



RESEMBLANCE BETWEEN RAJA YOGA MEDITATION AND HOMOEOPATHY

Dr. Arati Mahantesh Patil

MD (Hom)

Associate Professor

Organon of medicine and homoeopathic philosophy

Dr. J. J. Magdum homoeopathic medical college, Jaysingpur, Dist- Kolhapur, India.

ABSTRACT-

This Research Article was aimed to show the similiarity between, the Brahma Kumaris Raja Yoga Meditation and Homoeopathy. we can use combined practice, for increasing happiness and life satisfaction the candidates, resulting in overall health and wellness.

With the help of Brahma Kumaris Raja Yoga Meditation (BKRM) patient shift from a marked depressed state of mind, to being able to self manage themselves to have a more positive and peaceful state of mind, empowered to a great extent.

Rajyoga Meditation and Homoeopathy Both approach an individual from the selective and collective approach. in both therapies the mind has been regarded as the most important destination of relief.

Similar to Rajyoga, Homoeopathy also believes in Physical, Mental and Spiritual health, allowing the human being to attain the knowledge of the self, following the path of truth.

INDEX TERMS-

Brahma Kumaris Raja Yoga Meditation (BKRM), Raja Yoga, Homoeopathy, Soul, Vital force, Mind, Will, Emotions, Life Satisfaction, Peace, Happiness, Remedy, Inner Powers, Sick, Health.

INTRODUCTION

. REASONS FOR SELECTION OF THE TOPIC: In the fast and changing world of today, people are faced with the fast pace of life, including technology, pollution, changing political situations, unstable economy, while carrying a lot of responsibilities on their shoulders in trying to achieve their goals and utmost potential, resulting in stress, depression and anxiety and thus unhappiness. Anxiety, stress, and exhaustion of trying to keep up with this fast pace, and competitive world, people's energies have dropped resulting in a drop in happiness index when measured. This in turn has resulted in less creativity and the ability to live life to the maximum benefit of themselves and all around them. And has resulted in the increase of diseases of the mind and body, affecting mental and physical health. Lots of ways have been tried to bring up the inner happiness index such as meditations, music, art, and even medication. However, in some of these cases worries and stress are subconscious which makes it difficult to be cured and dealt with.

Today, 80-90% of the diseases are due to mental issues, stress related. People all over the world, across all age groups suffer from stress, depression, anxiety, insomnia, etc. The reason to choose this topic is so that everyone can realize the positive and powerful effectiveness of Raja Yoga meditation in helping each and everyone to understand the self (the soul and mind), and thus be able to empower the self, in order to achieve everlasting Happiness, and Peace within, and thus in turn achieve Peace in the world. On the principle of "Meditation silences the incessant restless and useless waves of the mind, thereby preserving the soul's energy leading to good health, great peace of mind and perfect wisdom in life"

Homoeopathy is an art, It is a Scientific & holistic method of healing. It is an system of medicine, addressing the root or basic cause of illness and supporting the body's innate healing abilities.

Homeopathy, founded by medical doctor Dr. Samuel Hahnemann in the late 18th century, operates on the principle of "like cures like", "Similia Similibus Curantur", which is nature's principle. It is based on Hahnemann's discovery that a natural substance produces symptoms in a healthy person during proving, the same substance curing the same symptoms that match in the disease.

It uses highly diluted substances to stimulate the body's natural healing abilities. Homoeopathic remedies are chosen based on individual symptoms and constitutional factors. Homoeopathy treats the whole person rather than just the parts or disease symptoms.

Homoeopathy, through its individualized approach, seeks to strengthen the body's vital force, which in turn enhances the immune system. Homoeopathy can help boost overall immunity.

Similarity between Rajayoga Meditation and Homoeopathy

Happiness boost and Life Satisfaction are two main factors positively affecting Mental and Overall Health and Wellness. When one is able to remain happy, in whatever one does, and in relationships, one also then feels overall satisfaction with life. Happiness is one of the key innate qualities of the very essence of man - the soul. Happiness is a state of mind, as it is what happens inside the mind. It is what everyone wants and the essence of the search of man. The very reason for each person to do what they do every day of their lives. However, happiness has often been confused with pleasure, which is temporary, as happiness has been sought externally, through various activities like hobbies, traveling, accumulation of wealth, seeking good relationships, etc.. But it can easily be seen that Happiness is internal, it is in the mind and can be, but is quite unrelated to our external situations.

. How one feels can be affected by external issues, but only if one allows it, consciously or even unconsciously to affect. Our mind can be in our control, (and once it is, we have accomplished everything- "Mann Jeete Jag Jeet") although it often seems impossible, and uncontrollable, but an awakening, an awareness, and an innate desire to be able to accomplish this, accompanied by continuous search and effort can give this fruit. Raja Yoga meditation helps win over the mind, effortlessly, especially if it is for the universal good of man and others. The things by which man generally defines himself such as – appearance, personality, abilities, work, relationships, etc – can all change. The sense of self gets influenced by what people say, the situations around and the problems faced.

What then defines who man is. Much of the unhappiness and insecurity in the world is a result of this limited, external perception of self. The inner being, the spiritual self, the true identity, the soul, is the rising trend people are searching for today. This spiritual identity can give hope in a situation of despair, show a solution to any problem and inspire one to change the direction of life. And it is through recognising and experiencing the spiritual self that one can connect with God, the Supreme Source, and receive all the inner virtues, and strength and this broader vision is needed to contribute

positively to the world. RAJA YOGA is the deep spiritual insight, backed by true knowledge, along with the teachings in experiential meditation - connection/union with the Divine, that magically empowers the mind, the self, to bring back in man, a state of MIND and EMOTION that is free of negativity and vices (maya), and filling one with all the true values and virtues, such as peace, happiness, purity, truth. Thus bringing back a higher purpose to life, than what is visible or attainable by the 5 senses of the body, leading to true Life Satisfaction. A good way to get to know the self, to understand true life satisfaction issues on a deeper level, is to start with the question: "what do I really value in life?" It will probably be found that the value is mainly on qualities such as love, happiness, compassion...the things that makes one feel valued and brings inner happiness. And then perhaps to question further, whether one's thoughts and life reflect that – and what is there in life that matches what is valued? Seeing the self as a spiritual being, one rediscovers the natural, inner treasures of peace, love, purity, happiness, truth and wisdom, which tends to be forgotten. The experience of these qualities within oneself, makes one much happier, more stable person. Understanding one's values, one is able to keep self-respect, even when someone is trying to bring one down, and so can help others come out of their limited perception. This is why it is so important to spend time in understanding the workings of the mind, stabilizing it and even empowering it, to do some meditation every day. It helps to understand one's inner self. Reflecting in this deeper way increases strength in spiritual identity, so that happiness and inner power is maintained - and can also influence the world in a positive way.

Science and technology, or industrialization and rapid pace of life, education that creates a spirit of competition and rivalry, the great expansion of cities, the change in values and life-styles, the break-up of family-life and loss of faith and love in mutual relations, the generation-gap and many other factors, and even man's deviation from holy practices, are responsible for various forms of stress, and his moving away from the 'core nature' of happiness and peace.

The problem of unhappiness and stress arises when man lacks the power and tact to face problems in life. In this era of the dark ages of the iron age, whence it can be seen that even nature is so polluted (air, water, earth), man needs the inner power and strength of mind to cope with adverse circumstances with courage, conviction, and confidence.. The root cause of all unhappiness, stress, many issues and diseases, stems from humans not being able to have any control of the mind. Diseases do also affect our happiness. Disease is Dis + ease. Disease is also simply the result of a body not being at ease for a long period of time, because of negative feelings like stress, worry and fear, which is again in the mind. The lack of peace within the mind. Most diseases start in the mind as Stress. Prolonged stress causes diseases in the body. These are the main causes of unhappiness.

The issues that affect happiness and life satisfaction, all stem from the MIND: Stress and Anxiety- Human Perspectives, Waste and Negative feelings, all are causes of Mental Issues prevalent in the world today. out of all proportion. This takes one into over thinking, which often leads to frustrations, irritations, helplessness, anger, pain, and a whole lot of negative emotions and feelings, thus eventually causing various MENTAL ISSUES, such as STRESS, DEPRESSION OR ANXIETY. All based on one's OWN INDIVIDUAL PERSPECTIVE, and yet without the awareness or the realization of this. To be RIGHT, especially in one's own mind seems mandatory, because ultimately one needs to live with oneself which is the basic need, and so the mind adopts this self preservation method automatically, often wrongfully wronging others or blaming situations in the process. It takes HUGE COURAGE, and AWARENESS to realize EVERYTHING is purely PERSPECTIVES, without blaming anyone and yet knowing that one can't enforce one's perspective on anyone. Ultimately, someone can do something for a second or few minutes, but it is one's own mind that replays this over and over, inflicting the harm over and over, with each replay. Even talking about it to others, 'replaying it' each time, so many times over and over, which is akin to 'doing it to ourselves' (again and again)- that same thing, that one didn't actually approve of or even like when the other did it only once.

There are remarkable resemblance between Brahma Kumaris Raja Yoga Mditation(BKRM)and Homoeopathy. Both approach an individual from the selective and collective approach. The Mind has been regarded as the most important destination of relief, succour and tranquillity. Raja Yoga Meditation expects huge quality to be possessed and implemented while homoeopathy expects the same from the patient and the physician.

In Homoeopathy Dr Hahnemann says that "The physician's high and only mission is to restore the sick to health, to cure as it is termed."

Now what is meant by "the sick?" It is a man that is sick and restored to health,not his body, not the tissues. The tissue could not become sick unless something prior to them had been deranged and so make them sick.what is there of this man that can be called the internal man? The real sick man is prior to the sick body and we must conclude that the sick man must be somewhere in that portion which is not left behind,that which is carried away is primary and that which is left behind is ultimate.

The combination of the Will and the Understanding, constitute Man; conjoined they make Life and activity,they manufacture the body and cause all thing of the body. Dr Hahnemann stated that the mind is the key to the very primitive wrong of the human race the man.Man consist in what he thinks and what he loves and there is nothing else in man.The symptoms of the mind have been found to be the most important symptoms in a remedy and in a sickness.

All medicines operate upon the Will and understanding first (sometimes extensively on both) affecting man in his ability to think or to will, and ultimately upon the tissues, the functions and sensations.

Psora is the underlying cause, and is the primitive or primary disorder of the human race. If the human race had remained in a state of perfect order, psora could not have existed. It is too extensive, for it goes to the very primitive wrong of the human race, the very first sickness of the human race, that is the spiritual sickness, from which state the race progressed into what may be called the true susceptibility to psora, which in turn laid the foundation for other diseases.

Dr Samuel Hahnemann in the Book "Organon of Medicine" Says in

Aphorism 9: Hahnemann describes the vital force or life principle as a "spiritual" force that animates the material body.

Footnote: Hahnemann emphasizes that this vital force is of a "spiritual" nature and cannot be perceived by the senses, though its effects can be observed.

Aphorism 15: The disease in man is nothing else but an affection of this vital force, which is "spiritual" and immaterial

Footnote: Discusses the "spiritual" nature of the vital force and its relationship with disease symptoms.

Aphorism 17: The organism only lets its diseased state be known by morbid sensations and functions. This is an influence exerted upon the immaterial "spiritual" force (vital force).

Footnote:

Explains how the diseased state affects the "spiritual" vital force, leading to symptoms.

Aphorism

19: Content: Disease originates in the "spiritual" vital force that animates the human body.

Footnote:

Reiterates that the origin of disease is in the "spiritual" force, not the material body.

Aphorism

31: The dynamic influence of morbid agents impacts the "spiritual" vital force.

Footnote:

Mentions that the disease-causing agents disturb the "spiritual" vital force.

Aphorism

224: The action of the homeopathic remedy is a dynamic, almost "spiritual" action on the vital force.

Footnote: Describes how remedies act on the "spiritual" level of the vital force.

Homeopathy & Meditation both are spiritual sciences, making us live consciously to the fullest and blissful higher existence. The science behind Homeopathy & Raj Yoga Meditation is Quantum Physics. Everything is energy, where your attention goes there the energy flows.

- Both Homeopathy and Meditation contribute to Holistic Healing Approach
- The integration of both practices offer comprehensive approach to wellness.
 - Emphasizes self-healing and personal responsibility in maintaining health.

Dr Hahnemann said to be an Observer, Meditation also says to observe breath. Thought creates things & it becomes our reality. When we are in a meditation state we observe or focus on our breath to empty our thoughts. That gives Energy. Homeopathy & meditation deals with Heart & Brain coherence, which is called science of heart & both acts on autonomic nervous system, sympathetic, parasympathetic, neurons of brain. We are souls and we are not body with unlimited possibilities and potential and our Observation manifests the possibilities

Synergy Between Raj Yoga Meditation and Homeopathy

Both focus on the holistic healing of the individual, not just the symptoms.

Aim to restore balance and harmony at a deep, "spiritual" level.

- Complementary Approaches can address the physical and energetic imbalances.
- Homeopathy

~Meditation can enhance mental clarity and emotional stability

Just like Homeopathic remedies act at emotional, mental & spiritual level same way through meditation we can attain homeostasis, coherence, Appreciation, compassion & gratitude attend higher state of existence and understand purpose of our life

Key benefits of combining Homeopathy and Rajayoga Meditation

Stress Management :

Both practices excel at managing stress, with Rajayoga meditation providing techniques to quiet the mind and homeopathy offering remedies tailored to individual stress responses, leading to a more relaxed state.

Mental Clarity and Emotional Balance :

Rajayoga meditation helps cultivate inner peace and focus, while Homeopathy can address underlying emotional imbalances through specific remedies, leading to improved mental clarity and emotional stability.

Enhanced Immune System :

By promoting relaxation and reducing stress, both practices can contribute to a stronger immune system, allowing the body to better respond to homoeopathic treatments.

Holistic Approach :

Both Homoeopathy and Rajyoga meditation consider the whole person, not just the symptoms, aligning with a holistic approach to health.

Lifestyle Integration :

Both practices encourage healthy lifestyle habits like proper nutrition, regular exercise. And adequate sleep, further enhancing the positive effects of treatment.

How they work together :

Mind- Body Connection :

Rajayoga meditation focuses on connecting with the mind and inner self, which can enhance the effectiveness of homoeopathic remedies that work on a subtle level to address mental and emotional states.

Individualized

Approach

Both Homoeopathy and Rajayogs meditatoin emphasize individualized treatment plans based on the specific needs of each person.

CONCLUSION

To live in harmony with oneself and environment is the wish of every human. However, greater physical and emotional demands are constantly placed upon many areas of the modern life. Due to busy and stessfull life more and more people suffer from Physical and Mental illness

The concept of self is basic to each individual and Brahma Kumaris Raja Yoga (BKRM) Meditation and Homoeopathy share the same tools of investigating the self and knowledge of the self. Homoeopathy and Meditation together provide a profound approach to healing. Address the body, mind, and spirit, leading to lasting wellness. Homoeopathy and Brahma Kumaris Raja Yoga Meditation(BKRM) in Union, make a wonderful combination to uplift the human beings from the rubbish heap that they are in; trapped:mentally, emotionally, physically and socially.

Combining Homoeopathy with Rajyoga meditation can offer a holistic approach to health by promoting mental clarity,emotional balancer, stress reduction and overall well- being, with both practices emphasizing individual needs and a focus on preventatibve care, making them complementary to each other; essentially, Rajayoga meditation can enhanced the effectiveness of Homoeopahic remedies by creating a calm mind that is more receptive to treatment while also supporting a healthy lifestyle that aligns with homoeopathic priciples.

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