

Part-I Various Types of Trataka According to the Scriptures.

Part-II Efficacy of Trataka On Attention In Children.

Submitted by

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ABSTRACT

OBJECTIVES

To study the changes in performance of a task requiring attention (Six Letter Cancellation Test) following the practice of \hat{ic}^* (trataka) compared to no intervention control group.

METHODS

63 school children between the age range 8-13 years belonging to both genders were recruited. Subjects were randomly allocated to Yoga (n = 32) and control (n = 31) groups. Subjects were assessed at the beginning and end of 40 days of Yoga intervention or No-intervention in case of control group using a Six Letter Cancellation Test. The yoga group received a specialized *Yoga Kriya* (an internal cleansing practice) viz., $\hat{id}^{\hat{}}$ (trataka) while

the control group received no intervention. **RESULTS**

In the present study pair wise comparison shows significant increase from 29.09 ± 8.54 to 42.22 ± 6.20 in the total score of the yoga group ($P < .0001$) and also shows significant increase from 29.03 ± 8.48 to 42.16 ± 6.20 in the net score of the yoga group ($P < .0001$). The control group showed no significant change (post values compared with the respective Pre values) in total score and net scores.

CONCLUSION

Practice of children.

(trataka) improved the ability to focus and sustain attention in school