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ANALYSIS ON EFFECTIVENESS OF PSYCHO-NEUROBICS ON MENTAL CONCENTRATION AND MEMORY BETTERMENT
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Psycho-neurobics is an Energy Therapy. In psycho-neurobic, we breathe in the Cosmic Energy through the intensity of mind and then exchange it to our body, neuro-framework. With an expected 1.2 billion youngsters matured between age from 10-19 years on the planet, the issue requires significant thought of mental health specialists, behavioral researchers and strategy creators. Harping on the mental health issues of society by and large and youth specifically, the WHO report (2009/10) assessed that roughly one out of five youngsters younger than 18 experience some type of emotional, developmental, or behavioral issues. The Simplest meaning of pressure is a reaction to demands. According to the Survey Report of Manovikasa Psychological Institute, India, Indian ladies are experiencing serious pressure. Psycho-neurobics guides our brain to get and use the enormous vitality to stimulate our physical body and enacts the brain. This article will analyze the Effectiveness of Psycho-Neurobics on Mental Concentration and Memory Betterment.

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I. INTRODUCTION

The brain is the focal nervous system. Through the brain, there is a long wire till coccyx district which is known as the spinal cord. The spinal cord consistently helps the present which is transmitted through the brain like a transformer. There is major emotional energy focus alongside the spinal cord called chakras. All these seven energy focuses work like electric shafts from which there are numerous nerves like electric wires associating diverse systems and organs of the body to

move emotional and spiritual flow in the human body.

The brain persistently continues moving the energy to the nervous system. The energy precipitously makes a trip out to the spinal cord. At the point when it can never again create this energy it is classified as "brain death". Psycho Neurobics is the activities of moving Spiritual Energy in neuro cells by interfacing Psyche (Mind) to the incomparable well spring of Spiritual Energy (God). It is the best philosophy to control your brain so as to use mind power for imaginative work, to

recuperate your body and to keep body and mind healthy. A trident approach with muscular-respiratory, sound vibrations and perception of various colors of light makes Neurobics exceptionally viable to guarantee a fix from different diseases.

II. MENTAL CONCENTRATION

Maria Konnikova (2013) The Latin source of the English word "concentration" has a clear and distinct significance. It alludes to that which has a typical focus, or is advancing toward an inside, and is best communicated by the expression "one-sharpness," which, etymologically, isn't a long way from the exacting feeling of the Latin. Concentration techniques require practice. You likely will start to see some change inside a couple of days. You will see extensive improvement inside four to about a month and a half of preparing your psyche with a portion of the skills that follow. And that is a brief timeframe thinking about how long you have spent not focusing just as you might want. Concentration is focusing the psyche on one single idea. An understudy focuses on the material he is required to examine; an instructor focus on the learning of subject he needs to educate; a chief needs to focus on finding the arrangement of the issues his foundation is confronting; a house spouse requires to focus on cooking. Everyone has some capacity to focus on it. Everyone concentrates partially when he peruses a book when he composes a letter when he plays tennis, and truth be told, when he does any sort of work. Concentration is, therefore, an extraordinary need for all wannabes.

Huang and Shih (2011) stated that Concentration helps a man in material advancement moreover. An individual with great concentration will have awesome out-turn of work in his office or business house. He who practices concentration will have a clear mental vision. What was cloudy and hazy previously; turns out to be clear and unequivocal at this point. What was troublesome before turns out to be simple at this point? And what was

perplexing, dazing, and befuddling before comes effectively inside the mental handle. You can accomplish anything through concentration. Nothing is difficult for a man who practices normal concentration. The individuals who practice concentration now and again will have a consistent personality just once in a while. Here and there the mind will start to wander and will be very unfit for application. You should have a mind that will obey you consistently earnestly and complete every one of your commands in the most ideal way whenever. The relentless and systematic practice of meditation through yoga will make the mind exceptionally dutiful and steadfast. You will be effective in each endeavor. You will never meet with disappointment. You will recall what you read. Extremely profound concentration can just occur under certain particular conditions. A school or school is a controlled situation where emotional noise and external payment are kept to a base.

Baumann, and Scheffer, D. (2011) in a condition of mindfulness, you see yourself precisely as you may be. You see your very own selfish behavior. You see your very own suffering. And you perceive how you make that suffering. You perceive how you hurt others. You puncture directly through the layer of untruths that you typically let yourself know and you see what is truly there. Mindfulness prompts shrewdness. Mindfulness is a more extensive and bigger capacity than concentration. It is a widely inclusive capacity. Concentration is restrictive. It settles down on one thing and overlooks everything else. Mindfulness is comprehensive. It stands once again from the focal point of consideration and watches with a wide center, fast to see any change that happens. In the event that you have concentrated the psyche on a stone, the concentration will see just the stone. Mindfulness stands over from this procedure, mindful of the stone, mindful of the concentration concentrating on the stone, mindful of the force of that concentration and quickly mindful of the move of consideration

when concentration is diverted. It is mindfulness that sees the distraction which has happened, and it is mindfulness which diverts the consideration regarding the stone. Mindfulness is harder to develop than concentration since it is a more profound arriving at work. Concentration is only centering of the brain, rather like a laser beam. It has the ability to consume its route profound into the mind and light up what is there. Be that as it may, it doesn't understand what it sees. Mindfulness can look at the mechanics of selfishness and understand what it sees. Mindfulness can puncture the riddle of suffering and the component of distress. Mindfulness can make you free.

III. MEMORY

Dr. B. K. Chandra Sekhar (2012) stated that Human brains need to deal with an unfathomably gigantic measure of data. By current estimations, we are off loading, moving, and storing data upward of 2.5 quintillion bytes daily. Cognitive psychologist Margaret W. Matlin has portrayed memory as the "procedure of retaining data after some time." Others have characterized it as the capacity to utilize our past encounters to decide our future way. For us to review events, certainties or procedures, we need to submit them to memory. The way toward framing a memory includes storing, encoding, retaining and along these lines reviewing data and past encounters. At the point when they are approached to characterize memory, the vast majority consider reading for a test or reviewing where we put the vehicle keys. Be that as it may, memory is fundamental in our regular day to day existence. We would not have the option to work in the present or push ahead without depending on our memory.

Mastin (2010) researched that significant memories normally move from transient memory to long haul memory. The exchange of data to long haul memory for increasingly perpetual stockpiling can occur in a few stages. Data can be resolved to long haul memory through reiteration —, for example,

reading for a test or over and over making strides until strolling can be performed without intuition — or partner it with other recently obtained information, such as recollecting another associate Mrs. Emerald by partner her name with a picture of the green jewel. The way toward encoding a memory starts when we are conceived and happens constantly. For something to turn into a memory, it should initially be gotten by at least one of our senses. A memory begins in transient stockpiling. We figure out how to tie our shoe, for instance. When we have the procedure down, it goes into our long haul memory and we can do it without intentionally considering the means in question. Memory loss is frequently connected with maturing, yet there are various things that can trigger short-and long haul memory loss, including damage, medications and seeing a traumatic event.

3.1 Methods of memory concentration

A solid memory relies upon the health and essentialness of your brain. Having a good memory is a foundation of academic achievement. Try not to criticize yourself for absentmindedness. Start today by disclosing to yourself you have a decent memory and it's improving each day! It is felt that humans have two significant sorts of memory: Short-Term Memory (STM) and Long-Term Memory (LTM). Using a type of update system can help. Setting up an online schedule that sends suggestions to your telephone encourages you to monitor each one of those arrangements and gatherings. Making day by day plan for the day can guarantee that you remember significant undertakings that should be finished. The brain's staggering capacity to reshape itself remains constant with regard to learning and memory. The continuous mission for memory upgrade is one that develops fundamental as the worldwide populace progressively ages. You can saddle the natural power of neuroplasticity to build your cognitive abilities, upgrade your capacity to adapt new data and improve your memory at any age. Luckily, there are a lot of things that you can do to help

improve your memory. They are expressed as follows:

- **Using Meditation as a Tool:** Research has indicated that members with no involvement with mindfulness meditation can improve their memory recall in only two months. Meditation, with its power to enable us to concentrate, has additionally been appeared to improve standardized test scores and working memory abilities after only two weeks.
- **Retrieve and Repeat:** Repetition fortifies the associations we make between neurons. Repeat what you hear for all to hear. Have a go at utilizing it in a sentence. Record it and read it so anyone might hear. Whenever you gain proficiency with another snippet of data, you're bound to mentally record that data if it's repeated. Be that as it may, the work doesn't stop there. Research shows that straightforward repetition is an ineffective learning tool whenever utilized without anyone else. You'll have to sit down later and effectively attempt to retrieve the data without taking a gander at where you recorded it. Testing yourself to retrieve the data is superior to repeated considering. Rehearsing recovery makes all the more long-term and significant learning experiences.
- **Chunking:** This includes learning little bits of an idea first and later assembling them to shape the entirety. A good case of this is your understudy number. It is far simpler to recall separate groups (or chunks) of numbers than nine individual digits.
- **Mnemonic Devices Utilization:** Mnemonic devices are a strategy regularly utilized by understudies to help in a recall. A mnemonic is basically an approach to recollect data. For instance, you may relate a term you have to recall with a typical thing that you know about. The best mnemonics are those that use positive imagery, humor, or oddity.
- **Utilization of Mental Exercises:** While mental exercise is significant for brain

health, that doesn't mean you never need to start to sweat. Physical exercise enables your brain to remain sharp. It builds oxygen to your brain and lessens the hazard for clutters that lead to memory loss, for example, diabetes and cardiovascular disease. Exercise additionally upgrades the impacts of supportive brain synthetics and decreases pressure hormones. Maybe above all, exercise assumes a significant job in neuroplasticity by boosting development factors and animating new neuronal associations.

- **Achieve More Sleep:** Sleep has demonstrated to be one of the most significant components in having a good memory. Hit the hay simultaneously consistently and find a workable pace at the same time every morning. Do whatever it takes not to break your daily practice on the ends of the week. This can significantly improve sleep quality. Since sleep is when the vast majority of our memory combination process happens, it bodes well that without enough sleep we're going to battle to recollect the things we've learned. Indeed, even a short snooze can improve your memory recall.
- **Concept of Visualization:** Many individuals advantage significantly from visualizing the data they study. Focus on the photos, diagrams, and different designs in your course readings. On the off chance that you don't have viewable signals to help, have a go at making your own. Attract graphs or figures the edges of your notes or use highlighters or pens in various colors to group related thoughts in your composed investigation materials.

3.2 Yoga Contribution to Memory Concentration

A previous **Edzard Ernst and Myeong Soo Lee (2010)** show consistently positive proof that rose for depression and cardiovascular risk decrease with yoga, with small supporting proof to recommend advantage for patients with epilepsy, asthma or

different pain conditions. An ongoing rundown **Arndt Büssing et al (2012)** demonstrates that there is generally solid proof to recommend that yoga may have helpful impacts on pain-related incapacity and mental health. A further clinical audit **Field (2011)** recommends that psychological symptoms and disorders (nervousness, depression, and rest), pain disorders, immune system conditions (asthma, various sclerosis), insusceptible conditions (lymphoma, bosom disease), pregnancy and weight reduction would all be able to be positively influenced by yoga. From a proof-based healthcare point of view, the theoretical fundamental components to clarify the potential impacts of yoga are in the beginning times of examination. In light of the Medical Research Council's rules for assessing complex mediations, a rational hypothetical premise ought to be set up ahead of time for further research improvement.

Anup De and Samiran Mondal (2016) investigated logical written works identified with yoga practice and brain work and expressed that the practice of yoga incorporates static and dynamic postures (asanas), breathing manipulations (pranayama) and meditation (dhyana). Yoga is a tool that works in the gross body level to the van mind level. Yoga is a straight forward and modest health routine that can be joined as a compelling adjuvant treatment for the improvement of brain and mental activity. The Research found that consolidated yogic practices improve memory which can impact the academic execution of the understudies. Meditation practices improve the more elevated level of concentration and cognizance which may lessen the psychic disorder. Pranayama practice might be applied as an elective treatment for decreasing pressure-related diseases. The investigation presumed that: Regular yogic practices may improve brain and other neurocognitive capacities.

Srikanth N Jois and Lancy D'Souza (2018) expressed that Super brain Yoga (SBY) depends on the rule of ear needle therapy and

unobtrusive energy development in the body. SBY improves the qualitative and quantitative pranic energy in the brain. The present examination plans to improve the concentration, memory, and certainty of understudies by rehearsing SBY. The investigation comprises 1,945 school understudies from the Mysore area, India. SBY was acquainted with the understudies through the educators for a time of 3 months. Following three months, reactions from the understudies were gathered utilizing a questionnaire fixated on concentration, memory, and certainty confronting examinations of understudies. Attributes reaped from the questionnaire were gathered and broke down with the possibility coefficient and Chisquare tests. 86 % of the understudies revealed that by rehearsing SBY has helped them to face examinations all the more certainly. SBY was seen as helpful for the understudies as it builds their concentration, memory, and certainty to face the examination. Schools can execute SBY to improve the academic execution of understudies. Understudies likewise revealed that their memory has improved by 75.9 % and concentration by 70.5 %. Along these lines, SBY has improved the general execution of understudies in the school.

IV. EFFECTIVENESS OF PSYCHO-NEUROBICS ON MENTAL CONCENTRATION AND MEMORY BETTERMENT

In an investigation of Chinese undergrads **Tang et al., (2007)**, those students who were randomly doled out to take part in a mindfulness meditation intercession had lower depression and uneasiness, just as less anger, fatigue, and stress-related cortisol contrasted with a benchmark group. Different fields where mindfulness meditation has shown positive results incorporate decreased ruminations, upgrade in cognitive adaptability and attentional working and expanded working memory limit after some time in the military set-up. Scientists guess that mindfulness meditation advances metacognitive

mindfulness, diminishes rumination by means of withdrawal from perseverative cognitive exercises and upgrades attentional limits through increases in working memory. These cognitive increases, thusly, add to successful feeling guideline techniques.

Chandrashekhar (2015) clarifies Psycho Neurobics as the "procedure of taking energy present known to mankind by mental ability and then moving it into the brain and neuro-system for recuperating reason". Mixing hand gestures and controlled profound breathing exercises with mental exercises of getting spiritual energy or current of god through visualization of various colors showers from god and moving into neuron cells of the body and feeling it called psycho neurobics. A tripartite methodology of mending, Psycho-neurobics contain Easy neurobics (neuro-muscular-respiratory activities), Sound neurobics (vibration through vowel reciting), and Light neurobics (visualization of various colors). Reclamation of parity among the seven energy focuses (chakras) and five components (Panch Mahabhoot) of the human body is viewed as significant pre-essentials for holistic wellness.

Dr. Chandra Shekhar and Sandeep Kumar (2018) The investigation investigated the feasibility of psycho Neurobics on memory among secondary school adolescents developed 14 to 16 in JSS High School, Lakshmipuram, Mysore, Karnataka State, India. The understudies were set up to practice psychoneurobic exercises 30 minutes step by step for a quarter of a year. The investigation used one social affair pretest and post-test, pre exploratory structure. The populace for the investigation included poor performers of tenth standard understudies of different fragments of High school in Mysore. Euphoric Neurobics, Enlightenment Neurobics and Dynamic Neurobics were taught and prepared to practice each day for a quarter of a year. The gadget used for data gathering was Audio-Visual Memory Test, Memory Tests viz. Customary Verbal Memory Test, and the Audio Memory

Test. The outcomes of Memory Tests were bankrupt down before the inception of the investigation (Pre-test) and after the hour of preliminary (Post Test). The data assembled were bankrupt down through mean, standard deviation and t-test examination. The result of the examination showed an improvement in memory scores of understudies, who were practiced Psycho-neurobics works out. ($t = 3.951$ and p regard is 0.000428) The result is basic at $p < 0.05$. The examination contemplated that psychoneurobic is an innovative procedure in improving memory of understudies and as such upgrading their academic execution.

Amarnath, (2017) Psycho-neurobic practice have viably been utilized with the different populace. A few regions where psycho-neurobic intercession has shown positive results incorporate stress the executives for grown-up females and improvement in memory execution in secondary school students. A huge decrease in pre-employable uneasiness levels of patients experiencing waterfall medical procedure was likewise seen after patients have gotten Psycho-neurobics and counseling services as opposed to just counseling services. **Mishra (2018)** has used Psycho-neurobics in his pilot study for the executives of hypertension.

J. Sheela elegance and Dr. B. K. Chandrashekha (2018) the point of the examination was to survey the impact of Psycho-neurobics on Memory Development and Concentration among the younger students. The example comprised of 50 children concentrating the sixth standard, matured 11-12 years. The examination was led in Satchidanandan Jothi Niketan, Kallar, Mettupalayam, Coimbatore, and Tamilnadu, India. A when group structure with appraisal following three months of Psycho-neurobics program (module), was adjusted for the investigation. The Psycho-neurobics program comprised of Enlightening Neurobics, Blissful Neurobics, Dynamic Neurobics, Color Therapy, Memory Techniques and Neurobic

Machine check for perspective. The level of memory of every kid was surveyed through the interview schedule by utilizing altered NIMHANS tests of memory for children. The Neurobics program was directed day by day for a period of three months, morning and night. Again the group was evaluated for memory. Matched “t” test was adjusted to discover the distinction on those factors among pre and post of the program. There was a noteworthy enhancement for subtests of memory on those factors. Subsequently, it could be inferred that Psycho Neurobics can be accustomed to acquire Improvement Memory and Concentration.

V. CONCLUSION

The brain is the destination of the psyche and mental capacity. Psycho Neurobics is the exercise of moving Spiritual Energy in neuro cells by interfacing Psyche (Mind) to the Supreme Source of Spiritual Energy (God). Neurobic exercise, a special brain exercise program depends on the most recent discoveries of logical research. The brain exercise program is introducing the blends of physical senses, just as an emotional sense with changing the day by day schedule routinely. Concentration implies completeness solidarity, balance. Memory is the mental procedures of securing and retaining data for later recovery and the mental stores' system that empowers these procedures. Super brain yoga (SBY) is a straight forward exercise that includes crushing one's ear cartilage with thumb and index finger in a specific position and squatting following an endorsed breathing procedure confronting a specific course. Psychoneurobic practice makes our body and mind totally fit forever. In Psycho-neurobics we take in the immense essentialness through the power of the brain and trade it to our body neuro system. It facilitates sound, concealing and basic neurobics. It animates neural activity to reinforce and develop brain cells consistently. Neurobics actuate neural systems to work and builds blood supply to the brain. Neurobic exercise includes legitimately with the cortex

and hippocampus, situated at the average transient projection that goes about as an impermanent store for new data and then slowly moves to last stock piling in the cortex.

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