

Mens Sana in Corpore Sano

A Healthy Mind in a Healthy Body

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Abstract: The human mind is like a garden where the gardener, that is the man, cultivates it to his own content or according to his creative abilities. For the mind to be healthy, the temple in which it prevails must be one that is strong and healthy. So we come to a concept of synergy between the mind and the body, meaning that a healthy body is needed for a healthy mind and vice versa. The leitmotiv in this context is the health, a polyvalent concept that needs to be approached from a holistic perspective. Health cannot be referred only from the bio-functional perspective of the organism without taking into account the psychic aptitude whose complex product is the human mind. Homeostasis or well-being of the organism is the objective of many concepts of physical and mental development, and the techniques for maintaining this status range from physical exercise to complex concepts of transpersonal meditation.

Keywords: health; breathing; relaxation; meditation; happiness; emotions; stress; mind; body; harmony

Human Health from a Holistic Perspective

Human health is a holistic concept that requires a multifaceted approach, depending on the physical or mental structures of the individual. If the bio-physiological structures of the body deal with medicine, organized on different areas of specialty, it is found that the health, as an attribute of the human community, reacts to the changes in the environment, so that from a purely medical field, health, as a concept was extrapolated to other scientific fields such as economics, sociology, human ecology, etc. Therefore, man from a holistic

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perspective is a result of evolution and we are not considering only the physical evolution but also spiritual evolution. The concept of holistic evolution of man is based on the principle of equitability, in the sense that on the scale of his ascension man must evolve equidistantly at all levels meaning physically, psychically, spiritually.

The historical environment is an important source of precious information about the importance of human health, the quality of the maintenance or recovery techniques.

In his spiritual ascension, man has increasingly become more aware of the holistic importance of his health, focusing on different specific food styles, breathing techniques, spending quality time and many other concepts targeting his health.

Mind – the Diamond inside the Human Psyche

The human mind is undoubtedly the instrument that is strictly necessary for the individual to function in the social environment. Man plays his roles in society only in the fullness of his mental faculties; otherwise he is forced to undergo a process of psychological recovery in a shorter or longer time, the prognosis of recovery being in close correlation with the severity spectrum of the disorder mental.

The fragility of the mind has come into the spectrum of attention of many scientists who have drawn attention through their work or some have even managed to raise the awareness of the importance of human mind health. Mental hygiene involves not only clearing the mind of negative thoughts, but also creating a favourable context or, more precisely, a living environment propitious for generating healthy mental patterns.

The ambient or the living environment refers not only to the geographic-demographic-social context of the individual, but also to his / her mental predispositions or thoughts patterns, which are conditioned by a healthy lifestyle, hormonal balance, psycho- social influences and many other exogenous factors that influence our thinking.

Brain Waves – Portals to the Mind Abyss

Human brain activity generates electrical energy patterns that can be monitored by electrodes via the EEG device, where they vary depending on their frequency, namely Beta, Alpha, Theta, Delta, Gamma. Each wave corresponds to a certain

state of functioning of the organism, namely the state of Beta (13-30Hz), represents the waking state of the body, a state in which we operate throughout the day, we solve concrete and specific problems. The Alpha state (8-12 Hz) is the state where the brain is alert, still unfocused, when we close our eyes, a state of relaxation and calmness. Deeper, in the state of Theta (4-7 Hz), the state of relaxation slips to drowsiness, is a state accompanied by unexpected, unpredictable, dream-like, but very vivid images, known as hypnagogic images. These waves provide access to the unconscious mind is a mysterious state with a high creative potential, but it is a difficult condition to maintain, since we tend to fall asleep under the influence of large amounts of Theta.

Delta waves have an extremely low frequency (0.5-4 Hz) and are produced during deep sleepless dreams. Their presence is most often associated with the process of physical regeneration and the restoration or maintenance of health.

Gama waves, recently discovered, have a frequency of 40 Hz. They are associated with the phenomenon of revelation and high-level information processing. They are associated with the feeling of happiness, a high level of compassion, and optimal brain function. Gamma waves are a mechanism for linking brain parts and helping to improve memory and perception

Considering these energetic patterns of brain function, various meditation and relaxation techniques have been developed to maintain or restore health.

One of the techniques of relaxation and successful meditation is the technique or concept of NirvanaFitness. NirvanaFitness is a relaxation technique that aims to achieve a state of happiness, a sense of harmony and peace, through which one obtains freedom from the worries of life, sufferings, by combining the soul with the divine essence, with the help of breathing, meditation, theta waves, the movements and positions of yoga, Tai Chi and Qhi-Gong, music and the effects of aromatherapy. Exercises are done in tranches, with a focus on breathing, on the chill-out charming musical harmony; all supported on the background of the miracles theta waves. Conscious breathing for 55 minutes is considered to be a meditation of the highest quality, focusing our mind on breathing and our own body, which helps the mind to calm down, just like the Nirvana state of mind.

Science behind the Nirvana Fitness Concept

Etymologically, Nirvana [nir-vah-nuh] represents a state of perfect happiness, harmony and freedom and it was born in order to increase the awareness of the importance of breathing and its extreme influence in our lives.

Undoubtedly, the most important aspect of mental and physical health and well-being is the respiratory process. Many lifestyles have been developed over the time, and physical exercises such as yoga and qui-gong are based on breathing styles and breathing cycles. Therefore, the question rising from this context is why is breathing so important?

Daily life, as it is stressful and challenging, generates superficial, ineffective breathing patterns with a cycle of 12-18 breaths per minute - compared to scientific data that suggests a pattern of only 6 deep breaths per minute to meet our energy needs. We conclude that all the extra effort involved in our short, shallow breathing deprives us of precious energy, producing toxic waste and promoting a wide range of lung and other types of diseases, to depression, subsequently contributing to a widespread current syndrome of exhaustion-“Burnout Syndrome”

According to the NirvanaFitness concept, only slow and deep breathing oxygenates the body properly, removes toxins and gives our body the ability to maintain all functions properly. Independent studies have clearly demonstrated that we can increase our potential to live longer and healthier by avoiding depression and other illnesses. Rhythmic breathing and focused on specific patterns helps to detoxify the body and mind, having the effect of improving the regenerative process of the body, dramatically improving the healing process of the body and favoring the experimentation of a happy, well-being state.

Body and mind detoxification with the Nirvana Fitness concept

Body detoxification	Mind detoxification
A very effective combination of toning exercises aimed at tonifying and detoxifying the whole body.	Rhythmic breathing on a background of relaxing music with binaural beat technology
Toned & flexible body	Magic calmness of the Nirvana mind

Source: Nirvana breathing fitness to music – official manual for instruction certification

The importance of breathing in emotional states

Throughout our emotional states, our breathing passes on the so-called “Automatic Pilot” function. As we focus on our emotions, we can hardly see the close relationship between breath and emotions. Even the smallest change of our state is reflected in our breathing. When we are sad, in a state of suspense, conflict, depression, we breathe below the necessary oxygen level, a way of saying “we hold our breath”.

However, without realizing, all of our emotional states influence our breathing. Anger, fear, anxiety - reduce the inhale – exhale flow, annoyance - generates a spasmodic breath, the sense of guilt - restricts the respiratory flow, boredom - generates a shallow breath without energy, sadness, depression - generates breathing below the required oxygen level (as if we would hold our breath).

While negative emotions lead to an overwhelming breath or breathing below the required oxygen level, as well as other incoherent respiratory activities, positive emotions make breathing deeper, lighter and effortless. On the same functional principle, as we restore our breathing to a deeper, smooth and rhythmic pattern, we can reduce the effect of negative emotions and gain a mental state of peace and relaxation. Nature has equipped us with an emergency response to survive the dangers. But it also gave us a “relaxation” response to restoring peace and serenity, just as important for survival.

Transition from negative emotions to positive emotions

The bright side in this context is that we can trigger whenever we want a state of calmness by adjusting our breathing, managing to transit from negative emotions to positive ones.

Negative emotions	Positive emotions
Fast & shallow breathing	Slow & deep breathing
Excessive & inefficient chest only breathing	Rhythmic & diaphragmatic breathing
Toxic & stressful	Regenerative & calming

Source: Nirvana breathing fitness to music – official manual for instruction certification

Cellular oxygenation and the human body resilience ability

The human body resilience is the ability to sustain intense physical effort due to the ability of the heart and lungs to supply oxygen to the moving muscles. Although

there are several factors that have an impact, the human body resilience and ability to function decreases when cardiovascular and lung systems can no longer keep up with the required oxygenation level. Moreover, the structural and functional integrity of the brain and internal organs are highly dependent on the regular supply of oxygen. Any dysfunction in the oxygenation process may threaten our life.

The Link between Oxygenation and Diseases

The famous Dr. Arthur Guyton postulated a theory claiming that all chronic pain, suffering and illness are caused by the lack of oxygen at the cellular level. In medical terms this lack is called hypoxia. Hypoxia is involved in the pathology of the nervous system through a range of diseases including cancer, heart disease, stroke and various other neurodegenerative diseases. Among other diseases, low-oxygen regions are usually found in malignant tumors and are associated with an increase in tumor invasion and metastasis.

The average breathing rate of human is 12-18 breaths per minute. This equates to 18,000-26,000 breaths per day. Scientists say we should be able to consume 6 breaths per minute to ensure the oxygen demand. The additional activity involved in our habit of breathing briefly and superficially deprives us of an important amount of energy, producing toxic waste and promoting disease development in our body.

Breathing influence on our health

The lung is the main defense organ against environmental toxins. Its malfunction could lead to a decrease in tolerance to these toxins. Researchers also speculated that decreasing lung function could increase the oxidative stress caused by free radicals, and as we know that oxidative stress plays a determining role in disease development.

NIRVANA mind state (the power of meditation)

Conscious breathing for 55 minutes is considered to be the best quality meditation, focusing our minds on breathing and our body through pillates / yoga exercises. This helps our mind to calm down, just like Nirvana mind state.

Nirvana ThetaWave technology (technology based on Theta wave frequency)

NirvanaFitness has developed a unique sound technology with the help of researchers and sound engineers who use Theta waves to induce a profound & effective relaxation state by directly influencing the brainwaves of the auditor.

Conclusions

The human mind is a precious treasure, a multifaceted diamond that reflects every thought, idea, concepts either good or bad, hidden in a harmonious temple that we call the human body, a complex structure created by divine intelligence, strategically placed in a relationship of interdependence with a noble aim of perfecting the human being. A healthy, sparkling mind generates beautiful thoughts, creative ideas, and supports the proper functioning of the body, which in turn creates the mind the context and the balance necessary for its expansion. Obviously this would be the optimal guiding model, which is otherwise contradicted by the objective reality that also shows us the reverse of the medal, disturbed minds in affected bodies such a reality that makes us increasingly aware of the importance of the holistic health. The world has evolved to a broad spectrum of techniques and methods that are conducive to the development and maintenance of a mental-body-spirit trinitarian system, in a synergy relationship to the ultimate goal of the evolution of the human being. The determining factor is the free will, our willingness to live beautiful and healthy.

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