



Spirituality, Yoga Practice & Natural Dopamine Effects

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ABSTRACT

Health & Yoga are integral part of healthy living when you study our ancient scriptures where detail is available, In Ayurveda yoga is consider as a medium to join , add/ plus with the Almighty. Hence yoga is known as the science of the union of Body, Mind & Soul with the Almighty. The process of this union is believed to release certain chemical compounds consider as natural dopamine/ mood elevators, stress buster. The recent studies has proved that cause of all disease are not somatic alone but it is Psychosomatic. This theory proves/clearly indicate that in our old scriptures disease is considered as disturbance in the equilibrium of the body, mind & soul & this ancient wisdom states union of the body mind & soul with the Almighty help the maintenance of the equilibrium. This equilibrium once achieved corrects the disease as believed in ancient Ayurveda. The process of this equilibrium maintenance is called Yoga through the 7 steps of Yam Niyam, Asan etc. which leads to the union called Yoga.

1 Introduction

In ancient scriptures of Vedas this equilibrium maintenance by yoga is consider as first step to meet the Almighty, Sashays(followers) are asked by the Spiritual Guru to follow the principles of yoga, meditation, dhyana, sankirtan to feel the union with the Almighty. As per the old scriptures of Hinduism, Buddhism, Jainism & Sikhism union of the body, mind & soul with the Almighty is the purpose of our very existence as described that soon after the Universe creation Lord Shiva explained this theory to his first followers the Saptrishi in Shiv Maha

Puran, Lord Krishna explained this to his friend & disciple Arjuna in Bhagavad Gita, Lord Rama was explained this by their Guru Vashistha in Ramayana everybody has advocated this principle of Yoga, Dhyana, Sadhna & Sankirtan.

Even in recent history Lord Buddha explained this theory in Buddhism, Teerthankar Siddharth explained this theory in Jainism & Guru Nanak Dev ji explained this as opening of the Dasham Dwar(10th Door) of the body chetna you unite with the Almighty with the same Jap, Tap, Dhyana & Sankirtan as explained in Sh. Guru Granth Sahib. All the Spirtual Guru Lord Shiva, Lord

Rama, Lord Krishna , Lord Buddha, Lord Siddharth, Guru Nanak Dev ji explained one nector start flowing inside you once you achieve certain height in spirituality- this nectar is nothing but the natural dopamine/ mood elevators of highest level. This article is a study of the Yoga & spirituality as explained in our old Scriptures as our ancient wisdom which is proved to be equally effective remedy in modern science & the research findings so far.

2 Understanding Yoga

The term yoga & spirituality is integral part of our ancient wisdom which is the science beyond science, It has its original in our ancient wisdom Vedas which has described this as the entry point for the Deep Meditation to connect with the Almighty. The first introduction of Yoga is believed to be originated & described by Maharishi Patanjali in Vedas the ancient Sant who has discovered Ayurveda & Yoga for the mankind. In modern times the Yoga was advocated by Swami Vivekanand, Swami Dayanand the originator of Arya Samaj in India. Swami Yogananda advocated this in early nineteenth century, Swami Nityananda in early nineteenth century, Sri Aurobindo the famous Spirtual leader, Acharya Dharmender Yoga Specialist, Sri Sri Ravishankar founder of Art Of Living, Baba Ramdev of Patanjali Ayurveda founder, Baba Avdhoot Dr. Shivanand founder of Shivyog & known as Father of Indian Healing. All these Sants of their own times has advocated one single science which is called Yoga, The meaning if Yoga is to plus something & here it's meaning is to plus or add you with the Almighty.

" Yoga is a science of attachment with the Almighty" Avdhoot Dr. Shivanand

2.1 The Myth

It is a misconception that Yoga is a mare form of certain exercises which can improve your body flexibility, can improve the functioning of the vital organs like Heart, Lungs, Kidney also this can improve the functioning of the Brain, Endocrine secretions, digestion etc. besides many known/ unknown functions knowledge which is yet to be established. Now how Yoga helps is still a ongoing part of the research as far as the currant available data & the description provided by the Yoga Specialists & Saints express it as-

"Yoga is the Science beyond science"- Avdhoot Dr. Shivanand

2.2 The Vedic Reference

In Indian ancient scriptures of Vedas & Geeta it is clearly cited that this is the medium to connect with the Almighty. Now how it works is very interesting that with the regular practice if the Yoga along with the other Purification of your Body, Mind & Soul from the Trivikar known as the three impurities of your character namely- Tamasa Avgun, Rajsi Avgun & Satvik Avgun. The details of these Impurities or, avgun is as follows-

1. **Tamsi Avgun** - The violent behavior due involvement in violence towards Animals/ Mankind , related to the Spicy/ Tamsi Food/ non veg consumption. It is believed that consumption of the tamsi food increases/ instigate your Tamas or, Allergens.

2. **Rajsi Avgun** - The extra show-off of your Power, Materialistic approach & ignorance of the Poor/ needy/ your dependents may affect your character & this may increase your distance from the Almighty.
3. **Satvik Avgun** - Over show off of your purity of the character & understanding everybody else is inferior. This is prevalent in so called Sants/ Believers/ Devotees.

Now the situation is little bit more clear that the regular practice if the Yoga with the balanced behavior filled the purity of your character & now after the purification you can practice Meditation to connect you to the Almighty.

3 Understanding Meditation

Meditation is further a matter of debate that meditation is possible without Yoga & this also helps the Individual to attain peace, release of the stress, anxiety, depression & fear Psychosis. This is true but all these achievement are only at the upper layer if the Meditation & the experts claim that much mire is hidden which need to be unlocked.

Spiritual Meditation is based in the belief that the pure body mind & soul can achieve the chance to enter in to the deep meditation & chance to enter the super situation of the opening of the Third Eye which represent the Self Realization where you see your own Soul in its Self Illuminated state which is the true introduction of why you are actually. This is the rarest of the rare chance experience by the most lucky ones. As these lucky ones will get the opportunity of your meeting with the Almighty. The Self Realization is the precondition of this final situation when you &

your God is not separate & you yourself became God at this point. This is as per the belief of the Hinduism, Jainism, Bodhism & Sikhism the final position of a Self Realized Soul is that you yourself become the God.

4 Religious References

4.1 Hinduism / Sanatan Dharam

In Sansthan Dharam it is believed continuous Chanting if Mantras, Sankirtan, Yoga & Meditation the final position or, the last achievement of any Devotee is the Self Realisation is achieved which is followed by God Realization soon after. After that this Self Realised Soul itself become God like - Baba Balaknath, Guru Gorakhnath, Chaitanya Mahaprabhu, Meera Bhai, Surdas, Swami Narayan, Swami Haridas etc.

4.2 Jainism

The jainism also recommend the Sankirtan, Meditation & Yoga for attaining Self Realised Souls status to becomes God like their 21 Tirthankars like Parshvanath, Adinath

4.3 Buddhism

The Buddhism has again advocated the Yoga & Meditation theory of Self Realisation followed by God Realisation as explained by Mahatama Budh.

4.4 Sikhism

In Sikhism also the believe is that when you open the 10th door of your consciousness by continuous Sankirtan & Meditation you opens to find Your True Own Self Illuminated Soul before you meet with the Almighty. Like Guru Nanak & 10 Guru Maharaj, Swami Ravidas etc.

Now as per the available data & explanations of Sanatan Dharam, Jainism, Buddhism & Sikhism the concept is more or, less clear that the Chanting of certain Mantra, Sankirtan, Purification, Yoga & deep Meditation is believed to help achievement of the Self Realization which is marked by the Opening of the Third Eye now it is important to understand as to what happens when this third eye opens. The brief detail is as follows-

5 The Third Eye

The state of the consciousness which helps the opening of the Third Eye which is located just in between both the eyes above the nose. The reason why we offer Tilak in this point is the marking of the Third Eye & also to protect this area from the entry of any negativity. Before we understand the more about the third eye it is important to understand that it is believed that mainly Seven Chakras are present in the body marked as the Energy Points where as per the believe the Past Life Karma are stored. Also it is believed that the purification of your character from the Trivikar is achieved your Sewa, Sankirtan, Yoga & deep Meditation helps you clear the past life Karmas as karmic debt. Once you clear this karmic debt you become eligible to achieve the Self Realization. The Seven Chakras are located from Head to the base of Spinal Cord like the First One is Mooladhar Chakra at the base of the Spinal Cord on the tail bone. It is also known to represent the Earth Element, 2nd one is Swadishthan Chakra located just above the Genitals area known to represent Water Element, 3rd Manipur Chakra located at the level of the Heart & believed to represent Fire Element, 4th Anahat Chakra located in the centre of the Chest bone. This chakra is

believed to represent Air Element, 5th Vishudhi Chakra based on the Thyroid gland this also represent the Sky Element/ Infinity element, 6th Agya Chakra located in between the eyebrows above the nose this represent Guru/ Masters Element, 7th Sahastradh Chakra is believed on the Pituitary Gland this represents the God. The final destination to connect God.

6 Self-Realization

One Disciple once asked Mahatma Budh as to what will happen if someone achieve Self Realization- Mahatma Budh replied nothing special will happen a Carpenter will remain Carpenter but what he will do now will be selfless & it will be Leela like God has created something. Also that he could see Past, Present & Future of any individual including self. Whatever a Self realized soul sort will be granted by the God without any delay.

Now what happens once the Self Realization happens or, when you continuously practice Yoga, Deep Meditation & Sankirtan along with the purification of your character you start experiencing a state of Bliss, release of Karmas helps you feel light, the anxiety, depression, dear Psychosis is no more in your way. The state of Bliss is due to the divine hormone the natural Dopamine release which clears all types of the Mental disorders, The left & right brain experience a special sort of relief which is very subjective, most people explains variety of the experiences. This natural dopamine is non toxic & the state of Bliss & tranquilization experienced is temporary which may last in few seconds to few minutes without any after effects/ side effects.

But when we use Chemical Dopamine's to treat certain mental disorders it is with lot of side effects/ aftershock . This is toxic when it is used for prolonged period it created habituation & alertness of the patient is compromised.

So, this natural dopamine release is still a matter of concern for the researchers as this is released in very minor quantity & to very few individuals. Further these self-realized souls & these enlightened souls are not keen to let them pavitrata their state if bliss in order to collect sample of the hormone fir their studies.

7 Conclusion

The study involved scripture of the Sanatan Dharam, Jainism, Buddhism & Sikhism since they have advocated this ancient concept of the journey of humans as they describe "Nar Se Narayan Ki Yatra" or, journey of Human to Divine . The Chakra Meditation is scientific approach to Yoga & deep Meditation which helps to attain bliss the state of well being. This bliss state is the initial state which end at the self realization as discussed in detail. The self realised soul only attain the God Realization to become the Ansh Avtar of the God. Hinduism / Snsthan Dharam believe in the concept of God Brahma, Vishnu & Mahesh, followed by Puranash like Ram & Krishan, followed by Svansh Avtar & Vibhinansh. The purpose of this journey is to attain the state of Divinity & Self Realization which truly explained the role of the Yoga ^ spirituality as integral parts to attain Bliss the ultimate anandavtar or, Anand Swroop. In Shiv Mahapuran the shivs has claimed he is neither in Hapyness nor in sorrow, Neither in in Mantra nor in Yagya,

Neither in Tirtha nor nor Bhojnam, Neither in Bhojya nor in Bhoktam, at the end he explained he reside in Chidanandswroopem. The State of Bliss.

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