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Stress related psychological issues in police personnel during Covid – 19 pandemic with guidelines of colour meditation (*leshya dhyan*): a survey study

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ABSTRACT:

The Coronavirus pandemic is the current pandemic of CoViD-19, caused by severe acute respiratory syndrome coronavirus 2 (SARS-CoV-2). This is highly infectious disease and potentially fatal. Since there is no exact medicine, the whole world is surviving under the fear of death. But the most affected people in this pandemic are frontline warriors include Doctors, Nurses, paramedical staff, cleaning workers, pharmacist and police personnel. Amongst this, police personnel are doing their work everywhere including high risk area. Also, they didn't get have expert knowledge of maintaining their psychological health. Therefore, A survey study was conducted by interacting with police personnel (n=30) to know the psychological issues they are suffering. A questionnaire was prepared, and data collected. After analyzing this

data, it is found that police personnel are suffering from severe psychological stress with the anxiety related issues of sleep disturbance, digestive problems, loss of interest in work, increased irritability, loose in weight, headache, etc. As yoga is the foremost technique of reducing psychological stress, the technique of Colour meditation (*Leshya Dhyana*) was guided to police personnel at the time of survey study. Daily practice of colour meditation have beneficial effect to reduce psychological health. it helps in activation of parasympathetic nervous system which makes the people happier by reducing fight and flight activity. Hence, the study was planned, and it is appealed to police personal to practice colour meditation.

KEYWORDS:

Colour meditation (*Leshya Dhyana*), Psychological issues, Psychological

stress, CoViD-19 pandemic, Yoga, Police personnel.

INTRODUCTION

“Once-in-a-century-crisis” is the quintessential phrase for the CoViD-19 pandemic. The coronavirus pandemic is an ongoing pandemic of coronavirus disease 2019, (CoViD-19) caused by severe acute respiratory syndrome coronavirus 2 (SARS-CoV-2).^[1] The outbreak was first identified in Wuhan, China, in December 2019.^[2,3] The World Health Organisation (WHO) declared the outbreak a public health emergency of international concern on 30 January 2020, and a pandemic on 11 March.^[4] As of 15 June 2020 more than 7.93 million cases of covid-19 have been reported in more than 188 countries and territories, resulting in more than 433000 deaths, more than 3.78 million people have recovered.^[5]

In India, the first case of covid-19 was reported on 30 January 2020 and from this date the covid-19 cases are expanding continuously. As of 15 June 2020, The Ministry of Health and Family Welfare (MoHFW) has confirmed a total of 332,424 cases 169,798 recoveries and 9,520 that in the country.^[6]

In this covid-19 pandemic the lives of people were drastically affected with heavy alteration in their daily routine. People are in fear due to disease's potential effects and transmission and they are going through the myriad of psychological problems. After the covid-19 outbreak, during lockdown, the Indian Psychiatric Society reported mental health concerns like family issues, depression, anxiety

disorders, substance abuse, sexual abuse, domestic violence, stress and panic attacks have increased by over 35%.^[7]

According to New Delhi, May 17, 2020 (IANSlife) 61% of Indian are experiencing mental health related issues because of the uncertainly and looming functional crisis during the lockdown.^[8] Studies from Wuhan and Australia showed high level of depression among Frontline Warriors including doctors, nurses, paramedical staff and police personnel.^[9] we all are very well known that they are the real heroes in this pandemic situation, and these people are at high risk of developing psychological stress.

Amongst these corona warriors, medical and paramedical staff get proper training and they have knowledge of prevention techniques from physical and mental stress. But the police personnel have not guided that how to protect ourselves and, they are just following the general guidelines given to the citizen of country. This lack of knowledge increases the chances of development of psychological stress among police personnel.

As there where so many researches and studies conducted to know the psychological issues during current pandemic but, the data available about the psychological issues among police personnel are not enough to prove their mental condition. That's why it becomes necessary to collect the authentic data in such emerging pandemic. Hence, to know the facts about Psychological stress and mental health of police personnel the survey study was conducted. A questionnaire

was prepared for data collection. After analysing this information, data are presenting on this paper.

Changes in appetite, digestive problems, sleeping disorders, changes in weight, irritability, headache, loss of interest in work are the symptoms of stress and depression.^[10] It is found that, in this current pandemic situation, our frontline warriors police personal are severely suffering from these psychological issues which are destructing their life.

“Universal health coverage: everyone, everywhere” was the theme of World Health Organisation (WHO) on World Health Day 2018 and 2019. WHO defines health as “A state of physical, mental, social, and spiritual well-being and not merely an absence of disease or infirmity”. (1978).^[11] Dr. Brock Chisholm the first director general of the WHO in 1954 had presciently declared, that without mental health there can be no true Physical health.^[12] Therefore, management of mental health becomes very essential for overall health of country.

Yoga is the ancient heritage of India has given man the answer to his spiritual and holistic search for perfect health and well-being. It is an effective and the time-tested method for improvement of health and prevention of many psychosomatic stresses. Yajurveda has also given importance to practice yoga for enhancing our physical and mental powers (Yajurveda, 11:14). Recently, there has been an increased awareness and interest in health and natural remedies among the general public as well as the scientific

community. Recent scientific studies have established the role of Yoga in promoting health and prevention of especially psychological issues during covid-19 pandemic. Pranayama training (control breathing exercise) is effective in deep psychological relaxation.^[13] Hence, there is no doubt that the yoga is one and only therapy which will be the panacea in this pandemic.

Leshya Dhyan (colour meditation) is the technique of reducing stress explained in Jainism. *Leshya* refers to the state of Mind, and our activities reflect our state of mind. *Leshya Dhyan* is a bridge between the subtle body and the gross body. It is the radiation of our consciousness and electrical body that constitutes our Aura. The aura is created by the multiple of *Leshyas* and can change according to our emotions. The *Leshya*, therefore helps to replace the impure vibrations of passions with the pure vibration of consciousness emanating due to purification of passions.^[14] Therefore, during the survey study this module of meditation was guided to police personnel in order to reduce their psychological stress.

Hence, this study is planned to assess the psychological issues in police personnel during current pandemic situation and to study the role of *Leshya Dhyan* (colour meditation) in reducing psychological stress.

METHODOLOGY

A survey study was conducted to assess impact of covid-19 pandemic in psychology of police personnel. A brief questionnaire was prepared to collect the information. This questionnaire contains

questions related to symptoms of stress and depression to collect authentic information. Direct interaction with police personnel (n=30) was done in the field by maintaining government's recommendations of social distancing. Questionnaire was filled with the consent of police personnel.

colour meditation (*leshya dhyana*)

During survey study the police personnel are guided about the technique of *Leshya Dhyana* (colour meditation) with its benefits and advised them to do this meditation every day in morning or in evening for 15 to 20 min.

technique

- Practice controlled breathing exercise with deep concentration on any one sense organ.
- Use power of visualisation of a particular colour (Orange, light yellow, white) at a particular psychic centre.
- Again, with the mental projection visualise the same colour as spreading all around us and permeating the whole aura around ourselves.
- Now, finally make use of the technique of auto suggestion to bring about the change in our attitude or stress or emotional pattern.
- Use visualisation of three colours -The rising sun orange, light yellow, white.

On the basis of colours, *Leshya* is of six types- *Krishna* (black), *Neel* (blue), *kapota* (Grey), *Taijas* (the rising

sun like orange), *Padma* (light yellow), *Shukla* (white like full moon). Out of these, first three *Leshyas* are inauspicious and other three (orange, light yellow, white) are auspicious colours. Through the perception of colours and purification of thoughts inauspicious *leshya* can be replaced with the auspicious one. ^[15]

RESULTS

On the basis of survey study conducted on psychological health issues of police personnel following facts are obtained-

Table 1: Number and percentage of police personnel having psychology related symptoms during covid-19 pandemic. (n=30)

Symptoms	No. of police personnel	Percentage of police personnel
Working for 12 hours during pandemic	26	86.7
Decreased appetite	17	56.6
Increased frequency of constipation	16	53.3
Sleep disturbance	18	60
loss in weight	11	36.7
Decreased working efficiency	15	50
Headache	14	46.7
Increased frequency of illness	1	7.3
Loss of interest in work	27	90
Emotionally unstable	15	50
Increased irritability	23	76.7

From the table, 86.7% are working for continuously 12 hours, 56.6 % are suffering from loss of appetite, 53.3% having constipation, 60% are disturbed with sleep, 36.7% loose their weight, 50% have decreased working efficiency, 46.7 % are suffering from headache, 90% have loss of interest in their work, 50% are emotionally unstable, 76.7% having increased irritability.

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benefits of *leshya dhyana*

The auspicious *Leshyas* (orange, light yellow White) balance the colours in the body and promote physical and mental well being. The perception of colours imparts following benefits to the practitioner:

(a) physical

- Boosts the immune system and the nervous system
- Improves the efficiency of the digestive system
- Purifies the blood

(b) psychological

- Alleviates depression
- Promotes happiness
- Alleviates sleeplessness and tiredness
- Empowers self-esteem and will power
- Gives mental peace and harmony
- Enhance decision-making powers

(b) emotional

- Establishes control over emotions
- Reduce violent behaviour ^[16]

DISCUSSION

In this CoViD-19 pandemic police personnel are suffering from stress and anxiety related disorders. Anxiety and stress have a tendency to cause a lot more fight and flight response. This results in gradual dominance of sympathetic nervous system over parasympathetic nervous system which resulting in psychological issues like digestive problems, loss of appetite, headache, sleep disorders,

irritability, loss of interest in work, increased fatigue, etc.

Yoga stimulates the parasympathetic nervous system. Yoga does this through controlled breathing exercises or Pranayama when meditate. During controlled breathing exercises, initially there is decrease in O₂ saturation level and increase in carboxyhaemoglobin level in blood circulation. This increased level of carboxyhaemoglobin demands more oxygen which stimulates body's defence mechanism. Due to this defence action, the next breath occurs more deeper and longer and complete body's demand.

Respiration is the voluntary physiological action. Deeper and longer breathing decreases respiratory rate from 18/min to 12/min and more practices causes further decrease in respiratory rate from 12/min to 8/min. On the other hand, activation of sympathetic nervous system stimulates respiratory rate and activation of parasympathetic nervous system decreases respiratory rate. This is the well-known phenomena of physiology. Therefore, Pranayama (breathing exercises) activates parasympathetic nervous system gives better relaxation to practitioner.

Leshya Dhyana is a type of *Dhyana* which comes after *Pranayama*, *Pratyahar* and *Dharna* according to Ashtanga Yog. *Dharna* stage can be achieved easily by concentrating on any one of the sense organ by listening music or Omkar chanting or breathing exercise. After achieving *Dharna* stage the practitioner directly lands into the *Dhyana* stage. Now, in this stage suggestive visualisation of

three colours (orange, light yellow, white) gives benefits of *Leshya Dhyana* (colour meditation).

CONCLUSION

In the current pandemic of covid-19 the police personnel are suffering from psychological issues like digestive problems, sleep disorders, irritability, headache, increased fatigue, loss of interest in their work and emotional imbalance. With the help of practicing *Leshya Dhyana* one can get rid off this psychological stress. During perception of the colours, practitioner simultaneously meditate on different bright colours with specific psychic centres. This technique plays a crucial role in shaping of mental health and emotional behaviour. It is strong appeal to all police personnel to practice *Leshya Dhyana* (colour meditation) to reduce their psychological stress and live life with peace.

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