

ABSTRACT

Background

Developed countries are to maintain global competency, technological development, economical advancement and natural thrust over maintaining competency under high demands at every field either of technological, IT basis, economical, global or social, expectations given raise to stress and several health issues where Japan is no exception. This research focused on fast moving modern developed society of Japan in particular and offers a comprehensive perceptive on how the Japanese individual can be benefitted by maintaining peace and can promote health well-being by assured royal path of Yoga and meditation. In specific, stress and induced ailments can be well controlled through the practice named as Cyclic Meditation (CM); a technique developed by S-VYASA having its root in Great ancient Indian literature; Mandukya Upanishad.

This research studies thoroughly about the concept, mechanisms and efficiency of Yoga practice named as cyclic meditation that was conducted throughout the Japan in various state branches of Japan Yoga Niketan. And, current data has been collected from the case studies submitted by the Japan Yoga Niketan to S-VYASA, Bengaluru.

Aim

The aim of this literary exposition is to understand the concept, mechanisms and efficiency of Yoga practices such as cyclic meditation. Cyclic Meditation (CM) is one of the advanced yoga techniques developed by S-VYASA University, Bengaluru. The main principal of CM is stimulation followed by deep relaxation. This experimental exposition emphasizes on the deeper rest experienced through cyclic meditation practices among Japanese individuals and details about improved changes brought at biological level in terms of cardio-respiratory and psychological aspects measured.

Hence, yogic practices such as cyclic meditation proved very beneficial to achieve balanced health of body and mind effectively which is becoming a ray of hope for the fast moving modern Japanese society.

Materials and Methods

We identified single group study of the participants from YTIC program offered by Japan Yoga Niketan throughout Japan for both the genders. 109 participants were selected for cardio-respiratory studies and 90 participants for psychological variables studies.

Participants underwent the practice of cyclic meditation (CM) as an intervention.

The following assessments were taken: Breath rate, Heart rate, Systolic Blood Pressure (SBP), Diastolic Blood Pressure (DBP), Breath holding duration were taken every before and after the intervention, as biological data.

Well known questionnaires such as YG personality test, STAI, Japanese version of General health questionnaire and SOC were administered before the first intervention in the month 1 and after the fourth intervention were given in the month 4, as psychological data.

All participants were assessed in four time points i.e., month 1, month 2, month 3 and month 4 with optimal time gap of 01 month in between each.

Data was collected from the case studies submitted by Japan Yoga Niketan to S-VYASA, Bengaluru.

Results

The result reflects the effect of CM practice with respect to cardio-respiratory variables and the sustained effect considering psychological variables throughout the study on large sample size.

Cardio-respiratory variables - CM practice shown statistically highly significant effect on Breath rate, Heart rate, SBP and DBP. Whereas, psychological variables proved the sustained significant effects through the questionnaires and tests like Japanese version of General Health Questionnaire, YG Personality Test, SOC and others.

Conclusion

Present research able to prove the effect of cyclic meditation in both healthy and unhealthy individuals, that is to attempt to bring about maximum adjustment of an individual through stimulation & relaxation process to the surrounding environment so that personality will be maintained under condition of maximum gratification and minimum frustration achieved.