

ISO 9001 - 2015

ISSN 2349 - 4891

Monthly

IF
4.665



Volume 4, Issue 1, January 2017

International Journal of Recent Research and Applied Studies

SURRAGH PUBLICATIONS
SURRAGH PUBLICATIONS





Scientific Research in Spirituality - (Yoga) and Siddha Consciousness

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Received 18th December 2016, Accepted 5th January 2017

Abstract

Our life is permeated, saturatal and may be even surfeited with research. Modern society today respect science and readily accepts its findings. The modern science emerged, stimulated in part by two great forces. The first force was the intelligence of the individuals at the time: their insight and perception of reality plus the environment provided a powerful impetus. The second force was the heritage of knowledge and writings left from pagan antiquity, which gave evidence that scientific activity was not without precedent and that it was possible to have free independent thinking along many intellectual fronts.

Keywords: Yoga, Siddha, Spirituality.

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Introduction

Science is a means of gathering or constructing a certain kind of Knowledge. Science as scientists understand it, is the pursuit of a particular kind of knowledge about some aspects of the universe in which we live. The method means an apt way of doing something. Experimentation is possible only in science but it is not possible in spirituality. Spirituality is too complex and difficult to be brought under controlled condition for observation, comparison and experimentation, due to peculiarities of spirituality scientific method cannot be used to the some extent. At the same time Scientific method is the most powerful tool that people have invented for pursuing empirical knowledge, this method as distinguished from that of traditional logic and theology. Theology rests on faith in a super natural and superhuman power beyond the ken of human reason. Yoga is consciousness process to accelerate our growth from grosser to subtler layers of mind. The goal of yoga point out, to liberate man from his threefold suffering physical disease, mental inharmonic and spiritual ignorance. To encourage plain living and high thinking and to spread a spirit of brotherhood among all the peoples by teaching the eternal basis of their unity and kinship with god. To unit science, religion and spirituality through realization of the unity of their underlying principles.

To advocate cultural, scientific and spiritual understanding between East and West and for the exchange of the finest distinctive features. The material

and spiritual are two parts of one universe and one truth by over stressing one part or the other man fails to achieve the balance necessary for harmonious development, practice the art of living in this world without losing your inner peace of mind yoga research is essential. Science is the understanding of the law of outer nature and technology is the conquest of it spirituality is the understanding the laws of inner nature. Both are based on understanding the basic laws of nature. The laws of the outer nature may differ from those of the inner nature as we find in physics and quantum physics.

Yoga is like quantum physics of consciousness. The task of the research and the scientist is to discover the exact laws of the quantum consciousness. The ancient yogic scientists of consciousness or seers sharpened, developed and intensified their consciousness in order to increase the power of their only instrument-super consciousness. The future researcher or scientists of consciousness may even invent instruments and gadgets to measure exactly the units of consciousness. Already we have such instruments in the bio feedback machines. Currently, there is no long-term cure of mental illness, conventional behavioural or pharmacological treatment, though not a cure, has shown effectiveness in the alleviation of symptoms. However, dissatisfaction has arisen with psychopharmacological interventions due to side effects. It is escalating the prescription rates among both adults and children and the recent uncertainties on the effectiveness and longterm benefits of some psychopharmacological treatments such as antidepressants and psycho stimulants (Jenson et al., 2007, Kirsch et al., 2008).

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Innovative conceptual and therapeutic models of care continue to emerge that may be relevant to the amelioration of mental illness. One of these is yoga, particularly, meditation. Meditation is, essentially, a physiological state of demonstrated reduced metabolic activity -different from sleep that elicits physical and mental relaxation and is reported to enhance psychological balance and emotional stability (Young and Tyler 2001). In western psychology, three states of consciousness are described as sleep, dream and wakefulness. In eastern philosophy the higher state of consciousness has been described, as “fourth state of consciousness. The state of thoughts awareness or transcendental state (Ramorthy, 1995) yoga is the suppression of the modification of mind. The long term research and trait effects of yoga, achieved after years of training that are thought to be therapeutic and have attracted the interest of the western science. These reported long term trait effects of yoga practices include.

1. At a physical level: feelings of deep relaxation and stress relief.
2. At a cognitive level: enhanced concentrative attention skills, improved self control and self-maintaining and better ability to inhibit irrelevant interfering external and internal activity.
3. At the emotional level: positive mood, emotional stability and resilience to stress and negative life events (detachment).
4. At the psychological level: personality changes such as enhanced over all psycho emotional balance.
5. Transcendental level: Perfection in a state of unforced part of Siddha consciousness or Transcendentals.

These are the subjectively reported benefits of yoga. Relatively few studies have investigated the objectively measurable physical, physiological, psychological and neurophysiology changes that correlated with the subjectively reported benefits of yoga. However, future studies may be conducted regarding functional magnetic resonance imaging (fMRI) using positron emission tomography (PET) left prefrontal and limbic brain regions during meditation neurochemical changes during the yoga and clinical effectiveness of yoga in psychiatric disorders etc.

Application of recent advances medical science imaging such as RCBF (regional cerebral blood flow) MEG (Magnetoencephalography) improved EEG (Electroencephalography) How meditation boosts our HGH (human growth hormone), DHEA (dehydroepiandrosterone), GABA, (gamma aminobutyric acid) melatonin, serotonin (DHEA). How meditation decreases our levels of cortisol allow detailed studies that are reshaping our understanding of the effect of yoga a special reference with meditation on neural behavior.

Conclusion

Yoga plays a vital role in the prevention as well as curing of several disorders. The application of

scientific research technique and tool to prove its effect is needed and more large scale clinical research studies are needed to understand more thoroughly of these different yoga practices and its impact. However, there is scope for the use of yoga and its techniques as a promising help intervention for specific disorders either alone or as an adjunct to existing conventional treatment. The hatha yoga is part of yoga but siddhas are seers of themselves and the seer became one. Therefore the yoga system can be analyzed, studied and practiced in three dimensions. Yoga as a mental discipline and psychic practice, physical improvement and breath control and regulation. Hence we need yoga practices with discipline within regular methodology and a process with systematic formula and procedures.

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