Use SuperBrain Yoga to Improve Your Brain

Educators and parents in India long used what is called *murgha* punishment incorporating the very technique of Superbrain yoga into the classroom. This punishment, also a form of yoga, is an exercise with the scientific rational that it improves oxygenation to the nervous system and brain thus promoting better concentration and the ability to learn.

Placing the hands on alternative earlobes is a concept that originates from the science of Ayurveda medicine in which pressure points on the earlobes stimulates neural function on both sides of the brain. Individuals who practice superbrain yoga describe feeling more balanced and at peace shortly after performing this simple exercise.

**How Does it Work?**

Research led by Dr. Joie P. Jones of the University of California reinforces the traditional Indian beliefs behind Superbrain yoga. His research highlights that the success of the yoga practice stimulates acupuncture points on the ear. The ears are a major pressure point that stimulates the mouth, eyes, temples, testes, ovaries, forehead and brain.

The idea behind stimulating the earlobes is that energy within lower extremities becomes stagnant and trapped. With Superbrain yoga, the energy takes a direct vertical line up the center of the body through the heart, then the throat, passes the tongue to the mouth and lastly the brain.
Science behind brain health shows that the brain hemispheres are oppositely, and unilaterally stimulated from the right ear and left ear. So the right ear stimulates the left brain and the left ear stimulates the right brain. When each earlobe is simultaneously stimulated, both the left and right side of the brain hemisphere becomes synchronized producing powerful brain activity.

**Benefits of Superbrain Yoga**

Teachers believe that their students whom practice the technique have fewer symptoms of autism, dyslexia, ADD (attention deficit disorder), ADHD (attention deficit hyperactivity disorder), Down syndrome and show fewer emotional disturbance. Therapists believe it helps patients with declining cognitive function and can improve symptoms related to neurological degenerative diseases like Alzheimer’s. Older adults even believe it improves their memory function for daily activities such as finding keys.

The benefits of Superbrain yoga can appeal to every age as anecdotal evidence and independently ran studies also suggests improved sex drive, lower psychological stress, promotes mental clarity and focus, increases creativity and intelligence, and an increase in calmness and inner peace which can further aid in appetite control and overall health management.

Benefits of Superbrain yoga, however, are believed to be short term unless the practice is used daily. This concept is also not new news as any fit individual knows too well from a resulting injury. Muscle atrophy does not only occur in biceps and leg muscles but the lack of an exercise to the brain results in the same rapid muscle loss and muscle function.
A study conducted amongst 56 middle school students experiencing academic and behavioral problems participated in the practice of Superbrain yoga a minimum of twice a week. Academic performance increased by more than 21%.

Results of the study found that the practice reduced frustration in students, improved class participation, lowered anxiety and fear, improved standardized test scores, and increased collaboration with peers. Teachers observed a significant shift in student’s ability to show compassion, kindness, and generosity.

Tip for Seniors with Limited Agility:

Science shows that visualizing a technique can actually result in positive benefits as if your body physically performed an exercise or experience. Older adults with limited abilities to squat should sit in a chair with feet grounded and hands positioned accordingly. While performing the same breathing patterns, visualize the exercise while promoting relaxation.
Proper Technique for Superbrain Yoga

Suitable for any age and skillset, give Superbrain yoga a try next time you need to feel rejuvenated.

1. Take your left hand and place it on your right earlobe so that your thumb is in the front of the ear.
2. Take your right hand and place it around your left earlobe so that your thumb is in the front of the ear. Your left arm should be closest to your chest and held within the forearm of your right arm.
3. Stabilize feet so they are about hips width apart.
4. Place your tongue to the roof of your mouth keeping it there for the duration of the exercise.
5. Inhale while you bend your knees and squat downward. Make sure your knees do not bend over your toes avoiding pressure to knees. Be sure to keep your chest open and prevent your body from bending forward.
6. Exhale while you begin to stand back up.
7. Repeat the exercise as many times as desired. General recommendations advise for repeating the technique for 2 to 3 minutes.
8. Repeat daily for at least 3 months to begin to see results.