

Part I: Concept of Svvara Yoga.
Part II: Changes in Nasal Dominance at Sunrise and Sunset in Children
undergoing Intensive Yoga Training.

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ABSTRACT

PART-I- Literature Research: Concept of Svvara Yoga

Svara yoga is an ancient Hindu science and art that has fully analyzed the working of the life- principle, *prāëa*, and the functioning of life within this body. It deals with various channels through which the *prāëa* flows and vibrets in the subtle body animating the physical body, Svvara yoga also prescribes means to regulate the flow of *prāëa* to ensure good health and longevity. This science or yoga of svvara is very subtle and all comprehensive than the science of Pranayama, which when compared to the former, is but a bare outline of svvara yoga. In svvara yoga, we find various effective mans to check disease and death. Svvara yoga is the ancient science of *prāëik* body rhythms, which explains how the movement of *prāëa* can be controlled by manipulation of breath. Recently modern science has taken great interest in electromagnetic fields and the behavior of bio energy which is the inherent energy principle of the body.

SUMMARY AND CONCLUSIONS

No Science that explains life in the Universe is as parsimonious, grand and complete as the Science of breath. If is said in the Yoga text the breath (*prāëa*) is the inseparable power (*çakti*) of the universal life force, the supreme of all created things, and the life principle of the universe. *Prāëa* is the substratum in which all causes and effects are held like beads on a thread. *Prāëa* is the universal forces that breaths forth or exhales the universe, and that will in the end, inhale the universe back into itself. *Prāëa* is brought into existence and kept in activity by the center of consciousness.

Prāëa is the life principle, the dynamic or working force in human beings and in all life forms. It is the power, which is the support of the body and all its moving life forces. The *Nādis*, the subtle energy path of the pränik body, are channels

for *Prāëa*. The body is the support of the *naðis*. When *praëa* is in motion and flows through the *nādis*. When *Prāëa* is in motion it flows through the *nādis*, consciousness arises.

Greater consciousness, light, wisdom and truth, which are all pervading but latent, are awakened by regulating the motion of the *prānik* vehicles. The Science of breath or *Swara Yoga* has its foundation in the desire to control and understand *Prāëa*, The Science of breath is of the highest importance to any student of Yoga , and is the most useful , comprehensive and interesting branch of Yoga . The wise should study the regulation of *Prāëa* if they desire to suspend the activities of the mind or concentrate their will upon the achievement of the Yoga. Control of the breath leads to health, an increase in strength and energy, good complexion, increased vitality, the growth of knowledge and extension of the life span.

PART-II -Experimental Research: Changes in nasal dominance at sunrise and sunset in children under going three different yoga modules.

The present study was conducted to examine the changes in nostril dominance in 315 school children (age 13 to 17 years) during an intensive residential yoga training program, in personality development camp. Subjects were randomly allocated to three groups (n=105) after stratifying for sex. Each group was assigned to one of three integrated yoga modules, which were specially designed to improve physical stamina (PS), intelligence quotient (IQ) and creativity (CR). All three groups underwent their respective yoga training intensively for 8 days. Nostril dominance was assessed at sunrise and sunset on all 8 days of training using the slide method. Analysis was done by means of chi-square test. Results showed that at baseline right nostril dominance was prominent at sunrise and left nostril dominance at sunset. Significant shift towards both nostrils was observed in both at sunrise and sunset. All three groups significantly shifted from left or right nostril to both nostrils at both sunrise and sunset. The shift was most in Creativity group at sunrise and IQ group at sunset. At sunrise significantly higher number of boys had right nostril dominance and girls had left nostril dominance. At sunset, larger number of boys had left nostril dominance and girls had right nostril dominance. The change towards both nostrils after yoga was more prominent in girls at sunrise. Correlation analysis of frequency data of nostril dominance from 1st day to 8th day indicated significant negative correlation's between Uninostril flow (RT or

LT) and both nostril dominance patterns. These findings from the present study suggest that intensive yoga training for 8 days may improve nasal balance and hence autonomic balance.

SUMMARY & CONCLUSIONS

The result of this study shows

1. At baseline at Sunrise more number of children in Right nostril (significant $p < 0.001$)
2. At baseline Sunset more number of in Left nostril (significant $p = 0.2$)
3. At baseline Boys – Sunrise - more number of children in Right nostril (significant $p < 0.001$).

Sunset – more in Left nostril (ND)

Girls - Sunrise - more number of children in Left nostril dominance.

Sunset – more in Left nostril dominance.

4. There was a significant reduction in right nostril dominance from 1 to 8 days.
5. There was non significant decrease in left nostril dominance from 1 to 8 days.
6. There was a significant increase in both nostril flows from 1 to 8 days.
7. There was non significant difference between boys and girls.
8. Amongst the three groups who practiced three Yoga modules, there was a significant shift towards the flow of both the nostrils.
9. Changes in nostril dominance after three different Yoga modules.
Between groups the difference between Right, Left & Both nostrils at baseline was non-significant. However, after Yoga there was significant shift towards both nostrils.

Both nostrils dominance was significantly higher than other two nostrils. These observations are in concurrence with the scriptures, which say that in healthy persons neither of the nostrils should be dominant for long durations of time in the day. Who had equal flow in both nostrils are considered to be in a better state of health. Scriptures consider this as a sign of spiritual health, which is said to be due to patency of the central channel called the Suñumnä näöi.

10. Maximum shift towards both nostrils at sunrise was in creativity group and at sunset in IQ group.

Scripture

At Baseline

1. Pingala Nadi (RN) is masculine and Ida Nadi is feminine.
1. Sunrise activates Pingala Nadi.

After Yoga

1. Yoga and scriptural practices opens up

Susumna Nadi indicated as equal nostril flow.

4. Citta is subtler than buddhi. Greater Balance is required to develop citta.

Present study

1. More boys had right nostril dominance & more girls had left nostril dominance.
2. At Sunrise more children had right nostril dominance.
3. (a) Equal flow in both nostrils increased after Yoga in children.
(b) Shift was greater in girls than boys.
(c) Shift was greater at Sunset than Sunrise.
4. (a) Largest number of children shifted to both nostrils flow in Creativity (Citta activating module) group.
(B) Shift to both nostril flows was seen at Sunrise itself in Creativity Group after Yoga

Keywords: Svara Yoga, Nasal Dominance at Sunrise and Sunset , Intensive Yoga Training.