

Nadayoga - A Contemporary Analysis: Review Study

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Abstract: *Nada yoga with use of sound, music and physical consciousness, is practiced to bring harmony between body, mind and spirit, which helps in relieving physiological as well as psychological problems in a natural way. The concept of yogic practices is becoming popular in last few decades in modern medicine, but it existed in traditional healing methods and in our ancient literature from ages. The present paper discusses about the importance of Nada yoga as well as the health benefits of the mindfulness practice.*

Keywords: Nadayoga, Nadasandhan, yogic, Health

1. Nada Yoga and Ancient Literature

Nada means that the flow of sound and Yoga means Union. Nada Yoga is the method of the union of the individual mind with cosmic consciousness' through the flow of sounds.

Nadasandhan is a technique of Nadopsana, that is supposed for attaining the acquaintance of final truth in hath yoga. The technique originally declared by Goraksnatha:

**'proktam goraksanathenam nadopasanamucyate'
(Hathapradipika-IV/65)**

and is reflected as the best of all the Layas (means of surcease of mind) as mentioned by Sri Adinatha:

**sri adinathena sasadakotilayaprakarah kathita jayanti /
nadasandhanakamekameva manyamahe
mukhyatamam layanam// (Hathapradipika-IV/66)**

The word 'Nada' is includes with the letters 'Na' and 'Da.' Na means that 'prana' (vital energy) and DA signifies 'Agni' (fire). during this approach, nil (sound) is that the outcome of the union of Prana with Agni:

**"Nakaram pranamahuh dakaramnalalam viduh /
Jata pranagni samyogat tena nadoabhidhiyate"// (Samgeet Ratnakar-I/3-6,p.64)**

With the ascent of Kundalini through the approach of Susumna, nada (sound) step by step becomes a lot of spectacular, a lot of intense and subtlest and also the whole body, breathe, mind and consciousness of the practitioner becomes absolutely absorbed during this anhat nada (internally made sound).

**sruyate prathamabhyase nado nanavidho mahan/
tato'bhyase vardhamane sruyate sukmasukmakah//
(Hathapradipika-IV/84).**

In the starting, the sounds of the roaring of ocean, thunder, a big drum, cymbals is heard; at the intermediate stage, the sounds of tiny drum, a conch, a bell and a gong area unit detected, and at the top, ringing of tiny bells, flute, vina and also the buzzing of bee is detected. The practitioner tries to ponder solely on the terribly subtlest sounds

(Hathapradipika-IV/ 84-87).

In different words, at the start the mind gets absorbed on gross nada, and with the advancement of nadasandhana (nada dhyana) method, the nada bit by bit gets subtler to subtlest and also the mind of the practitioner contemplates there on and at last merges into it.

When the stream of consciousness is obstructed by the ego, Nada or special sounds will take away the obstruction permitting the stream of individual consciousness to unite with its source, the ocean of pure consciousness. On the way of NadaYoga, the body is cured, the mind recovers its balance and also the person becomes a totally doable individual, living with a way of well-being. During this sense NadaYoga works as medicine and therapy, serving to someone to steer a healthy, happy and balanced life within the world.

Out of the five elements, the element of space is the most primal.Space is connected with the ear, and also the ear is that the receptacle to sound. There in approach sound is that the primal expertise of all; compared to smell, taste, vision and touch. it's the foremost correct and precise than the others.

Nada yoga is regarding meditation. For this you need to close your eyes and focus on your breath. Inhale and exhale together with your hands placed on your knees. Make sure sitting cross legged whereas meditating. you'll be able to continually begin your meditating session by listening to some soft and peaceful music. this can assist you to feel positive and relaxed.

The health benefits of nadayoga can guide us in reclaiming our health. Healing through the sounds and music can help us to transport in the states of deep relaxation, Where our body and mind can be rejuvenated. *Some of the health benefits which Nadayoga procure are:*

Immune Health

The immune system, an important component of the body, consists of a myriad of biological processes and structures whose job is to fight sickness and shield the body from foreign organisms. According to a study allotted at the University of Wisconsin-Madison in 2003, frequent practice sessions would improve meditators immune system functions. They additionally created positive, lasting changes within the brain.

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Heart Health

Studies clearly show that a daily meditation practice will improve blood circulation, lower the heart rate and facilitate maintain a healthy heart. *Psychosomatic Medicine*, a trusty health publication, has printed a study that indicates that frequent meditators have lower amounts of lipid peroxide than non-meditators. Lipid peroxide could be a harmful compound that hardens the arteries and causes arterial sclerosis. Recent studies have additionally indicated that meditation practices lowers vital sign.

Mental health/ Stress Coping

Stress reduction is one amongst the best-documented benefit of the practice. Stress and anxiety surface once we feel that the challenges and things facing us are unmanageable. The stress hormone cortisol is discharged by the hypothalamus in the brain whenever we tend to get into nerve-racking things. Studies recently showed that stress hormone production diminished considerably within the brains of subjects. Stress secretion levels were found to stay low hours when the meditation sessions had concluded. Stress reduction contributes to additional relaxing sleep, lower blood pressure and higher discernment.

Improved memory retentivity

As we age, our brain operates bit by bit declines and memory loss is common. Supported studies with aging populations, scientists currently believe that an even mindfulness practice will facilitate bolster brain function and decelerate cognitive state. In fact, analysis has shown that regular 20-minute meditation sessions will boost memory and improve brain function in those with early-stage dementia or different psychological feature problems. And meditation not solely supports memory and a focus, it conjointly enhances mental agility and application.

Better sleep quality

Better sleep is one in every of the foremost appealing physical advantages of the practice. Nearly half of people worldwide suffer from sleep problems with some kind and eighty fifth of working people within the America report having lost sleep due to job-related stress. Studies show that individuals who practice daily meditation tends to have longer sleep than non-meditators. Indeed, a Dutch study cited by UC Berkeley's larger smart Magazine found that even 10minutes of guided meditation with alternative accessible practices on a daily basis for simply time period can led to an increased quality and length of sleep.

Many physical processes are suspended within the highest state of meditation as a result of mind achieved the state of distinctive stability and quietness. Once the mind enters the subtler levels of expertise, the activity of all the senses decreases and at last stops, the breath conjointly becomes additional refined and eventually involves stand still. Mental composure and reposeful alertness state reduced the physiological garboil. Exactly, the similar case is occurring just in case of Nadasandhana practice. Once the Nada (sound) is deeply perceived by an individual, his mind gets fastened there on and becomes one with it.

This deep inner musing state removes myriads of thought waves (vrittis) that usually create upheavals within the mind as a result of silencing of mind's agitation and suspension of usual thought processes is that the basis of meditation. And once mind becomes calm and quiet, physiological perturbation conjointly becomes stable. Musing state of mind becomes free from psychopathologic state of affairs that removes all existential miseries (**Bhagavad Gita-II/64**), Thus same within the case of Nadasandhana, a practitioner remains free from psychological disturbances as is mirrored by the sensation of mystifying joy in his heart (**Hathapradipika-IV/81**).

2. Conclusion

Nada is additionally referred to as Shabd or word, ancient Indian teaching mention the whole world emerged from the original sound:the sound of creation. The Anahat sound is felt at the Anahat or heart chakra. Anahat Nada is that the sound of AUM and is that the primal and uncreated vibration through that the universe was born. All different sounds emerge from AUM. Prakriti is energy, energy is vibration and every one vibrations is sound.

According to **The Nada Yoga School in Rishikesh**

"From human DNA to bacteria and worms, from the earth to solar systems and distant galaxies and from the newborn stars to the black holes, everything has its own sound and music."The whole universe hums with its own rhythm and frequency. And after when we will hum with the frequency of the universe, we have a tendency to become one with it and are transformed into a Nada Yogi.

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