Shinrin Yoku

- Forest Bathing
- Forest walking
- Forest therapy
- Eco therapy
- Nature therapy
- Miracle medicine
- Forest medicine
- Bondage with nature

Shinrin Yoku—Forest Bathing

What is forest bathing ?

Why forest bathing ?

Where to forest bathe ?

Time for forest bathing

Location for forest bathing

How to bathe in the forest ?

Benefits of forest bathing

Assessment of benefits

What is Shinrin yoku or Forest Bathing ? Corner stone of preventive Health care

- Submit all 5 senses ,immersed in the forest ambience
- Leisurely walk imbibing the forest fragrance
- No hiking, or jogging
- No predetermined destination
- Listen to the sounds of birds,leaves
- Leave behind electronic devises
- Wander aimlessly, body as your guide
- Spending unhurried intentional time

Walking in the park Vs Forest bathing

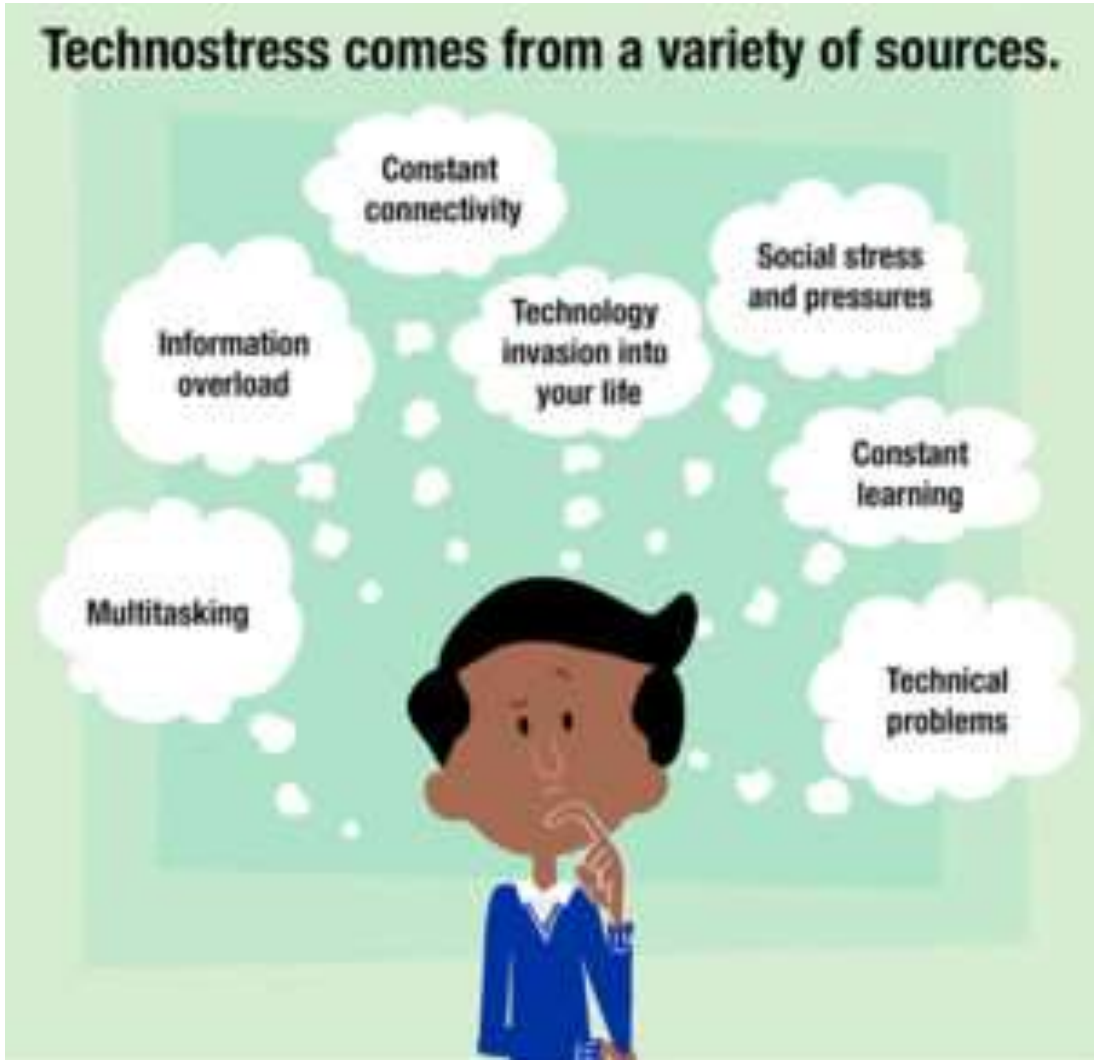
Walking in the park

- Urban area
- Noise and air pollution
- Contaminated soil
- Gossiping
- Designed only physical benefit
- Minimal immunity booster
- Walk with shoes

Forest bathing

- Forest with abundant trees
- Noise ,air pollution NIL
- Virgin soil full mycobacterium vaccae
- Absolute silence
- Physical wellness + immunity booster
- Fresh unpolluted oxygen
- Bare foot walking

Need for forest bathing =Techno Stress



- Information over load
- Constant connectivity
- Multitasking
- Technology invasion into life
- Social stress and pressures
- Technical problems
- Economic instability
- Fractured family relations

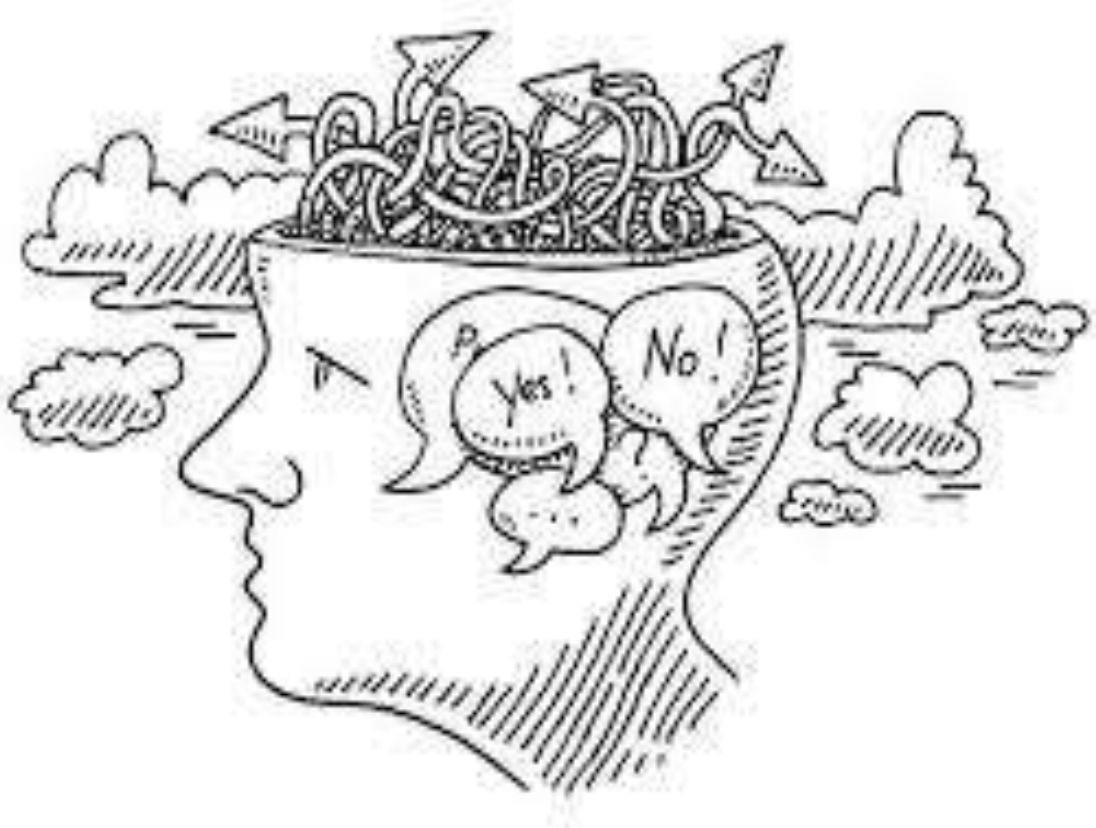
Techno Stress

- 21st Century Epidemic {WHO}
- 60%-70% Are Indoor species
- A/C San ventilation, sunlight
- Anxiety, depression, Insomnia& Compassion
- Fractured Family
- Lack of love compassion
- Low or nil children care

Hyperactive Aspirin Age

- Multi Tasking
- Living away from home & children
- Untimely Fast food culture
- Strained relationship with co workers
- Inability to satisfy CEO
- Addiction to achohol,drugs
- Inadequate sleep, salary

Need For Forest Bathing



- From Humble occupants – Ambitious dominators
- Materialistic Aspirations
- 21st Century indoor species
- Imperfect oxygen perfusion
- Stress,anger,depression ,hatred
- Diabetis,hypertension,cardiac health issues
- Fractured family, colleagues relationship

Need For Forest Bathing

- wealth but no health or peace
- Cognitive impairment
- Less creativity
- Reluctance to Socialise
- Suicidal tendencies
- Financial burden
- Comparative, judgemental attitude

Ideal Forest Bathing Arena

- Closure to the forest the better,
- Unpolluted oxygen, free from urban noises
- Good environment with plenty of variety of trees
- Pollution free site
- Pesticides usage nil
- Absence of thorny bushes, to walk bare foot
- Arena with variety of birds
- Arena with cool breeze for sweat free comfort
- Free from transport & industrial noise pollution
- Close to water stream, running water, or water falls

Ideal Time For Forest Bathing

- Early Morning after sun rise
- Sun rise filtered through trees{Komorebi}
- Maximum Photosynthesis
- Fresh Unpolluted oxygen
- Minimal disturbance
- Best time for rejuvenation
- Positive frame of mind
- Prepares for enthusiastic work
- Enables to plan the workload

Forest Bathing “Shinrin Yoku”

- Spending Intentional time with Nature
- Step inside the forest
- Avoid communication gadgets
- No Hiking,sprinting
- Leisurely walk
- No destination
- No time limit
- Awareness of the moment

Attention Restoration : involuntary

- Automatic concentration
- Stimuli interesting, engaging
- Relaxing content
- Effortless engagement
- Minimal energy expenditure
- Elicits involuntary attention
- Thoughts merging with the scene

Attention Restorative :Voluntary

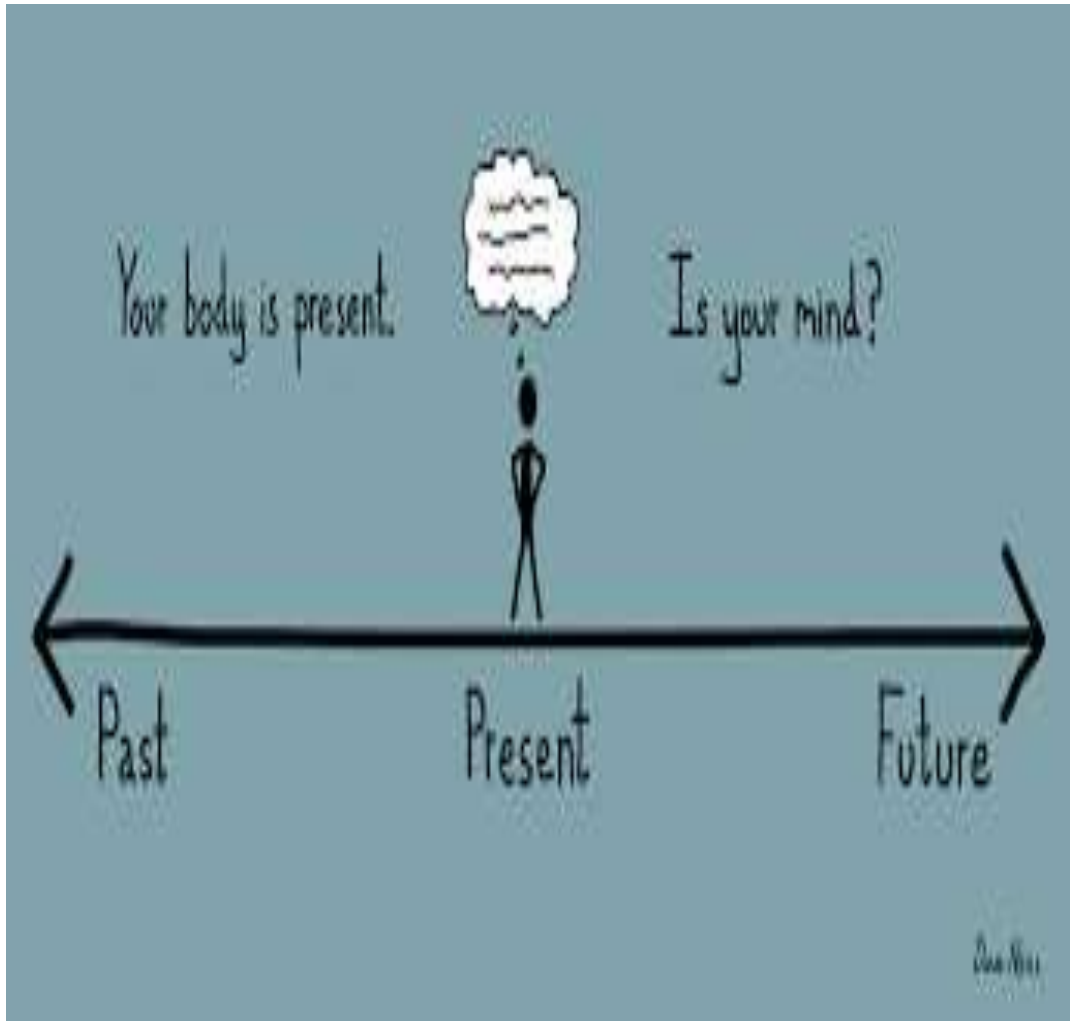
- Activating focussed interest
- Counting the Column or prop roots
- Judgemental approach
- Missing the shadow play
- Missing out the venation pattern
- More energy expenditure
- Inhibitory mechanism
- Efforts to avoid negative thoughts

Kaplan’s Theory of ideal environment

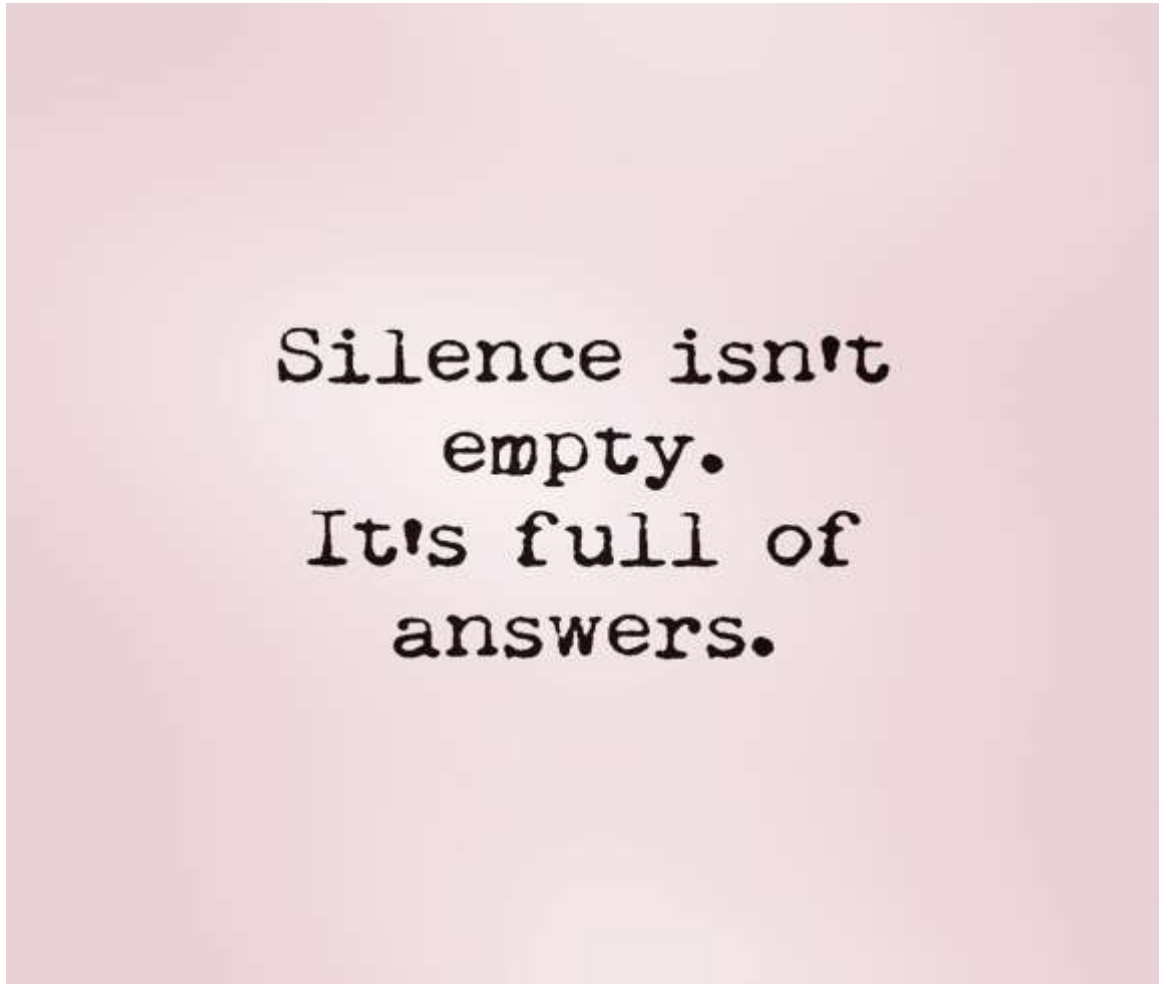
- Being Away from regular work
- “Somewhere else”
- Distance from daily routine
- Different context
- Psychologically relaxing
- New engaging sensation
- Emotional space from daily duties
- More Vitamin-G

Awareness of the moment”Nature prescription”

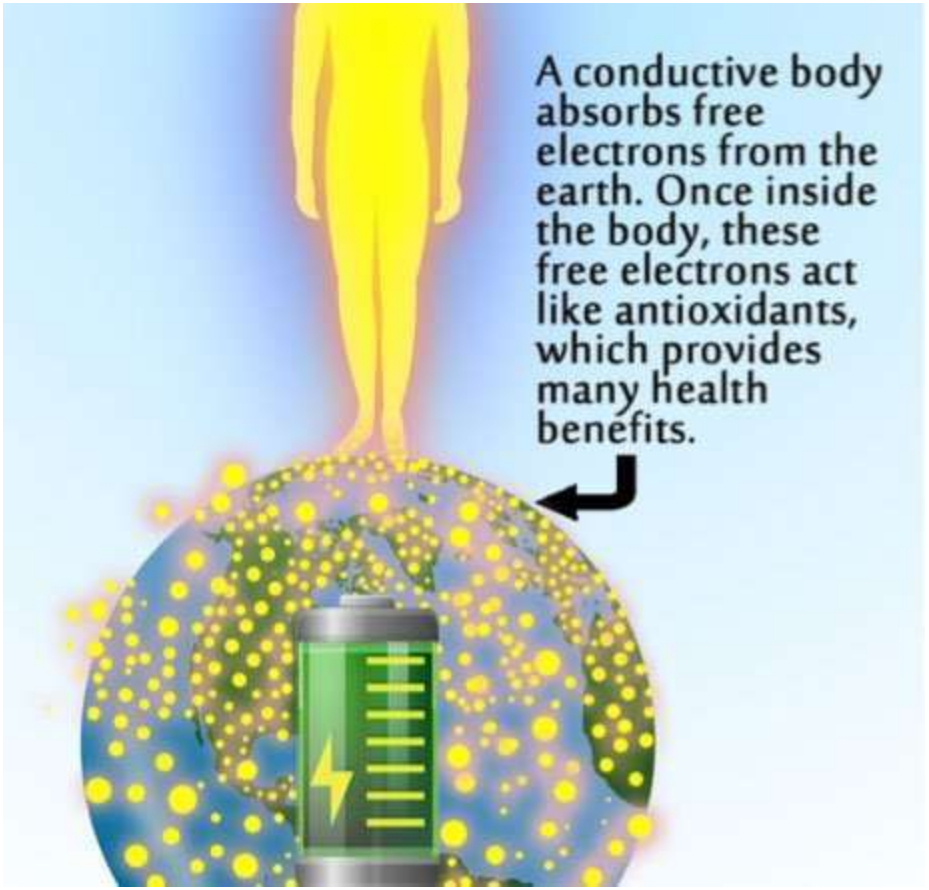
- Let body be your guide
- Let your senses be with nature
- Inhale the forest fragrance
- Admire the sun rays filtered through the leaves
- Listen to birds chirpping
- Feel the caressing breeze
- Awareness of your breath
- Magical + Medicinal values



Benefits of Silent Walking

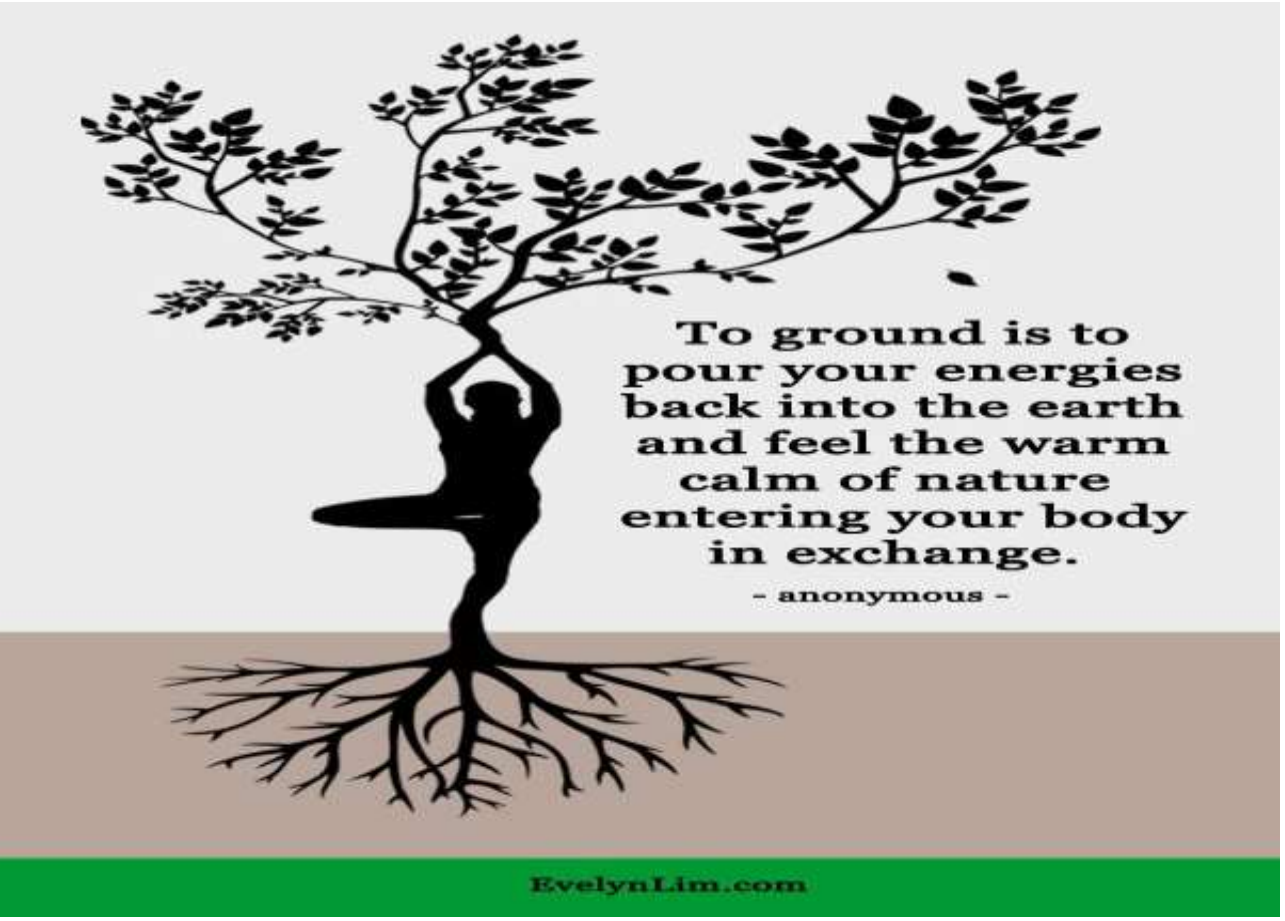


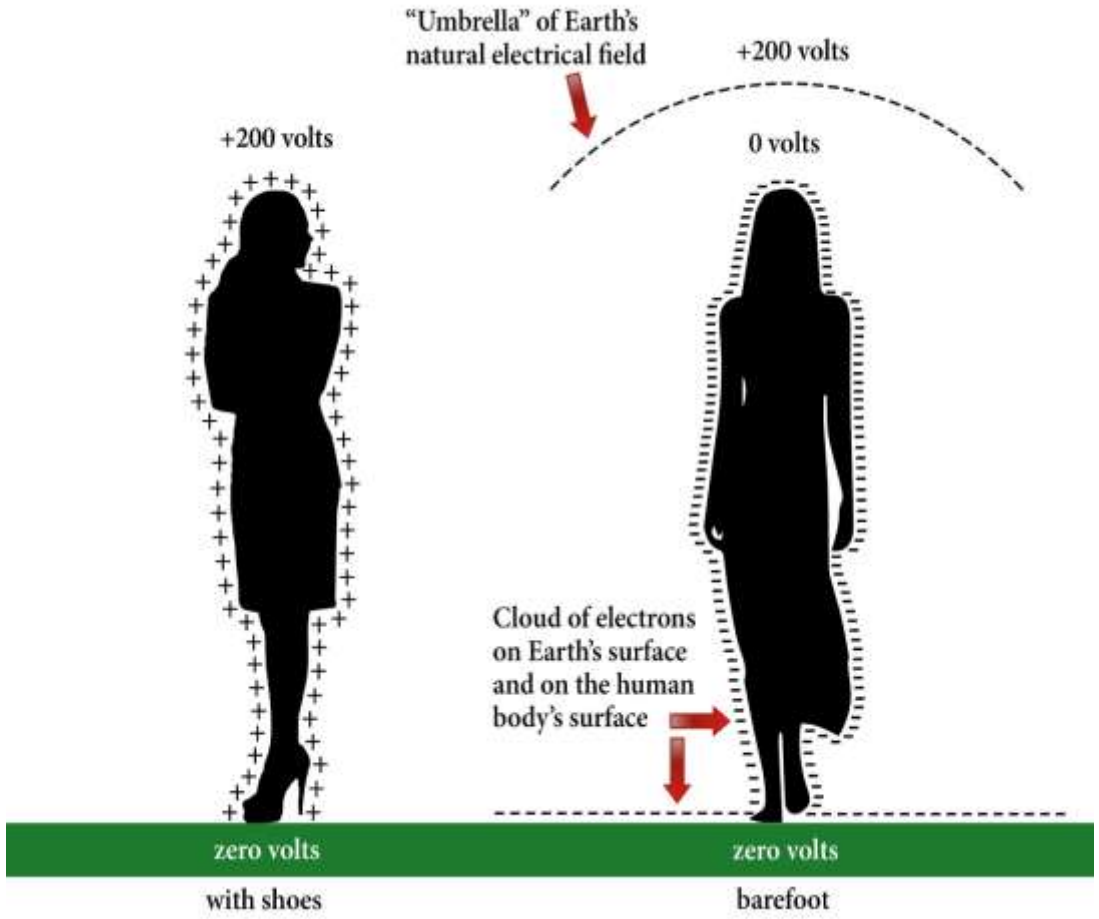
Bare Foot Walking



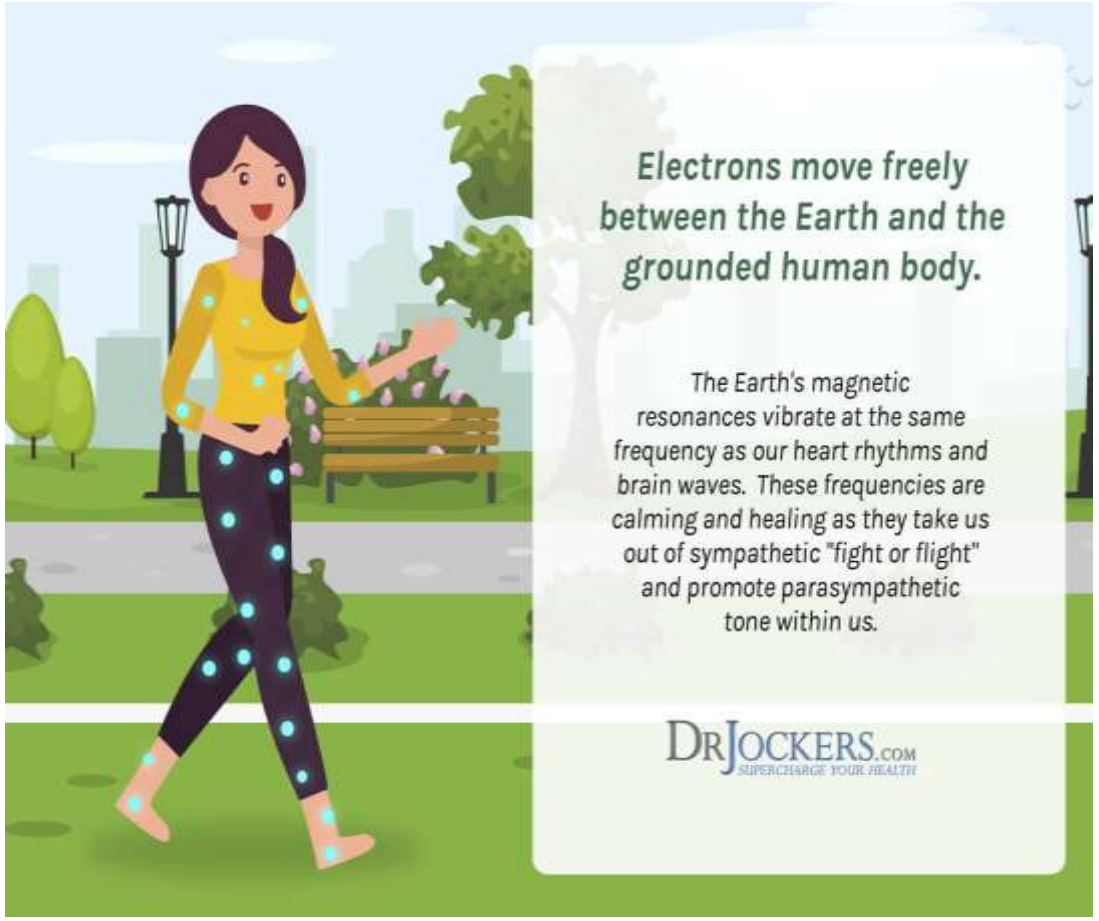
- Bare Foot Walking
- Soil or Grass, not hard surface
- Body connected with earth
- Positive energy absorbed
- Toxic energy eliminated
- Body, mind aligned with circadian rhythm
- Strengthens calf muscles

Bare Foot Walking





Bare Foot Walking



Ideal Forest Bathing

- The Location must be free from noise and air pollution
- 30 mins a day,5 days a week
- In the morning, with bright sun
- Preferably bare foot walking
- Leisurely aimless walk
- With out electrical gadgets
- Select a location, be seated with awareness of breath
- Forest bathing in solitude
- LISTEN to birds chirping, SMELL the forest aroma,SEE the sun rays glistening through the leaves, FEEL the gentle breeze caressing the body,TASTE any edible fruits,DRINK herbal tea

Benefits Of Forest bathing

- A] Emotional level
- Enhanced positive emotional out look
- Detachment from materialistic and emotional bondage
- Positive feeling of acceptance,gratitude,
- Suppressed greed,ego
- Less judgemental of others
- Better Cognitive frame of mind
- Enhanced creativity of mind

Benefits Of Forest Bathing

- B} Physical level
- Reduced tension, anxiety,fear,stress
- Reduced Blood pressure
- Good control of Diabetic state
- Good appetite,balanced weight
- Marked improvement in lung function
- Improved memory and energy, contended mind
- Peaceful sleep

Benefits Of Forest Bathing

- C} Chemical , hormonal level
- Reduced Sympathetic activity
- Low cortisol, adrenalin, nor-adrenalin
- Increased parasymphathetic activity,
- Increased oxytocin, “ cuddle Hormone” for love and bonding
- serotonin, mood stabiliser,appetite,happiness, sleep
- Dopamine- “the feel good” hormone for pleasure
- Endorphin-reduces stress and pain
- Boost immune system

Benefits Of Forest Bathing meditation

- D} Spiritual Level
- Meditating at the forest
- Awareness of breath,improved memory,cognitive ability
- Able to silence mind clutter
- Emotional and materialistic detachment
- Inward journey towards self realisation
- Elimination of Ego
- Peace and contentment

Monotrepenes-volatile oils

Trees Emit volatile oils monotrepenes

To protect themselves against insects

To send signal to neighbour trees about impending danger

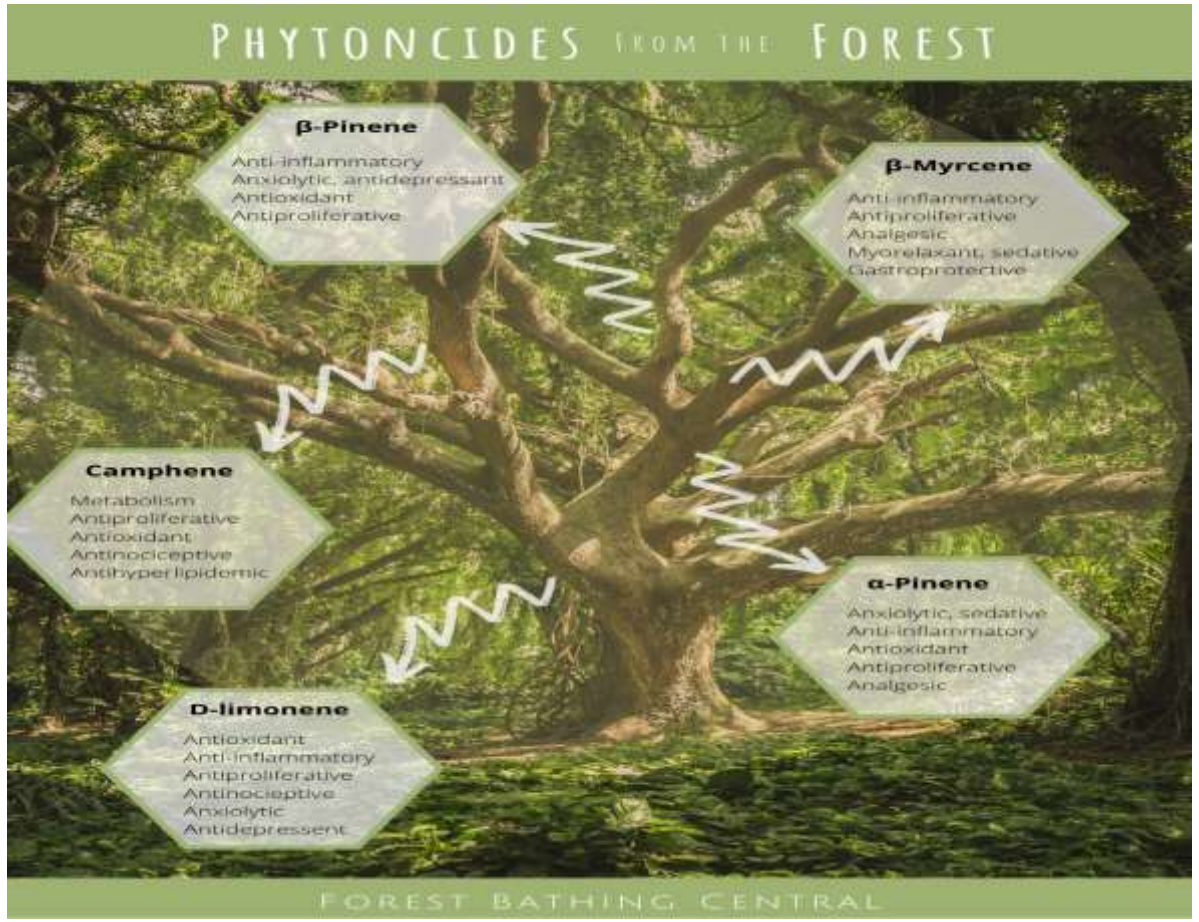
Chemical messengers to attract pollination

More leaves-more monotrepenes

More exposure to sunlight more monotrepenes

- Flowers barks also produce monotrepenes
- Some trees accumulate in resin ducts{ canal inside leaves}

Phytoncides



- D-Limonene ,lemony smell
- Alpha-Pinene-piney scent
- Beta-Pinene- herby smell
- Camphene- turpentine smell

Phytoncides

- Volatile oils trees emanating
- For self protection against ,insects a defence system
- Warmer climate more Phytoncides
- Communicating pathway between trees
- Primal sense of smell,natural aromatherapy
- Increase of NK cell count and activity
- Increase anti-cancer protein, perforin, Granzyme-A, Granulysin

Benefits of Phytoncides

- Increase in NK cell { Natural Killer Cells} count & activity
- Strengthens immune system
- Reduce Blood pressure
- Reduce stress levels
- Improves mood and well being
- Improves sleep
- Accelerates recovery after sugery

Phytoncides Mode of Action

- Anti inflammatory
- Anti depressant
- Anxiolytic
- Antiproliferative
- Antioxidant
- Muscle relaxant
- Analgesic
- Sedative
- Increase NK cells count and activity

Benefits of Monotrepenes to Humans

- Breathing monotrepenes is a form of aromatherapy
- Lowered cortisol in the saliva
- Restoring direct attention
- Spontaneous relaxation
- Increase in the number & longevity of NK Cells,confirmed by culture
- Two days F.B,40-50% increase in counts
- After one week of F.B increased activity for 30 days
- Increase in anti cancer protein,decrese in adrenalin,nor-adrenalin
- Immunity booster
- Oxidation of monotrepenes,lowers Ozone and green house gases

Early Morning Walk

- Energy Booster
- Morning Dew
- Emotional Balance
- Enhanced creativity
- Better frame of mind to express gratitude,appreciation
- Improved social relations

Health Benefits of Water Falls

Athirapalli water falls

Anions _negative ions- Benefit

- Negative Ions increase Serotonin level
- Watching the sound of water in motion
- Mental clarity
- Emotional stability
- Energy booster,stress buster

Biological Effects of Atmospheric Ions

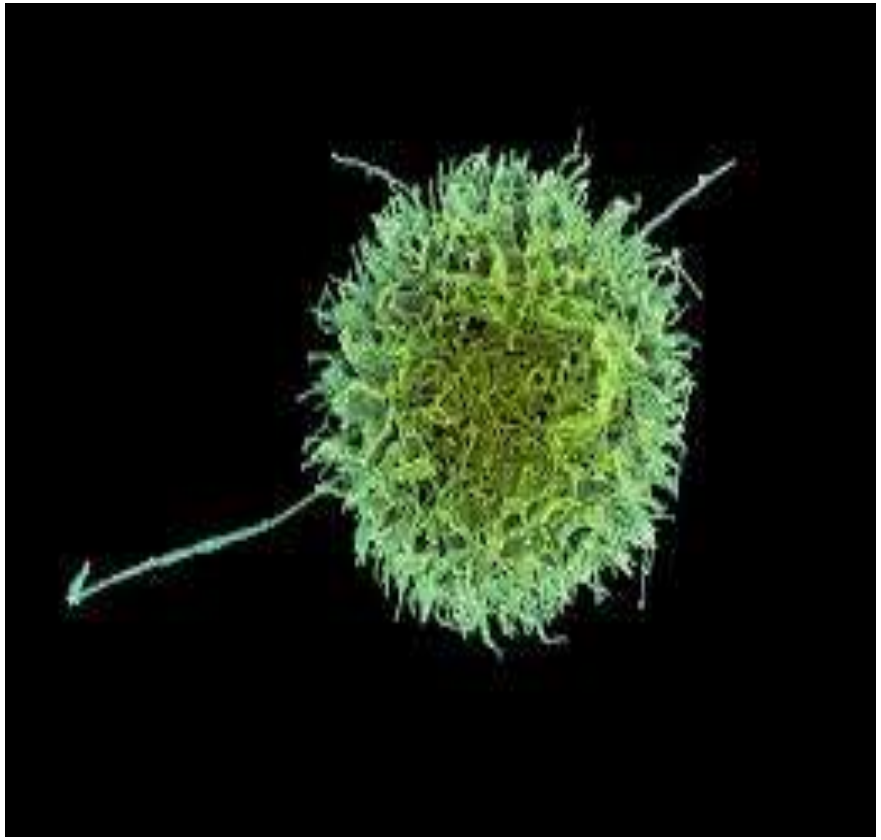
POSIITVE IONS

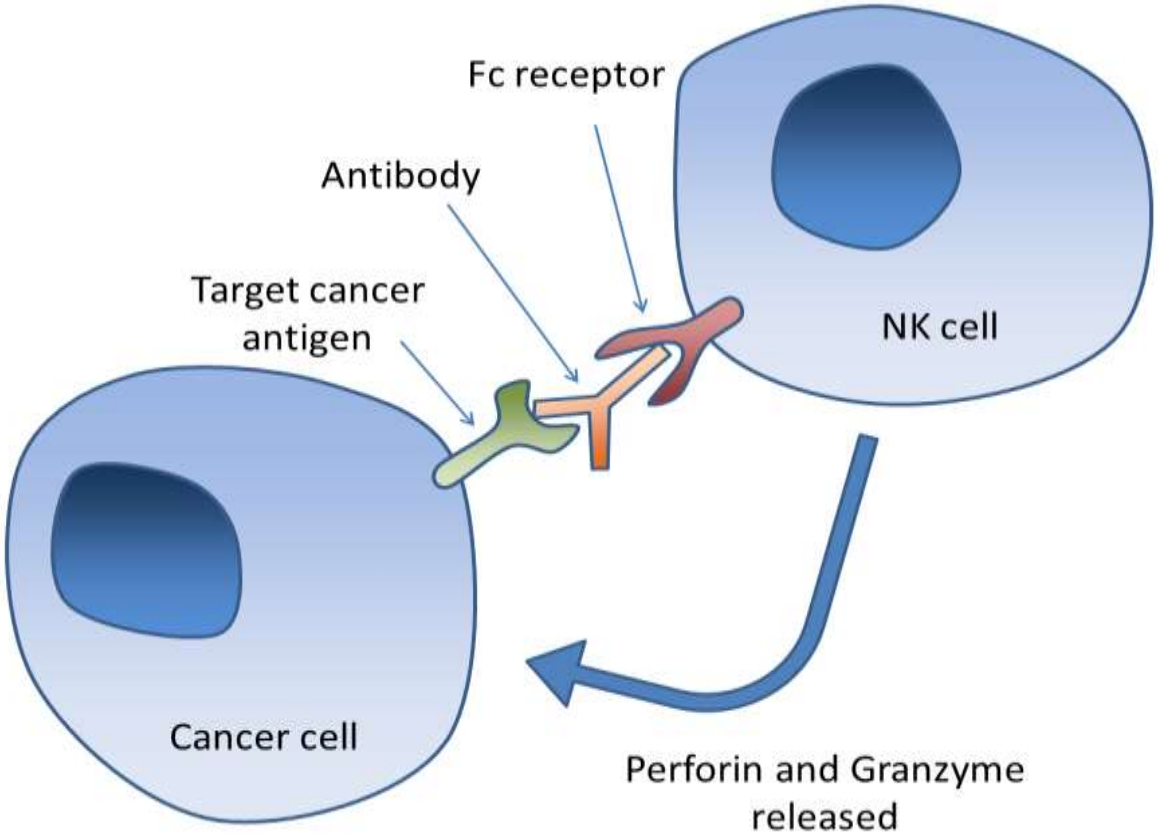
- Falls to the ground
- Absorbed and deactivated
- Free radicals,oxidised
- Accelarating aging,cellular degeneration
- More in urban environment

NEGATIVE IONS

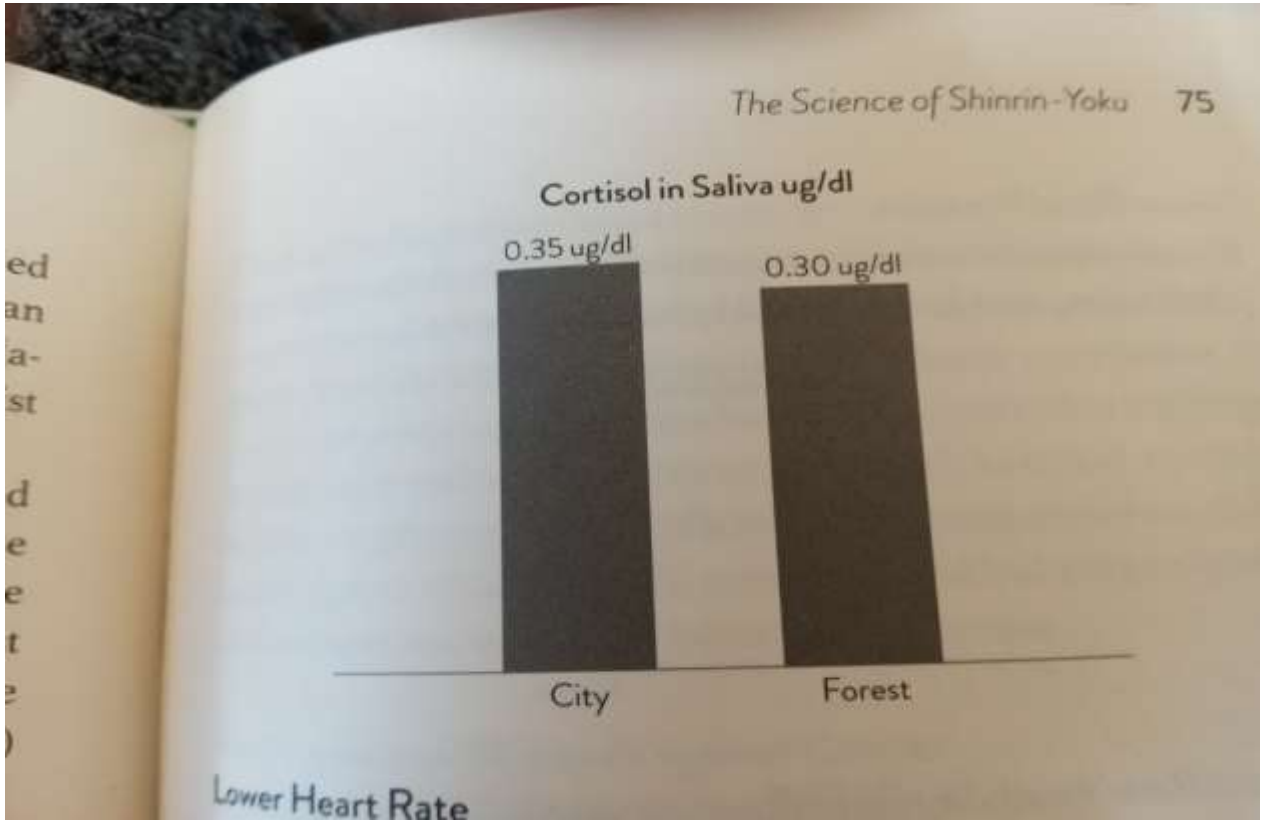
- Remains suspended in air
- Inhaled, gets positively charged
- No organ malfunction
- Purifying and regenerative
- More in forest and water falls
- Lenard or waterfall effect
- No organ dysfunction upto 1 Lac unit
- Photosynthesis generate –ve ions

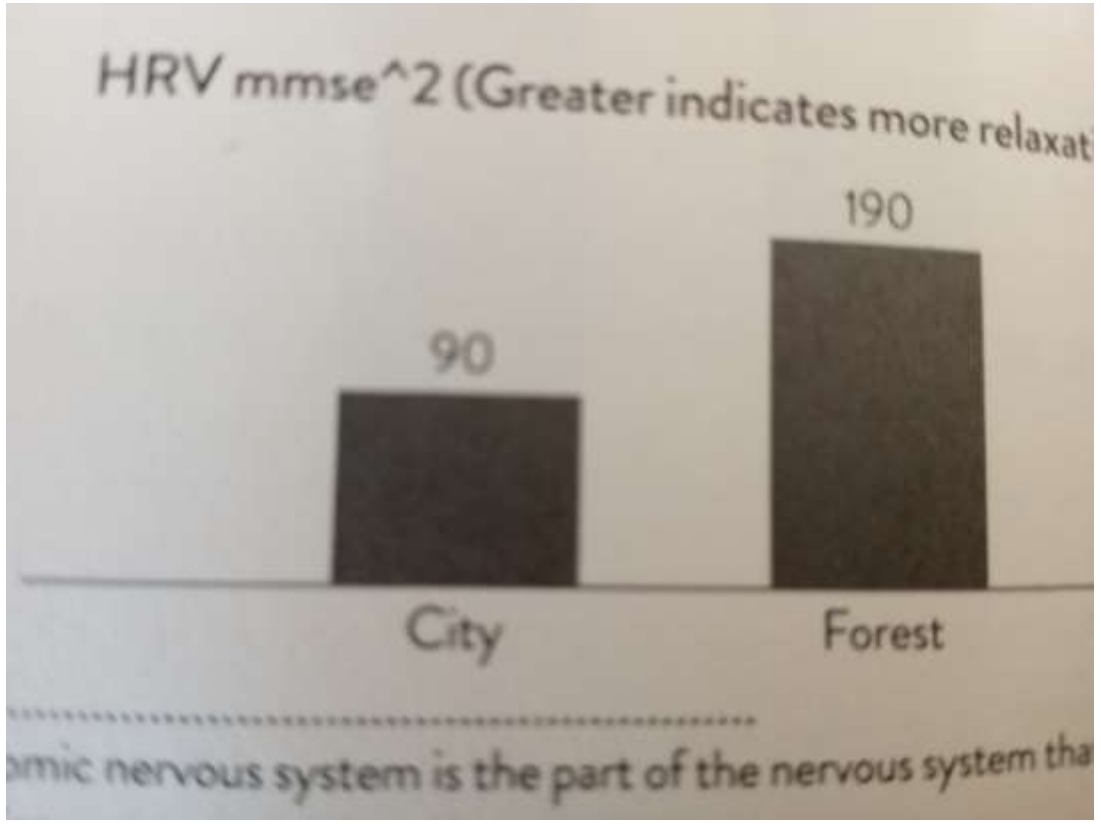
Natural killer cells





Natural Killer cell Activity





Tree hugging

- Form of worship, & respect
- Grantors of favours, health
- Sacred magical healing
- Booster of energy, character.
- Electromagnetic energy bondage between trees and humans
- Heart math institute California

Meditation @ Forest Bathing Arena

- Ideal Place free from noise and air pollution
- Awareness of breath ,self realisation
- Slow breathing ,full inhalation,& exhalation
- Better Hb,oxygenation to the brain
- Calm contended mind

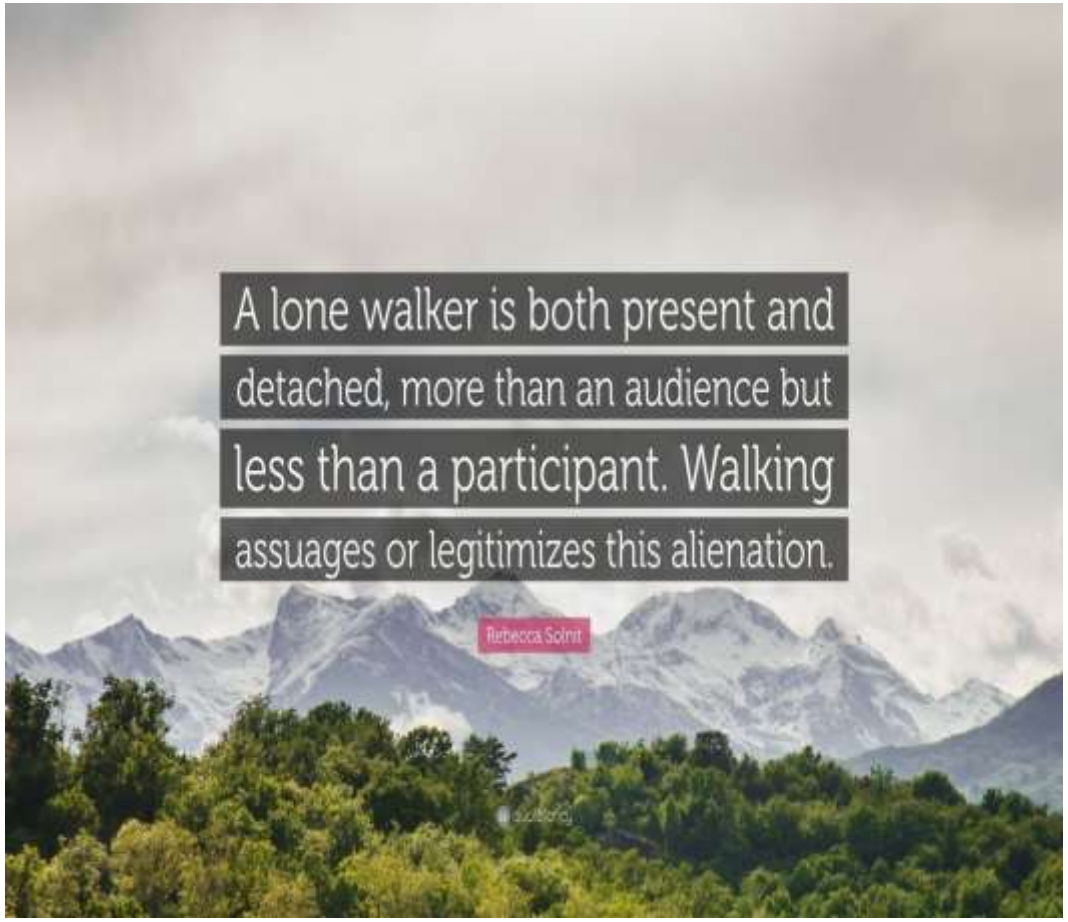
Benefits of Forest Bathing in Solitude

- Stimulate the Hippocampus
- Increase the folding of the cortex
- Better Memory
- Booster for processing information
- Constant connect with Om
- Multi fold increase of creativity

Leisurely Walk in the forest arena

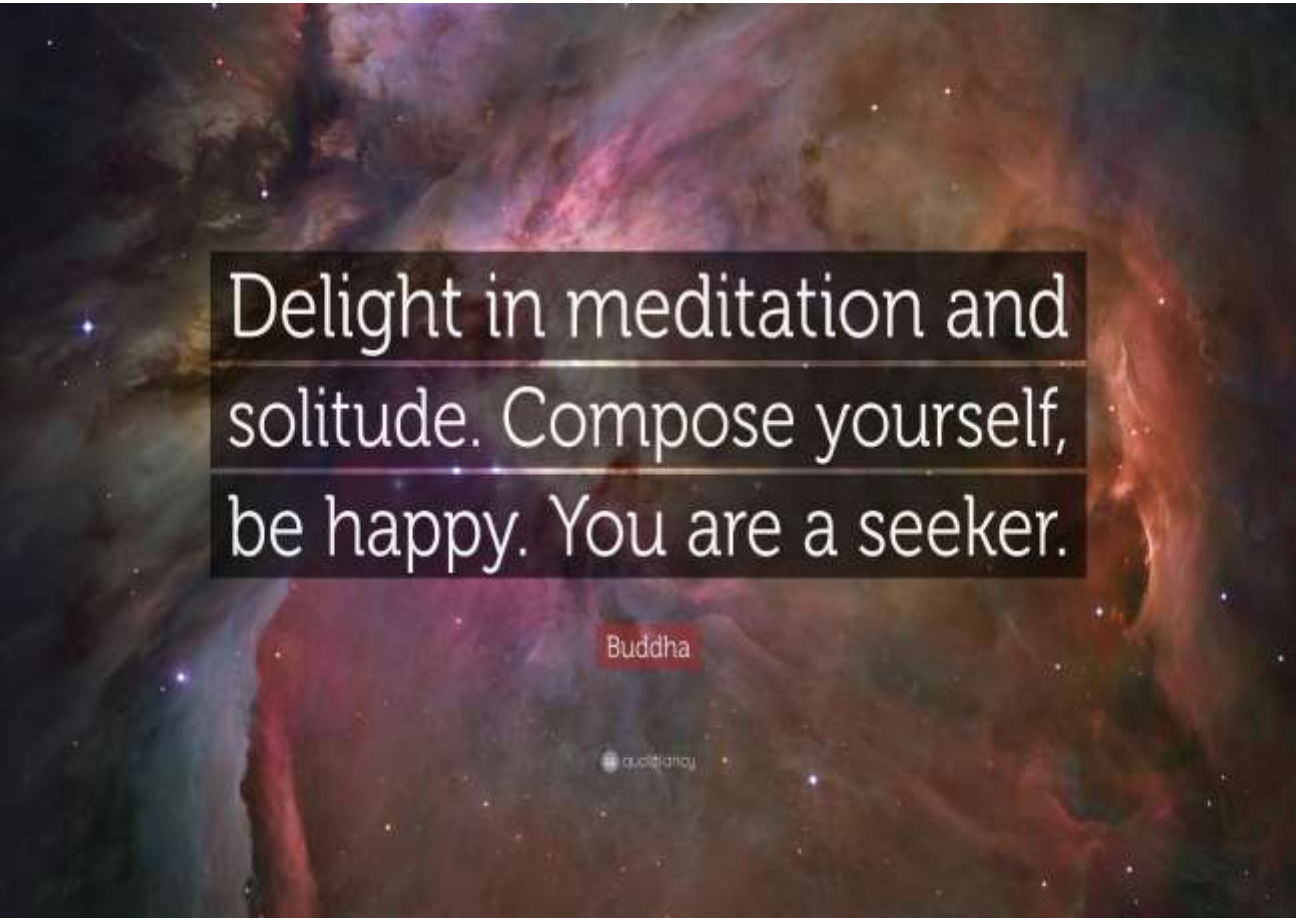
- A state of “Self Fascination”
- A sense of “AWE”
- Involuntary effortless awareness appreciation, whispering wind, birds chirping, water streams
- Think without mental fatigue
- A “Sixth sense “ connectedness with nature
- Restoration to think clearly

Forest bathing in Solitude



- Great laboratory for self awareness & spiritual growth
- Underrated ingredient of creativity
- “Alone…the soul emerges” Walt Whitman
- Magical joy wells up from Heart
- Gift of self dependence
- Detachment from “Maya”

Shinrin Yoku –Meditating in Solitude



- Meditator all by himself
- No comparison
- Better environment for self realisation
- Forest provides unpolluted oxygen
- Good perfusion to brain
- With good clarity of mind
- Able to keep focussed

Solivagant-wander alone in nature

- New word by Haya Aldoori ,2020
- Solus= Alone, Vagan=wander
- Find a favourite place,regular visit
- Expand your awareness
- Observe the reality around
- Strong bondage with nature
- Antidote for stress
- Immunity booster

Early Morning Walk

- Don’t consider it as exercise
- Drink fluid before walk
- Empty you bladder
- Prevent dehydration
- Connectivity with nature
- Crisp air ,Rising sun
- Fresh oxygen, great energiser
- Appetite improved
- Refreshed and ready for morning work
- Ideal for self realisation

Assessment of Benefits of Forest Bathing

- *Sleep polygragh*
- *Sleep accelerometer*
- *Fewer than 40 movements in a minute . better sound sleep*
- *383 mins to 452 mins during F.B*
- *Next night 410 mins*
- *Average sleep time + 15%*
- *After noon walk better*

POMS Questionnaire

Confusion

- Sadness
- Terror
- Guilt
- Exhaustion
- Depression
- Fatigue
- Anger

POMS { Profile Of Mood Status}

- Forest walking reduces stress, anxiety, depression anger etc, much better than walking in the urban park
- Two hour walk = long walk

அரச மரம்

- அரச மரம் '
- ராஜா விருட்சம்
- 1000 கிலோ கரியமினவாயு உட்கொண்டு
- 2400 கிலோ பிராணவாயு வெளியிடுகிறது
- போதிமரம்
- கருவுறுதலை அதிகரிக்கும்

உதிரும் இலைகள் ,துளிரும் துளிர்கள்

How trees talk to each other

Tree Hugging

- Cheek close to the bark,{as we hold the children}
- Chest gently pressed against the trunk
- Release of cuddle hormone oxytocin,serotonin,dopamine
- Immunity booster by the Thymus gland
- Happy contended mind

What I have Gained

LEARNING FROM NEW FOUND FRIENDS

GRATITUDE

THINK AND DO DIFFERENTLY

ADDICTION TO FOREST BATHING IN SOLITUDE

LEARNING TO UNLEARN PAST MSTAKES

TRYING TO BE EMOTIONALY DETACHED

READING AND WRITING

" BEYOND BOOKS"

" LIFE IS A FOUR LETTERED WORD"