

PART-1

GUNAS ACCORDING TO YOGA & ĀYURVEDA –

A COMPARATIVE STUDY.

PART-2

EFFECT OF INTEGRATED YOGA MODULE IN TRIGUNAS IN UNIVERSITY STUDENTS UNDERGOING YIC.

Dissertation Submitted by

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ABSTRACT

PART – 1: *Guṇas* according to *Yoga & Āyurveda* - a comparative study.

Various ancient texts of *Yoga*, *Ayurveda* and *Puranas* talk about the *Gunas* related to health, behaviour and its effect of the personality in different ways. Many of those literary studies reveal the hidden facts which have been missed with the change of time. Still the correlation and difference of thought was yet to be explored. By quantifying those difference in thoughts and similar thoughts, one can come to a conclusion where *Gunas* as part of personality trait can be studied as aetiology for being diseased or diseased free.

The following literary study reveals the same in a detailed manner.

PART – 2: Effect of Integrated *Yoga* Module in *Triguṇas* in University students undergoing YIC.

Background & Methods

Personality is the particular combination of emotional, attitudinal, and behavioral response patterns of an individual. Indian philosophy provides *Guna* Theory; a composite framework of Tri-dimensional Personality where an ideal situation of perfect health is that stage where an individual has the complete freedom to use any of three *Gunas* with dominance of *Sattva* *Guna* in his personality. In a phrase, personality is not just who we are, it is also how we are.

To assess *Guna* (personality traits) in students undergoing *Yoga Instructor's Course* (YIC), 68 YIC students with 28.03 ± 9.38 years of mean age participated in this single group pre-post study. The Personality Inventory (PI) data was collected before (pre) and after (post) the YIC. Means, standard deviations, Kolmogorov-Smirnov test, and Wilcoxon signed rank test were used for analyzing the data with the help of SPSS 16.

Results

The data analysis showed 11.33% decrease ($P < 0.01$) in Tamas *Guna* (dull personality trait), 0.68% decrease ($P = 0.819$) in Rajas *Guna* (violent personality trait) and 10.34% increase ($P < 0.01$) in Sattva *Guna* (balanced personality trait) scores.

Conclusion

The present study suggests that YIC can result in improvement of Sattva *Guna* (balance personality trait) among students, thus paving the way for their personality growth.

Key Words: Personality, ancient science of yogic life, university students