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REDIRECTION OF NEURAL PATHWAY- CHANGE THE STIMULI AND SO THE RESPONSE.

Ms. RAJANI KESARI

LECTURER, T JOHN COLLEGE OF NURSING, BENGALURU

ABSTRACT

Thoughts and its mechanism in maintain the mental health through redirection and neuroplasticity. A scientific approach towards better holistic-health.

Keywords-MIND, THOUGHTS, POSITIVE ENERGY, BRAIN, ANGER CONTROL

INTRODUCTION

Object of study –

Scientific study on correlation between consistency in thoughts that leads to development of newer perspective of life.

Methodology

Consisted of 2 group of people having 20 individual in each , with varied life experiences .

One group consisted of participants having thought and consciously practicing on the direction of thoughts.

Other group was a random group without any conscious practice of thinking process.

Science behind the brain mapping.

Brain consist of specific mitochondrial and memory cells that are very specific in responding to stimuli , activation of part of brain, memory, hormonal signalling and formation of neural pathway.

This way the way stimuli is generation, cells start to reverberate in particular fashion.

As the stimuli and its intensity change it again leads to reformation of pathways and thus newer neuroplasticity is formed, likewise the brain cells are having contained capacity in changing course of cells, tissues and organ functioning as whole.

Now research of 2 months between 2 group showed that –

A group practicing conscious thought and redirection of negative emotions (anger, grief, aggressiveness etc) into productive by putting emotions into actions like- anger and aggressiveness

can be controlled and redirected by involving oneself in strenuous exercise or sports that directs the energy towards physical form and is released leading to formation of happy hormones like melatonin (responsible for sense of fulfilment and calming effect). This was practiced often and the brain stimuli was moulded and new neural pathways were formed leading to changed chemistry of cells and also chemistry of tissues towards healthy programmed practices.

On the contrary the group that was random on reacting to any stimuli shown the same pattern and person was towards negative side of development of responses that led to physiological alteration causing hormonal surge that led to long term life style diseases caused by stress and stagnant and rigidity in moulding one's person as a whole.

“MIND YOUR MIND TO MEND SELF, BENT MIND IS HEALTHY MIND”