris Rajyoga, besides having obvious benefits of bringing stress levels down, also gives rise to a healthy mind and healthy life style. Living people experience spiritual, social and professional growth. It provides peace, tolerance, relaxation and also helps modify behavior and nature at a deep level.

## **Brahmakumaris Rajyoga Management technique:**

Authorities guide the principles and practices based on the Samkhya philosophy. Ethical preparation, control of the mind and body and development of the spiritual journey is explained in the Practices of Rajyoga . The practice is useful in the reduction of impurities and attainment of the highest wisdom. Here are steps to follow Brahmakumaris Rajyoga;

**Preliminary Preparations:** A deep experience of Rajyoga, some basic preliminary preparations are essential. One needs two types of preparation, physical and mental, from noise and other distractions. Sit straight in an easy posture, the upper extremity in semiflexan and all bodily muscles in as much relaxation as possible. The uniqueness of Rajyoga is that the practitioner keeps his eyes naturally open.

**Self –Observation:** At the initial stage of sitting for practicing yoga and aiming to make your mind blank, you will find that at that particular point all unnecessary and unwanted thoughts will disturb,. This is a psychological phenomenon. In fact, the fundamental property of the mind is to think. At this stage, just be an observer. Don’t interact with a single thought. At the beginning of meditation, for a few seconds, observe your own thoughts. Just watch mind like a second person. When doing this, self observation, we invariably will find that the speed of thinking is reduced.

**Self-Realisation:** Now ready to turn thought to the road of self-realisation. Naturally and gently generate the thoughts of self-realisation, metaphysical light in the centre of the forehead which is completely different to the physical body. This metaphysical light has three potentials, namely mind, intellect and personality trait. Mind has the property to think. Thoughts, whether good or bad, positive or negative, all originate from the mind. In response to various stimuli, the mind responds according to past experiences and personality traits. Although in the midst of adverse circumstances, one can generate positive thoughts, past experiences and conditions can influence the mind or pull the mind in a particular direction. The intellect takes a final decision for particular action. The brain and bodily organs act as instruments of expression. Every action that leaves an impression on the soul. When a particular action is repeated, the impressions become more and stronger and later on influence the mind to understand. This mechanism helps to understand that you are responsible for your own actions. It realizes that habits, conditions and personality traits influence thoughts and actions. Consciously transform thinking patterns and actions. Generate positive thoughts and perform positive actions. Soon, it will become part of your conscience and it will motivate, support and direct more and more positive actions.

Everyone in this world desires to have love, happiness and power. All endeavors, whether you be conscious or unconscious, are directed to you. The experience of many practitioners is that when they become conscious of their true self as an eternal, immortal, indivisible,

**Eternal Relation with the Supreme:** Re-establishing all relations with the Supreme, having experienced a deep sense of detachment and positive qualities of the Supreme, further establishing all relations with him.

Narrating all feelings to the Almighty: In this stage, express all feelings and emotions to the Supreme and receive his guidance and suggestions. In this stage, all hidden and sub-conscious emotions surface. peace of mind. A practitioner becomes once again aware of the physical body and his physical surroundings.

Follow these systematic<sup>10</sup> steps. After some practice, we will be able to pass each step quickly and achieve a higher stage within a short time. Stress hormones are activated in the body and brain. Stress hormones flood the body and brain are affected by these hormones and they become even more sensitive to perceived stressors.

### **Effects of Brahmakumaris Rajyoga on Non-communicable disorders :**

As we all know, man's mind is ordinary, occupied with hundreds of thoughts of the world. In Rajyoga, one withdraws one's mind from all the worldly thoughts, including the thoughts of one's own body, and one collects ones, consciousness, at least for some time, and thinks of the shining and peaceful self as a point of divine and conscient light and, then, focuses one's attention on god as supreme soul, who also is a point of conscient light and is the ocean of peace. The inhibition of worldly thoughts and the recollection or recapitulation of thoughts of the luminous self is attained by directing the flow of thoughts towards god, i.e. the supreme soul in his supreme adobe, which is the world of divine light. This practice involves the turning of one's mind and the flow of love in the direction of god, giving him the hot-link to communicate with him .

The object of concentration is the inner self. The positive flow of thoughts is based on an accurate understanding of self and so it acts as a key to unlocking the treasure trove of the peaceful experiences which are lying within one-self. (Practical Meditation, Brahma Kumaris, Ishwariya Vishwa Vidyalaya). Vyas etl<sup>11</sup>. and Telles S etl<sup>12</sup>. describe, Rajyoga of the Brahmakumaris is a behavioural intervention. In this form of meditation, the individual sits in a relaxed & comfortable position with his eyes open, and with gaze fixed on a meaningful symbol (a light) & then uses visual or auditory images for concentration.

### **Effect on Cognitive Functions:**

These conclusions suggest that the group practicing raj yoga for a longer duration had significantly more quantity of hope and happiness in comparison to the group practicing rajyoga for a shorter duration.

### **Effect on sympathetic reactivity:**

It can be concluded that Rajayoga meditation may affect autonomic activity significantly by causing sympathetic activity, but the effects require a long-term continuation of the technique.

The effects on Healthy Adults Meditators, who were practicing Raja-yoga meditation for more than 5 years, showed lower levels of total cholesterol (TC), triglycerides (TG), high-density lipoproteins (HDL), low-density lipoprotein (LDL), and higher levels of HDL than non-meditators.

### **Effect on Anxiety and Depression:**

Rajyoga is a very appealing way to better manage symptoms of depression and anxiety. Yoga may work as an effective substitute or complement to biological treatments for anxiety and depression. Rajyoga is found more effective and long lasting than the expensive drugs.

### **Effect on physiological and psychological:**

The study findings indicate that Rajyoga meditation provides important improvements in cardio-respiratory functions by tilting of autonomic balance from sympathetic in favour of a parasympathetic. program based on Raja Yoga meditation.

### **Effect on Head Ache:**

Hence, relaxation therapy by spiritually based Rajyoga was found to be highly effective for patients of chronic tension type headache. Associated somatic symptoms were also relieved. In addition, they developed a higher self-esteem, positive thinking and improved work efficiency. The results of this combined clinical and biochemical study indicate some a correlation of plasma cortisol with duration of



levels of headache, as most of the patients suffering over 5 years had significantly lower blood cortisol levels. Modulation of cortisol levels in blood by relaxation techniques gives a clue towards the effective role of spirituality-based meditation, to a positive attitude for treatment of chronic tension headache.

### **Effect on Stress:**

The stress in day to day life, hurry and worry of modern life, mental stress due to studies in the student age group, work-related irritations can be partially relieved by practicing meditation.

During the last few decades, yoga has been incorporated into modern medicine.<sup>14</sup> Yoga is one of the best lifestyles ever devised by humanity.

### **Effect on short term and long term practice:**

Raja Yoga meditation confers important benefits in respiratory functions; cardiovascular parameters which and continue to improve further with long-term meditation.

### **Studies and research findings of Rajyoga:**

Seema Maini et al, Effect of Rajyoga Meditation on the Heart Rate, Blood Pressure and ECG, 2011. This difference was also statistically highly significant. In the standard 12 lead ECG which was recorded in the case of the meditators and the non-meditators, except for the heart rate as was stated earlier, it did not show any significant difference. ECG did not show any significant change except for decreased heart rate in meditators<sup>13</sup>.

One of Senior Brahmakumaris, Rajyoga Practitioner Dr.Patel Girish (1984), conducted a study on 25 Rajyoga practitioners Practitioners, both male and females, to find out the “Effect of Rajyoga Meditation on vital parameters”, in October 1984. This showed an overall decrease in the mean values of heart rate, systolic & diastolic blood pressure and respiratory rate within 6 months<sup>14</sup>.

In 1985, the team, Medical wing, Mt. Abu conducted a study on patients with sleeplessness. In this study, 824 patients examined and taught Rajyoga for one month. 507 of them got complete benefit<sup>15</sup>.

Dr. Patel Girish (1986), conducted a study on 183 addicted patients and taught a Rajyoga within one month. 74% of patients became completely free of smoking addiction. After one year, 93% of smokers left smoking<sup>16</sup>. One more study was conducted by Patel Girish (1989), on patients of Hyperacidity for 3 months, 66 patients, After doing Rajyoga for 3 months, 56.1% of patients got complete relief.

Ushakiran conducted a study (1989) on patients of headache” In 1988, on 121 patients of headache with been taken & taught them Rajyoga for 3 months. Data was collected using a structured questionnaire. This emphasizes the use of Rajyoga as an effective method to overcome substance abuse/dependence<sup>17</sup>. One research study was done by B.K Suryji (M.T ABU) & B.K Balakishoreji on depression management through Rajyoga (power of thought) in 2000. He also found good results in many cases<sup>18</sup>.

Watumull Global Hospital & Research centre, Brahma kumaris, Mount Abu joined hands with the Institute of Psychology and allied sciences (DRDO), New Delhi and various other prestigious heart institutes in collaboration with CCRYN, ministry of health and family welfare, Govt. of India in early 1998<sup>19</sup>.

Many topics on self-respect and the effect of positive vibrations were experienced. It was found that Raja Yoga brought about many positive changes among the patients and others who attended classes. So far, up to 125 patients and 400 accompanies who came with the patients have attended the course<sup>20</sup>.

Emphasizes the declining effects of Brahmakumaris Raja Yoga practice on physiological variables like heart rate, respiratory rate, systolic and diastolic blood pressure during meditation as compared to the pre-meditation period. Decrease in the physiological variables indicates a shift in the balancing components of the autonomic nervous system towards the parasympathetic state, also minimized, resulting in an improvement in cardiovascular parameters<sup>21</sup>.

Similar findings in our study were observed in 23 subjects by Gupta S et al<sup>22</sup>, attributing decline in pulse rate, respiratory rate and blood pressure to the reduction in the level of sympathetic arousal. Meditation is believed to gradually reduce sympathetic dominance, resulting in a better balance between sympathetic and parasympathetic. This should bring about a hypometabolic state resulting in decreased heart rate and blood pressure<sup>23</sup>. The lipid profile showed a significant lowering of serum cholesterol in short and long term meditators as compared to non-meditators. However, contradictory results have been observed by Telles S et al<sup>24</sup>, who conducted a study on 18 males with 5-25 years of meditation. Hence, a single model of sympathetic activation or overall relaxation may be inadequate to describe the physiological effects of a meditation technique. Findings of their study suggest that a dual model exist i.e. Thus, meditation by modifying the state of anxiety reduces the stress induced by sympathetic over activity, resulting in a lowering of respiratory and cardiovascular variables. This may be another reason for a fall in blood pressure<sup>25</sup>. This implies that Rajyoga confers significant benefits in respiratory functions and cardiovascular parameters, which continued to improve further with long-term meditation continue the fact that long term meditators have greater parasympathetic control

Whereas reduced sympathetic output decreases non-adrenaline impulses on beta 1, beta 2 receptors of SA node, leading to further fall in heart rate. Decreased sympathetic activity reduces vasoconstrictor effect through alpha receptors, leading to a fall in diastolic blood pressure. Parasympathetic cholinergic response resulting in negative inotropic action reduces contractility of the heart, decreased cardiac output and thus results in decreased systolic blood pressure. Reduced sympathetic response adds to decreased contractility.

Several other studies have shown that subjects with anxiety, irritability and mental stress could benefit from Raja Yoga meditation<sup>26,27</sup>. Findings from other studies also corroborate the present results. Out of 181 persons, 74 % were able to get rid of their addiction to tobacco within a month. Another 19% were free from the addiction just within 3 months. 82% experienced over 50% benefit just within a period of one month. Among the 1500, 183 persons were smokers. 75% got rid of the unhealthy habit within one month, 93% stopped smoking within 1 year, out of 80 alcoholics, 98% were alcohol free after one month. It is interesting to note that 80% got more than 50% improvement in their general health<sup>28</sup>. Anger, mental stress, hatred, irritability etc stimulate the sympathetic nervous system, leading to high blood pressure, angina pectoris and heart attack emotions like fear stimulate the parasympathetic nervous system, leading to acidity, peptic ulcers and diarrhea. This balance has, therefore, to be maintained in the interest of health<sup>29</sup>.

Raja Yoga is the most promising technique for transforming attitudes towards stressful situations and to elicit the relaxation response<sup>30</sup>. It helps to get rid of dependence on tobacco, alcohol and drugs in a number of ways. Secondly, by turning his mind to God, who is the ocean of all spiritual powers, the subject is able to increase his own will power and thus to reduce the dosage of willpower and the regularity of his addiction. Thirdly, the deep experience of peace, love and purity as the original attributes of the soul results in natural aversion therapy and creates a real and inwardly felt emotion of repulsion towards the unhealthy habit.

Kiran, Harsh Chalana et al, 'Effect of Short Term Rajyoga Meditation on Anxiety and Depression; The patient with anxiety and depression in both groups showed significant improvement following 6 weeks of intervention as suggested by significant reduction in scores. In this study, significant improvement was seen in subjects with anxiety after 6 weeks of meditation compared to controls. This analysis shows that Rajyoga plays a significant role in reducing anxiety in patients.

Nishi Misra et al, Effect of Raj Yoga Meditation on Affective & Cognitive Functions, suggests that<sup>31</sup>. expressiveness or catharsis, indicating decreased emotional complexes<sup>32</sup>, thus helping to promote a state of mental relaxation. variables following regular Rajyoga sessions.

This was attributed to a reduction in sympathetic nervous activity which has been implicated as a factor capable of lowering and maintaining low serum cholesterol levels independent of dietary measures. High density lipoprotein is a protective factor against coronary heart disease and it had an inverse relationship with the incidence of coronary heart disease in both men and women<sup>33</sup>. Low HDL levels predict coronary heart disease mortality and the occurrence of new coronary heart disease events in persons older than 70 years. Higher values of serum HDL cholesterol in meditators lower the risk of developing coronary heart disease than non-meditators<sup>34</sup>. In the present study, the ratio of total cholesterol and HDL was significantly lower in meditators than in non-meditators. It has been reported that the lower values of cholesterol/ HDL

ratio are associated with reduced risk of cardiovascular disease and persons with even elevated total cholesterol levels may not be at high risk for cardiovascular disease owing to the favourable cholesterol/HDL ratio<sup>35</sup>. Various other studies also support this<sup>36,37</sup>. Meditation causes an alteration in autonomic balance and well-being. There is a trend of gradual shift of autonomic equilibrium towards relative parasympathodominance because of the reduction of sympathetic activity.

Dr. Bhupendra Singh et al, Spiritual Healing and Rajyoga in Schizo- Affective Disorder, Depressive Type – A Case Report<sup>38</sup>. Spiritual healing in this case, was based on the principles of Brahmakumaris, particularly Self Realization and Rajyoga. Rupal Shah et. all, Enhancement in the Emotional Intelligence level of students through practicing Rajyoga<sup>39</sup>.

### Conclusion:

We come to conclude on the basis of various research papers, review papers, books, magazine articles and an in-depth survey on Brahmakumari's Rajyoga review, that results are enormous positive effects of Brahmakumaris Rajyoga on almost all non communicable disorders and various vital health parameters. Brahmakumaris Rajyoga surely enhance all the health factors like physical, mental, emotional, social and spiritual and all other aspects of enhances of self, health, and organization. Through this Brahmakumaris Rajyoga practice everyone can lead a harmonious life in this universe.

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