

# **A STUDY ON THE EFFECT OF PSYCHONEUROBICS, DIET & YOGIC POSTURES ON THE SKIN DISEASE**

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## **Abstract**

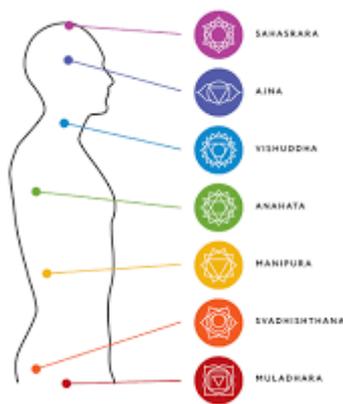
The skin is an organ that performs a primary function in tactile receptivity and responds directly to emotional stimuli. Dermatology practice involves a psychosomatic dimension. The relationship between psychological factors and skin diseases has long been hypothesized. Psychoneurobics addresses the interaction between the mind and the skin. According to the relationship between skin diseases and mental disorders, it is divided into three categories. This article reviews the various dermatological conditions under each of the three categories, namely psychosomatic disorders, dermatological conditions due to primary and secondary psychiatric disorders. Mental disorders such as stress/depression and dermatological conditions arising due to mental disorders are discussed. This review specifically intends to present the relationship between 'skin' and 'mind' from a dermatological point of view. The effects on quality of life as a result of psychosocial conditions are highlighted. A multidisciplinary approach to treatment has been suggested from both dermatological and psychiatric perspectives. Psychoneurobics is actually a meditative practice through the full involvement of the mind, spirit and body in which the cosmic energy is actually inhaled through the force of the head and then transferred to the nervous system of the body. So, the goal of the present study was to evaluate the outcome of psychoanalysis on the anxiety level of individuals undergoing skin disease.

**Key Words: Psychoneurobics, Skin disease, Dermatological,**

## **Introduction**

For millennia, the art of yoga has been popular, yet psycho-neurobic techniques direct the mind to use mind strength for innovative work, strengthen the body and maintain your body and mind safe. A trident approach to muscular-respiratory behaviour, sound effects, and visualisation of different light colours allows it extremely productive to guarantee that

numerous illnesses are healed. Psychoneurobics' health advantages go a lot deeper than that. Psychoneurobics practise has been found to have positive recuperating impacts with different basic afflictions, interminable torture, and sicknesses. For people with psychiatric illnesses, psychoneurobics may often be helpful after horrific pressure issues due to misuse or injury. In the mind-body association that yogic techniques deliver, the vital aspect of mending lies. Psycho-neurobics may allow persons to embrace their own selves as they tend to be, give up adverse mental self-views. Whether physical or psychological, it allows individuals to live with different traumas. In several regular diseases such as hypertension, knee discomfort, a sleeping condition, back suffering, diabetes, cardiovascular disease, because it's a perceived mending



tactic, psycho-neurobics have been seen to decrease the side effects, or even totally remove them. Psycho-neurobics, in short, is a validated method of maintaining improved wellbeing. Training. Dr. Lawrence Katz and Manning Rubin invented the term neurobics to explain these brain workouts, and it consists of strategies to help the brain remain intact. Psycho-neurobics: Psycho-neurobics, focused on specific principles and technologies, is simply the

science and process of creating the correct vibrations in the body. Through utilising unique forms, vibrations, and mudras to incorporate certain meditation techniques and exercises, we are able to produce the frequency of our subconscious and draw divine energies. Psycho-neurobics therefore allows us to strengthen our emotional resilience and force of will. It is a way of bringing astronomical vitality by the strength of the consciousness in the world and then replacing it with mental senses and the neuro mechanism. The term psycho (mind) represents the selection and sharing of this vitality across the brain's strength. Analysis has shown that only rehearsing an ordinary regimen in psycho-neurobics all the time is capable of producing effects of good wellbeing by and large. To begin with, it balances out the mental faculties and the body and enhances the spirit as the end consequence.

Neurobics are mental activities that claim to strengthen the efficiency of the brain. Unusual sensory stimuli and behaviours such as non-routine acts and thoughts are believed to generate more of certain body neurobiology system chemicals that stimulate the formation of new dendrites and neurons in the brain. To the person, repetitive acts become so natural that most actions are performed entirely unconsciously. Such automatic or unconscious behaviour requires reduced movement in the brain and less exercise. It is alleged that one will relax the

brain with the aid of neurobic activities. A repetitive activity, such as dialling a phone number or brushing your teeth with your non-dominant side, or doing a sequence of activities with your eyes closed, is an instance of a neurobic exercise. Some neurobiologists say that brain ageing may be delayed by neurobiology.

It may come as no surprise that a connection between skin and mind exists. Some folks break out into hives when stressed, while others flush red if embarrassed. But in recent years, studies have shown that a person's mental and emotional state can have a profound effect on the body's largest organ. Stress, depression, anxiety and other psychological conditions can contribute to a host of skin diseases including acne, rosacea, eczema, psoriasis, alopecia and vitiligo.



“The skin and the central nervous system are intertwined,” says Dr. Adam Friedman, director of dermatologic research at Montefiore Medical Center in New York. “Therefore, it’s not surprising that almost any and all skin diseases can be impacted by changes in the nervous system.”

Stress, especially, can leave a mark. Bodies under stress produce more skin sebum, oily discharge that can contribute to clogged pores and aggravate acne. Stress can also increase inflammation in the body, which can worsen eczema, a chronic inflammatory skin condition. And stress is known to trigger cold sores, caused by the herpes simplex virus, on and around the lips.

Research published in 2008 in the Indian Journal of Dermatology, Venereology & Leprology revealed that more than a quarter of 50 subjects suffering from psoriasis – a chronic skin condition resulting in thick scaly patches – were experiencing stressful life events such as unemployment, major personal illness or family death. And a 2012 study in Dermatology Research and Practice found that 45 percent of 100 patients with psoriasis had anxiety.

“Many psychological conditions that affect the skin can be traced back to elevated levels of stress and anxiety,” says Dr. Carla Marie Greco, a clinical psychologist based in Santa Rosa, California.

When the body is free of worry and stress, hormone levels remain relatively balanced, Greco explains. But when faced with conditions that are psychologically or physically stressful, the body's "flight or fight" response is triggered, and the sympathetic nervous system sends signals to the adrenal glands to flood the system with adrenaline and cortisol, both major stress hormones.

### **Diet Plan for Skin Disease**

Food is closely related to the mind and body and is one of the enduring elements of life, in disease as well as in health. There are many myths and misconceptions regarding the consumption of food and its medicinal properties. Rich and poor alike are obsessed with food and eating, and most patients are highly concerned about diet to cure their illness. The word "diet" is derived from the word 'diaeta' which translates to 'a prescribed way of life'. The Department of Dermatology, Kasturba Medical College (KMC), Manipal conducted a Continuing Medical Education (CME) on Diet in Dermatology on 3rd March 2013 with focus on the following issues: Nutritional assessment of dermatology patients although resembling atopic dermatitis in severe conditions, psoriasis, acute skin failure, is usually neglected.

### **Is diet important in dermatology?**



Various dermatological conditions in which diet plays an important role. Dermatitis herpetiformis is a disorder in which diet plays a certain role in making the disease worse. Diet has a possible role in other conditions such as psoriasis, atopic dermatitis, acne, hives, pruritus and some forms of contact dermatitis. Food allergies to peanuts, milk, seafood, eggs and wheat are common in atopic children as well as hives; Whereas evening primrose oil and polyunsaturated fatty acids (PUFAs) are beneficial in atopy. Although the role of food in atopic dermatitis is controversial, in suspected cases, diagnostic tests such as prick test, skin application food test, oral challenge test, etc. can be used judiciously. According to a recent Cochrane review 'it appears that elimination diets are of no benefit in unselected cases, which may result in malnutrition and growth retardation'. A low glycaemic diet has been found to be beneficial for acne patients. Avoiding proinflammatory fatty acids and a high glycaemic load helps prevent many skin disorders such as psoriasis and

acne, and maintains a healthy body mass. Gluten, a wheat protein implicated in dermatitis herpetiformis, has also been found to worsen psoriasis. Low protein diet and PUFA supplementation to help with uremic and cholestatic pruritus. The role of food in protein contact dermatitis, flushing and specific metabolic conditions was discussed. Skin signs of obesity and malnutrition are well known, but subtle skin signs suggest eating disorders such as

#### Chakra Energy Center Locations and Meanings



Russell's sign (callosities on the metacarpal head of the index finger due to repeated induced vomiting) and lanugo hairy dry skin of anorexia nervosa to leave can do. Skin manifestations of nutritional deficiencies were also noted. However, the beneficial role of dietary supplements such as omega fatty acids and antioxidants in medicinal amounts has not been conclusively validated.

The Social Health module focuses entirely on relationship building, interaction and dealing with prejudice. When building bridges, it is incredibly difficult to deal with prejudices and develop relationships. Being a truly international arena, a clash of cultures is virtually inevitable. This is exacerbated when sailors spend more time in a confined space. The module uses social networks to inspire sailors with a cultural sensibility. The aim of this module is to ensure that psychological problems are avoided through open discussion, constructive expression and a healthy lifestyle. Experts in psychoneurobics find fascinating changes in their lifestyle, behavior, observation and thinking. Extended stress and hostility have been linked to the extended arrival of catecholamines and corticoids that can lead to high blood pressure and its delusions.

**Suvarna Prashana Neurobics** (also known as Swarna Prashana and Swarna Bindu Prashana) Swarna Prashana acts on the mind, brain, immune system and skin. It promotes growth and development, maintains health, builds resistance to infection by developing non-specific immunity, and improves complexion.

#### Psychoneurobics is a combination of Raas Rang Naad



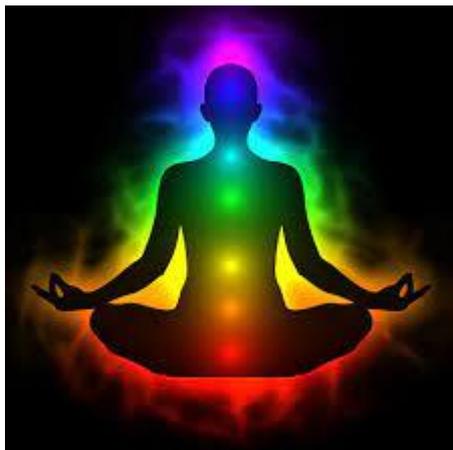
Ringing the bell in the temple – Example of Naad. Sound vibration/ frequency generated by ringing the bell disinfect the air around.

This is evidence of the life-changing benefits of psychoneurobics related to weight management. It is surprising to think that thousands of years ago there were no slimming centers, no diet courses and no machinery but still people had healthy and vital bodies. How did this become possible? What did he do to keep himself healthy and energetic?

Due to the stress that we all encounter in our day-to-day life, this channelization of energy gets disturbed which causes natural harmony among mind-body-spirit to fall out of place. Now when body cells do not get enough energy, they are unable to function properly causing various hormonal imbalances which manifests as skin disease, weight gain & all.

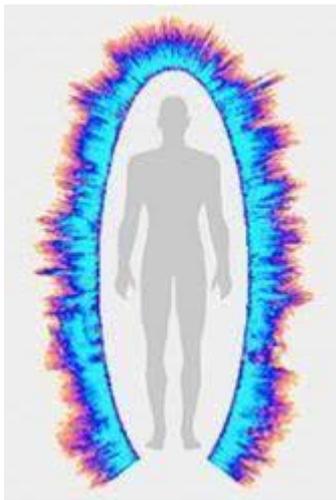
**Psycho Neurobics** is the science and technique of creating right vibrations in the body based on certain principles and technology. By applying certain mediation techniques and exercises using specific colors, sounds and 'mudras', we can raise the frequency of our subconscious mind and attract divine energy. This helps to enhance the strength of our mind and will power. This divine energy opens up the blocked 'Chakras', which are the energy centers of our body and release passive energy. When done regularly over a period of time, this passive energy is replaced by a more active form of energy. Active energy restores the normal balance which begins to burn extra fat and increases our metabolic rate, leading to weight management for a blissful and healthier living.

### Types of Psychoneurobics



There is an "energy system" inside the human body and it must be proposed and explained by its existence, structure, functions and possible verification methods. This research argues that the human body includes both visible and invisible parts. The first is the physical system and the second is the energetic system. Since matter and energy can be exchanged, it is important to study the human body from the point of view of both physical and energetic systems, which can complement each other. The nature of the energetic system is different from that of the physical system. The energy system may seem like something only serious athletes need to think about—as they pertain to performance. But if you are a human, the performance of your cells matters, as it affects your quality of life, health and longevity. Energy systems affect the health of your mitochondria, respiratory system,

circulatory system and muscle growth – all of which improve overall health. Mitochondria, the cellular generators responsible for synthesizing the body's energy, are important for longevity. In fact, deteriorating mitochondrial health accelerates aging and increases mortality. Mitochondrial dysfunction has been linked to a number of degenerative diseases, ranging from diabetes to neurological disorders and even heart disease. Essentially, we cannot care about our energy systems, cellular health and production, muscle mass and strength. And the way to take care of these systems is to engage in regular exercise and conditioning so that you can put these systems to work. Providing frequent incentives to these pathways will force them to adapt positively. The psychoneurobics plays an important role and support as a navigator in various forms of self-healing. We will also understand how psychoneurobic exercises are designed with a holistic approach to dispel negative energy, heal chakras and improve mental strength. The study will also discuss the importance of psychoneurobics practices for those who are eager to overcome any illness or day-to-day stress through practice.



Vitality courses across numerous sections of our anatomy, what we understand in Hinduism as Chakras and Nadis. This brings into effect the uninvolved Chakras and clears the blocked vitality from our sensory system. The body continues to recoup when the blocked vitality discharges. Neurobic healing requires the usage of our symbol, touch, scent, hearing and taste faculties to bring our mind cells into motion. For a renewed and happier existence, it puts together the mind-body-soul of a human in a fit condition. Three kinds of neurobics follow. Both of these three Neurobics are joined by the Psycho-Neurobics to bridle the force of mind for self-recovery.

- Light Neurobics: Study reveals that hues provide vitality of vibration that has a tremendous influence on the consciousness, inclination, discernments and emotions of the human being. Envisioning hues across the Chakras and Nadis system of the third (shrouded) eye trigger. This has evacuated blocked energies and cleanses both equivalent and harmful strength from the human body.
- Sound Neurobics: By creating sounds, sound waves fly across the World. This illustrates the adjusting and relaxing propensity influence of particular mantras, supplications, rhymes and notes on our minds. Through reflection and breathing

exercises, offering certain tried mantras brings our mind, body and soul in agreement, which has tremendous power to repress the production of dangerous cells.

- Easy Neurobics: This comprises of neuro-strong and neuro-respiratory practises, for example, 'hastamudras'; 'asanas' and 'pranayama' that turns divine vitality into life forces for our body and also to free disconnected mystic vitality



Psycho-Neurobics is a strong mechanism that puts the forces of mind, body and spirit back to recover an extraordinary vitality of equilibrium. It is demonstrating instrumental in relieving diseases, for example, – Cancer, Asthma, Migraine, Blood Pressure, Stress, Depression, Heart Trouble and the other psychosomatic maladies. The increase in insusceptibility has been verified by multiple persons. It also enhances the cells of the mind, and as a rule has broad

benefits for wellbeing, Alzheimer's disease and memory improvement. When people become conscious of the art of neurobic healing, they adopt these outstanding methods to solve explicit health issues and to preserve overall health in addition.

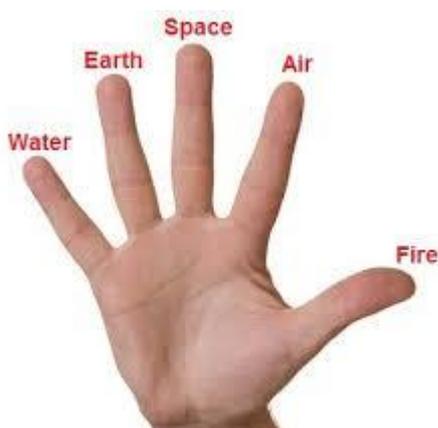
A part of this self-recuperating retreat's actual benefits:

- In this retreat, you will be shown the Psychoneurobics hands on technique from which you will regain multiple diseases such as diabetes, blood pressure, asthma, depression, anxiety, stress, and a few different diseases/diseases.
- PsychoNeurobic spa: You quiet the mind every day, and through PsychoNeurobicspa - a strong method of contemplation to maintain equilibrium between body and mind.
- SIGFA Healing: To render you accessible to the stream of healthy vitality, discover the mysteries of achieving holistic wellness through the SIGFA recuperating method developed by Dr. B.K. Chandrashekhar.
- Control of Mind and Rage.
- Pure Satvik diet: a delicious, balanced and unadulterated Satvik diet can be enjoyed.
- Psychoneurobics Sleep ManagementNidra: Get hands-on training in PsychoneurobicsNidra, a form of Psychoneurobic Yogic for intense body and mind unwinding.
- Control of relationships: Establish adoring friendships with specific visitors and families.

## Hastamudra

Our body is made out of five components - earth, water, air, fire and ether (sky). These five components additionally shape our universe. These five components have allocated works in our body to keep it solid. After serious research, Indian sages have discovered that Hastamudras (hand signals) are imperative, for keeping a parity in the vitality that stream among the five components. Each of the five fingers direct the five components of body. These are as per the following: -

1.	Thumb	Fire Component
2.	Index Finger	Air Component
3.	Middle Finger	Space or aether Component
4.	Ring Finger	Earth Component
5.	Little Finger	Water Component



Consequently, hastamudras are useful in keeping up great wellbeing and getting alleviation from illnesses too. Joining the tips of the fingers or squeezing by thumb, control and equalization particular components in the body. Its day-by-day practice can keep oneself solid forever. It has colossal healing force and whenever rehearsed appropriately; all real sicknesses can be restored. It likewise offers satisfaction and otherworldly

accomplishments. Presently, we would learn different hastamudras as pursue: -

1. **Gyan Mudra:** - Sit down serenely with your back and neck straight. Join tips of pointers and thumb and keep three fingers straight. Keep your hand at your collapsed knee, make sure to keep palm looking up. Put a little weight on joined tips and rest of the hand would be in loosened up position. Practice it for 20-30 minutes consistently. It is gainful to enhance memory, focus and sensory system. It additionally forestalls cerebral pain, loss of rest, pressure, nervousness, wretchedness and fears. It helps in otherworldly accomplishments.

**2. Vayu Mudra:** - Keep your pointers at the root of your thumbs and press it with thumb. In this motion, pointer is in contact with center finger. At that point keep both your hands at collapsed knee that palm is looking up. Put a little weight in your palm and rest of the hand would be in loosen up position. Practice it for 20-30 minutes consistently. This hastamudra is useful for medical issues like Gastro issues, joint torments, spinal pain, sciatica, arthritis and Parkinson's infection. If it's not too much trouble take note of that curd, kadhi, rice, urad dal, gram, rajma, bhindi, arabi, lemon, and so on., ought to be maintained a strategic distance from while doing this mudra for healing arthritis, gout and so forth.

**3. Akash Mudra:** - Join tips of center fingers and thumb and keep other three fingers straight. Keep your hand on your collapsed knee, make sure to keep palm confronting upwards. Put a little weight on joined tips and keep whatever is left of the hand loose. Practice it for 20-30 minutes consistently. It is gainful for evacuating all ear issues, retching and vertigo.

**4. Shunya Mudra:** - keep your center fingers at the root of your thumbs and press it with thumb. At that point keep both your hands on collapsed knees with the goal that the palms confront upwards. Put a little weight on your palm and rest of the hand would be loose. Practice it for 20-30 minutes consistently. This hastamudra is useful for medical issues like deafness, retching, vertigo and thyroid issues.

**5. Prithvi Mudra:** - Join tips of ring fingers and thumb and keep other three fingers straight. Keep your hands on your collapsed knees, make sure to keep palms looking up. Put a little weight on joined tips and rest of the hand would be loose. Practice it for 20-30 minutes consistently. It is advantageous for expelling every single stomach related issue and puts on weight.

**6. Agni Mudra:** - Keep your ring fingers at the root of your thumbs and press with thumb. Keep both your hands on collapsed knees to make the palms look up. Put a little weight in your palm and rest of the hand would be in loosened up position. Practice it for 20-30 minutes consistently. This hastamudra is useful for medical issues like diabetes, liver issues, diminishes cholesterol levels and fortifies the body.

**7. Varun Mudra:** - Join tips of little fingers and thumb and keep other three fingers straight. Keep your hand on your collapsed knees, make sure to keep palms looking up. Put a little

weight on joined tips and rest of the hand loose. Practice it for 20-30 minutes consistently. It is valuable for expelling all blood related issues, skin and urinary issues.

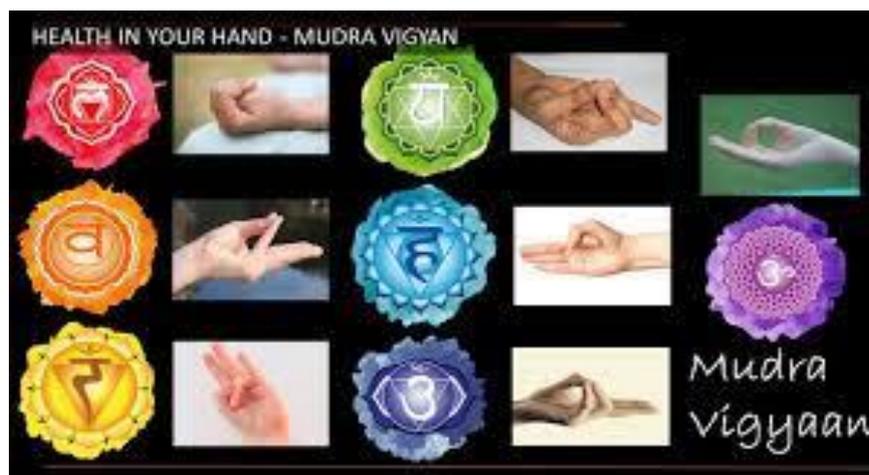
**8. Apan-Vayu Mudra:** - Join tips of ring fingers, center fingers, thumb and keep your forefingers at the root of your thumbs keeping your little fingers straight. Keep your hands on your collapsed knees, make sure to keep palms looking up. Put a little weight on joined tips and rest of the hand loose. Practice it for 20-30 minutes consistently. It is gainful for expelling sharpness, lessening hypertension, restoring Asthma and every single heart issue. It gives moment help in heart assault.

**9. Apan Mudra:** - Join tips of ring fingers, center fingers, thumb and keep the other two fingers straight. Keep your hands on your collapsed knees, make sure to keep palms looking up. Put a little weight on joined tips and rest of the hand loose. Practice it for 20-30 minutes consistently. It is gainful for expelling kidney stones, kidney issues, heaps and aides in expelling all poisons from the body.

**10. Pran Mudra:** - Join tips of ring fingers, little fingers and thumb and keep the other two fingers stright. Keep your hands on your collapsed knees, make sure to keep palms looking up. Put a little weight on joined tips and rest of the hand loose. Practice it for 20-30 minutes consistently. It is useful for evacuating eye and nerves related issues. It empowers the body and parities nutrients in the body.

**11. Vyan Mudra:** - Join tips of pointers, center fingers, thumb and keep other two fingers straight. Keep your hand at your collapsed knees, make sure to keep palms looking up. Put a little weight on joined tips and rest of the hand loose. Practice it just for 15 to 20 minutes consistently. It expels pressure and fixes hypertension issue.

**12. Shivlinga mudra:** - Clasp all fingers of the two hands together keeping your correct thumb erect. Put a little weight and sit loose. Practice it for 20-30 minutes consistently. It is gainful for evacuating hack, restoring normal cool, asthma, esinophelia, sinus and low circulatory strain issues. You should take enough fluids like natural product squeeze, drain or water in the wake of doing this mudra.



**Figure 1: Mudra Vigyan**

## Literature Review

Chandrashekhar (2015) explains Psychoneurobics as the “process of taking energy present in the universe by mental prowess and then transferring it into brain and neuro-system for healing purpose”. A tripartite approach of healing, psychoneurobics comprise of Easyneurobics (neuro-muscular-respiratory actions), Sound neurobics (vibration through vowel chanting), and Light neurobics (visualization of different colors). Restoration of balance among the seven energy centres (chakras) and five elements (panchmahabhoot) of human body are considered important pre-requisites for holistic wellness. Body organs and their associated functions deviate from their optimal course when their vibrations do not harmonize with energy of their respective colors or there is imbalance in the energy flow among the five elements composing human body (Azeemi & Raza, 2005; Hassan, 2000; Hirschi & Weiser, 2000). Through combination of Light neurobics, Sound neurobics and Easy neurobics, the practitioner engages in series of strategies which includes varied spiritual hand gestures called mudras, guided imagery, healing cabins with monochromatic colors, and mantra-induced meditative state. Looking at the available literature, there is extensive research body propounding support for the individual components. In a study by Gurjar, Ladhake and Thakare (2009), where they used waveforms of frequency modulation for analysis, results indicated that repetitive chanting of ‘Om’, the primordial sound considered the most powerful mantra, had calming effect on physiology. ‘Mudra’, which symbolizes various feelings, emotions and representatives of various states of being, involves a mental state of humility and expansion of awareness (Mohini, 2015; Saraswati, 1999). Gul, Nadeem and Aslam (2015) also endorse the use of chromo-therapy as complementary and alternative medical system for management of various

ailments ranging from stress to cancer. With the assimilation of the Light neurobics sharing similar tenets with chromotherapy, Sound neurobics with its emphasis on holy vibration and Easy neurobics, postulating mudras as a prior physical state to be presumed before engaging in the former two, Psychoneurobics help attain dynamic balance of ‘mind-body-spirit’(Chandrashekhar, 2017)

Joanna Kruk (2014) The skin is the largest body organ that regulates excretion of metabolic waste products, temperature, and plays an important role in body protection against environmental physical and chemical, as well as biological factors. These include agents that may act as oxidants or catalysts of reactions producing reactive oxygen species (ROS), reactive nitrogen species (RNS), and other oxidants in skin cells. An increased amount of the oxidants, exceeding the antioxidant defence system capacity is called oxidative stress, leading to chronic inflammation, which, in turn, can cause collagen fragmentation and disorganization of collagen fibers and skin cell functions, and thus contribute to skin diseases including cancer. Moreover, research suggests that oxidative stress participates in all stages of carcinogenesis. We report here a summary of the present state of knowledge on the role of oxidative stress in pathogenesis of dermatologic diseases, defensive systems against ROS/RNS, and discuss how physical activity may modulate skin diseases through effects on oxidative stress. The data show duality of physical activity actions: regular moderate activity protects against ROS/RNS damage, and endurance exercise with a lack of training mediates oxidative stress. These findings indicate that the redox balance should be considered in the development of new antioxidant strategies linked to the prevention and therapy of skin diseases.

Philip D Shenefelt (2014) Skin and skin disorders have had spiritual aspects since ancient times. Skin, hair, and nails are visible to self and others, and touchable by self and others. The skin is a major sensory organ. Skin also expresses emotions detectable by others through pallor, coldness, “goose bumps”, redness, warmth, or sweating. Spiritual and religious significances of skin are revealed through how much of the skin has been and continues to be covered with what types of coverings, scalp and beard hair cutting, shaving and styling, skin, nail, and hair coloring and decorating, tattooing, and intentional scarring of skin. Persons with visible skin disorders have often been stigmatized or even treated as outcasts. Shamans and other spiritual and religious healers have brought about healing of skin disorders through spiritual means. Spiritual and religious interactions with various skin disorders such as psoriasis, leprosy, and vitiligo are discussed. Religious aspects of skin and skin diseases are

evaluated for several major religions, with a special focus on Judaism, both conventional and kabbalistic.

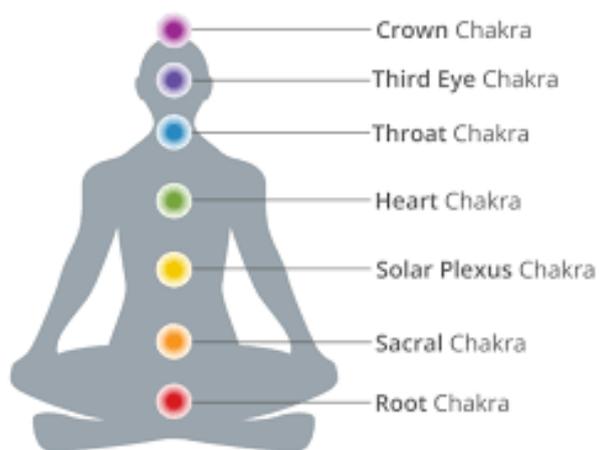
Dr. Ravi Kumariya (2020) Psycho-neurobics is actually a set of exercises of transferring Spiritual Energy in neuro cells by connecting Psyche (Mind) to the supreme source of Spiritual Energy. It's the greatest methodology in order to guide the mind to be able to make use of brain energy for creative work, to heal the body and to keep body and mind healthy. In this paper, we would understand how Psycho-neurobics support seafarers in various forms of self-healing. We will also understand how Psycho-neurobic exercises are designed with a holistic approach to removes negative energy, healing Chakras and improving mental strength. The study will also discuss the importance of Psychoneurobics Practices for sailors to overcome any illness or overcoming with day-to-day sea life's stress through practicing Psycho-neurobic for keeping them mentally and physically fit at sea.

Adrianna Garnczarek (2006) In this paper, the relation between psychological factors and psychiatric disorders in patients with skin diseases is discussed. On the one hand psychological factors (stress, negative emotions) can influence the generation and aggravation of skin disorders (urticaria, atopic dermatitis, vitiligo), on the other hand psychological disorders can result in some skin diseases (psoriasis, atopic dermatitis). In the majority of cases the quality of life is poorly estimated by patients with skin problems. Psychodermatology is divided into three categories according to the relationship between skin diseases and mental disorders: 1) psychophysiologic disorders caused by skin diseases triggering different emotional states (stress), but not directly combined with mental disorders (psoriasis, eczema); 2) primary psychiatric disorders responsible for self-induced skin disorders (trichotillomania); and 3) secondary psychiatric disorders caused by disfiguring skin (ichthyosis, acne conglobata, vitiligo), which can lead to states of fear, depression or suicidal thoughts.

Veronica Di Nardo (2019) Athletes are particularly susceptible to dermatological manifestations for many reasons, whether individual or general. Many dermatologists believe that patients with dermatitis should avoid exercise due to increased sweating. Acne vulgaris is one of the most common inflammatory disorders that affects the pilosebaceous glands, with a chronic and self-limiting course. Psoriasis is one of the most studied skin diseases, and in the past, it was often confused with a variant of leprosy. Vitiligo can affect all skin with higher occurrences in certain areas, including the face, the neck, the armpits, the genitals, the elbows, the hands, the knees, and the feet. External stressors such as sunlight exposure or drugs can

induce and worsen acne expression. Stress can aggravate dermatitis in people already exposed to the disease. There are exercises that can negatively affect the physiological states of the skin and the immune system, such as maximum- intensity exercises.

Neeraj Garg (2020) Neurobic rehabilitation is a multi-year-old mechanism that has re-emerged in present-day times and in restorative fields has been creating leap forward outcomes. The immense influence of our subliminal mind is revealed by this extraordinary device. It is an elective mending technique that should be possible to stay in one position and without reactions of any nature. A very trained and strong mind is not only able to interface with the cosmic vitality that resides in the Cosmos, but also ready to charge through it. An arrangement of Chakras and Nadis comprises the human body. The substantial areas of accumulated vitality are chakras. There are seven notable Chakras. Notwithstanding the chakras, we have 72,000 Nadi multi-sided structures. Nadis' cross purpose makes up the Chakra. Our Endocrine system, which guides any single hormonal activity in the human body, is closely aligned with both the Chakras and Nadis structure. In order to build human development, vibrational vitality passes through these Chakras and Nadis. The underlying cause for multiple disorders is the lop-sidedness of this vibrational vitality. Neurobic mending uses the Rule of Attraction standard to train the human mind to draw back limitless vitality.



B.K. Chandra Shekhar (2018)

Psychoneurobics uses visualisation of colours and prayers to the divine source of light, the creator of the entire universe for help and healing. It believes that prayer to the almighty can help to direct the light energy into mediums which in turn can help in charging them to result in beneficial results. In the past 15 years Dr. Chandrashekhar Tewari has

through various scientific instruments proved the charging of water and food which have in turn helped in various healings both physiological and otherwise. The same principals of charging water and food has been applied on charging (in the form of praying and seeking the almighty's blessings and empowerment) Homeopathy medicines while being dispensed for cases of Nephrology cases being handled at Earth Saviour Foundation, with affect which have been found to be having statistical significance.

## Methods

The sample group was considered for conducting the following study research. To see changes in skin disease in different programs were followed over a period of a few days, each involving one variable, and the techniques associated with it; The sample population is considered. Each variable was tested using the following method to obtain the result. Meditation addresses the underlying issues that create skin problems in the first place. An emerging field of research called psychoneurobics studies the interaction between mind and skin, looking at the effects of emotions on the skin as well as disorders that have skin manifestations. By bridging the gap between our emotional and mental states with our overall health, meditation has many benefits.

## Yoga Exercises to Cure Skin Diseases

Toxins, imbalanced hormones, free radicals, and sensitivity to the sun are all common causes of skin problems. Improving blood circulation, balancing hormones, scavenging free radicals, delivering more oxygen to cells, reducing stress, and making your immunity stronger may help combat skin issues. Many of these can be achieved with yoga. These simple asanas can provide what your skin may need and more.

### Asanas in yoga for Skin Problems

#### Uttanasana

This asana helps increase the circulation of blood in the face, neck, and head. It helps to relax the facial muscles and balance out the hormones, thereby promoting healthy skin. It is also known as Padahasthasana, Hasta Padasana, Standing Forward Bend.



#### Trikonasana

This asana helps to open your hips, torso, and heart, thereby increasing circulation, which helps to remove toxins, kill free radicals, and clear out blockages. The facial muscles lose tension and relax. Your skin may be left healthy and glowing.



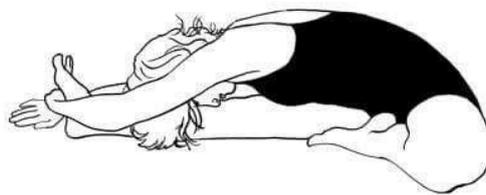
### **Bhujangasana**

When you stretch and open up your heart and lungs, your breathing improves. When you breathe in more oxygen your circulation improves. Improved circulation and better oxygen delivery can help to remove toxins and scavenge free radicals throughout your body, therefore improving skin conditions such as premature aging, acne and psoriasis. This asana may also help to regulate hormones.



### **Janu Sirsasana**

This asana works on balancing the hormones and clearing toxins from the system. It also increases blood and oxygen supply to the facial muscles. Your skin will feel refreshed and rejuvenated.



### **Viparita Karani**

Practicing this asana regularly may help to scavenge free radicals and increase the supply of oxygen to the face.



### **Pawanmuktasana**

This asana stimulates and regulates the digestive system. It helps to flush out the toxins in the system by facilitating proper digestion and improving circulation, which may help to clear the skin of acne and blemishes.

Psychoneurobics water and food charging procedures helps tremendously in curing or reversing skin problems. Orange Color visualization and Yellow Color visualization are used to energize the food items. Without energization of these elements, the body's internal energy will not be balanced and stress will remain accumulated in the nervous system, which is very harmful for normal system's functioning. It is seen that excess stress also plays a major role in aggravation of skin disorder hence these energized elements will nullify the stress after effects in ones body hence bringing a relief to the nervous system and also strengthens the energy centres.

### **Discussion**

The research report depends on the writing survey. It is a distinct and explorative research since it has portrayed the hypothetical meaning of Psycho-Neurobic and cycle of Psycho Neurobic. Additionally, it has likewise investigated the impact of Psycho-Neurobic on brain and body. Principle center is given around the comprehension of Psycho Neurobic and impact of same to control the negative and self destructive perspectives. By meditating for just five minutes a day (it focuses heavily on controlling your breathing), you'll deliver oxygen to the skin, which is vital in promoting cellular health. Higher levels of oxygen will rejuvenate your skin, help balance your body, and boost cell and tissue repair. Plus, as the primary aim of meditation is to bring energy (prana) to your body to repair and revitalize, you'll give your complexion a fresh and youthful glow. To experience the benefits of meditation, you only have to practice for a few minutes every day. There is no right or wrong way to meditate, and the

practice becomes easier over time. Meditation, combined with a superpower ingredient-packed skin care routine and healthy eating is the number one way to have vibrant, radiant and beautiful skin.

## Conclusion



Neurobics are actually mind control exercises to allow interaction between mind, memory and mind and keep our body healthy with the help of breathing, hand gestures and color visualization methods. The result will be a calm and cheerful life. Regular practice of PSYCHONEUROBICS helps to cure the skin disorders. Whenever we hold something 'negative' in our senses, it disrupts the flow of life force in the neuroendocrine axis which provokes many diseases. Based on the literature review and research done over the

past 11 years we can recommend that psychotherapy be used for self-treatment of many issues such as diabetes, obesity, high blood pressure, heart disease, thyroid, migraine, sleep disorders, kidney failure can go. Of benefit Practicing Neurobics. Problems, allergies, anxiety, constipation etc. Stress has a huge impact on our skin; it can cause premature aging, trigger tear-inducing breakouts, and will banish even an inkling of a glow. When you're stressed, your blood vessels constrict and you release a stress hormone called cortisol. This influx of cortisol basically blocks the supply of oxygenated blood to the skin. This means your skin is starved of nutrients and becomes dehydrated, dry, and sensitive. Your skin's outer layer will then weaken, exposing it to any lingering nasty bacteria, worsening your breakout and causing further inflammation. It has a seriously damaging impact on your hair too, as the follicles are deprived of vitamins and minerals, causing it to become weak and brittle. Bottom line is: stress sucks. Psychodermatology, has proven that stress, fear, and worry is often the root cause of most skin care issues and that meditation is normally the best method of treatment. In the study of 45 days on several number of people affected by several skin problems it was seen that there was a reduction in their symptoms, hence it is concluded that the practice of PSYCHONEUROBICS will help patients with skin disorders. Diet and Yoga also does helps in the condition.

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