

THE HEALING POWER OF
YOGA
SCIENTIFIC STUDIES

Editor

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Published by



Nirwan University Jaipur
Near Bassi-Rajadhok Toll, Village- Jhar
Agra Road, Jaipur – 303305 Rajasthan

In association with

Inspira Publications
Jaipur-New Delhi

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Edition: December, 2024

ISBN: 978-93-91932-75-6

DOI:

Price: 1365/-

Published by:

Nirwan University Jaipur
Rajasthan-303305

In association with:

Inspira Publications

Head Office

25, Sudama Nagar, Tonk Road, Jaipur - 302018

Branch Office

Flat No. 14, RZF-768/21, Rajnagar-II Dwarka

Sector-8, Delhi NCT, New Delhi-110077

Printed by:

In-house-Digital
Jaipur-302018

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Foreword



Yoga has been practiced throughout the vastness of human existence, where finding well-being often feels like a journey across shifting sands. Yoga came from the ancient Indian crucible and has since spread throughout the world as a symbol of inner peace and overall wellness. The book "**The Healing Power of Yoga: Scientific Studies**" pays homage to the understanding of yoga and how it affects human existence. This extraordinary book delves deep into the heart of yoga, exploring its therapeutic potential through the lens of rigorous scientific inquiry.

Each chapter is a meticulously crafted exploration of a specific aspect of yoga's healing prowess, offering a blend of ancient wisdom and modern research that is both enlightening and empowering. The book sets the tone by examining the therapeutic efficacy of prayer, revealing how this ancient practice can positively influence both mental and physical health. Drawing on a wealth of scientific studies, it sheds light on the profound ways in which prayer can promote healing and well-being. The book takes a closer look at the yogic management of low back pain, a common ailment that afflicts millions worldwide. Through a detailed analysis of asanas, pranayama, and meditation techniques, it presents compelling evidence of yoga's ability to alleviate pain and improve overall quality of life.

In the book, the focus shifts to mantra meditation, offering a scientific analysis of its neuro-physiological effects and its potential for enhancing cognitive function and emotional well-being. Through a synthesis of research findings, the book highlights the transformative power of this ancient practice. The book also addresses the challenges of menopausal symptoms and their management through yoga. The book explores the scientific basis of Yajna, an ancient ritual that holds deep cultural significance in India. Through a scientific lens, it examines the therapeutic potential of Yajna in promoting mental and physical well-being, providing a fresh perspective on this age-old practice. By synthesizing research findings, it makes a compelling case for integrating Ashtanga

yoga into modern healthcare practices to enhance physical fitness, mental clarity, and emotional resilience. It illuminates the transformative power of Om chanting, offering insights into its profound effects on mental well-being through appropriate case studies.

This book offers a comprehensive guide to yogic practices for the elderly, outlining tailored practices that can enhance the quality of life and promote healthy aging. It explores the role of yoga in youth development, highlighting its potential to cultivate virtues such as discipline, resilience, and empathy. It makes a compelling case for integrating yoga into youth development programs to foster positive personality traits through a synthesis of research findings. It presents Yoga Nidra as an innovative approach for mental health, offering a detailed examination of its therapeutic effects on stress, anxiety, and insomnia.

As we embark on this enlightening journey through the healing landscapes of yoga, let us approach this ancient wisdom with humility, curiosity, and an open heart.

May "The Healing Power of Yoga" serve as a beacon of light, guiding us towards a path of health, happiness, and harmony.

I congratulate Dr. Krishna Agarwal, Dean, School of Yoga & Physical Education for bringing out such a timely relevant volume on the internationally recognized theme of yogic science. It is a testimony of the ancient Indian knowledge system that serves the mental and physical well-being of mankind in these times of stressful life. I am confident that it would help the common man as well as domain experts in further understanding and application of Yoga in everyday life.

Warm Regards

Dr. S. L. Sihag
Chairperson
Nirwan University Jaipur

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Acknowledgement

I wish to begin by expressing my profound gratitude to the almighty, who has been my unwavering companion, lighting my path and instilling in me the drive to pursue excellence.

I extend my heartfelt thanks to the entire Nirwan University Jaipur family for their remarkable support and dedication in bringing the book "**The Healing Power of Yoga: Scientific Studies**" to fruition. Your steadfast commitment to academic excellence and research has been the cornerstone of this successful endeavor. The guidance and encouragement provided by the Hon'ble Chairperson Dr. S.L. Sihag were pivotal in shaping both the direction and the quality of the content within the book.

Words cannot fully convey my heartfelt gratitude to all the esteemed higher authorities of NUJ. Their deep wisdom, guidance and steadfast support have been pivotal in shaping my academic path and bringing this book to completion.

A special thanks goes to the Social Media Team members, whose efforts in promoting the book and expanding its reach to a broader audience have been crucial. Their work has played a significant role in generating interest and engagement with the research topics covered.

I would like to convey my deepest gratitude to my esteemed parents and family members for their endless love, constant inspiration, and ongoing encouragement. Their blessings, affection, and unwavering support have been the foundation of my success, enabling me to reach my goals.

The collective efforts of the Nirwan University Jaipur community have made "**The Healing Power of Yoga: Scientific Studies**" a meaningful and collaborative

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project. It stands as a testament to the university's dedication to nurturing a culture of research and academic excellence.

Once again, thank you for your unwavering support and encouragement throughout this journey. I am truly grateful for the collaborative spirit that defines Nirwan University Jaipur. I would be remiss if I did not acknowledge the timely and efficient support provided by Prof. (Dr.) Ravi Kant Modi, Member Secretary of the Publication Board, Nirwan University Jaipur.

Lastly, I am also thankful to Inspira Publications for handling this project with professionalism.

Sincerely,
Dr. Krishna Agarwal

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3. The interplay of Hindi literature and society
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