

## PART I

### CONCEPT OF DHĀRAṆĀ ACCORDING TO YOGA AND SPIRITUAL LORE

*Dissertation Submitted by*

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### ABSTRACT

*Dhāraṇā* is the sixth limb of *Patañjali's Aṣṭāṅga Yoga*. It means “concentration”. It is further explained in *Patañjaliyogasūtra*:

देशबन्धश्चित्तस्य धारणा ॥ ३।१॥ प० यो० सू० ॥

*Deśabandhaścittasya dhāraṇā ॥3\1॥ P. Y. S.*

Concentration (*Dhāraṇā*) is the process of holding or fixing the attention of the mind onto one object or place.

*Dhāraṇā* is the practice of training the mind to focus and to concentrate. The point of concentration can be anywhere outside or inside, hence it give the clarity of thought. An object selected for practising has no role to play in the meditation process. Its objective is only used to stop the mind from wandering.

*Dhāraṇā* helps to achieve the mental state where mind, intellect and ego are controlled, hence mind become purified by the practices. So, it becomes able to focus efficiently.

This study focusses on different aspects of *Dhāraṇā*, using mainly:

- *Patañjaliyogasūtra*, its commentaries by both eastern and western writers and other texts like *GheraṇḍaSamhitā*.

**PART II**  
**CRITICAL FLICKER FUSION IMMEDIATE EFFECT**  
**AFTER JYOTI TRĀṬAKA**

**ABSTRACT**

In ancient Indian studies of yoga, there is emphasis on shatkarma (i.e. internal cleansing of body). The yogic texts: *Haṭha Yoga Pradīpikā* and *Gheraṇḍa Saṁhitā* gives a detail about shatkarma. *Jyoti trāṭaka* is one of the shat karma which means gazing of the eyes.

The purpose of this study was to investigate the changes in the Critical Flicker Frequency immediately after *Jyoti Trāṭaka*.

The design was self as control study. Total 30 subjects (15 males) and (15 females) randomly selected with a group average of  $31.33 \pm 4.67$  years. In Experimental sessions subjects practiced *Jyoti Trāṭaka* and eye exercises for 30 minutes. Before the practice the Critical Flicker Frequency was measured and after practice also Critical Flicker Frequency is measured and for control group the practice the Critical Flicker Frequency was measured and they practiced eye exercises and blindfold for 10 minutes and after the practice the Critical Flicker Frequency was measured.

The data indicates that the *Trāṭaka* group showed a statistically significant increase in the CFF from 37.35 to 38.66 ( $p < 0.001$ , paired samples t-test). The control group showed a statistically non-significant decrease in the CFF from 37.33 to 36.88 ( $p = 0.06$ , paired samples t-test). The two sessions showed no significant difference in the mean CFF before intervention ( $p = 0.953$ , paired samples t-test) while the difference in the CFF after intervention is significantly different ( $p < 0.001$ , paired samples t-test).