

UNIVERSITI TEKNOLOGI MARA

THE EFFECTS OF SUPER BRAIN  
YOGA (SBY)  
ON HUMAN'S  
ELECTROMAGNETIC RADIATION  
(EMR)

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## ABSTRACT

The purpose of this study is to examine the electromagnetic radiation (EMR) emitted by the human body before and after practicing Super Brain Yoga (SBY). SBY, also known as ketuk ketampi, is a resistance exercise that involves crossing the arms, holding the earlobes with the thumbs and forefingers, and performing repeated squats. Fifty healthy volunteers completed 20 repetitions of SBY in both the morning and evening for two weeks in comfortable, controlled environments. EMR levels were measured using a portable handheld frequency detector equipped with a seven-segment monopole antenna, taken once before and once after each session. Statistical analysis showed a significant difference between pre- and post-SBY EMR values. The most notable benefits were observed in the upper segment of the body, particularly near the brain. Moreover, when focusing on specific energy centres within the chakra regions, a significant improvement was recorded in the Crown Chakra, which is also closely associated with the brain. Overall, the findings suggest that practicing SBY may enhance the body's physical state, as indicated by the observed increase in the left-right correlation value.

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# TABLE OF CONTENTS

**CONFIRMATION BY PANEL OF EXAMINERS**

**AUTHOR'S DECLARATION**

**ABSTRACT**

**ACKNOWLEDGEMENT**

**TABLE OF CONTENTS**

**LIST OF TABLES**

**LIST OF FIGURES**

**LIST OF SYMBOLS**

**LIST OF ABBREVIATIONS**

## **CHAPTER 1 INTRODUCTION**

- 1.1 Research Background
- 1.2 Motivation for This Work
- 1.3 Problem Statement
- 1.4 Research Objectives
- 1.5 Research Question
- 1.6 Significance of Study
- 1.7 Scope and Limitation
- 1.8 Thesis Outline

## **CHAPTER 2 LITERATURE REVIEW**

- 2.1 Introduction
- 2.2 Super Brain Yoga (SB Y)
- 2.3 Electromagnetic Radiation (EMR)
  - 2.3.1 Human Body EMR
  - 2.3.2 Generation of EM Wave In The Human Body
  - 2.3.3 Human Body Segmentation and Chakra System
- 2.4 Frequency Detector

# CHAPTER 1

## INTRODUCTION

### 1.1 Research Background

Yoga is one of the popular exercises in the world that can give benefits to people. Yoga exercises were developed in India, 5000 years ago, starting from the Indus-Saraswati civilization[1]. Then, yoga became more popular and came out with various or named and the basic exercise called Hatha or Ashtanga Yoga and Thoppukaranam [2], [3]. Ashtanga Vinyasa Yoga was founded by the seer Vamana, who, according to my Indian preceptors, lived four thousand years ago [4]. During that period, which around 4000 to 5000 years ago, cities in India were growing rapidly and more citizen in India were introduced with many exercises and yoga. Therefore, the people felt that yoga is essential towards a healthy lifestyle. Then, yoga exercises become more popular; thus, many versions of yoga, such as Ashtanga and Hatha and Thoppukaranam arise that time [2], [3], [4]. There are certain differences between the postures and exercises of Thoppukaranam and those of Hatha and Astagna yoga, but the fundamentals of both are the same. During the practice of Thoppukaranam, practitioners conduct a series of squats while holding their earlobes between their thumb and forefinger and crossing their hands in front of their chest [2], [4], [5]. So that, the exercise was explained the similarities between Thoppukaranam and Super Brain Yoga steps.

The person who promotes and encourages yoga is Master Choa Kok Sui, the Philippines practitioner of acupressure. Master Choa Kok Sui developed the no-touch energy healing method known as prana healing, which cleanses and balances the body's energy field and chakras to heal the body, mind, and emotions. It helps in energy restoration and the removal of negative energy. The purpose of Arhatic Yoga, an advanced spiritual system, is to help people develop spiritually while leading successful, balanced lives by combining various forms of yoga, such as Raja, Kundalini, and Bhakti [6], [7]. In the 20th century, Master Choa Kok Sui modernised and scientifically organised Thoppukaranam, regardless of its years of existence. He changed its name to Super Brain Yoga and described it using the concepts of brain activation, auricular acupuncture, and energy healing, and it is now well-known all over the world [6], [7],