

## A Quantitative Analysis of the Role of Trataka Training on Cricket Players' Physiological Attributes, with Special Reference to Atal Bihari Vajpayee Vishwavidyalaya.

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### Abstract:

The major objective of the research was to investigate the effects of trataka detraining on the mental health of cricket players. For this objective, sixty students, equally split between males and females, from Atal Bihari Vajpayee Vishwavidyalaya were selected at random. In order to demonstrate the reliability of the data, the researchers used two variables: response speed and memory. We used tools that are common in the business for our inquiry. The memory drum and response timer values were averaged to get the final results. Following the test, the average reaction time performance dropped from 0.614 to 0.611. Memory scores were below average both before and after the test. We analysed the data using analysis of variance, standard deviations, and means. Results from this study show that detraining trataka has no effect on the psychological traits of cricket players.

**Keyword:** Cricket Players', Physiological Attributes, Trataka, Atal Bihari Vajpayee Vishwavidyalaya.

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### Introduction:

"Trataka" means "to look" or "gaze" in Sanskrit and refers to the technique of starting with something outside of oneself. Yoga practitioners use this method to strengthen their eyes and enhance their ability to focus. The root "Yuj" in Sanskrit means "to unite," "to join," or "to yoke," and the word "yoga" is a derivative of this verb. Yoga has recently seen a spike in popularity, and one of its core tenets is that everyone may benefit from cultivating inner calm. Arjun learns about Krishna's introduction of yoga as a means to achieve emancipation from pain in the Bhagavat Gita. Attaining the unfathomable condition of perpetual satisfaction requires mastery of one's intellect, ego, and knowledge as well as the release of desire. When people are in this state, they don't do

anything but feel what they really feel. Because different people and mental conditions call for different forms of yoga, the Bhagavat Gita provides a wide range of meanings. The Buddhist discipline of trataka entails staring intently at a fixed point, such the candle flame, without moving the eyes from that spot. The Inner, Madhya, and Bahya kinds of Trataka are all separate and unique. One must shut their eyes and focus on the temple in order to do inner trataka. The positioning of the third eye of Lord Shiva. It is common to feel some discomfort in the head at first, like heat or pain. Reason being, everything will get back to normal eventually. Keep your undivided attention here.

One who excels in cricket and plays the game that need speed, agility, or stamina is called a "cricket player or "athlete." The term's application to various contexts, such as transportation and equestrian riding, has its detractors. There are both expert and amateur athletes. The bulk of elite athletes get their bodies the way they are thanks to a combination of a healthy diet, frequent exercise, and intensive physical training. Participating in isotonic workouts while playing cricket lowers the risk of depression and increases the mean diastolic and left ventricular capacities.

Trataka, meaning "to look" or "gaze" in Sanskrit, is the practice of maintaining eye contact with an external object. Yoga practitioners use this method to strengthen their eyes and enhance their ability to focus. The technique of trataka involves keeping one's eyes fixed on an object or a light source for an extended period of time without letting them wander. The Gherand Samhita and Hatha Yoga both highlight the importance of the fixed gaze trataka. Of the six washing processes, Trataka is most well-known for its very easy execution and remarkable efficacy. According to the hatha yoga principle known as "trataka," one must maintain a fixed gaze on an object, the floor, or a candle's flame in order to complete the practice. Practicing yogic gazing, a type of yoga meditation, may help one become more focused, fully capable, connected to their spirituality, and at peace within themselves. In the tantric practice of jyoti trataka, the practitioner becomes so engrossed in the flickering light of a candle that tears well up in their eyes. Using the term "Nasarga trataka" to describe the area around the nose node is erroneous. You may see the brumadhya trataka from the Bindu's location.

The Bahiranga trataka method, sometimes called "Outer gazing," requires the practitioner to maintain eye contact with a readily perceivable external object. To practice the outer gaze technique, one looks intently at anything, such a candle flame, a specific picture, or a point. I can't stress this enough: all you have to do is focus on one thing or concept without closing your eyes.

Antaranga trataka, literally "inward gazing," is a more advanced form of trataka that is in sharp contrast to its more simplistic counterpart, outward staring. One must first become an expert in bahirangatrataka before engaging in introspection. This form of trataka emphasises inward focus and awareness, which is best attuned through the Ajna chakra.

A popular way to measure how long it takes for someone to understand new material is by looking at their reaction time. A common example of a dependent variable is reaction time, which changes in response to changes in an independent variable.

### **Approach to the Research:**

This experimental inquiry set out to see how cricket players' minds were affected by trataka detraining. Cricket players associated with Atal Bihari Vajpayee Vishwavidyalaya were the only ones included in this study. The sample was obtained by utilising a mix of random and selective sampling techniques. Sixty cricket players, ranging in age from eighteen to twenty-five, were chosen to take part in the research. The data was analysed using a variety of statistical approaches, including ANOVA. A 0.05 threshold of significance was used. To examine the data, descriptive statistics were used.

### **Phase One: Getting Ready**

In a peaceful yoga hall, the participants were asked to take up several comfortable meditative poses according to the researcher's instructions.

- Everyone was then asked to sit in a calm posture, ideally in the Dhyan Mudra, with their spines well aligned, shoulders back, and legs straight out.
- Two to three feet away from the practitioners' eyes, the researcher placed the candles at eye level. After that, put out the candles and knock out the electricity. Starting a two-minute deep breathing practice was the next step. Devotees sang a shanti mantra originating from the Upanishads, Om Sahana Vavatu Sahanau Bhunaktu, after the deep breathing exercises were finished, in an attempt to achieve a moment of tranquilly.
- After that, everyone had to take a two-minute break to sit in shavasana and focus on themselves.

### **performance Level in Weight Training:**

- Seated in a comfortable position, the participants were asked to keep their eyes open and staring at the candle flame without blinking until they felt eye strain and tears starting to form in the corners of their eyes. The next step was to have them close their eyes and spend one minute imagining a candle flame between their eyebrows.
- The precise drill was executed three times by each cricketer.
- Each person was told to focus on their breathing and feel the quiet after three rounds of the trataka practice.

### **Calm Down Stage:**

- After the practice, participants were to chant "Om kara" three times and feel the heat by rubbing their hands together and placing one on their eyes.
- Lastly, after gently opening their eyes, the participants were told to rinse them with regular water.

### **The Trataka Treatment Strategy**

- A yoga professional and a research guide were consulted after the planned trataka activity was developed.
- The trataka practice was observed for eight weeks, five days a week.
- The practice took place in a room with low lighting.
- A practice session of forty minutes was held

### **.Variable Measurement Approach:**

This study's variable was reaction time and memory. The chosen variable was measured using the

**Table 1: Data Analysis of Reaction Time and Memory**

	Reaction Time				Memory			
Group	Subjects	Mean	S.D.	ANOVA	Subjects	Mean	S.D.	ANOVA
Pre test	60	0.614	0.617	0.332	60	3.90	0.900	3.65
Post test		0.611	0.611			3.99	0.923	

\*level of significant: 0.05

### Discussion and Conclusion:

According to the descriptive statistics, the average amount of time it took to respond before the test was 0.614, and the average amount of time it took after the test was 0.611. The standard deviations for these two periods were 0.617 and 0.611, respectively. The computed value is 0.332, as determined by the ANOVA findings. SD were 0.900 and 0.923, respectively, for the mean memory score before and after the examination, which was 3.90 and 3.99. Our use of analysis of variance allowed us to bring the figure down to a more manageable 3.65. The results showed that trataka had no effect on the mental health aspects of the Atal Bihari Vajpayee Vishwavidyalaya cricket squad.

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