Yoga Nidra an indigenous practice and its role in Covid19 Pandemic: A theoretical Analysis

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ABSTRACT

The sudden outbreak of Corona virus has created global health crisis which changed our lifestyle completely. People became more concern about their health and immune system then earlier to fight with the newly arrived virus. Here, Yoga Nidra is an indigenous practice and ideal technique for the modern man to relax, rejuvenate and reform mind not only spiritually but also to maintain good physical and mental health. Covid-19 corona virus mainly affect our lungs and weakened immune system and stress also common cause of weakening of our immunity, it is extremely beneficial for us to do Yoga Nidra not only in Covid pandemic but for whole life to keep our immune system strong and our mind calm. This is a theoretical paper and the main objectives are- To find out the role of Yoga Nidra in Covid-19 Pandemic and to emphasize benefit of Yoga Nidra in Human life. This paper mainly focus on the benefit of doing Yoga Nidra by reviewing various articles available in online and how it can helps in reduce stress, anxiety, insomnia heart diseases etc.

Keywords: Corona Virus, Covid-19, indigenous practice, Yoga Nidra.

1. INTRODUCTION

Covid-19 a curse to the world stated as outbreak in Wuhan Hubei province of China spread rapidly globally to become pandemic and most of the countries imposing lockdown including India to stop the spread of Corona virus, it is contagious virus. Covid-19 pandemic created unprecedented change and become a major cause of stress and anxiety worldwide. Due to the global lockdown work, employment, business, economic climate severely affected and many of us stuck in their working place, worried about families, love ones and livelihood. The number of Covid-19 infected people and death of individual increased dramatically. It has generated stress, anxiety, depression among the people because there was no right way to cope up with what we are experienced and the new and complex problems posed to the human

individual because of the pandemic. Among these situation people want to calm and relax their mind and various ancient Indian practices such as Yoga, Yoga Nidra, Pranayama, Asana etc are only strategy to adjust with the situation. The lexicon of Indian culture is full of many gems and Yoga science is one of them. Yoga was started in Indian culture with the development of human culture. Yoga was first systematized by Sage Patanjali in his book Yoga Sutras around 400 BC which is most important and valuable gift of our Indian culture. Yoga the word used in a very broad sense and its scope is also very wide. Yoga helps in the overall development of the personality and it help in positive health and healthy lifelong. Yoga is basically divided into four basic categories which are; Bhakti Yoga, Karma Yoga, Gyan Yoga and Raja Yoga. Among these the father of Raja Yoga is Patanjali which is known as "Astanga Yoga". Astanga Yoga has eight Yogic practices; Yama, Niyama, Asana, Pranayama, Pratayahara, Dharana, Dhyana and Samadhi. Yoga Nidra is an aspect of Pratyahara which leads to the higher states of concentration and Samadhi. Yoga Nidra is a state of deep yet conscious sleep known as 'Yogic Sleep' means a sleeping with a trace of awareness. Regular practice of Yoga Nidra can relieve one from stress, insomnia, mental disturbances and various psychosomatic diseases which are became integral part of our modern life. It helps our mind to understand, give mental peace, relaxation, cleanses the mind, improves memory and as a stress booster. **(Guruma, A.)** Now we are living a life where high ambition takes place first and we pressurized ourselves to achieve material wealth in a short time as soon as possible. But sudden lockdown stopped all the human activities and people are locked in their home. This changes effect individual mental health, here in this context Yoga Nidra is an ideal technique for the modern man to relax, rejuvenate and reform mind not only spiritually but also to maintain good physical and mental health. Covid-19 corona virus mainly affect our lungs and weakened immune system and stress also common cause of weakening of our immunity, it is extremely necessary for us during the Covid-19 pandemic to keep our immune system strong. In post Covid Yoga Nidra helps to recovering from sleeplessness or Insomnia and stress due to pandemic anxiety.

2. Need and significance of the study

This study can directly help all generation to know about the benefit of doing Yoga Nidra. The time is very crucial for us since 2019 after the arrival of Corona Virus, people are very conscious about their health. Again a new variant of COVID-19 named **Omicron** also found to the world. Because of all this people are scared and want to maintain their health to cope up with the situation or fight with the virus. Here this study will definitely help all individual as Yoga Nidra simple but powerful technique, here we remain fully aware and everyone can practice it. People are stressed, depressed and unable to adjust with the new world of social distancing and wearing mask. "Yoga Nidra is helpful activating the relaxation response and thereby improving the functioning of the nervous system and endocrine system, to helping the cells regenerate and repair. Yoga Nidra is beneficial decreasing Anxiety and improving one's mood. The relaxed brainwave activity due to slow alpha waves and even slower theta waves, produce deep relaxation, improve sleep, promote physical healing and support the symptoms of Post Traumatic Stress Disorder" **(Shiraz,2021)** Our Indian prime minister respected Narendra Modi said that "Yoga Nidra helps with overall well-being, relaxes the mind, reduces stress and anxiety" **(Phelamei, 2020).**

3. Review of related literature

At the time of covid-19 pandemic individual mental peace were disturbed. At the time of corona virus yoga Nidra helped us to let go our tension, worries and gave deep relaxation, peace of mind and boosts and recharges the autoimmune system.

Gunjiganvi, N. (2022) conducted a study on efficacy of yoga Nidra vs. spine relaxation technique on depression, anxiety, insomnia in frontline COVID-19 health care workers. This study found that virtual yoga Nidra helped in improvement of anxiety insomnia, depression. It also helped in reduce psychological problems and immune boosting of health care workers.

Neeraja, V.P., & Nachimuthu, K.P. (2022). Conducted a study and the main aim of the study was to find out the effect of Yoga Nidra on quality of sleep among young female adults during covid-19 pandemic. This study found that yoga Nidra improved the sleep quality among young female adults during covid-19 pandemic.

Kumara, P., & Tripathi, J. S. (2021). Carried out a study on role of yogic processes for the positive modulation of the mind in covid-19 pandemic. This study revealed that various yogic practices like yoga Nidra, preksha meditation, antamaun, vipashyana positively affect our mind and prevent and cure our mind from mental illness.

Sharpe, E. et, al. (2021). conducted a study in US on yoga Nidra. Yoga Nidra practice was given in real time before bed once per week for 16 weeks. This study revealed that yoga Nidra is beneficial for anxiety and insomnia.

"Yoga Nidra helps with overall well-being, relaxes the mind, reduces stress and anxiety" **(Phelamei, 2020).**

Yoga Nidra effectively provides impact on stress and anxiety, post-traumatic-disorder (PTSD) symptoms like rage and anxiety increased feelings of relaxation and peace after yoga nidra as a therapy. **(Dhamodini, K., & Sendhikumar, M. 2018)**

15 minutes of yoga Nidra give us refreshment of a good sleep. **(Bharti Yoga, 2021)**

4. Objectives

1. To find out the role of Yoga Nidra in Covid-19 Pandemic.
2. To emphasize benefit of Yoga Nidra in Human life.

5. Scope

This study will help the new generation in future to know about the situation of people at this time. This study will help new generation to practicing our ancient Yogic Practices to maintain a healthy lifestyle.

6. Methodology

The methodology for the study are described under following points-

a. Data collection: This study had been employed under **Content Analysis method** and researcher selected various books, newspapers, articles published in journal, proceedings etc. related to Yoga Nidra and its role in Corona period. As it is a theoretical paper data are collected through secondary sources like; books,

articles, newspaper, proceedings, photographs, video available on YouTube and through various online PPTS'.

b. Data collection procedure; Here the researcher used to collect data for this study of "Role of Yoga Nidra in Covid Pandemic" from various articles available on websites and journals describe about the benefit of Yoga Nidra and how it is helped in Covid-19 Pandemic**.**

c. Delimitation

The study was restricted to the **"Yoga Nidra an indigenous practice and its role on Covid-19 Pandemic"** and also restricted to analysis of various book, journal and articles.

7. Result and discussion

After review some studies related to yoga Nidra and its role in covid period we can summarize this study in following points-

7.1 Role of Yoga Nidra in Covid Period:

The covid-19 has impacted the physical and mental health of individual worldwide. It affects significant changes in our life and introduces ourselves with new terms of lifestyle like social distancing, wearing mask, sanitizer; hand wash etc. people are experiencing fear, phobia, anxiety, worry etc. Here in this consequence people are started to practice our ancient Yogic practices as it is beneficial for our body and mind and it has also healing power in real way.

Yoga Nidra is also a part of Yoga and now days it became popular day by day. It is a unique technique which helps one to know his/her own identity and give mental peace or relaxation. The corona virus pandemic has changed the world and lifestyle. Along with various health problems, people's negative thoughts also increase like anxiety, stress, depression, suicidal thoughts etc. But in this situation doing Yoga Nidra for 45 minutes can give benefit of peaceful three hour nap.

Yoga Nidra can practice by everyone irrespective of their caste, creed, race, religion. It is a simple technique which one can do by lying on the floor and its work as a tool to heal physical and mental ailments. It improve sleep and reduce insomnia, works a stress booster, enhance memory power, regular our blood pressure and effectively deal with anxiety, depression, hypertension, maintain internal homeostasis, give mental peace and strong our immune system.

Stress is also the most common cause of the weakening of our immunity, and it is extremely important to us during the COVID-19 pandemic to keep our immune system strong. According to Yoga Nidra helps in identifying thoughts as merely thoughts and allows them to move into the space of awareness, thereby freeing the emotions of their emotional charge**. (Chauhan, A. 2020)**

7.2 Benefit of Yoga Nidra

Some another benefit of yoga Nidra to maintain our mental health are-

a) **Insomnia:** Now a day's insomnia has became a household disorder in this competitive world. To relief from this problem people use to take medicine, some others resort to alcohol or drugs but this harms not only the body but also the mind. Here Yoga Nidra can use as medicine to cure insomnia though it was not primarily designed to promote sleep, but the deep relaxation improve sleep.

b) **Mental relaxation and mental peace:** on a mental level Yoga Nidra facilitates stability of scattered mind. It erases fear, phobias, and mental weakness most importantly in present Pandemic circumstances which is most important. Sometimes we angry, flustered, agitated because of people or situation. Here we should learn how to deal with adverse situation and Yoga Nidra definitely help in this regard.

c) **Strengthen Will power:** Yoga Nidra helps in strengthen our will power. In the worst time of Corona pandemic it helps in strength peoples mind to deal with suffering and the situation. When one practices Yoga Nidra consistently, the mind enters a very powerful zone with deep beneficial effect on mental health.

d) **Cure Psychomatic illness:** In covid time all people were very stressed because of this chaos situation and most disease originate from the mind and manifest in the human body. A stressed mind has the potential of creating all sorts of disease like hypertension, insomnia, anxiety, heart disease etc. In this regards Yoga Nidra can help them to cure psychomatic illness.

e) **Reduce anxiety:** Yoga Nidra can be considered as a highly effective practice of reducing stress. A balanced lifestyle, appropriate diet, regular practice of asana, pranayama and Yoga Nidra helps in providing holistic health both physical and mental.

f) **Bliss for students:** Today's youth suffer from worried because of many reasons like their education, carrier, competition etc. Sudden changes of teaching-learning method from traditional to online students faced various problems. For online education broadband (sufficient data pack) and Smartphone/laptop/computer are needed as well as a supportive environment so that students can focus on their studies. But it was not easily available for all and they were stressed. Here Yoga Nidra relaxes the body and mind and it helps in expand imagination power and creativity. Yoga Nidra is a wonderful, drugless tool that works wonders in maintaining good physical and mental health.

g) **Overcome fear and Phobias:** Fear is a powerful and common instinct common to everyone. We are afraid of lost someone or lost whatever we have, afraid of dying, not attaining what we want etc. This fear increased because of this sudden attack of covid on human being. But this fear can be killed by think positively and yoga Nidra also good practice to strength our mind and overcome from fear and phobia.

8. Conclusion

Yoga Nidra or sleep meditation has been very useful in keeping the mind calm and relieves stress by helping an individual become systematically and increasingly aware of their inner self and concentration. It helps in maintain healthier body, peaceful mind, blissful soul, stronger immune system and to overcome very neurotic tendencies and undesirable behavior patterns. Not only in covid but for whole life it is a blessing for us to cure various physical and mental problems through practicing it at least for 15 minutes once a day. So we can practice this indigenous method to reduce stress, anxiety, depression, improving mental health, memory. Many research studies indicate that yoga Nidra can be used as a therapeutic

technique to cure psychological disorders like anxiety, hostility, insomnia etc and psychosomatic diseases like asthma, coronary hearts disease, cancer and hypertension.

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