International Research Journal of Ayurveda & Yoga
An International Peer Reviewed Journal for Ayurveda & Yoga

Tratak – A Yoga Kriya For Eye Sight And Stress In Modern Era
Dr. Manindra Mohan Shrivatava *1, Dr. Anita Sharma 2, Dr. Sasmita Tripathi 3, Dr. Vibha Pali 4

ICV-70.44- ISRA-1.318
VOLUME 4 ISSUE 3 March 2021

1. Post Graduate Scholar, Department of Swasthvritta& Yoga, Govt. Ayurvedic College & Hospital Raipur, Chhattisgarh, India
2. Professor, Department of Swasthvritta& Yoga, Govt. Ayurvedic College & Hospital Raipur, Chhattisgarh, India
3. Lecturer, Department of Swasthvritta& Yoga, Govt. Ayurvedic College & Hospital Raipur, Chhattisgarh, India
4. Lecturer, Department of Swasthvritta& Yoga, Govt. Ayurvedic College & Hospital Raipur, Chhattisgarh, India

Corresponding Author : - Dr. Manindra Mohan Shrivatava, MD scholar, dept. of Swasthvritta, govt. ayurvedic college Raipur, C.G. Email: manindra.mohan35@gmail.com

ABSTRACT: -
The way to solid life is having a sound brain. We are living in a quick moving age. Contamination, stress and undesirable way of life are basic issues of the present period. Refractive Error occurs when the eyes are unable to focus images clearly on the retina. These eye disorders are most common in children, but they can affect people of any age. Because of today's lifestyle, which includes increased use of computers, television, and cell phones, the eyes are subjected to a great deal of strain. As a result, now is the time to shield and save your eyes from refractive errors (such as myopia, hypermetropia, presbyopia, astigmatism). Stress can be felt anywhere we go and whatever we do. What's more, since wellbeing and stress are connected, we may feel certain repercussion on body i.e.- gloom, headache, hypertension, heart issues and so on. Reflection is end up being an incredible method to accomplish pressure the board, which manages psychological well-being than physical. They have numerous physical and mental complexities, which can be manage refinement strategies of yoga. The Shatkarmas of Yoga are vital to clean body and brain Trataka (to gaze steadily at a fixed point) is one of the six karmas of yoga (The Shatkarma) for filtration of body and brain. Trataka (to gaze steadily at a fixed point) is additionally a kind of contemplation which includes ceaseless looking at any article or point. It can help us see better by encouraging mental concentration and strengthening and calming our eye muscles, which are in charge of regulating our eyeball movements.

Keywords: Trataka, eye sight, stress, meditation.
INTRODUCTION:

Hatha yoga is mentioned in the Upanishads of Yoga for the first time, and it explains Shatkarma for the first time. It is a systematic and precise science. The word 'shat' means 'six,' and the word 'Karma,' means 'action.' Six purificatory rituals make up the Shat karmas.[1]

An imbalance of the Doshas, according to both Hatha yoga and Ayurveda, causes sickness. The three Doshas or humours in the body are also balanced using Shatkarma (Six purificatory ritual). These methods are used to rid the body of contaminants and ensure a healthy and fruitful spiritual journey.[2]

Trataka is a Sanskrit word that means "to look" or "to gaze."[3] It is the last shat karma. It serves as a bridge between physically focused activities and mental practices that contribute to higher levels of consciousness. The third eye meditation is known as Trataka. The Ajna chakra, or third eye, is affected. Trataka is a form of Shatkarma (Six purificatory ritual) that can help with eye problems. It is beneficial to one's vision. It will avoid refractive error and the need for spectacles in everyday life if practiced on a regular basis.[4] Trataka is the connection that connects Hathayoga and Rajyoga. Trataka is traditionally associated with Hathayoga, but it can also be used to achieve Rajyoga.[5]

Refractive Errors are becoming more common as people's lifestyles change and they use more electronic instruments. The Refractive Error Program was introduced in India in 2006. As a result, Vision 2020's key goal is to fix refractive errors with minimal infrastructure.[6] In this era of changing lifestyles and increased speed, the sense organ that is most misused is the eye, which is mithya or atiyoga of chaksurendriya. The ayurvedic community's primary responsibility is to inform society about the proper use of this sense organ. A daily schedule in this regard for rapid eye relaxation is not only helpful to such refractive issues, but it can also help to avoid several degenerative conditions. [7]

In yoga, there are six procedures known as Shatkarma that are very useful for cleaning and storing wellbeing. Trataka is one of them, and it's great for eye problems. Trataka Yoga Kriya, when practiced on a regular basis, can help to preserve eye health and avoid refractive errors and stress in daily life.

AIMS AND OBJECTIVES:
The study's goal is to examine the meditational effects of Trataka from various books and journals.

METHODS AND MATERIALS:
This article is based on a literary review compiled from the classical book of yoga, Hathayoga pradipika, Swasthvritta textbooks, and various journals.

Mechanism Of Tratakakriya:
Rapid eye movement (REM) is a form of eye movement that occurs when the brain and mind are active (REM). Our Acharyas had known for a long time that there was a reverse bond. The mind and brain are stimulated by calming rapid eye movement (REM) or gazing. As a consequence, it leads to concentration and inner harmony. [8]
we use a candle flame to perform Trataka, the light passes through the retino-hypothalamic tract, activating the suprachiasmatic nucleus (SCN). [9] The suprachiasmatic nucleus is a small brain region located just above the optic chiasm in the hypothalamus. The circadian clock, or biological clock, is regulated by SCN. The SCN also communicates with other hypothalamic nuclei and the pineal body to regulate body temperature and hormone output such as cortisol and melatonin. Melatonin controls the biological clock or sleep-wake cycle, while cortisol aids in the control of stress and mood disorders. [10]

Trataka is a meditative technique that uses focus (Ekagrata) to switch off sensory feedback to the brain. Throughout this process - The eye receives light and converts it into energy. A picture created on the retina at the back of the eye during the time of gazing. The optic nerve transports it to the visual cortex, which controls the visual side of the brain and is located in the occipital region. It stimulates inactive brain centers, charges neurons, and connects them to the rest of conscious consciousness. The relation between the eye muscles and the brain helps to enhance vision and concentrating ability. The mind comes to rest when you keep your attention on one thing at a time. [11]

Procedure Of Trataka:
A mark (such as the OM symbol), a black dot, a clarified butter (ghee) lamp flame or at plain candlelight, or any point may be used to focus the practitioner's attention. Hold his head and spine upright in every relaxed meditative asana. Trataka is best performed in a meditative sitting posture like Siddhasana, Padmasana, Sukhasana, or Vajrasana. Up and down, right and left, lateral, and rotational eyeball movement as a warm-up. When tears begin to flood, keep the eye fixed on the flame's tip or a drawn dot far away but closely in line with the usual visual axis. The central fixation area should be decreased gradually, as the smaller the area, the better the fixation. [12]

The body should be at ease. The object should be 3-4 feet away and level with the eye. Close your eyes and relax your whole body and mind. Throughout the drill, keep the body completely still. Now open your eyes and look at the flame without blinking or moving your eyeballs. Close your eyes gently when they become tired or watery, and focus on the following picture. When you can no longer retain the visual, gently open your eyes and look at the object again. Repeat the process 3-4 times or for 5-15 minutes. [13]

Contraindications And Precautions [14]
- Trataka, like other complex yogic exercises, can only be learned under the supervision of a qualified instructor; otherwise, eye muscles and the nervous system can be harmed.
- Following the Trataka tradition, the eyes should be splashed and cleaned with cold water.
- After you've done Trataka and rubbed your eyes, don't use any external eye medication or solution.
- Trataka should not be performed in direct sunlight. It is recommended that you sit with your eyes closed and facing the sun for improved eye protection.
- Early morning and late afternoon are the best times to do Trataka on the sun with open eyes.
- To revitalize the tissues and nerves, some body exercises are needed before and after Trataka.
- If you get a headache while practicing Trataka, stop.

Trataka Style [15]
1. Anatrang (internal) Trataka- It is the practice of visualising the ajna chakra, or internal flame, with closed eyes between two brows.
2. Bahirang (external) Trataka- It entails looking at a candle flame, a sign such as om, black dot, stars, moon, or sun at the time of sunrise or sunset.

Advantages Of Tratakakriya
Trataka aids in the creation of Sambhavi mudra perfection. It aids in the treatment of eye conditions and the attainment of spiritual vision/intuition. Trataka relaxes the cranial nerves and helps you
focus your thoughts. It vanishes unsteadiness of mind. Regular practice of Trataka stimulates parasympathetic nervous system and as a result respiratory rate and heart rate goes down and peripheral blood circulation increases. Trataka also helps to take out suppressed thoughts and emotions in subconscious mind which helps to attain emotional stability. It improves concentration, memory and will power. It eliminates mental shakiness. Regular Trataka practice activates the parasympathetic nervous system, lowering respiratory and heart rates while increasing peripheral blood circulation. Trataka also aids in the release of suppressed thoughts and feelings from the subconscious mind, allowing for emotional equilibrium.\[16\] It enhances concentration, memory, and willpower. It is used to treat eye problems, insomnia, tension, and anxiety disorders.

Trataka exercises, such as nose tip gaze, eyebrow center gaze, right and left shoulder gaze, and so on, focus on strengthening and conditioning the eye muscles, especially the four pairs of muscles that regulate the upward, downward, right, and left movements of the eyeballs. Trataka treats vision problems and other eye problems that require people to wear glasses or contact lenses. Gazing at various natural objects acclimates the eyes to the various effects of light, environment, and other factors. In normal use of the eyes, the eye muscles behave asymmetrically, causing eye strain or fatigue, which exacerbates vision problems. All of these can be corrected by systematic and routine application of various trataka eye exercises. Trataka has the ability to magnify vision to the point that even the tiniest particle in the middle of night can be seen. Trataka can be used to treat eye inflammation, styes, astigmatism, myopia, hypermetropia, and presbyopia, to name a few. Trataka improves vision by increasing blood supply in and around the eyes, and it also helps to heal eye infections by killing microbes through tears. The olfactory nerves and optic nerves are activated when the attention is directed at the eyebrow centre, which awakens the autonomic and central nervous systems. Since the mind and vision are inextricably linked, Trataka not only helps to preserve the physical health of the eyes, but it also aids in the regulation of the mind. It has a calming effect on the cranial nerves, allowing the mind to focus on one thing. It helps to achieve perfection in Samyama (i.e. Dharana, Dhyana, Samadhi) as defined in Patanjala Yoga by improving memory and willpower. Trataka has been shown in laboratory experiments to put those repressed memories back to consciousness.\[17\]

**DISCUSSION:**

Anxiety and depression are common issues in today’s society. Trataka has been shown in several studies to be effective in the treatment of depression and other mental illnesses. Trataka has been shown to increase focus and attention when practiced regularly.

Hathayoga and Rajyoga are said to be linked via Trataka. Hathayoga is primarily concerned with physical activity, while Rajyoga is concerned with the reintegration of the Atma (self) with the Paramatma (universe). Hathayoga is regarded as a means of achieving Rajyoga. Trataka is a type of physical exercise that aids in the improvement of focus and mental stability. As a result, Trataka serves as a bridge between Hathayoga and Rajyoga. On the basis of concentration point, there are several Trataka variations.

- **Jyoti Trataka** is when an individual concentrates on the tip of a candle’s flame.
- **Bhrumadhya Drishti Trataka** is the name for the concentration point that is located between both brows.
- The Nasagra Drishti Trataka focuses on the tip of the nose.
- The om symbol is used in the Om Trataka for focus.

There are many variants of Trataka, but the central principle remains the same: to disconnect the mind from the outside world in order to achieve inner harmony and mental relaxation.
CONCLUSION:
Our sensory organs and minds are inextricably linked. When we restrict one or more of our senses, we allow our minds to relax. Our minds and vision are inextricably linked. Concentrating on a single point or object for a long time tends to focus the mind and block out the outside world. A strong type of relaxation is a partial or complete shut down of the brain for a brief period of time. Trataka is one of Yoga’s six purification techniques (Shatkarma), and it purifies the unconscious mind's thoughts and provides emotional equilibrium, which aids in the management of frustration, anxiety, stress, and other mental issues.

Acknowledgement-Nil
Financial Support: Nil.
Conflict of Interest: Nil

REFERENCES:
1. Dr. Sarveshkumar Agrawal “hath yogapradipika”, chapter 2, chaukhambhaorientalia Varanasi, first edition, 2017, Page.no. 34
2. Dr. Sarveshkumar Agrawal “hath yogapradipika,” chapter 2, chaukhambhaorientalia Varanasi, first edition, 2017, pg.no. 39
4. Prem Kumar Panjabrao “Efficacy of trataka in improvement of vision in myopic and hypermetropic children” IJAAR VOLUME II ISSUE, 6 MAR-APR 2016,732-737
13. Dr. Kashinath Samgandi “Swasthvrittasudha”, Ayurveda Sanskrit Hindi pustakbhandar, Jaipur, 2016 pg.no.240