

Part I: Nostril Dominance and Health from the text of Yoga

Part II: Practice of Yoga in Banking Sector Personnel

By

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ABSTRACT

Part I: Nostril Dominance and Health from the text of Yoga

Breathing from the left or right nostril is one of the subtle observations in human studies. Man is born with his breath, and with his subtle prāëa, which is the essence of the breath till he departs man's 'soul' Upaniñats refer to Prāëa as a manifestation of ätmä or the universal consciousness. If one can realize the true reality of the breath, he could realize the ätmä or soul. Each breath has an underlying significance and a particular 'coded message'. For the spiritual aspirant, the breath provides a vehicle by which he can reach the ultimate goal. Ordinarily, breathing is a mechanical function performed by the physical body, but in yoga, breathing is a process, which can be manipulated and controlled. Uninostril breathing has an effect on all parts of the body including subtle things like the consciousness, nāèé, Yoga, Präëyāma; explores and defines the relationship between the breath and the personality. It postulates that although it appears that we breathe through both nostrils all the time, but observation shows that, in fact, the function of one of the nostrils dominates at any given time. Further, this predominance alternates at regular intervals, indicating a pattern and a rhythm. One may ask, "How is this supposed to matter, since the breath goes into lungs anyway, whether through the right or the left nostril?" The answer to this lies in the secrets of that important feature of the human face – the Nose. The complexity of the inner structure of the nose is not obvious on the outside. This is due to the presence of curious convolutions inside the nose called turbinates, which alternately swell and subside depending on the massages from the autonomic nervous system. While the most obvious result of this is the ALTERNATIVE DOMINANCE of right and left nostrils in breathing. Turbinates are said to affect the quality of the airflow in many other ways as well, which in turn affects bodily and mental states.

SUMMARY AND CONCLUSION

Präëäyâma, svara yoga is an ancient science of präëäic body rhythms and explores how präëä can be controlled the breath, traditionally a closely guarded science, taught only through direct transmission from guru to disciple.

Breathing through the nostril is more than a simple physical action. Each breath has an underlying significance and a particular 'coded message'. For the spiritual aspirant the breath provides a vehicle by which he can reach the ultimate goal. Ordinary breathing is a mechanical function performed by the physical body, but in präëäyâma and svara yoga breathing is a process which can be manipulated and controlled, with emphasis on mind management and the development awareness.

Scientific investigation and research have brought modern science and man closer to yoga. In yoga, präëäyâma and svara yoga is complete in every aspect because it touches the every sphere of human life. It is a science of right living and as such is intended to be incorporated in daily life. It provides healthy life style and a all preventive medication system and above all, an enlightening spiritual art.

There are innumerable rules and regulations pertaining to präëäyâma and svara yoga, äyurveda and other ancient scriptures. The main points are to exercise moderation, balance and common sense with regard to inner and outer thinking and living. Always breathe through the nose and the mouth unless specifically instructed otherwise. The nose should be cleaned regularly by yogic kriyâ.

Today and the Swamé Satyananda Sarsvaté said 'Yoga is not an ancient myth buried in oblivion. It is the most valuable inheritance of the present. It is the essential need of culture of tomorrow'.

Part II: Practice of Yoga in Banking Sector Personnel

Science, research, documentation and survey has become a way of life in this 20th century and it may be more so in the 21st towards which we are already thrusting. In this survey of the practice of yoga in banking sector personnel in Bangalore city was conducted by giving self- administered questionnaire. The questionnaire includes physical activities and duration

thereof, yoga practices and duration thereof, health status before and after yoga, need of yoga reasons for not doing yoga, and spiritual practices. The analysis of the study is presented as two sections, namely, details of total study population in general in section one and the details of only the yoga practitioners in section two.

Of total 262 members of the study population; the study population, the study covered the age ranged from 24 to 60 years. Middle-aged personnel (84%) constituted the majority of the study population.

Physical activities, walking is the most popular and was practised by 72.5%, 38.2% of the people practise physical exercise and yoga practised by 25.9%, and the 21% of the study population reported no physical activities.

190 out of 262 (72.5%) of the study population undertake walking. Even amongst those doing yoga practitioners do walking. 25.9% of the study population was yoga practitioners. Need of yoga, 82.4% of the study population said that there is need of yoga, while 9.9% remained neutral, a minority 4.7 said they did not need yoga. Reason for not doing yoga- 44.2% no time for doing yoga, 29.7% not aware of the yoga practices. Spiritual practices- 67.9% population take to regular to place of worship followed by reading scriptures 26.3% and doing bhajans or satsang-16.8%. The minimum age of those practicing yoga was 29 years while maximum was 59 years with an average of 46 years. Vegetarians Diet- are 71% and mixed 29%.

Behavioral changes, as regards the change of behavior, sleep, anger etc, there is high occurrence of positive change after the practice with 80.9%.

Yoga practitioners are, however home with spiritual practices. It is only that on yoga practitioners doing these spiritual practices are a matter for a study as to why they are away from the yoga activities.

SUMMARY AND CONCLUSIONS

- 1.Walking is the most popular physical practice [72.5%] among the study population.
- 2.One-fourth of the study population was Yoga practitioners.
- 3.74.9% of Male members are doing yoga practices while 26.1% of females are doing Yoga practices.
- 4.Yoga practices are adopted at an advanced age relatively later than those

doing other practices.

5. Vegetarians are more in general as well as in particular group of Yoga practitioners.

6. Among Yoga practices, āsanas and prāëäyāma are equally popular followed by Meditation.

7. 51.2% adopted yoga for health purposes and Health status is improved after Yoga practice.

9. 82.4% of the study population admits Yoga as a Need.

10. 29.7% of the subjects plead lack of time to do Yoga. Lack of information is also felt by sizeable members (31.6%).

11. 52.9% of the subjects practise Yoga for one hour per day on an average.

12. About 76% of subjects practise Yoga on regular basis.

13. There is occurrence of positive change in the behavior/attitude, sleep, anger etc. to the extent of 76.8% among the yoga practitioners.

14. The rate of betterment of cure is very high among the Yoga practitioners.

Keywords: Nostril Dominance, Health, Practice of Yoga, Banking Sector Personnel.