

# **Impact and Importance of “TRATAKA” in the Present Scenario:-A Systematic Review**

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## **Abstract:-**

**Background:-** At present, the speed with which man is using technology is certainly a matter of thought for all of us, the use of technology has made our work easier than it has had a negative impact on our health. nowadays people are doing a lot of work on their computer, due to which there are many problems related to the eyes, as well as due to an inactive lifestyle, many mental problems like insomnia, anxiety and stress-like diseases are also affecting everyone and spoiling the health level. That's why in this research paper, how eye problems and mental problems are solved by Tratak Kriya, has been described. In this research, the effects of Tratak physiologically have been linked with health promotion.

**Objective:-** The main objective of this research work is to study the utility and the positive effects of its practice on health In the present time.

**Methodology:-** Related literary material for this research has been taken from related books, related research works, and related journals like google scholar, pub med, Elsevier, International journal of yoga, and Scopus index Journal.

**Conclusion:-** The study concludes that at present, Tratak is an excellent remedial kriya for all types of eye-related diseases, along with practicing it, a person can remain healthy from many mental diseases like insomnia, anxiety, stress, and dissatisfaction.

**Keywords:-** Trataka, Stress, Insomnia, Happiness, Concentration

**Introduction:-** Yoga is a traditional Indian science that combines breathing control, controlled postures, cleansing rituals, and meditation to promote holistic wellness<sup>1</sup>. Yoga is a refined, age-old practice that has its roots in Indian philosophy. Although it started out as a spiritual practice, it has grown in popularity as a way to promote both physical and mental well-being. In order to live in harmony with our surroundings, yoga can help us acknowledge our unique selves, the natural world in which we live, as well as the society to which we belong<sup>2</sup>. Hata yoga pradipika<sup>3</sup> and Gheranda Samhita<sup>4</sup> explain Trataka Karma one among the Shat Karmas it has been described as a bridge between yoga & Raja yoga. The simple practice of trataka, which has grown in popularity recently, provides a wealth of health advantages that can help you reduce stress from contemporary life and restore some balance to your surroundings. Nowadays people have become so much connected with technology that they have started using technical resources on daily basis, due to which many problems are coming out in front of which the most important health-related problem is eye disease, Many types of problems related to the eye are solved by the practice of Tratak. Due to disturbed sleep in today's routine, many serious problems are related to health, in which insomnia is increasing. Trataka also helps to eliminate the problems of sleeping and improve the quality of life.

**Methods and materials:-** The literary materials of this review study were collected from primary sources like authentic yogic texts and also done on the basis of previous research papers and manuscripts which is available on google scholar, Pubmed, Elsevier, Medline, EBSCOhost, many digital e sources.

**Yoga:-** Yoga is primarily a spiritual practice that focuses on achieving harmony between the body and mind. It is based on a very deep science. It is a science and art of living healthily. The Sanskrit word "Yoga" is derived from the root "Yuj," which means "to join," "to yoke," or "to unify."

- Yoga is balance; it is the control of mental activity (process) (equanimity).
- According to some, yoga unifies the network of dualities.

Yoga is a fantastic preventative and curative treatment for raising the quality of life and treating different types of lifestyle diseases<sup>5</sup>.

There are 7 limbs of yoga mentioned in Gheranda Samhita, which create harmony in the physical body<sup>6</sup>.

- Shatkarma

- Asanas
- Mudra
- Pratyahara
- Pranayama
- Dhyana
- Samadhi

In this article, we discuss about Trataka which is a kriya that belongs under a part of Shatkarma, but in the modern era it is considered as a “candle flame meditation”

### **What is Trataka:-**

**Trataka(Candle flame meditation):-** Trataka is one of the six shatkarmas, or purifying methods, of Hatha yoga. It is a meditation technique. The Sanskrit term "Trataka" means "to glance" or "to gaze." An essential aspect of yogic practice is Trataka meditation, which is carried out primarily to cleanse and calm the eyes. It basically involves cleansing the eyes, gazing intently, and mindfulness meditation.

*Nerikshenninischaladrisha sookshmalakshyam samahitah I*  
*Ashrusampaatparyantam acharyastratakam smritam II(H.P. 2/31)*

“Looking intently with an unwavering gaze at a small point until tears are shed is known as Trataka by the acharyas (teachers)<sup>7</sup>.”

*Namesonmesakim tyaktva suksmalakshyam niriksayet I*  
*Patanti yavadasruni tratakam procyate budhaih II(G.S. 1/53)*

With out winking one should gaze a minute at an object until tears begin to fall from the eyes, This is called Trataka by the wise<sup>8</sup>.”

### **Types of Trataka:-**

1. BAHIRANGA TRATAK
2. ANTARANGA TRATAK
3. ADHOTRATAK

**Bahiranga Trataka:-** It is a basic level of Trataka. It is done with open eyes at the primary level of Trataka. For Bahir trataka, an object or image which has a form is selected. Everything in the universe, the sun, moon, stars, trees, an idol or a photograph of the guru can be considered

a symbol. One can practice Bahir Trataka by making use of such an object, provided one's consciousness merges with it while gazing at it continuously.

**Antranga Trataka:-** For antar Trataka the eyes are closed and the imaginative power of the mind is awakened. An image is fixed on the inner space of the mind, Chidakasha, and then trataka is performed on it. For, this an inner mental symbol can be chosen. A yantra, geometrical diagram, the sun or moon, one's own ishta, deity of choice, or the guru can be used as the symbol.

**Adhotrataka:-** In adho Trataka, practice with the eyes half open and half closed.

### **Importance of Trataka in the present scenario:-**

**Effect on eyes:-** Human living style has entirely altered in the present period of globalization, and it is now competitive and full of advanced technologies. Nowadays, a lot of people use computers, visit the internet frequently, and suffer from many eye problems such as burning sensation, redness in eyes, hypersensitivity, swelling, itching, loss of tears, and blurred vision<sup>9</sup>.

*Evamabhayasayogena Sambhavi jayate dhruvam I*

*Netraroga vinasyanti divyadrstih prajayate II (G.S. 1/54)*

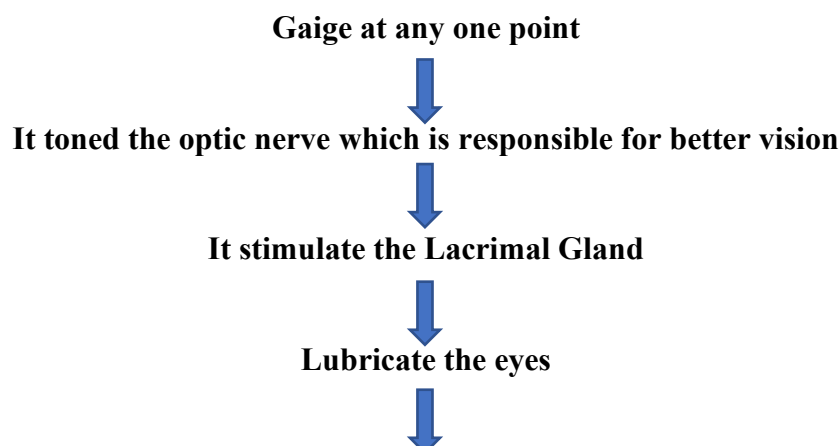
"By constant practice of this (Trataka) the Sambhavi Mudra verily facilitated, disease of the eyes are cured and acute vision is acquired<sup>10</sup>."

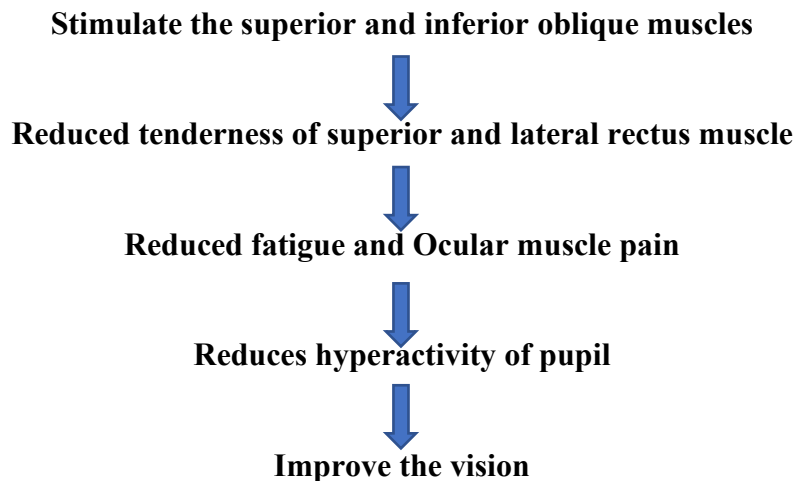
*Mocanam netraroganam tandradinam kapatakam I*

*Yatnatastratakam gopyam yatha hataka petakam II (H.P. 2/33)*

"Trataka, which cures eye diseases and wards off sloth etc. should be valued and preserved with effort as one does a casket of gold<sup>11</sup>.

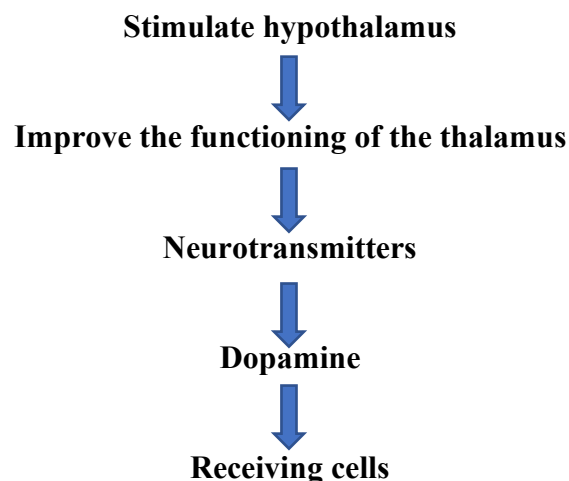
**The physiological effect of (Trataka) candle flame meditation:-**





In Trataka practice we have to gaze at any one point, it toned up the optic nerve which is responsible for better vision, and also stimulates the lacrimal gland lubricates the eyes, reduces dryness, and burning sensation, it helps to maintain the pressure of the vitreous body, helps to improve the visual adjustment and reduces the symptoms like headache, redness in eyes, itching, and swelling of eyes.

**Role of Trataka on happiness:-**Happiness is the most important factor for today's lifestyle, everyone just wanted to enjoy a happy lifestyle. Trataka meditation helps to attain this kind of happy Lifestyle.



It stimulates the hypothalamus and then it improves the function of the thalamus which works as a relay station, then it stimulates the neurotransmitters dopamine is the happiness hormone then it enters the receiving cells and the person feels happy.

**Effect on concentration and memory level:-** The mind communicates with the outside world using the eyes as a medium. When a person sees something, whether it is new or old, sensory signals are immediately conveyed to the brain. Depending on how the brain interprets the information, motor impulses are sent. Our minds are frequently occupied throughout waking

hours with both positive and negative thoughts. We have a high tendency to quickly become distracted and the ability for the mind to remain in a state of anxiety<sup>12</sup>.

According to Hindu texts, practicing Tratak "develops the faculties of greater intuition and the past, present, and future all begin to emerge with equal clarity." An old meditation method called Tratak can help us improve our ability to focus and improve our memory. Its advantages are eliminating mental distractions, improving concentration, boosting memory capacity, and putting the mind in a condition of complete awareness, focus, and attention. Trataka serves as a bridge between mentally challenging exercises and physically demanding ones that ultimately result in higher enlightenment. Trataka is very effective at eradicating all types of neural diseases and obstructions. It also helps people develop their capacity for intense concentration and meditation<sup>13</sup>.

**In the present time, Trataka is the best way to control anxiety:-** It's common to have anxiety,. Many people worry about issues like their health, their finances, or their family conflicts. However, anxiety disorders go beyond temporary fear or worry. Adolescents may experience tension, stress, and anxiety throughout the adolescent developmental stage. Additionally, while everyone's health is important, it's difficult to locate somebody nearby who has a mind that is consistently calm and free from tension and anxiety<sup>14</sup>. Fear and anxiety responses are because of the function of the Autonomic nervous system that is related to the central nervous system<sup>15</sup>. ANS is responsible for the action of involuntary actions of the human body when someone faces stressors ANS stimulates the adrenal gland which is located on the top of the kidneys, the adrenal gland secretes the group of hormones called corticosteroids hormone, these hormones stimulate the region of the brains and many body organs, it causes motion anxiety actions on human body and mind<sup>16</sup>. Trataka is the best meditation technique it controls the brain and hypothalamus through the eyes practice of trataka is directly stimulates the pineal gland and stimulates the autonomic nervous system and we know ANS controls the adrenal secretions, it also controls the adrenaline and noradrenaline secretions, when adrenaline secretions reduced, anxiety level reduced of persons simultaneously.

**Impact on insomnia:-** The eyes receive and produce energy from a flame's radiated light. The flame's light and heat energy are focused by the eye's lens onto the retina, where they are then carried to the brain's hindbrain lobes via optical nerves. The energy that came through the eyes is now increasing in the pineal gland, improving and enhancing its function. In the center of the skull, the pineal gland consumes light and thermal energy. Even though it is enclosed in

bone, it is the only gland that is sensitive to light<sup>17</sup>. It stimulates the secretions of the penial gland hormone that is melatonin which is responsible for better sleep.

**Discussion:-** We all know that in today's busy life, a person is not able to take care of his health properly, due to which man is suffering from many types of mental problems along with physical diseases, Tratak in yoga is such a method which develops eye power in the form of the purification process and as meditation process, it develops memory power. Reference (12) finds that The Tratak Candle Flame Meditation had a significant contributing change in the concentration. The Tratak Candle Flame Meditation had a significant contributing change in the Memory level of the subjects. Reference (18) The study's findings showed that participants with many eye problems like digital eye strain had a decrease in their self-rated discomfort through the practice of trataka. Reference (19) suggests that a combination of yoga practice for 60 days reduces computer professionals' self-rated visual discomfort. Yoga can therefore be a suitable non-pharmacological therapy for visual discomfort caused by the use of visual display terminals for work. References (20) study suggests that Focusing exercises and Trataka help to both stimulate and relax the eye muscles while also enhancing visual adjustments, the accommodation reflex, and concentration.

**Conclusion:-** The study concludes that at present, Tratak is an excellent remedial kriya for all types of eye-related diseases, along with practicing it, a person can remain healthy from many mental diseases like insomnia, anxiety, stress, and dissatisfaction.

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