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**Published Paper's Title : Role of
yoga in the prevention of youth
violence**

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Research Paper

Role of yoga in the prevention of youth violence

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Declaration

The Declaration of the author for publication of Research Paper in Asian Journal of Modern and Ayurvedic Medical Science (ISSN 2279-0772) I Mangalagowri V Rao the author of the research paper entitled Role of yoga in the prevention of youth violence declare that , I take the responsibility of the content and material of my paper as I myself have written it and also have read the manuscript of my paper carefully. Also, I hereby give my consent to publish our paper in ajmams , This research paper is my original work and no part of it or it's similar version is published or has been sent for publication anywhere else.I authorise the Editorial Board of the Journal to modify and edit the manuscript. I also give my consent to the publisher of ajmams to own the copyright of my research paper.

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ABSTRACT Entire world is heading towards development with ever increasing challenges in all the fields like improved technology, improved health care, better living conditions etc still is it really true? Youth violence is widespread in the United States (U.S.). 5,958 young people age 10 to 24 were murdered—an average of 16 each day—in 2006. Violence involving young people adds greatly to the costs of health and welfare services, reduces productivity, decreases the value of property, disrupts a range of essential services and generally undermines the fabric of society. Yoga is one of the best answers to tackle by establishing balance of mind, through its neuro-hormonal modulating effect. The answer for these problems is Yoga; it establishes a Introduction of Yoga at the school level is essential for the Primary prevention of youth violence. Compulsory Yoga classes should be arranged for all the convicted and under trial prisoners for the Secondary prevention. Strict government rules and regulations regarding violence and crime also bring about fear in the minds of youth to commit any violence. Every one should take the oath as mentioned in Upanishad for the universal good which will result in peace and harmony. Situation in India is not different but such statistics are not available.

KEY WORDS: youth violence, Yoga, modification of behavior



INTRODUCTION

Entire world is heading towards development with ever increasing challenges in all the fields like improved technology, improved health care, better living conditions etc still is it really true? The present scenario is pooled with negative development of mental faculties like ever increasing competition, jealousy, anger, hatred, aggression, problem in inter personal relationships due to ego etc resulting in violence, suicides etc. These have resulted in youth violence, which deeply harms not only its victims, but also their families, friends and communities. Its effects are seen not only in death, illness and disability, but also in terms of the quality of life. Violence involving young people adds greatly to the costs of health and welfare services, reduces productivity, decreases the value of property, disrupts a range of essential services and generally undermines the fabric of society. The answer for these problems is Yoga; it establishes a balance of mind.

तां योगमिति मन्यन्ते स्थिरामिन्द्रिय धारणम् ।
अप्रमत्तस्तदा भवति योगो हि प्रमवाप्ययौ । कठोपनिषद् ३ वल्ली /
११ ।।

Constant sustenance of mind, intellect and senses it self is Yoga, because during that period the person is free from all wrong actions. This Yoga basically originates and vanishes, so only constant practice is essential.

DEFINITION OF YOUTH VIOLENCE

Interpersonal violence is defined as "the intentional use of physical force or power, threatened or actual, against another person or against a group or community that results in or has a high likelihood of resulting in injury, death, psychological

harm, mal-development, or deprivation" (Dahlberg and Krug 2002). Youth violence typically includes persons between the ages of 10 and 24, although patterns of youth violence can begin in early childhood. Youth violence results in considerable physical, emotional, social, and economic consequences.

PROBLEM STATEMENT

Youth violence is widespread in the United States (U.S.). It is the second leading cause of death for young people between the ages of 10 and 24. 5,958 young people age 10 to 24 were murdered—an average of 16 each day—in 2006. Over 631,000 violence-related injuries in young people age 10 to 24 were treated in U.S. emergency rooms in 2007. In 2006, a total of 720,371 young people aged 10–24 years were treated in emergency departments for nonfatal injuries sustained from assaults. No state is immune to the devastating impact of youth violence. In a 2007 nationwide survey, 36% of high school students reported being in a physical fight during the past 12 months. Nearly 6% of high school students in 2007 reported taking a gun, knife, or club to school in the 30 days before the survey. An estimated 30% of kids between 6th and 10th grade report being involved in bullying. In 2007, 1,350 juveniles were arrested for murder, 3,580 for forcible rape, and 57,650 for aggravated assault (Puzzanchera 2009). Situation in India is not different but such statistics are not available and many a times there is under reporting.

NONFATAL INJURIES DUE TO VIOLENCE

In 2007, more than 668,000 young people ages 10 to 24 were treated in emergency departments for injuries sustained from violence (CDC 2009a). In 2007, of a nationally-representative sample of students in grades 9–12, 4.2% reported



being in a physical fight one or more times in the previous 12 months that resulted in injuries that had to be treated by a doctor or nurse (CDC2008b).

RISK FACTORS FOR YOUTH VIOLENCE

Prior history of violence
Drug, alcohol, or tobacco use
Association with delinquent peers
Poor family functioning
Poor grades in school
Poverty in the community

ACTS UNDER YOUTH VIOLENCE

Youth violence includes various behaviors. Some violent acts—such as bullying, slapping, or hitting—can cause more emotional harm than physical harm. Others, such as robbery, assault, or rape, can lead to serious injury or even death.

YOGA AN IDEAL REMEDY FOR VIOLENCE

Yoga is the science which integrates self with the universe. It establishes harmony of self with systems of the body as well as the surroundings leading to positive physical and mental changes. This is most desired element to counteract the emotional problems, anxiety, stress, jealousy etc which are the culprits behind violence. All the limbs of Ashtanga Yoga help to establish this harmony and mental equipoise.

YAMA AND NIYAMA THE ETHICAL PRACTICES

Ethical practices in the form of Yama and Niyama are initial steps towards the goal of equipoise. These inculcate positive behavior in an individual, so that ethics prevent him from indulging in violence.

अहिंसासत्यमस्तेयब्रह्मचर्यापरिग्रहाः यमाः ॥ प०यो०सू० ॥

Nonviolence, truth, nonstealing, celibacy, and not desiring for others wealth are Yamas.

अहिंसा सर्वथा सर्वदा सर्व भूतेषु अनभिद्रोहम् ॥ यज्ञवल्क्यसंहिता ॥

Nonviolence is absolutely not harming all beings always.

अहिंसाप्रतिष्ठायां तत्सन्निधौ वैरत्यागः ॥ प०यो०सू० २/३५ ॥

The practice of nonviolence results in renunciation of enmity, which is one of the important causes of violence.

सत्यम् ब्रूयात् प्रियम् ब्रूयात् मा ब्रूयात् तत्त्वं अप्रियम् ।
प्रियं च नानृतं ब्रूयात् एषं धर्मः सनातनः ॥ मनुस्मृति ॥

One should always speak truth and sweetly, one should not speak bitter truths, one should not tell lie to please some body, this is the rule according to Manusmriti.

मनसा वाचा कर्मणा परद्रव्येषु निस्मृहः ।
अस्तेयमिति संप्रोक्तः ऋषिभिस्तत्त्वदर्शिभिः ॥

One should not desire for other's wealth mentally, verbally or by action, this is considered as non-stealing by seers and philosophers.

आस्तेयं प्रतिष्ठायां सर्व रत्नोपस्थानम् ॥ प०यो०सू० २/३७

By the practice of non-stealing all kinds of gems present themselves before him.

अहिंसासत्यमस्तेयब्रह्मचर्याक्षमाधृतिः ।
दयार्जवंमिताहारःशौचं चैव यमाः दश ॥ ह०यो०प० १/१७

Along with five Yamas forgiving, courage, kindness, honesty, restricted intake of food and cleanliness are ten Yamas as per Hathayoga pradeepika.

पुत्रे मित्रे कलत्रे च रिपौ स्वात्मनि सन्ततम् ।
एक रूपं मुने यत्तदार्जवं प्रोच्यते मया ॥

Considering son, friend, enemy, and oneself equally is known as Arjava.

कायेन मनसा वाचा शत्रुभिः परिपीडितः ।
बुद्धिं क्षोभं निवृत्तिर्या क्षमा सा मुनिपुङ्गवः ॥



Forgiving enemies after being tortured physically, mentally and verbally in the end is Kshama.

तपः सन्तोषमास्तिक्यम् दानमीश्वरपूजनम् ।
सिद्धान्त वाक्य श्रवणं ह्रीमतिश्च जपो व्रतम् ॥ ह०यो०प्र० १/१७ ॥

Penance, bliss, belief in gods and scriptures, giving alms, worshipping god, listening to Veda patha etc holy things, shyness towards bad deeds, chanting of names of god, and performing various rituals are considered under Niyama. These mainly help in establishing mental peace and do not allow a person to go in the path of violence.

ASANA

Asanas help to keep the body in healthy condition and prevent the diseases. Especially balancing postures like Tadasana, Veerabhadrasana, Tolasana, Kakasana, Vrikshasana etc help in improving the concentration and balancing the mind.

PRANAYAMA

When Pranavayu is moves the mind is also wavers and when the Pranavayu attains stability the mind also becomes stable.

चले वाते चलं चित्तं निश्चले निश्चलं भवेत् ।
योगी स्थानुत्वमाप्नोति ततो वायुं निरोधयेत् ॥ ह०यो०प्र० २/२१ ॥

So the Pranayama which involves control of breath helps in providing mental stability which is one of the causes for aggression and such kind of behaviors.

प्रच्छर्दन विधरणाभ्यां व प्रणस्य ॥ प०यो०सू० १/३४ ॥

Nadishodhana / Anuloma viloma
Pranayama
Bhramari Pranayama
Sheetali Pranayama

The Pranayama comprise of 3 stages pooraka, Rechka, and Kumbhaka. Especially during Rechka (slow expiration) which involves conscious effort with the help of cerebral cortex of the brain. These result in inhibitory impulses from cortex outflow adjoining area of the hypothalamus, which is concerned with emotions and quieten this area. Thus produce soothing effect and can counteract aggression and violence.

PRATYAHARA

चरतां चक्षुरादीनां विषयेषु यथा क्रमम् ।
तत्प्रत्याहारं तेषां प्रत्याहारः स उच्यते ॥ अमृतनादोपनिषत् ॥

Pratyahara helps in drawing the eye etc sense organs from their objects internally towards the soul, so as to aid the further process of Dharana.

MEDITATION

मैत्री करुणामुदितोपेक्षाणां सुखदुःखपुण्यापुण्य विषयाणां भावनातश्चित्त
प्रसादनम् ॥ प०यो०सू० १/३३ ॥

Undisturbed calmness of mind is attained by cultivating friendliness towards happy, compassion for unhappy, delight in virtuous and indifference towards wicked.

वीतराग विषयं वा चित्तम् ॥ प०यो०सू० १/३४ ॥

Concentration can be attained by meditating in heart of an illuminated soul that is free from passion.

तत्र प्रत्ययैकतानता ध्यानम् ॥ प०यो०सू० ३/२१ ॥

Meditation is concentrating on a particular object for a long time without interruption.

ध्यान शब्देन विख्यातः परमानन्द दायकः । तेजोबिन्दूपनिषद् ॥

Meditation gives ultimate bliss, so when a person is practicing meditation there is no chance to indulge in violence.



Meditation can be of any type like, Sukshma, Sthula, Omkara, Transcendental, Zen, compassion etc, all these are going to be beneficial in making mind calm and reduce aggression and violence.

RESEARCHES

A study of 604 inmates of Taipei Tu-Chen Detention Center, and Taichung Detention Center in Taiwan revealed that the inmates who had undergone the program reported better sleep, calmer minds, and a general feeling of well-being. Over half of the group reported a reduction in negative emotions such as anger, depression, and fear.

ART OF LIVING PRISON PROGRAM –

Meditation helps in the removal of stress, balancing the mind, and emotions, and bringing out the best of an individual's potential. The program had benefits in people with destructive mindset, and resulted in sustained reductions in smoking, drinking, and alcohol abuse.

SCIENTIFIC VALIDATION FOR THE ROLE OF YOGA IN PREVENTION OF YOUTH VIOLENCE

- Bujatti and Reiderer (1976) found significant decrease in catecholamine metabolite VMA in meditators associated with reciprocal increase of serotonin metabolite 5 HIAA, which supports rest and fulfillment response, thus can control over impulsive aggression.
- There is association between impulsive violent behavior and central serotonin deficit. The researches show an increase in the serotonin level in meditators.
- Aggression is associated with increased noradrenergic activity;

meditation reduces CNS responsiveness to nor-epinephrine as a result aggressiveness can be controlled.

- Among the individual factors genes are responsible for violent behavior. However, the transcriptional function that determines the gene expression (i.e., the manufacture of specific proteins) depends on environmental and social factors. Gene expression can be modified, for example, by the rearing environment: CSF 5-HIAA in monkeys varies depending on whether they were reared by their mothers or by peers, so if the children are properly cared then they would not indulge in violence.
- Elevated circulating testosterone level may be associated with aggression in young males.
- Limbic area of the brain, which houses the amygdala, an important area in controlling emotions such as fear and anger. Goleman (1976a) observed that meditators showed significantly increased cortical arousability and limbic inhibition that delinked cortex and limbic system. This will help in better control of aggression.
- Murderers showed stronger activity in the thalamus, the amygdala, and the hippocampus of the right or more emotional hemisphere, The amygdala is like a switch to our spiritual, cosmic super brain and that by tickling, or "clicking it forward" in other words, we can develop the ability to flick our power switch on, Meditation calms down the amygdala.
- During meditation increase in alpha wave rhythm, later on increase in amplitude and reduction in number of alpha waves is observed. Further train of theta waves is seen



which show relaxation of individual brain and pleasant experiences.

- There is significant decrease in blood lactate concentration to about 33% during meditation which is enhanced in case of anxiety and blood pressure.

STRATEGY FOR PREVENTION OF YOUTH VIOLENCE

PRIMARY PREVENTION-

Introduction of Yoga at the school level so that the children learn the ethics and thus refrain from indulging in risk behavior, association with bad company etc. which are the causes for violence. This also helps in better emotional control with an added advantage of improved concentration power, memory power, and enhancement in academic performances. This also helps to prevent life style diseases like Diabetes mellitus, Hypertension etc. Healthy association with family members influences the behavior of child. The teachers should monitor the activities of children and any frequent absenteeism should be reported to the parents immediately. Children should be involved in creative activity, sports etc rather than watching TV and movies because there is significant positive correlation between exposure to media violence and aggressive behavior, regardless of age.

SECONDARY PREVENTION-

Compulsory Yoga classes for all the convicted and under trial prisoners is the next step to prevent crime and violence. This helps to modify the behavior pattern.

ROLE OF GOVERNMENT IN PREVENTION OF YOUTH VIOLENCE

Strict government rules and regulations regarding violence and crime also bring

about fear in the minds of youth to commit any violence. All the children should get proper education so that they become responsible citizens of the country. Government should start such programs that provides proper job for the people so that people are not involved in crime for money. Vocational training for underprivileged youths and young adults should be organized. Proper health care facilities to all pregnant women to prevent any injuries and complications associated with pregnancy and delivery, because this might produce neurological damage, which in turn could lead to violence.

CONCLUSION

- Youth violence results from multiple factors like individual, behavioral, association with friends, antisocial elements, alcohol, drug abuse etc.
- Violent behavior is mainly associated with neuro-hormonal changes.
- Yoga is one of the best answers to tackle this problem through its neuro-hormonal modulating effect.
- Every one should take the oath as mentioned in Upanishad for the universal good which will result in peace and harmony.

ॐ भद्रं कर्णेभिः शृणुयाम देवा भद्रं पश्येमाक्षिभिर्यजत्राः ।
स्थिरैरङ्गैस्तुष्टुवास्तनूभिर्व्यशेम देवहितं यदायुः ॥
स्वस्ति न इन्द्रो वृद्धश्रवाः स्वस्ति न पूषा विश्वदेवाः ।
स्वस्ति नस्तार्क्षो अरिष्टनेमि स्वस्ति नो बृहस्पतिर्दधातु ॥
ॐ शान्तिः शान्तिः शान्तिः ॥ प्रश्नोपनिषद् प्रश्न 1/111

Oh gods, let us always hear auspicious words from our ears and be away from abusing words, back biting, bad words, let us perform good deeds like sacrifice, let us see auspicious things from our eyes, let us praise god by our strong parts and body, let us perform deeds for god through out our life. The god stays in our Indriyas and takes us in right path, let the divine success spread every where and deities Indra, Surya, Garudha, Brihaspati



always nourish us with auspiciousness and let good happen to all beings.

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12. New center at Stanford to study
brain's role in compassion,
altruism, BY BRUCE GOLDMAN
View larger. Director Jim Doty, MD,

and co-director William Mobley,
MD, PhD, discuss the new center
and the scope of its work. Video
length: 4 min.

13. STANFORD, Calif. — A new Center
for Compassion and Altruism
Research and Education.

