

A Study on The Effect of Amrit-Varsha Meditation on Anxiety

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ABSTRACT

In present time, people suffering from stress are inviting unreasonable anxiety, depression, fear and insomnia diseases. By the using of drugs to sleep, there is relief for some time, and then the physical, mental pain start increasing again. The Yogic practices of pranayama, relaxation, meditation etc. are very beneficial to overcome and reduce all these problems. Through practice of these simple yoga techniques, Human brain & nervous system gets organized in this way that the state of pain of the patient goes away. In this study a special method of meditation Amrit Varsha meditation propounded by pt. Sri Ram Sharma Acharya has been used. In which we have selected 40 subjects (male and female age 18-25 years) and classified into two groups Experimental group (N=20) and Control group (N =20). Then one month of Yogic intervention (Amrit-Varsha Meditation) was applied in experimental group but in control group no any intervention was applied. After analysing the data collected Result show a significant difference in the Anxiety level of young adults in experimental group, but there was no any significant difference found in control group. Which clearly indicates a significant effect of Amrit-Varsha Meditation on anxiety level of young adults.

Keywords: *Amrit-Varsha Meditation, Anxiety, Young adults*

In the present time, due to materialistic lifestyle and perverted thinking, despite everything, the person remains worried, and due to all these reasons, he unintentionally invites various diseases & disorders. As a result of which he suffers from physical and mental disorders even without desire it. Now a days, having mental diseases like anxiety, stress etc. have become a common thing. This has been also seen in the study of **Fortin et al. (2014)** The effect of morbidity is seen more on those people whose lifestyle is disturbed. As it is often said that if earlier, he had worked carefully, he would not have to worry so much nor would he have to face so many problems. This all happens mainly due to lack of awareness. And in today's difficult situations, a person's anxiety also shows the lack of awareness in him about his thinking process and in all activities. In this context, an another research by **Guntela et**

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Received: January 01, 2024; Revision Received: February 14, 2024; Accepted: February 18, 2024

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al. (2021) in 'Lifestyle and Mental Health Disruption during Covid-19' shows that during the time of corona Pandemic, there was a huge impact on the mental health of the person was observed, causing many mental disorders like anxiety etc. was increased.

Similarly recent reports of WHO (June 2022) says that massive increased number nearly 25% of these disorders. There seems to be only one solution to remove & regulate all these mental distortions, that is the art of Indian ancient culture and the art of making actually a civilized human, and that is the only thing found is Yoga. Practice of yogic interventions like Yama-Niyama, Asana-Pranayama, Pratyahara, Dharana, Dhyana etc. makes a person capable to manage their lifestyle. Meditation is the best practice among all of them. It has been said by great yogis, meditation is the practice about the awareness of reality. Diseases like anxiety, stress, etc. can be overcome through these practices.

In the ancient yogic text Srimad Bhagavad Gita, Lord Krishna says that while contemplating on the objects of the senses, one develops attachment to them. Attachment leads to desire, and from desire anger arises (Geeta-2/62). Tension and anger become the cause of destruction of primitive man by taking away his intelligence. To be free from all these mental disorders, when a person becomes able to stabilize the mind by regular yoga practice, then unnecessary desires automatically get curbed, due to which the level of anxiety and stress starts decreasing. In the present research study, a special method of meditation "Amrit Varsha dhyān" was used.

Maharishi Patanjali defines Dhyana as "*Tatrapratyektanta Dhyānam*" (P.Y.S- 3/2) i.e. "The continuous flow of similar mental modifications into that (dhāraṇā) is called dhyāna or meditation" Maharishi Gheranda says about meditation, "*Dhyānat Pratyakshatmani*" (Gheranda Samhita- 1/11) that is, through meditation one can realize the Self (*Atma*). Amrit-Varsha meditation could be very beneficial in the fulfillment of these objectives. This method of meditation has been propounded by Yuga Rishi Vedamurti Taponishta Pandit Shri Ram Sharma Acharya. In which the seeker practices the meditation of divine grace showering on himself with divine nectar-like life-inspiration and divine powers from the subtle world, and by which he gets a sense of positivity, happiness and self-realization. The imbalance of various hormones and chemicals secreted by the endocrine glands can be regulate by the practice of yoga and meditation. As a result of this anxiety, stress etc. get easily removed and happiness can be attained.

In the well-known yoga text *Shrimad Bhagavad Gita*, Lord Shri Krishna says that if a person is a good practitioner of yoga, he can achieve a state of bliss and have some symptoms which can help to achieve yogsidhi- the one who have a proper diet, appropriate behaviour, effort in actions and having a positive dream (good sleep) these all are the destroyer of sorrows (Geeta-6/17). According to Sharma (2013) in his book "*Vyaktitv vikas ki ucchstariy sadhnaye*" the treatment of most of various physical and mental diseases is possible through the practice of Yogasanas.

In this context, Ghosh et al. (1987) in their book "Living Within" have explained the complete yoga of Maharishi Aurobindo, who practiced life on a completely new horizon of scientific and practical life of yoga. In this presentation Dalal says that in general mental health crisis is defined by the presence of stress, sadness, anxiety, feeling of insecurity, anger, jealousy, doubt etc. There is a lack of peace, sense of self-protection, trust, sense control etc. at this time. Yogic life is the only true and useful solution to mental health. Yoga is the only means which is capable of giving freedom from mental disorders.

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Sachdeva (1978) writes in relation to psychological problems in his book "**Yoga and Depth Psychology**" that in psychological terms, various problems of a person are psychological problems of maladjustment with his social environment. Due to these reasons, the inner life of the modern age person is beset with the feeling of tension, worry, insecurity and despair.

Swami Akhilananda (1952) in his book "**Mental health and Hindu psychology**" has presented yogic practice as a solution to all these problems. In his words, "Unless a person adopts the ideal of Yoga in life, there is no possibility of permanent treatment of his mental tension and frustration. And as long as the ultimate goal of a person's life is pleasure and sense enjoyment, mental conflicts, tensions and frustrations will remain in him. The positive effect of practicing yogic techniques is not only in mental-physiological diseases, but also in improving performance, evidence of its effectiveness was seen. In addition, **Srivastava et al. (2011)** conducted research on meditation for the management of adjustment disorders, anxiety and depression. In which the experimental group and the control group were similar at baseline, but the changes in the pre and post-experimental assessments were more significant.

In the yogic system, the practice of meditation etc. treats the problem of mental health from the root to root. In this process, the work of mental health and personality integration begins to take place in a serious way, in line with the process of cessation of the mind- instincts and self-awareness.

Research Problem

A Study on the effect of Amrit- Varsha meditation on Anxiety.

Objectives

- To compare the effect of Amrit-Varsha Meditation on anxiety in the pre and post condition of the experimental group.
- To compare the effect of Amrit-Varsha Meditation on anxiety in the pre and post condition of the control group.
- To compare the effect of Amrit Varsha meditation on anxiety in the post condition of the experimental and control group.

Hypotheses

- There would be a significant difference between pre-post anxiety level of young adults in experimental group.
- There would be no significant difference between pre-post anxiety level of young adults in control group.
- There would be a significant difference between post anxiety level of young adults in experimental and control group.

METHODOLOGY

Sampling & Research Design

The sampling method used in this study is random sampling.

Research Design: Pre test- post test research design has been used in this study.

Tools

Anxiety scale - The Sinha's Comprehensive Anxiety Test (SCAT) developed by Sinha and Sinha (1995) has a total of 90 questions and has a validity of 0.62 and an accuracy of 0.85.

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Procedure

In present study using random sampling method 40 subjects (20 Male and 20 Female, Age: 18-25 years) was selected and taken their personal data schedule prepared by researcher. Then classified into two groups - Experimental group (N=20) and Control group (N =20). Using SCAT test Pre-Test data was collected. Yogic interventions (Amrit varsha meditation) session of one month everyday 30 minutes for experimental group only was applied. And there was no any yogic intervention has been applied in the control group. This method of meditation has been propounded by Pandit Shri Ram Sharma Acharya. In which the seeker sitting in a comfortable meditation pose (e.g., padmasana, sukhasana, vajrasana etc.) practices the meditation of divine grace showering on himself with divine nectar-like life-inspiration and divine powers from the subtle world. And by which he gets a sense of positivity, happiness and self-realization. After one month of Yogic intervention the post data of both groups through SCAT test was collected. The t-test was used to check the significance difference in pre and post data of both groups.

RESULTS

The Results obtained from the statistical analysis of data collected in pre and post conditions of the applied yogic intervention (Amrit Varsha Meditation) are as follows-

Table: 1 Inferential statistics of the Experimental Group; N=20

Group	Test	N	MEAN	SD	SED	r	t-value	significance at level 0.05
Experimental group	Pre-test	20	42.75	20.35	5.68	0.59	3.37	significant
	Post-test	20	23.6	15.25				

Table: 2 Inferential statistics of the Control Group; N=20

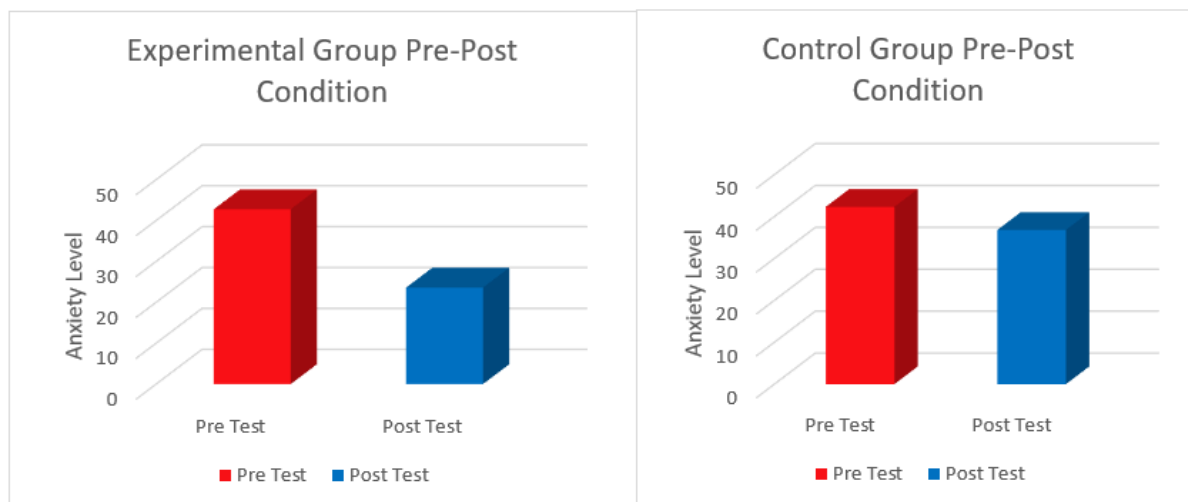
Group	Test	N	MEAN	SD	SED	r	t-value	significance at level 0.05
Control group	Pre-test	20	42.32	18.9	5.72	0.92	0.96	Not significant
	Post-test	20	36.8	17.25				

Table: 3 Inferential statistics of the Post Condition of Experimental and Control Group; N=40

Group	Test	N	MEAN	SD	SED	r	t-value	significance at level 0.05
Experimental group	Post-test	20	23.6	15.25	5.15	0.58	2.56	significant
Control Group	Post-test	20	36.8	17.25				

According to Experimental group Table 1 the condition before the practice of Amrit-Varsha meditation the Mean of Pre-test is- 42.75 and 23.6 in the post condition. The standard deviation is 20.35 & 15.25 respectively and the correlation coefficient r is 0.59 and the t- value is 3.37, which shows a significant difference at 0.05 level. (Represented in graph-1) Therefore, according to this result of the research the hypothesis - 1 of the study "There would be a significant difference between pre-post anxiety level of young adults in experimental group" was accepted.

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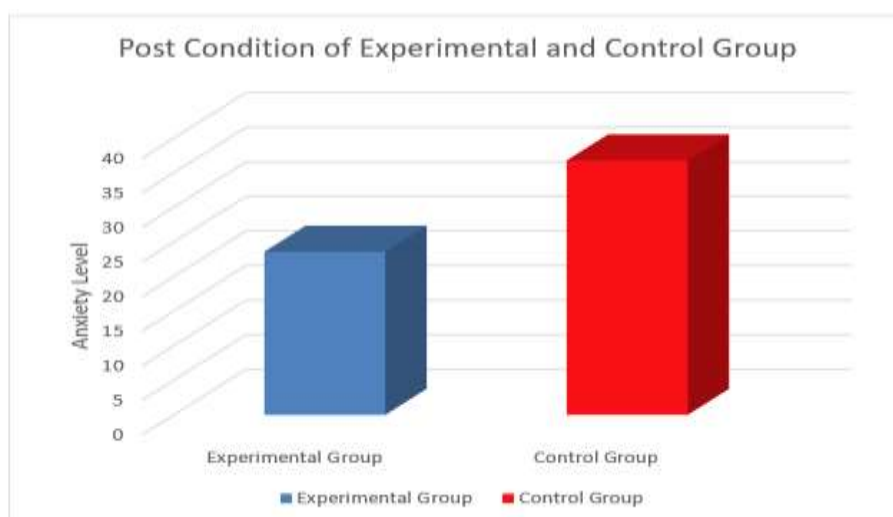
(Graph- 1)

(Graph- 2)

At the same time, In the control group in which the practice of Amrit- Varsha meditation was not applied. Which results shown in Table 2 where Mean of pre test is 42.32, standard deviation – 18.90 and in the post condition, Mean is 36.8, and SD is – 17.25. The correlation coefficient r is 0.92 and the t value is 0.96, which does not show any significant difference at the 0.05 level of significance. (represented in graph-2) Hence hypotheses - 2 "There would be no significant difference between pre-post anxiety level of young adults in control group" was accepted.

And the comparative study of post conditions of experimental and control groups statistical analysis result shown in Table- 3 shows the mean of post conditions are 23.6 in experimental group and 36.8 in control groups. The standard deviation is 15.25 & 17.25 respectively and the correlation coefficient r is 0.58 and the t - value is 2.56, which shows a significant difference at 0.05 level. (Represented in graph-3)

Therefore, the hypothesis - 3 of the study "There would be a significant difference between post anxiety level of young adults in experimental and control group" was accepted.



(Graph- 3)

DISCUSSION

The results of the pre and post anxiety levels in the experimental group described in Table -1 revealed that the practice of Amrit Varsha meditation had a positive effect on the anxiety levels of the subjects in experimental group.

Through meditation the attainment of concentration, mental stability and inner peace, self-satisfaction has resulted in a significant reduction in the level of anxiety of a person. And by the expansion of the physical muscles through the energy generated by the practice of meditation. this energy is transmitted to the brain, sensation and lightness felt in the mind.

Gururaja et al.' (2011) conducted a comparative study between the mental health of youth (20 to 30 years group) and older (65 to 75 years group) to study the effect of yogic practice. Under yogic practice, Pranayama and Meditation was practiced. The results showed a positive reduction in anxiety levels in both groups. Similarly, in a research study by **Chung** et al. (2012) in which the meditation group had an improvement in quality of life, a reduction in anxiety and greater blood pressure control. The meditation treatment was associated with significant improvements in quality of life, decreased anxiety and blood pressure control.

Similarly, **Nanthakumar (2020)** conducted a study on the topic “yoga for anxiety and depression -a literature review” the findings of this research reveal that " the practice of yoga as complementary therapy and also as a stand alone therapy is effective in managing and reducing anxiety and depression".

Maharishi Gheranda says that Meditation is not a practice, meditation is a state, a state of consciousness in constant motion without any obstruction. Dhyana is the direct experience of the soul (its real form). By the practice of meditation one can regulate their lifestyle.

Therefore, it can be said that the practice of Amrit Varsha meditation can reduce the anxiety level, which consequently indicates a significant effect of Amrit Varsha meditation on anxiety. Thus, the results obtained in this research work prove that regular practice of Amrit-Varsha meditation reduces anxiety level of young adults.

CONCLUSION

The conclusions of the results obtained in the present research are as follows-

- Amrit-Varsha meditation had a significant effect on anxiety levels in the experimental group.
- There was no significant difference in the level of anxiety in the control group between the pre and post conditions.
- There was a significant difference between post anxiety level of young adults in experimental and control group.

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Acknowledgment

The author appreciates all those who participated in the study and helped to facilitate the research process.

Conflict of Interest

The author declared no conflict of interest.

How to cite this article: Monika, KM., Nayal, M., Bhardwaj, K.D. & Bhatt, N.C. (2024). A Study on The Effect of Amrit-Varsha Meditation on Anxiety. *International Journal of Indian Psychology*, 12(1), 995-1001. DIP:18.01.094.20241201, DOI:10.25215/1201.094