

EFFECT OF TRATAKA WITH SHAMBAVI MUDRA PRACTICES ON SELECTED COGNITIVE VARIABLES AMONG COLLEGE WOMEN STUDENTS

Ms. R. SUDHA,

Research Scholar, Centre for Yoga Studies, Annamalai University.

Dr. P. KARTHIKEYAN,

Associate Professor, Department of Physical Education, Annamalai University.

ABSTRACT

The purpose of the study was designed to examine the effect of trataka with shambavi mudra practices on attention and memory of college women students. For the purpose of the study, thirty college women students from the various departments at Annamalai University were selected as subjects. They were divided into two equal groups. Each group consisted of the fifteen subjects. Group I underwent trataka with shambavi mudra practices for five days per week for twelve weeks. Group II acted as control who did not undergo any special training programme apart from their regular physical education programme. The following variables namely attention and memory were selected as criterion variables. All the subjects of two groups were tested on selected dependent variables by using Addenbrooke's Cognitive examination [ACE-III] at prior to and immediately after the training programme. The analysis of covariance was used to analyze the significant difference, if any among the groups. The .05 level of confidence was fixed as the level of significance to test the 'F' ratio obtained by the analysis of covariance, which was considered as an appropriate. The results of the study showed that there was a significant difference between trataka with shambavi mudra practices group and control group on attention and memory. And also it was found that there was a significant change on attention and memory due to twelve weeks of trataka with shambavi mudra practices.

KEYWORDS: TRATAKA WITH SHAMBAVI MUDRA PRACTICES, ATTENTION, MEMORY, COLLEGE WOMEN STUDENTS

INTRODUCTION

The purpose of Yoga is Self-Realization, or overcoming all forms of suffering in order to attain Moksha (the state of liberation) or freedom (Kaivalya). The practice of yoga ought to emphasize freedom in all aspects of life, along with health and harmony. Yoga is believed to have been practiced since the earliest days of humanity. In yogic literature, Lord Shiva is considered the first yogi (Adiyogi) and the first Guru (Adi Guru). On the banks of Kantisarovar in the Himalayas Adiyogi imparted his immense wisdom to the legendary Saptarishis or "seven sages." Numerous seals and fossil relics from the Indus Saraswati valley civilization depicting yogic symbols and individuals engaged in yoga attest to the existence of yoga in India.

Shambhavi Mudra is known as the "gazing at the centre of the eyebrow" gesture. It is one of the most esteemed mudras described in Yogic and Tantric traditions. It is a very powerful gesture used in meditation. It is performed to enhance mental equilibrium and access higher states of consciousness. It is mentioned in the Gheranda Samhita yogic text. Meditation can be performed with the eyes closed. However, it can also be performed with half-open eyes and a focus on the centre of the eyebrows. By adhering to the yogi and tantric technique known as Shambhavi mudra, meditation is conducted inwardly.

METHODOLOGY

The purpose of the study was designed to examine the effect of trataka with shambavi mudra practices on attention and memory of college women students. For the purpose of the study, thirty college women students from the various departments at Annamalai University were selected as subjects. They were divided into two equal groups. Each group consisted of the fifteen subjects. Group I underwent trataka with shambavi mudra practices for five days per week for twelve weeks. Group II acted as

control who did not undergo any special training programme apart from their regular physical education programme. The following variables namely attention and memory were selected as criterion variables. All the subjects of two groups were tested on selected dependent variables by using Addenbrooke's Cognitive examination [ACE-III] at prior to and immediately after the training programme. The analysis of covariance was used to analyze the significant difference, if any among the groups. The .05 level of confidence was fixed as the level of significance to test the 'F' ratio obtained by the analysis of covariance, which was considered as an appropriate.

ANALYSIS OF THE DATA

Attention

The analysis of covariance on attention of the pre and post test scores of trataka with shambavi mudra practices group and control group have been analyzed and presented in Table I.

TABLE I
ANALYSIS OF COVARIANCE OF THE DATA ON ATTENTION OF PRE AND POST TESTS SCORES OF TRATAKA WITH SHAMBAVI MUDRA PRACTICES AND CONTROL GROUPS

Test	Trataka with shambavi mudra practices group	Control Group	Source of Variance	Sum of Squares	df	Mean Squares	Obtained 'F' Ratio
Pre Test							
Mean	14.93	14.47	Between	1.63	1	1.63	0.78
S.D.	1.44	1.28	Within	58.67	28	2.10	
Post Test							
Mean	17.80	14.80	Between	67.50	1	67.50	16.25*
S.D.	1.36	1.28	Within	116.30	28	4.15	
Adjusted Post Test							
Mean	17.64	14.96	Between	52.42	1	52.42	66.59*
			Within	21.25	27	0.79	

* Significant at .05 level of confidence.

(The table values required for significance at .05 level of confidence for 2 and 28 and 2 and 27 are 3.34 and 3.35 respectively).

The table I shows that the adjusted post-test means of trataka with shambavi mudra practices group and control group are 17.64 and 14.96 respectively on attention. The obtained "F" ratio of 66.59 for adjusted post-test means is more than the table value of 3.35 for df 1 and 27 required for significance at .05 level of confidence on attention.

The results of the study indicated that there was a significant difference between the adjusted post-test means of trataka with shambavi mudra practices group and control group on attention.

Memory

The analysis of covariance on memory of the pre and post test scores of trataka with shambavi mudra practices group and control group have been analyzed and presented in Table II

TABLE II
ANALYSIS OF COVARIANCE OF THE DATA ON MEMORY OF PRE AND POST TESTS SCORES OF TRATAKA WITH SHAMBAVI MUDRA PRACTICES AND CONTROL GROUPS

Test	Trataka with shambavi mudra practices group	Control Group	Source of Variance	Sum of Squares	df	Mean Squares	Obtained 'F' Ratio
Pre Test							
Mean	12.33	12.13	Between	0.30	1	0.30	0.04
S.D.	2.62	1.09	Within	193.07	28	6.90	
Post Test							
Mean	17.47	12.20	Between	208.03	1	208.03	17.86*
S.D.	2.45	2.59	Within	326.17	28	11.65	
Adjusted Post Test							
Mean	17.42	12.25	Between	199.84	1	199.84	78.05*
			Within	69.13	27	2.56	

* Significant at .05 level of confidence.

(The table values required for significance at .05 level of confidence for 2 and 28 and 2 and 27 are 3.34 and 3.35 respectively).

The table II shows that the adjusted post-test means of trataka with shambavi mudra practices group and control group are 17.42 and 12.25 respectively on memory. The obtained “F” ratio of 78.05 for adjusted post-test means is more than the table value of 3.35 for df 1 and 27 required for significance at .05 level of confidence on memory.

The results of the study indicated that there was a significant difference between the adjusted post-test means of trataka with shambavi mudra practices group and control group on memory.

CONCLUSIONS

1. There was a significant difference between trataka with shambavi mudra practices group and control group on attention and memory.
2. And also it was found that there was a significant change on selected criterion variables such as attention and memory due to trataka with shambavi mudra practices.

REFERENCES

Galina Dimitrova & Ana Treneva (2015), The short-term effect of yoga ocular exercise on intra-ocular pressure, *Acta Ophthalmologica*, DOI: 10.1111/aos.12850

Parthasarathy, S., S. Dhanaraj, S., Alaguraja, K. & Selvakumar, K. (2020), Effect of Shambhavi Mahamudra and Pranayama Practice on Stress among Middle Aged Men. *Indian Journal of Public Health Research & Development*, 11(6).

Soumya, Manju Chhugani & Eke Lama Tamang (2017), Assessment of Effectiveness of Trataka Exercise on Vision and Aesthenopia among Student Nurses with Refractive Error. *International Journal of Health Sciences & Research*, 7(4).

Anita Verma, Sanjay Uddhav Shete, Ghanshyam Singh Thakur, Dattatraya Devarao Kulkarni and Ranjit Singh Bhogal (2014). The Effect of Yoga Practices on Cognitive Development in Rural Residential School Children in India. *National Journal of Laboratory Medicine*, 3(3), 15-19.

Sridip Chatterjee, Samiran Mondal & Deepeswar Singh (2021). Effect of 12 weeks of yoga training on neurocognitive variables. *Indian Journal of Community Medicine*, 46 (1), 112-116.

Seena Uthaman & Soumya Uthaman (2017). Impact of Yoga and Meditation on Cognitive Functions of Students, *Journal of Social Work Education and Practice*, 2(2) 53-57. ISSN: 2456-2068.

Adria Quigley, Marie-Josée Brouillett, Jacqueline Gahagan, Kelly Kathleen O'Brien & Marilyn MacKay-Lyons (2020), Feasibility and Impact of a Yoga Intervention on Cognition, Physical Function, Physical Activity, and Affective Outcomes among People Living with HIV, *Journal of the International Association of Providers of AIDS Care*, 19, 1-15.

Rita Laiginhas, Cláudia Costa Ferreira, Raquel Leitão, Rafael Geraldes, Joao Chibante-Pedro, Madalena Monteiro, Coimbra de Matos (2020). Prevalence of amblyopia in a population of adolescents, *Journal Paediatric ophthalmology and strabismus*, 57(6), 372-377.