

Part I: Concept of Panca Kosa According to Yoga and Spiritual Lore
Part II: Attention and Concentration after Yoga Practices in Normal Health
Adults and Students

By

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ABSTRACT

Part I: Concept of Panca Kosa According to Yoga and Spiritual Lore

This report commences with the relevance and need “**CONCEPT OF PAÏCAKOÇA**” in this 21st century, where the Eastern Wisdom and Western Science wish to join hands and work together to promote new inventions through scientifically researched results establishing that a communion of the modern scientists and our seers are able to nullify the imbalances and its adverse effects on universe. This approach will also promote Dharma, peace and happiness. Koça means a covering. The self is covered by five sheaths. This is explained as conversations between Varuëa and Bhågu. It is followed by the knowledge from other scriptures and upaniñads. The science of illnesses according to scriptures, mainly with the yogic concept of diseases, has also been discussed. The integrated approach to psychosomatic illness with the three bodies in consideration has also been dealt with at length. An attempt has also been made to understand the interaction among the koças and the importance of the concept of sauca in relation to their proper functioning. Thus the report is an attempt to understand one’s own true self from the Upaniñadic point of view.

SUMMARY AND CONCLUSIONS

The self is covered by the five sheaths, viz., Annamaya Koça, Präëamaya Koça, Manomaya Koça, Vijiänamaya Koça and Änandamaya Koça. The fact that one sees, thinks, feels, etc. indicates the presence of ‘I’. The functioning of these sheaths proves the presence of the self. At a time when communication technology has closed the gap between people of all nations, the decline in moral and spiritual values has increased the sense of separation, isolation and confusion for many people. Although science has freed the human mind from

irrational thinking and superstitious fears, it has "enslaved it within the confines of physical phenomena" covering the self. Over the years, this knowledge of our true self has been present only in the pages of scriptures but with the growing interest in the knowledge given to us by the sages, our proper understanding of the self has opened up new avenues in the understanding of not only the diseases confronting the mankind but also in our spiritual evolution. However, there is still a long way to go before this ultimate knowledge can be made use of in our daily life to reach a perfect state of harmony with our true self.

PART-II - STUDY - 1

ATTENTION AND CONCENTRATION AFTER YOGA PRACTICES IN NORMAL HEALTHY ADULTS

The objective of this research was to ascertain the cognitive changes after yoga practices on the attention, concentration and memory in normal healthy people. For this purpose, logical memory, digit span, visual reproduction and letter cancellation tests were assessed on 31 (14 men and 17 women) normal healthy volunteers who attended the post conference session of the 14th International Conference on Frontiers on yoga research and applications with special emphasis on Prāëanveñaëa from 23rd December to 30th December 2003 at Praçänti Kuöéram, near Bangalore. They stayed in the campus and were provided sattvik vegetarian food. The participants were divided into 3 groups. There was a common programme, special techniques, voice culture, pranic energisation and cosmic energy transmission.

The yoga intervention included Sithilikaran Vyäyäma, Kriyäs, Asanäs, Pränäyäma, Deep Relaxation Technique(Saväsana), Dhyäna, Devotional Songs, Voice Culture, and Pränic Energisation.

The baseline data was collected on 23.12.2003 and the post test was conducted on 29.12.2003 after six days of practice. Participants were from different cross sections who participated in the conference with different age groups, educational and social backgrounds. Pre and post data were compared by non parametric two tailed Wilcoxon signed Rank test. A significant improvement

was observed in all variables as follows:

Logical Memory	- P<.000
Digit Span	- P<.002
Visual Reproduction	- P<.000
Letter Cancellation	- P<.000

The overall effect of this integrated yoga practice is more on reduction of anxiety, better concentration and mind relaxation. Thus the findings of this study corroborates the findings of earlier studies of effects of Yoga practice on mind and its performance irrespective of difference in age, gender and other background.

PART - II - STUDY - 2

ATTENTION AND CONCENTRATION IN STUDENTS (14-17 YEARS) AFTER INTEGRATED YOGA PRACTICES

The present study was conducted to understand the cognitive changes of two different integrated modules. Participants were 61 school students, of both gender aged between 14 to 17 years. They were randomly assigned to two groups – IAYM (Integrated approach of Yoga Module) (n=28) and I.Q.(Intelligent quotient) (n=33). Both groups were trained in specific yoga modules for 10 days in the residential personality development camp (PDC) at Vivekananda Yoga Research foundation, Praçanti Kuöeram, Bangalore, South India.

Two different modules of yoga specially designed for improving IAYM and I.Q. developed by an expert team were used. The modules included **yogäsana, Pränäyäma, Kriya, Meditation** along with yogic breathing, games and lectures in general. In addition to the above, each group has specific special yoga breathing practices included to facilitate the quality of the group. They are:

(i) IQ Group

1. Surya Anulaoma Viloma (Right nostril breathing): 1 Hour/day
2. Chanting (Gita-Jnana yoga) : 1 Hour/day

(ii) IAYM Group

1. Chandra Anuloma Viloma(Left nostril breathing):1 Hour/day

2. Chanting (Gita-Bhakti Yoga) : 1 Hour/day

Test of cognition (attention and concentration) was administered to children in the groups on the first and ninth day. Test for normality was done through Shapiro-wilk and skewness test. IAYM pre of baseline and I.Q. of baseline were transformed by using Log 10(x+1) transformations and the data turned normal. Comparison between baseline data was done using student paired “t” test. Between group comparison of post intervention data was carried out by means of “t” test (Independent samples).

The parametric test for baseline values showed that the two groups did not differ significantly showing the homogeneousness between them. Comparison pre and post values showed that there was a significant improvement ($P < 0.001$) in both groups. Cognitive effect improved in I.Q. group by 12.75% and IAYM group by 8.27%. Between group analysis of the post data showed I.Q. group as better. Thus it is further confirmed the earlier studies that the integrated yoga module helps in improving cognitive power among the children. The module designed for the two groups were useful in improving cognitive changes.

SUMMARY AND CONCLUSIONS

The impact of the study indicates significant improvement on concentration, attention and memory. In LC error/omission the post result comparisons shows the reduction of errors. The study has shown positive improvement in attention, concentration and memory. It is felt that further study with different tests instruments will reveal the exact statistics and results. In our test we have used the same test in pre and post stages. The subjects may remember the first test after 6 days also.

Key Words: Attention, Concentration, Yoga , Life style change