

EFFECTIVENESS OF THOPPUKARANAM (SUPER BRAIN YOGA) AND APPLYING SANTHANAM (SANDALWOOD PASTE) ON FOREHEAD (BROW CHAKRA) ON MARITAL SATISFACTION AMONG MARRIED COUPLES

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ABSTRACT

Marital satisfaction is the overall happiness in a marriage and with the partner of legal wedding. Depression nearly constantly hinders couple's performance in marital relationship and has a lasting impact of curdling the relationship. Marriages that can be able to regulate anger and anxiety perfectly, further continue to avoid depression, and couples managed to sustain with confidence, optimism, tenacity, and enthusiasm will be more gratifying than those who couldn't manage anger and anxiety and let these emotions manifest in them uncontrollably, doesn't establish happy times within the marital relationship. The emotional scenery that arises when the couples are together, is a course called emotional contagion. In simple word, one of the partner factually grasp the partner's anger, anxiety and depression, or likewise, one of the couple can transform the partner with confidence and enthusiasm. Thoppukaranam (Super Brain Yoga) and applying Santhana (sandalwood paste) on forehead (brow chakra) can improve the marital satisfaction among the married couples. A chief verdict in research about emotions is that emotions have great influence over marital relationship for better or for worse.

Keywords: *Super brain Yoga, Marital Satisfaction, Married couple.*

INTRODUCTION:

Indians are well known for their knowledge and wisdom from the beginning of the civilization era that's why knowledge by systematic education and wisdom are placed in the top places in society. Hence, even a king of a great empire used to bow down before spiritually-enlightened rishis and yogis. People crave from them to gain a piece of the sermon. One of the best out of them is "Thoppukaranam." Despite the truth of how greatly we were respected anciently, our age is changed to 360 degrees that we have vanished almost the fullness of "Thoppukaranam." We current generation of Indians derailed away from our own culture to the maximum where we have started losing faith in our great well-praised traditions and values. We are doubting even the best fundamental traditions and seeking back the so-called modern world. Lack of knowledge about our ancient tradition left us faithless and unbelief and the uttermost we are confused over our own very well historically run traditions ironically. This western attracted Indian young generation started to look for globally modernized customs in the modern globalized industrial world where our traditions are hidden under the shadows of modernization. Indians are highly influential by western culture and getting more and more away from the Indian Vedic cultures. In the name of open-mindedness, people were influenced to believe that Indian culture and traditions are scanty and the customs were lost, what we had before British rule. India has managed to become a stable economic nation despite of global fluctuations; it shall continue to be in the next 50 years. But again, people are nothing without their values and traditions; it is just like what the British intended to do, now the Indians themselves are doing (Ankush S, 2016).

(Vikram B, 2015) Indians hardly have instilled the value systems, culture and the science behind the practices into the education system in contrary to that it stands with the identity of Hinduism which is not taken for consideration by other religious population of India. The achievements in brain science by yoga and meditation are fully devalued by Indians. The education doesn't emphasize on such teachings for not just in this period but the impairment factors of humanity in this so-called fast-paced world. Every Indian should pause and look towards inside and stay grounded and resort to be bred through the guided practices insisted in our traditions and enrich their lives with education systems which were so structured and not take pride in following the foundational teachings told us by ancestors. The modernized Indian society especially youths are massively influenced by the social factors that were coined by the British governance, and have pervaded with the ideology of West is better, comfortable, rewarding and liberal right from lifestyle, religion, culture, education, monetary benefits and so on and in doing. So the true identity is lost due to the attraction and charmless towards materialistic and liberal society. People have a weakness for satisfying these pleasures and in doing so, have been sucked by the false world that prevails in the world.

(Murugadoss A, R. 2011) In the movie 7m arivu, there is a climax dialogue, which was the mass sensation in the film. The hero of the film says "It is so essential for the lost child to know their home and households. To equally for every Tamils who seems like lost from how they were and how they are vital to know their traditions and historically great cultural values. People are made ignorant of our system, values, and cultures by the rulers all the while who destroyed the identity by imposing languages, religions, and caste. For example, the festival called Pogi Pongal was established and made people throw their old traditional valued materials borne thousands of out inventions into the fire. The library in Yazh, Sri Lanka was set fired which contained millions of valued historical books in Tamil in lieu with the destruction of our traditions. People should know their history and teach others who have forgotten. The ignorant young Tamil generation should be taught that using turmeric and neem leaves are not religious but science, they are antibiotics against thousands of microbes. People forgot that tradition and lost the copyright to the nation where turmeric never even grown in their soil. Don't teach as plastering home floors with cow dung, is religious. But know the science which made the ancestors used cow dung in plastering the home floors. We can save from radio-waves by plastering the home floors and area outside the home with cow-dung. The younger generation should be taught that having a neem tree outside and Tulsi plant in the outer court of the house are medical science, not religion. When this science is taught to the next generation, they will understand how their ancestors were leading the globe with the wisdom and get their leadership ability back. This has been not done all the while, which made us amaze about the achievements of other small nations around us. Utmost as we export the goods, we do export the great and wise human resource overseas. Our traditions are still living in our blood. It can be brought out by our efforts."

The researcher who is in search of the lost traditions impressed by the super brain yoga and applying Chandan on forehead, looking for the scientific rationales to introduce among the 4th generation adult married couples to enhance their marital satisfaction.

STATEMENT OF THE PROBLEM

“An Experimental Study to Assess the Effectiveness of Super Brain Yoga and applying santhana pottu on brow chakra, on Marital Satisfaction among selected married couples of South India”

OBJECTIVES OF THE STUDY

To assess, the effectiveness of Thoppukaranam (super brain yoga) and applying santhanam (sandalwood paste) on forehead (brow chakra) on marital satisfaction among married couples (Experimental group) (post-test).

OPERATIONAL DEFINITIONS

Effectiveness

It is the betterment of marital Satisfaction among the study participants by the Super Brain Yoga Exercise and applying sandal on forehead.

Super Brain Yoga Exercise

It is the forgotten Tamil Traditional method that was used during prayers which is adopted by the researcher for the improvements of Marital Satisfaction among the married couples.

Santhana pottu

santhana or sandal is considered auspicious in Indian tradition used in religious rituals and functions. Santhana pottu is applied on forehead (brow chakra) by both man and women (ancient Tamil).

Brow chakra

Brow chakra or Ajna chakra also called the third eye is the point in the forehead between the eyebrows which is believed to be the center of perception and command.

Marital Satisfaction

Marital satisfaction is the overall happiness in a marriage and with the partner of legal wedding.

Married Couples

The population in this study is heterosexually and legally Married Couples both male and female between the age group of 20 - 45 yrs.

RESULTS AND DISCUSSION:

Cultural India. (2017). In south India weddings are very different from north of India. South Indian marriage is grossly represented by Tamil and the primary distinctiveness of South Indian communities. South Indian marriages are well known not only for their rituals but their stress on simple living and great education. Tamil wedding are distinguished from other weddings for their adherence to the old customs and traditions than an extravagant concern of majority of Indian weddings. The spiritualistic rituals of Tamil weddings, meant for the spiritual supremacy rather than lights, food and show. Nevertheless, in Tamil weddings too filled with lots of fun and light moments, but there for sure will not be any compromise on the actual rituals and the life lessons of the ceremony. Tamil weddings are known as Kalyanam. When a family, plan for the wedding, these rituals of wedding ceremony takes most of the expansive, yet the family doesn't compromise in order have a complete wedding? One of main component which determines the Tamil weddings is matching of horoscope. Elders in the family get the Horoscopes or nakshatrams of both bride and groom and they assess the matching of both of their horoscopes by following Vedic guidelines based on twelve points or Poruthams like Nadi, Yoni, Rasi, Gana etc. Once the horoscope matching established, on the auspicious day of wedding, yet so much of ritual are followed from the color of the dress until the thali used to tie on the bride's neck. These rituals are customarily followed to ensure a satisfied and fruitful married life.

Jeffrey, H. (2015). In south India, 80 percent of all marriages are arranged by the bride and groom's parents. In arranged marriages, until the parents introduced the future spouse, the future couples tend to have less chance to meet each other. Surprisingly with fewer divorces compared to love marriages in which couples knew each other well before marriage before introduce themselves to their family, and arranged marriages proved to be success in terms of stability and durability. In ancient days, even after the marriage was fixed, yet from engagement until wedding day they were not allowed to date or meet each other. Currently, though romance plays tiny role in choosing the life partner, many young people expressed that they are opposed to romantic proposals by a male and still they continue to have faith up on their parent's verdict rather than their own. Indian children are brought up with the parental expectation including arranging the life partner. In contrary to that, in present India, there is an increasing number of college educated young people, are finding their own spouses. So-called love marriages are an emerging substitute to the arranged marriages. Some

youths influence their parents to "arrange" their marriage with whom they have chosen. As the impact of urbanization, the families with the century old marriage values moved from familiar community circle to anonymous urban culture. Thus, classified advertisements and matrimony agencies have replaced parental networks to verify family background. In India, Marriage (love or arranged) is a major event in every families irrespective of any differences. Individuals in a marital relationship are taught to give their 100% to each of them by let go off the small differences. Indians don't easily nod their head for divorce because, Indian cultural system strongly anchored in family system. When problems arise, couples adjust and sacrifices for each other in order to run the family smoothly, and even in extreme intolerance divorce is the last of last choice because it was socially unacceptable, but those days are gone.

CONCLUSIONS:

Thoppukaranam (Super Brain Yoga) and applying Santhana (sandalwood paste) on forehead (brow chakra) can improve the marital satisfaction among the married couples.

Hendrie W. (2011). A chief verdict in research about emotions is that emotions has great influence over marital relationship for better or for worse. The emotions, like anger and anxiety can either edify or hamper marital relationships and endurance, but confidence, optimism, persistence and passion classically boost up the performance between the couples and make relationships fruitful. Zach, B. (2016). Psychologist Dr. Daniel Goleman introduced the idiom emotional intelligence (or emotional quotient, otherwise known as "EQ") about two decades ago, now widespread globally. The current leaders in the field are Travis Bradberry and Jean Greaves, co-authors of *Emotional Intelligence 2.0*. They define EQ as a mixture of four skills: self-awareness and self-management and social awareness and relationship management. In simple word, EQ is a degree of how aware you are about yourself and your relationships. The world's chief researcher in marriage and emotional intelligence. Dr. John Gottman, states that Happily married couples are psychologically shrewd rather than smart and rich. But they overcome their negative thoughts and feelings upon each other by their positive ones. Dr. John Gottman named these marriages as emotionally intelligent marriage. It consists of couples who are devoted to both self- and other-awareness. Further, both of them have a capability and proclivity towards regulation of their own emotion and their effect on their spouse. These couples care about hopes and aspirations of their spouse and build a sense of persistence into their marriage. The couple with more emotionally intelligent, understand, honor, and respect each other in their marriage.

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