

Yoga:an excellent way to increase memory power

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In the present era people are overloaded with stress, tension, anxiety, and lack of sleep due to fast paced life style which adversely affect the memory power of most individuals. Unhealthy life style with smoking or drug abuse severely damage brain cells and its ability to retain memory. The weakened memory process results of poor social, vocational, educational performances and injuries as well. It is a responsibility of all health professionals to find ways to strengthen and enhance the memory power. Yoga, eternal science for healthy living deal with holistic approach of physical, psychological, social and spiritual wellbeing and high emphasis is given to codes of conduct towards calmness of mind. The paper reviews the scientific validation on Yoga therapy in order to increase memory power. The data were gathered from authentic text books, journal articles and web sources and analysed. Yoga practices like Tadasana, Vrikshasana, Vajrasana, Naukasana, Shalabhasana, Bhujangasana, Shavasana, Nadishodhana and Bhramari pranayama, omkaradhyana acts by various modes were found improving the circulation of blood to the brain, help the formation of neurons in brain, calming the mind, relieve tiredness and mental tension. Meditation and complex poses of Yoga practices helped in improving the concentration ability and arousal of dormant mental energy of an individual. It can be concluded that using yogic measures to improve memory power is very much important as it is economical, non-pharmacological, devoid of adverse effects and eventually blessed the human beings with excellent memory, good health and longevity.

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