



EFFECT OF BHRAMARI, SARVANGASANA, AND KAPALBHATI ON EYESIGHT CONCERNING SCREEN TIME USE

Dr Tanuj Kumar
Associate professor
Department of physical education
Krishak PG College Mawana Meerut

ABSTRACT

This research aimed to know the 'Effect of BHRAMARI, SARVANGASANA and KAPALBHATI on EyeSight concerning Screen Time Use.' The Researcher selected thirty subjects (n=30) in this study from Ayodhya Dist;(U.P.), and their age ranged from 14 to 19 years. All subjects were randomly selected based on pre-test; after that, the Researcher divided them into three groups and ten each. All the groups were experimental and given 10 weeks Training program. The Researcher used ANCOVA (Analysis of co-variance) in SPSS at 0.05 level of significance for data analysis. This study showed that 10 weeks of Kapalbhathi training program significantly improved eyesight concerning screen time use.

Key words : Bhramari, Sarvangasana, Kapalbhathi, Eyesight.

Bhramari Pranayama is one of the best breathing exercises mainly for the eyes and brain. Bhramari is a Sanskrit word that is derived from 'Bhramar' the black Indian bumblebee. It describes the characteristic humming sound which is produced while exhaling.(**Swami Hariharananda Aarnya**)

Purvakarma- Sit in any comfortable Sukhasan position with an erect spine and stable mind, relax the body. Keep the eyes closed throughout the practice. The practice of Puraka Rechaka for ten rounds Pradhankarma. It should be practised with Shanmukhi mudra. Close the ears with the thumb, index finger on the forehead and middle fingers on eyes and ring fingers on nostrils and little fingers on above lips. Inhale (Puraka) slowly and deeply through both



nostrils. Listening to the sound of the breath. After inhalation do kumbhaka, by keeping the mouth closed, Rechaka (exhale) should be done gently, making a pleasant, slow-pitch humming sound like a Bumblebee. Feel the vibration all over the body and mind. It refreshes the mood by inducing positive energy and real happiness. It is one round, and one should practice it from five rounds up to twenty rounds as per own capacity. Pachyatkarma Then do the ten rounds of Puraka & Rechaka for Relaxation. Matra and Kala- Practice of Puraka and Rechaka, i.e., 1:2 Matara Bhramari Pranayama Matra -Puraka 12 Matra Kumbhak Matra Rechaka 24 Matra. This is awarmatra. Kala - 4 times in a day. In morning, after- noon, evening, and midnight. **(Swami Muktibodhananda)**

Kapalbhati pranayama means skull-shining breath – so this practice actually helps to clear our head, bringing a sense of focus and clarity Its action creates a cleansing process on many levels – both physically and mentally - purifying, rejuvenating, and invigorating the mind and body. When you practice this breath, visualize your skull filling with a bright light This cleansing breath can help you not only release stress and toxins from the mind and body, it can also help release negative emotions, shake off sluggishness, and energize. **(Debbie Avani)**

Sarvangasana has three words in it: 'Sarva' meaning 'Entire', 'Anga' meaning 'Body part' and 'Asana' meaning 'Pose'. This translates to 'All Body Parts Pose'. Sarvangasana also known as Shoulderstand Pose is called the "Mother of all Yoga Poses" because it benefits the entire body,eyes and also mind. Sarvangasana (Shoulderstand Pose) can be categorized under intermediate level Yoga poses. To practice this asana, Yoga practitioner should have some level of comfort with various Yoga poses in the intermediate level. As the entire body is balanced on the upper shoulders this pose is also called 'Kandrasana' or 'Shoulderstand Pose'. **(Dr. Jyoti Gangwal & Dr. Sanjay Kholiya)**

Dimitations –

- The study was delimited to selected Bhramari, Sarvangasana, and Kapalbhati yogic exercises.



-
- The study was delimited to thirty students of Faizabad, Distt: Ayodhya (U.P.), and their age range was form 14 to 19 years.
 - The study was delimited to screen time users.

Limitations-

- Individual capabilities and interest were the limitations of the study.
- Weather condition is also was a limitation of this study.
- The behavior of the Student was one of the limitations of this study

Hypothesis -

- There will be a significant Effect of 10 weeks of Bhramari on eyesight in relation to screen time users.
- There will be significant Effect of 10 weeks Sarvangasana on eye sight in relation to screen time users.
- There will be significant Effect of 10 weeks Kapalbhathi on eye sight in relation to screen time users.

METHODOLOGY-

Selection of subjects:

In this study, The Researcher randomly selected thirty students and studied in schools of Faizabad, Distt: Ayodhya (U.P.). The subjects' age ranged from 14 to 19 years. After the selection of subjects, Researcher divided them into three groups, First was the Bhramari group (Group I), second was Sarvangasana group (Group II), and third was Kapalbhathi group (Group III) .



Independent Variables-	Dependent Variables-
1. Bhramari	1. Group I (Experimental Group)
2. Sarvangasana	2. Group II (Experimental Group)
3. Kapalbhati	3. Group III (Experimental Group)

Experimental Design -

Snellen Eye Chart used the Researcher for eye checkup and collected pre and post data. The Subjects (n=30) was selected randomly based on pre and post test by the Researcher. After the selection of subjects researcher was divided them into three groups and 10 subjects in each.

Statistical Procedure -

For the purpose of this study researcher was used ANCOVA (Analysis of co-variance) in SPSS at the 0.05 level of significance.

TABLE I

Paired Samples Statistics of pre and post test variables

		Mean	N	Std. Deviation
Pair 1	Bhramari-Pre	26.300	10	3.5917
	Bhramari-Post	23.100	10	2.6437
Pair 2	Sarvangasana-Pre	22.000	10	3.9441
	Sarvangasana-Post	20.500	10	3.7193
Pair 3	Kapalbhati-Pre	24.500	10	4.3269
	Kapalbhati-Post	18.400	10	2.7568



Table I shows that Bhramari Pre and Post mean value is (26.300 ± 23.100) , Sarvangasana Pre and Post mean value is (22.000 ± 20.500) , and Kapalbhathi Pre and Post mean value (24.500 ± 18.400) .

GROUP

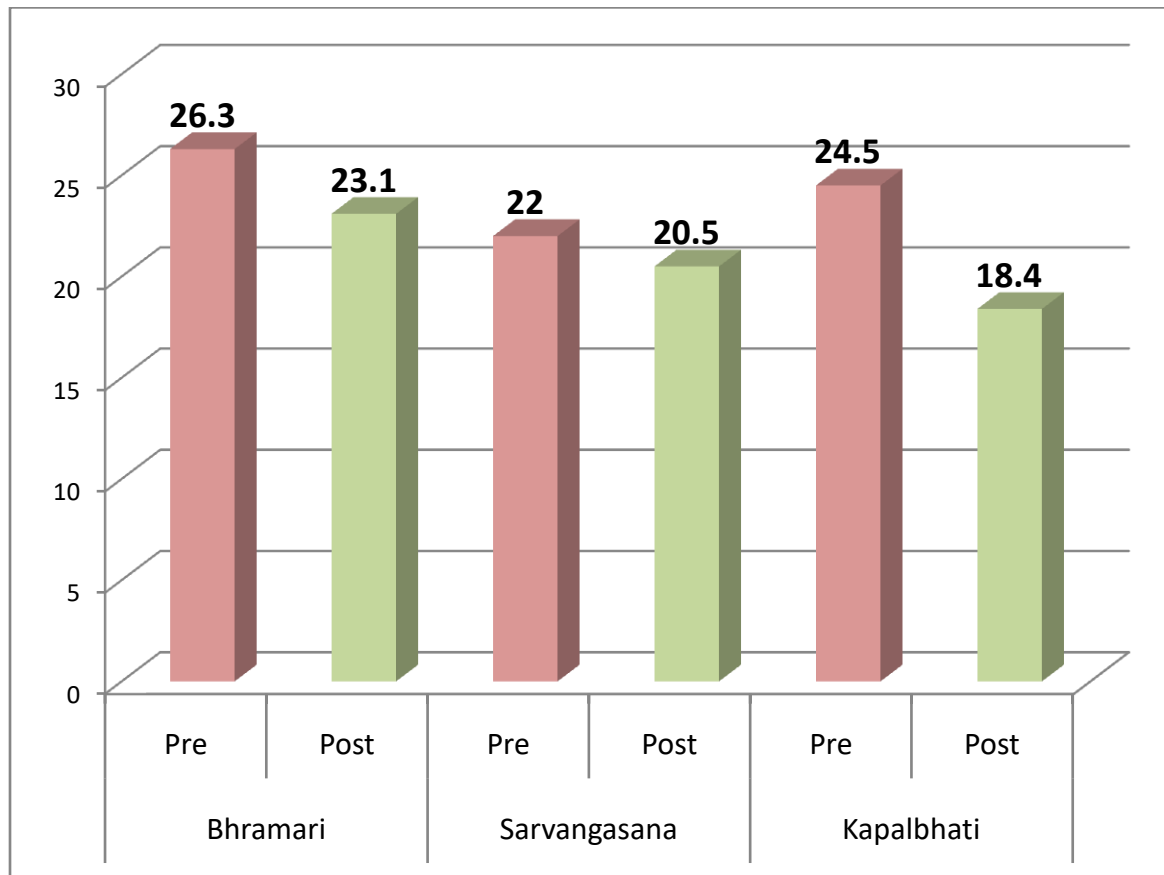


TABLE II

ANCOVA Table of pre and post test variables

Source	Type III Sum of Squares	df	Mean Square	F	Sig.
Corrected Model	110.972 ^a	3	36.991	3.761	.023
Intercept	289.695	1	289.695	29.457	.000
Pre	.106	1	.106	.011	.918
Groups	105.202	2	52.601	5.349	.011
Error	255.694	26	9.834		
Total	13180.000	30			
Corrected Total	366.667	29			

*Significant level set at 0.05 level of confidence, $df(2,26)=2.52$



Table II showed that F value is 5.349 is higher than the tabulated value of 2.53 at a 0.05 level of significance. That means there was a significant effect of 10 weeks training program.

Result -

10 weeks of Kapalbhathi training program significantly improves eye sight in relation to screen time use.

Discussion -

This study's purpose was to “Effect Of Bhramari, Sarvangasana, And Kapalbhathi On Eye Sight In Relation To Screen Time Use”. The Researcher selected thirty (n=30) subjects based on the pre-test. After the selection researcher divided them into three groups and 10 each. The training program is given for 10 weeks. Post-test was conducted after the training program, and Researcher analyzed Pre & Post data in SPSS and the ANCOVA test was used in this research.

The result of this study was 10 weeks of Kapalbhathi training program is significantly improved on eye sight in relation to screen time use.

Refrence -

Swami Hariharananda Aarnya Patanjali Yoga Darshanam, Motilal Banarsidas editor, 1980, pp. 282-283, sadhanapad, 2/52-53.

Swami Muktibodhananda, Hathyoga Pradipika, -Light on Hatha Yoga", Yoga Publication Trust ,Munger ,Bihar Edt.3rd -1998 ,Reprinted 2006 pp.260 Shatkarma and pranayama, 2/68.

Debbie Avani, www.pranamay.co.uk & www.avani-yoga.co.uk.

Dr. Jyoti Gangwal & Dr. Sanjay Kholiya, International Journal of Scientific Development and Research, ISSN: 2455-2631, Volume 5 Issue 11.

Beets MW, Mitchell E: Effects of yoga on stress, depression, and health-related quality of life in a nonclinical, bi-ethnic sample of adolescents: a pilot study. *Hisp Health Care Int*, 2010, 8: 47–53. [Google Scholar]

Telles S, Nagarathna R, Nagendra HR: Improvement in visual perception following yoga training. *J Indian Psychol*, 1995, 13: 30–32. [Google Scholar]



Vani PR, Nagarathna R, Nagendra HR, et al.: Progressive increase in critical flicker fusion frequency following yoga training. *Indian J Physiol Pharmacol*, 1997, 41: 71–74. [PubMed] [Google Scholar]

Brown D, Forte M, Dysart M: Differences in visual sensitivity among mindfulness meditators and non-meditators. *Percept Mot Skills*, 1984, 58: 727–733. [PubMed] [Google Scholar]

Satyanada SS: Yoga nidra. In *Practices; Outline of the Practice, General Suggestions, Yoga Nidra I*. India: Bihar Yoga Bharati Yoga Publication Trust, 2006, pp 69–89. [Google Scholar]