



# Exploring the Impact of Super Brain Yoga on Overall Well-being

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**Abstract:** A traditional yoga practice, Super Brain Yoga is meant to strengthen, energize, and activate brain cells. It is an easy yet effective method to maintain and nourish a healthy brain to improve the brain's capacity to remember and handle information. Super Brain Yoga is a useful practice to enhance mental well-being. This study focuses on how it improves physical, mental, and brain activity, cognitive functioning, and emotional wellbeing. To explain the benefits of super-brain yoga.

**Key Words:** Physical health, Mental health, Cognitive functioning, Brain and behavior, Emotional well-being.

## 1. INTRODUCTION:

One kind of yoga that is supposed to help the brain is called Super Brain Yoga. Furthermore, although it appears to be fresh, it's actually an old method with a contemporary name. Though it sounds like a brand-new yoga routine, this ancient method has been resurrected under a contemporary moniker. The technique, which focuses on channeling energy from the lower chakras through the upper crown chakras, was once called as Thoppukaranam. It's a fantastic yoga pose to improve mental clarity and boost learning potential. Super Brain Yoga, formerly known as Thoppukaranam, is a set of exercises designed to stimulate and energize brain cells. Energy from the lower chakras is forced upward and through the top crown chakras to complete the process.

## 2. Objective of the study:

- To study the impact of physical health
- To study the impact of mental health.
- To study the impact of cognitive functioning
- To study overall wellbeing.
- To provide the benefits of super-brain yoga

## 3. Super brain yoga and physical Health :

A particular kind of yoga called "Super brain Yoga" stimulates the acupressure points in your earlobes. This stimulates and improves cognitive clarity in the brain by sending electrical signals to it. As a result, one's mind becomes calmer and more focused, and one performs better in learning-related tasks like job and school.

Super brain Yoga awakens and stimulates the brain's electrical activity in both children and adults. This kind of yoga basically works your brain like a muscle by stimulating and strengthening it. It doesn't require much time and is pleasant and simple to perform. Any stored energy in your lower body is directed upward, directly into your brain, where it enhances its functionality.

You need to take care of and exercise your brain just like you would your physical muscles. For adults pursuing mental wellness, it is ideal. Super Brain Yoga can enhance your intelligence and creativity by allowing energy that has been imprisoned in your lower body to rise to the brain through proper practice. Super Brain Yoga is most effective when done in the morning.

### Improved concentration

Super Brain Yoga elevates alpha brainwave activity in just fifteen minutes. This facilitates the activation of calm alertness, which increases memory and recall.



### **Super Brain yoga and Mental health**

Additionally, it creates a connection between the left and right sides of the brain, which improves cognitive function and problem-solving abilities. In addition, it stimulates the brain, which leads to an increase in creativity since poetry, music, and art are produced during alpha waves. Auriculotherapy is the name for the acupuncture method known as Super Brain Yoga. It is an alternative treatment that views the ear as a representation of the entire human body and stimulates acupuncture sites near the ears. Regular practice helps reduce stress and promote mental stability.

### **Enhances Mental Ability**

She or he will be able to recall and remember more because it's brain yoga. He or she will have a far sharper mind and become accustomed to "thinking on their feet."

### **Super Brain yoga and Cognitive functioning**

Super brain yoga facilitates access to the alpha brainwave state, which is very beneficial for cognition. An alert and relaxed mood is encouraged when alpha waves are activated. Additionally, because the left and right sides of the brain synchronize, this boosts cognitive function and enhances our capacity for efficient problem-solving and memory. The majority of music, art, and poetry are created in the alpha state, which is also when humans are most creative.

### **Enhanced Cognitive Function**

Advocates suggest that Super Brain Yoga can lead to improved cognitive function, enhanced memory, and increased mental clarity. However, there is limited empirical research to validate these claims.

### **Super Brain Yoga and Brain**

An essential component of the human body is the brain. It develops four weeks after fertilization and generates 500,000 neurons each minute. Additionally, 300 million neurons in fully grown humans link the left and right sides of the brain. Super Brain Yoga is a must-do exercise if you want to take care of your amazing brain. Super Brain Yoga maintains and improves the functionality of your brain. You need to take care of and exercise your brain just like you would your physical muscles. For adults pursuing mental wellness, it is ideal. Super Brain Yoga can enhance your intelligence and creativity by allowing energy that has been imprisoned in your lower body to rise to the brain through proper practice.

### **Supports in the synchronization of the brain's two sides**

We frequently develop a habit of using one side of our brain more than the other over time. By bringing both sides of the brain into synchrony, super brain yoga enhances brain function.

### **Super brain yoga and Emotional Well-being:**

Practitioners suggest that Super Brain Yoga can contribute to emotional stability and a positive mood. The rhythmic movements and focused breathing may have calming effects on the nervous system.

### **Eliminates the negative emotions**

Physical manifestations of emotional blockages or negative energy in the body occur. Any barriers you may have in your life may eventually manifest in illness, accidents, physical trauma, etc. Proper execution of Super brain Yoga can aid in clearing obstructions and promoting the flow of positive energy throughout your body. In addition to making, you feel good, this will increase your productivity in all areas of your life.

### **Super brain yoga and Positive Energy**

The advantages of Super Brain Yoga are numerous. Let us examine the mechanism by which our brains respond to this exercise. Using the forehead and upper crown chakras, this brain-boosting yoga asana transfers energy from lower chakras upward. The procedure improves brain function by converting physical energy into subtle energy. Additionally, you can enter the alpha brainwave state with this technique, which has been shown to have incredible cognitive benefits. Exercise encourages alertness and relaxation because it stimulates alpha waves.

### **Balancing Energy Levels**

Super Brain Yoga is rooted in the concept of balancing energy levels, particularly prana (life force) energy. Proponents argue that the practice helps regulate energy flow in the body, which, in turn, positively affects mental and emotional states. Figure-1 represents the super brain yoga and overall, well-being.

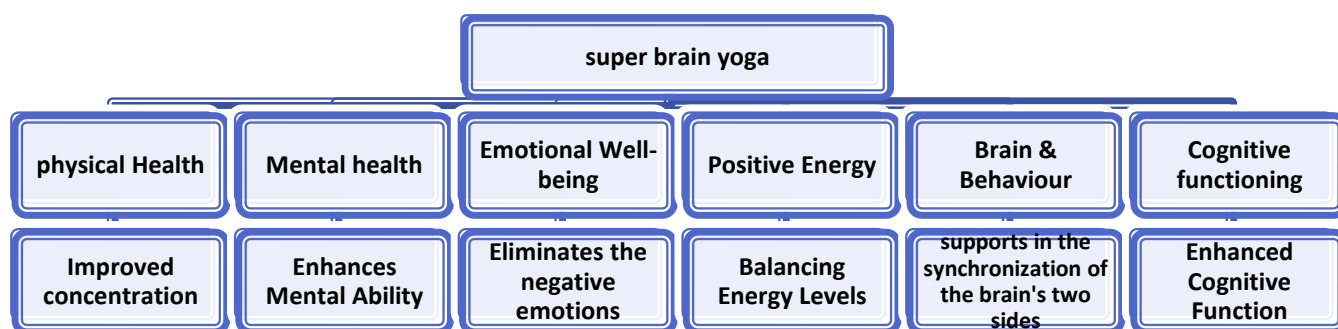


Figure-1

### Benefits of super brain yoga

Super Brain Yoga is beneficial for improving working memory and attention span. It is said to promote enhancements in thinking, memory, performance, and brain function with regular practice

#### Reduced tension

Super brain yoga gradually lessens stress since it stimulates your parasympathetic nervous system, which is in charge of soothing the body. Reducing stress levels is one of the main advantages.

#### Stress Reduction

Like many physical exercises, Super Brain Yoga may have stress-reducing effects. Engaging in rhythmic movements and controlled breathing can contribute to relaxation and a sense of well-being. Reduced stress also translates into an improved ability to concentrate, de-stress, and let go, which facilitates learning and confidently completing mental or physical activities.

#### Enhance Attention and Focus

Some practitioners claim that Super Brain Yoga can enhance attention and focus. While physical activity is known to have cognitive benefits, the specific effects attributed to Super Brain Yoga remain largely anecdotal.

#### Improves Innovation

Your youngster will do better than previously at any task that calls for creative thinking, such as painting or drawing. They will become proficient in new abilities far more quickly and require less work to accomplish more tasks.

#### Soothes the mind

It will reduce anxiety, de-stress her/him, and quiet the mind.

#### Deals with Depression

Depression can be lessened by daily Super brain yoga practice. It can also assist with any mental health issues as well as disorders including OCD, ADHD, and mood swings.

#### Enhances Equilibrium

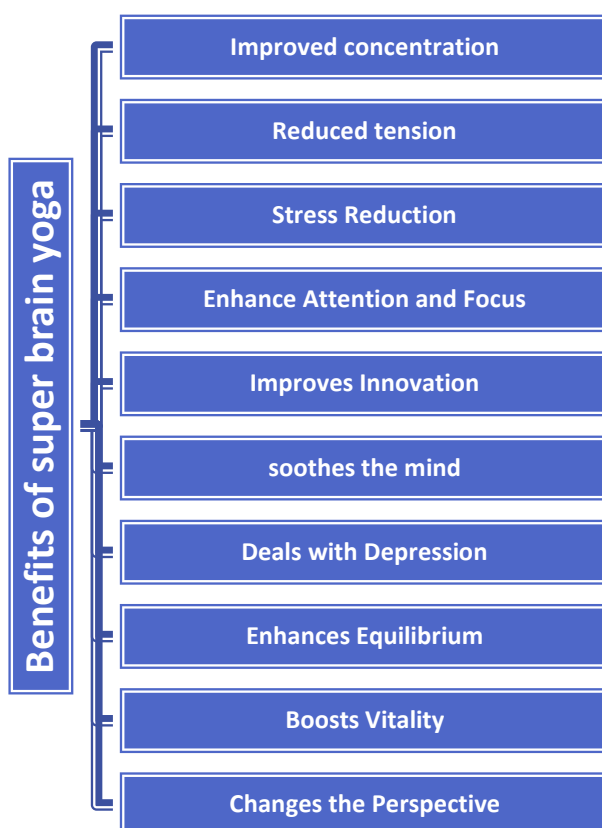
Super brain Yoga's physical effect is an improvement in balance perception. Because of this, you won't be as likely to trip or slip when jogging or walking because your feet will be firmly planted.

#### Boosts Vitality

Your youngster will experience an increase in metabolism, feel more energized, and be less prone to fatigue.

#### Changes the Perspective

You become a happier and healthier person emotionally when you practice this kind of yoga. Your Practicing perspective on life and your approach to tasks alter drastically. Figure-2 represents the benefits of super brain yoga.



#### 4. Findings :

Scientific studies on the effects of Super Brain Yoga are limited. While there's evidence supporting the benefits of physical exercise and mindfulness practices on mental health, more research specifically focused on Super Brain Yoga is needed to draw definitive conclusions.

#### Placebo Effect:

Some benefits reported by individuals practicing Super Brain Yoga may be attributed to the placebo effect, where the belief in the effectiveness of the practice influences perceived outcomes.

#### Individual Variances:

Responses to Super Brain Yoga may vary among individuals. Factors such as pre-existing health conditions, lifestyle, and belief systems may influence the perceived effects.

It's crucial to approach practices like Super Brain Yoga with a balanced perspective. While anecdotal reports suggest positive outcomes for some individuals, the lack of robust scientific evidence necessitates caution. Individuals interested in trying Super Brain Yoga or any alternative practices should consult with healthcare professionals and approach it as a complementary, rather than a sole, strategy for mental and emotional well-being. If experiencing mental health concerns, it's essential to seek advice from qualified healthcare providers or mental health professionals.

#### 5. Discussions :

Super Brain Yoga is a form of exercise that involves specific body movements and breathing techniques with the aim of improving mental and emotional well-being. It gained popularity through books and workshops by Master Choa Kok Sui, a spiritual teacher and energy healer. While some practitioners claim positive effects, it's important to note that scientific evidence supporting the specific claims of Super Brain Yoga is limited. Here are some purported effects and considerations:

This is a basic squatting workout called Super Brain Yoga. There is no physical twisting or turning involved. Your mental health can be routinely improved and maintained with this simple technique. The University of California's Dr. Joie P. Jones conducted studies to validate Super Brain Yoga. According to his studies, the technique successfully stimulated the acupuncture sites in your ears that are associated with mental stimulation.



**6. Conclusion:**

Patients with Alzheimer's, mild depression, attention deficit hyperactivity disorder (ADHD), Down syndrome, autism, and dyslexia, among other conditions, have been shown to benefit from this brain workout. Figure-3 represents the overall well-being.



**Figure-3**

- coordinating the brain's left and right sides
- distributing energy and fostering a calmer atmosphere
- enhancing cognitive ability
- Increasing the amount of mental stamina
- enhancing your creative abilities
- Increasing mental capacity
- enhancing memory, focus, and concentration
- Enhancing the ability to make choices
- reducing anxiety or behavioral issues
- improving your psychological equilibrium
- Energized chakras
- More creative mind
- Enhanced concentration and memory
- Distributed energy levels



- Increased sense of calm and peace
- Stimulated thinking capabilities
- Better decision-making skills

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