

CONCEPT OF MEMORY DEVELOPMENT IN YOGA PHILOSOPHY.

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Abstract: (Smriti) means the ability due to which fame, fame and happiness are attained. In order to live your life smoothly, development of memory is as important as food for human beings, because if man does not have the knowledge of remembered things, ideas or will not use them at the right time, then for that man this Any beneficial item of the world will not benefit from its possession. That person will spend his life frustrated and lacking. Therefore, there is a great need for memory development in human life. Maharishi Patanjali has explained the remedies for memory development through Patanjali Yoga philosophy. So that man can destroy his ignorance and produce it in himself. Other people also get lectures about memory development in the scriptures.

The key factors of learning are focus, concentrating, and memory mechanisms. Yoga is an ancient practise that is used to improve both physical and mental health. The below are the goals and objectives: The aim of this research is to see how yoga affects medical students' focus, focus, and memory. Materials and Procedures:

Keywords: Memory capacity, memory development, oblivion, avidya

Introduction: Anxiety, internal tensions, and depression have almost been unavoidable friends to medical students these days. This has a detrimental effect on one's focus,

concentration, and memory. To have strong focus and attention, one must first relax, which can be accomplished by yoga. Yoga's calming response can help with focus, concentration, and memory. Yoga is an ancient science and way of life that involves body gestures, postures, reflection, and pranayamas (breathing exercises). It reveals that yoga practise will help learners concentrate on their mental energy, interpret knowledge more efficiently and reliably, and easily read, retain, and update information. Yoga has been shown to improve mental and physical wellbeing, as well as mindfulness, focus, memory, and physical activity. Yoga may help students concentrate, reflect, and develop their memory.

Memory is a fundamental ability that plays an important role in social, emotional and cognitive functioning. Our memories form the basis of our own sense of self. Guides our thoughts and decisions. Affects our emotional reactions. And allows us to learn. Memory is considered to be the center of our cognitive development and permissions. Yoga is a very old tradition that started in India and means "assembly" or "contact." Yoga is considered by many as a physical, emotional, and spiritual exercise that promotes a healthy body and mind (Mohan, 2002). Yoga, it is said, may assist an individual in realising his or her maximum capacity and increasing spiritual awareness. Breathing exercises and posture are two of the physical goals of yoga, while cognitive regulation, especially in the fields of concentration, memory, and arousal control, is one of the mental goals. One popular argument is that yoga tends to clear the mind and can affect one's ability to pay attention to specific stimulation and remember details later.

Nowadays, due to stress, anxiety and mental problems, memory is getting lost. There have been some research studies on memory loss. A research study found that all the functions of memory are done by the hippocampus (part of the brain) that transforms short-term memory (i.e., immediate remembered) object, place name etc. into long-term memory (long-term memory). Does. (Asalgo et al., 2015) Neurons, plasma cortisol's, hormones, etc. present in the brain all play their different roles towards memory. Several research studies have found that humans are in a stressful state. So as a result of stress, plasma cortisol was found to have variability, decrease in dendritic (Wooley et al., 1990) and decrease in the number of neurons (Sapolxi et al., 1990). In addition, another research found that the release of hormones in a stressful situation it happens. It causes a memory disorder. (Lupine and Lepage, 2001). Memory and some levels of logic are known to

deteriorate with age. Mild Cognitive Impairment (MCI), on the other hand, is characterized as an acquired cognitive deficit in the absence of functional impairment, or the stage between predicted cognitive loss and dementia. Symptoms, unlike schizophrenia, are not apt to interfere with everyday activities, judgement, or thought. Symptoms of MCI include:

Questioning and telling tales over and over

Had trouble following multistep instructions?

Having a habit of forgetting appointments or activities

The impact of performing yoga in educational environments on young adolescences have been studied and shown to have possible benefits in a variety of areas. Brain activation is linked to a variety of cognitive processes and is essential in a variety of yogic activities. Yoga is the perfect behavioral change because it helps to get the mind, body, and soul together through Asana (exercise), Pranayama (breathing), and meditation. Several studies of adult communities have shown that yoga is more effective than exercise in terms of improving therapeutic results. There has been research that have measured the effects of physical exercise and yoga in schoolchildren and found that yoga is superior. According to several research, there is a connection between children's health and their ability to focus their attention and remember things.

"Dharma, Artha, Kama, Moksha," or the fourfold maxim of Wealth, Desire, Dharma, and Moksha, as defined in the Upanishads, will once again provide guidance to the establishment of a holistic value system, to which Swami Vivekananda recommended for taking spiritual socialism. Wealth and affluence are accumulated and used in such a community not as an end of itself, but as a way of establishing Dharma, or the cosmic rules of existence, both internal and external, in the society. The philosophic school emphasizes that the program should be geared toward instilling humanism, empathy, a socializing mentality, ingenuity, a balanced and optimistic character, ethics, morals, and a philosophic bent of thinking, secular, and philosophical thoughts, and so on in students. Our socioeconomic situation has undergone two significant shifts (both detrimental in nature) in the last and current decades, both of which must be addressed on a priority level. One, Indian students experience elevated levels of tension, anxiety, depression, and anger,

which has a negative impact on them and their communities. Second, our teenagers' ability to distinguish between "right and wrong" or "does and don'ts" has deteriorated as a result of the breakdown of a stable belief structure. Many abnormal behaviors of teenagers, such as suicide, opioid addiction, stealing, kidnapping, and murder, are reported in daily newspapers, demonstrating their mental illness. Our current educational environment seems to have been more mechanical, unable to foster the holistic growth of the student's personality. As a result, one of the most pressing needs of the hour is to reform our educational system in order for it to fulfil the dreams of our nation's Father of the Nation, Mahatma Gandhi, who described education as a system for bringing out the best in a child or man's body, mind, and soul. Any educational framework that does not strive to holistically cultivate the infant will struggle to create real human beings.

Luyin and other researchers 2009 found in their research work that stress has many effects on the human nervous system and can cause structural changes in different parts of the brain. Another research has found that long-term stress can cause brain mass dysfunction and decrease in its forest. (Sarayanov others, 2014) A study by Bemer, 1999 found that neuro-logical images of MRE taken from the brain of individuals suffering from Post-Traumatic Stress Disorder (PTSD).

The hippocampus also decreased with effects. That is, the deficiency of the hippocampus can be considered a great indicator of increased stress.

This research is substantiated by facts. That mental tension and problems lead to loss of memory.

Memory loss according to Patanjali Yoga philosophy

"Avidya smita raga dhesh abhinivesha Panch Kalesha '2/3

The basic five reasons for suffering in life are mentioned, due to which lack of memory power and ability to live life rightly, eradicate the goodwill that is caused by afflictions. They are five sets. There is avidya, asmita, raga, dwesha and abhinivesh fear of death.(Teertha,2008)

'Anitya ashuchi dukha anatamsu Nitya ashuchi sukha atma khyatiravidhya 2/5

Avidya is the root cause of sorrows, it is avidya to believe that what is eternal is eternal. That is, that is changing. To take it as permanent. Which is not fun. To rejoice in it, to believe in happiness in sorrow, to experience your happiness in other's sorrow and to live in momentary happiness and to be considered self by what is not self (body is to be destroyed. But to do everything for the body itself, this is ignorance. is.)(Goenka,2012)

'drikdarshan shaktyorekatmata asmita 2/6

It is identity to consider your intellect as identical with yourself. Only decision should be made wise, or it is only logical work, it is identity. It is not possible to see the reasoning senses used for self-intelligence and experience separately. (Teertha,2008)

'Sukhanushayi Raga' 2/7

Being observant of happiness creates a raga. That means to be attached to someone in which momentary happiness. There is a feeling. That is the raga. (Goenka,2012)

'Dukhanushayi dwesha' 2/8

Misery arises from being unhappy with sorrow. That is, disillusionment arises due to not getting the pleasure of falling in love. (Teertha,2008)

"Swaraswahi Vidushodapi rudhobhinivesh 2/9"

Being anxious to protect this physical body (fear of death) is called abhinivesh. Scholars also worry about this hardship like a fool.

Maharshi Patanjali has described stress and mental problems through these five tribulations in Patanjali Yoga philosophy. In which the main reason is avidya i.e., to feel in a wrong way. In the thoughts of excess of negativity, memory is destroyed due to illiteracy and being anxious with the fear of death.

Memory development according to Patanjali Yoga philosophy

'Tapa Swadhyayeshvarapranidhanani Kriya yoga - 2/1

Tapa, Swadhyaya and Ishwarpranidhan is this Kiya Yoga. By doing this, these five afflictions are destroyed and the human being.

Due to ignorance, good things, thoughts, and memories keep on destroying the memory of individuals. The state of oblivion and wrong thoughts arise. Maharishi Patanjali has given a solution to the marriage of the bride for the liberation from this special and serious situation. Maharshi Patanjali tells that when a person experiences the destruction of sorrow and memory due to these tribulations, then he can get rid of those sorrows through the wedding procession. A person knows the condition of identifying the right and wrong. What is right for him, it is wrong, which idea will give intelligence to precision. A person acquires real knowledge and develops memory.

'Viveka khyatirviplva Hanopay 2/28

Immaculate and innocent conscience is not the way to end all those wrong thoughts. (Goenka,2012)

Conclusion- In the philosophy of Patanjali Yoga, the destruction of ignorance for memory has been said. Even in our daily life, our memory is actually becoming from our false knowledge. Because a person adopts negative thoughts quickly and wastes his entire life by getting entangled in those thoughts, it is necessary to uplift the positive aspect by developing the memory power to give a smooth shape to life. Through this book of yoga, we will be able to develop our memory.

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