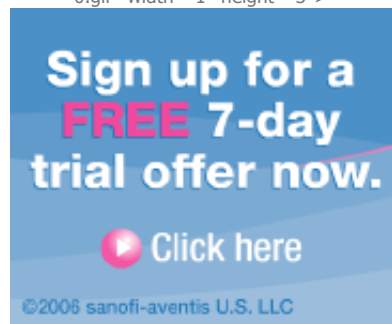


It's official: Yoga improves memory

Indo-Asian News Service

New Delhi, September 18, 2006

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"Sans memory man is insane," goes an ancient adage. Studies conducted by the Central Council for Research in Yoga and Naturopathy (CCRYN) have shown that Vipasana meditation and Pranayama play a beneficial role in improving an individual's intellectual faculties like memory and learning.

Vipasana in Sanskrit means seeing things as they really are. It is considered as the process of purification through self-observation. The essence is to feel that the body is breathing.

During a six month long study, children with poor attention and memory span were explained the significance of meditation and were taught how to concentrate on a particular point through controlled breathing. They were also subjected to meditation therapy for 30 minutes on a daily basis.

Follow-up studies covered the neuropsychological, psychological and biochemical aspects.

A comparison of the initial and final findings revealed vast improvement in both short and long term memory, reflex memory, attention span and reduction in mental fatigue.

Benefits of Yoga therapy in stress management*

Stress related ailments such as anxiety, back pain, bronchial asthma and chronic pain can be handled and cured with an integrated yoga therapy, according to a recent study conducted by the CCRYN.

Nadi Shuddhi Pranayama is found to be beneficial in cases of anxiety neurosis, bronchial asthma and hypertension. *Nadi Shuddhi* is purification of different *nadis*, the channels for transmission of nerve impulse or circulation of blood or air, with the practice of Pranayama.

Chandranuloma Viloma (Left nostril breathing), is useful for back pain, chronic pain and diabetes, while *Suryanuloma Viloma* (Right nostril breathing) for obesity and Rheumatoid Arthritis.

Yoga, an effective tool for memory development at young age*

Catch them young, the adage goes well when it comes to memory development in children. The age group of 9-14 years is when all the faculties of a child are growing.

Recent studies conducted by the CCRYN have shown that if children in this age group practice Yoga regularly, they will show improvement in audio-visual recall ability and will have better retention ability.

Integrated yoga comprises of *Shuddhi Kriyas*, yogasanas with breath awareness, Pranayama, practice of deep relaxation, yogic games and

insistence on vegetarian food specially milk, fruits and nuts.

**Source: Central Council for Research in Yoga and Naturopathy"*

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