



SURVEY STUDY OF POSITIVE EFFECT OF YOGACHARANA IN LOCKDOWN PERIOD

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Abstract: Covid19 Pandemic period was memorable phase of everyone's life. In 1st phase of wave when treatment measures were uncertain it was found that the strong immune persons were survived and this immunity was because of YOGA. Taking into consideration survey was conducted online to motivate for YOGA and questionnaire prepared. Observations were noted from Google form responses and positive results were noted from study. At the end aim of study was fulfilled as subjects were motivated and started practicing Yoga.

Index Terms – COVID 19, YOGA, YOGACHARANA, Warwick Edinburg Mental Well Being Scale

INTRODUCTION

We all were at home since 15th March 2020 was experiencing after the entry of devil COVID -19 in India. Treatment measures of COVID 19 are mostly aimed for prevention and self-care (Shouch)⁵. All these measures are inseparable habitual part of Indian culture which Indian people learned from their elder ones and moves to next generations. All these measures were belonging to life science of INDIAN YOGA SHASTRA. British ruled over India, though they left our country but their cultural habits residue in Indian culture.

To clean out all these debris in peoples mind and life, attack of COVID 19 is an opportunity to revealed use of ancient science in day to day life.

Yoga therapy having its effect on physical, psychological and spiritual health and which will bring behavioral changes in individual. This is an opportunity of COVID – 19 crises to bring awareness of yoga therapy in people for their sound physical and mental health.

Want to utilize opportunity of this biochemical war and wish to refresh all person's mind to realize importance of ANCIENT LIFE SCIENCE – YOGASHASTRA and praying for behavioral changes in people for sound physical and mental health

So, survey study was designed to carry out in 1st lockdown period

AIMS

1. To study positive effect of Yogacharana in lockdown period.
2. Empowerment of YOGA SHASTRA by sowing awareness of yoga after doing survey of positive effects of yogacharana in lockdown period and motivating people of survey to follow yoagacharana in daily life

OBJECTIVES

1. To realize positive effect of YOGACHARANA in lock down period in public health sector
2. To establish YOGACHARANA as “NITYA KARMA” in ongoing study
3. To spread YOGASHASTRA importance worldwide

MATERIALS AND METHODS

Site of study: online through survey form in India

URL of survey form – <https://forms.gle/hWuTrL43rTcfWUgN8>

Type of study: Random online survey

Sample size: 100 subjects

Method:

1. To collect data: Questionaries' of close ended questions developed based on WEMWBS
2. To analyse data: WEMWBS

Criteria of selection of subjects:

1. **Inclusive criteria:**
 - a. Age group of 18- 60
 - b. People from all sectors in community
 - c. Both sexes included.
 - d. People from all cities in India
 - e. Subjects following and not following YOGASHATRA
2. **Exclusive criteria:**
 - a. Age below 18 years and above 60 years
 - b. Subjects suffering from any psychological illness
 - c. Subjects not following lockdown rules

Parameters for assessment with gradation**Subjective parameters**

1. Soundness in Physical health
 - No effect – 0
 - Fill good – 1
 - Fill better – 2
2. Soundness in Mental health
 - No effect – 0
 - Fill good – 1
 - Fill better – 2
3. Positive effects on Digestive system
 - No effect – 0
 - Fill good – 2
 - Fill better – 3

Objective parameter**Warwick Edinburg Mental Well Being Scale**

Score above 14 – positive response

Score below 14 – Negative response

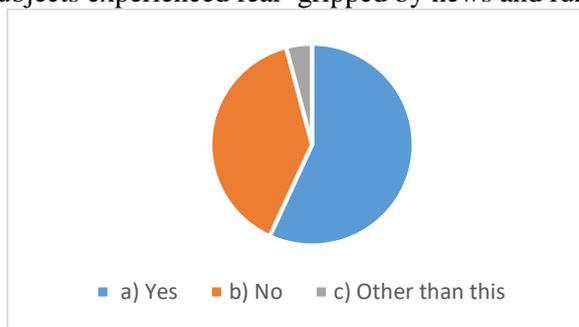
1. What is mean by Yogshastra according to you?
 - a) Trying to attain Samadhi by restraining one's conduct
 - b) Asana and pranayama are yoga
 - c) None of this
2. Followed social and personal hygiene rules during lockdown
 - a) Yes
 - b) No
 - c) Other than this
3. This underscores the importance of cleanliness
 - a) Yes
 - b) No
 - c) Other than this
4. It was oppressive to follow the rules of lockdown
 - a) Yes
 - b) No
 - c) Other than this
5. This shows that it is important to follow the rules in daily life
 - a) Yes
 - b) No
 - c) Other than this
6. Fear gripped by news and rumors coming in during the lockdown
 - a) Yes
 - b) No
 - c) Other than this

7. The importance of Namasmaraan, Pooja, Archana, Indian tradition and culture was realized during the lockdown period
- Yes
 - No
 - Other than this
8. Collected essentials during lockdown?
- Yes
 - No
 - Other than this
9. Did the diet change during the lockdown?
- Yes
 - No
 - Other than this
10. Wanted to experience a feast of the best literature at home?
- Yes
 - No
 - Other than this
11. Did not being out of the house affect the digestive system?
- Yes
 - No
 - Other than this
12. Unnecessary physical fatigue and inertia due to lack of daily activities
- Yes
 - No
 - Other than this
13. Did you feel to do Asana for reliving digestive problems and heaviness of body?
- Yes
 - No
 - Other than this
14. Experience any psychological changes because of Home quarantine?
- Yes
 - No
 - Other than this
15. Feel to do Pranayam ,Omkar, Diet Changes ,Dhyan, Namsmaran etc. regularly for mental stability
- Yes
 - No
 - Other than this
16. Feel to start activities like Pranayam ,Omkar, Diet Changes ,Dhyan, Namsmaran etc.
- Yes
 - No
 - Other than this
17. Did you start activities like Pranayam ,Omkar, Diet Changes ,Dhyan, Namsmaran etc. regularly and continued doing practice?
- Yes
 - No
 - Other than this
18. How you experienced after doing activities like Pranayam ,Omkar, Diet Changes ,Dhyan, Namsmaran etc. regularly?
- Experienced Lightness of Body,Mental soundness,feel good, positivity in thoughts
 - Not like this
 - Different like this
19. This study motivated me to continue Yogabhyas?
- Yes
 - No
 - Other than this
20. Realized importance of Daily study and practice of Yog shastra?
- Yes
 - No
 - Other than this

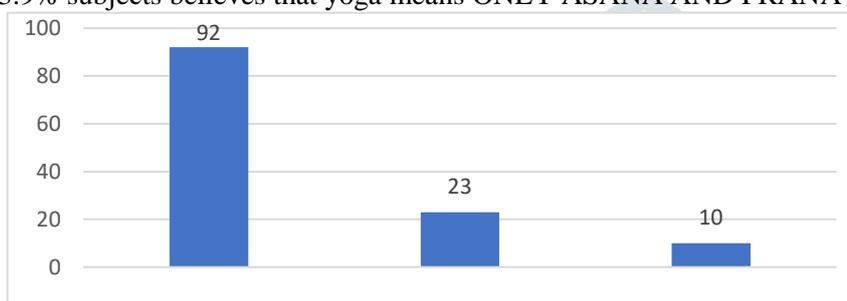
OBSEVATIONS

Online Survey carried out with Survey from attached along with observations.
 Survey from prepared on the basis of Warwick Edinburg Mental Well Being Scale
 Total 135 subjects gave feedback

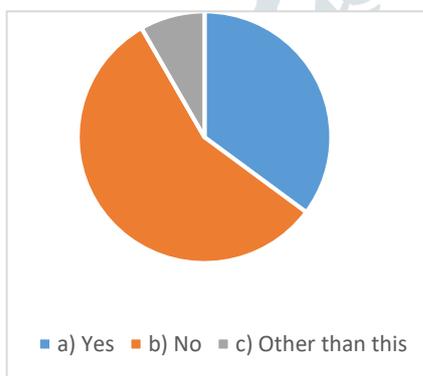
- Observations noted as positive and negative responses.
- 83% Subjects experienced fear gripped by news and rumours coming in during the lockdown



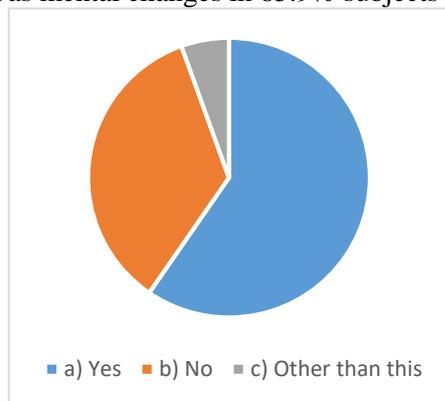
- During survey it is found that only 92 % subjects had knowledge of what is actually Yog shastra
- 23.9% subjects believes that yoga means ONLY ASANA AND PRANAYAM



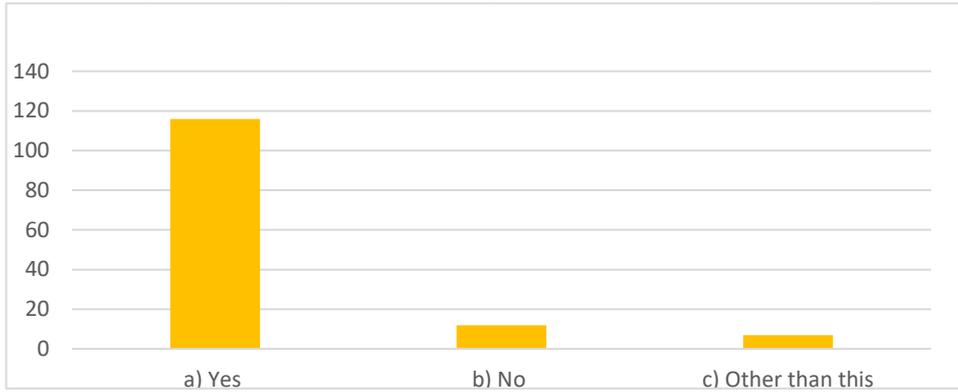
- 57.8% subjects suffered from physical illness due to lockdown



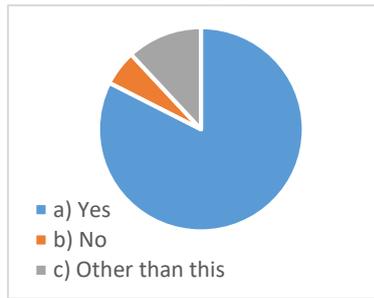
- There was mental changes in 85.9% subjects in lockdown period



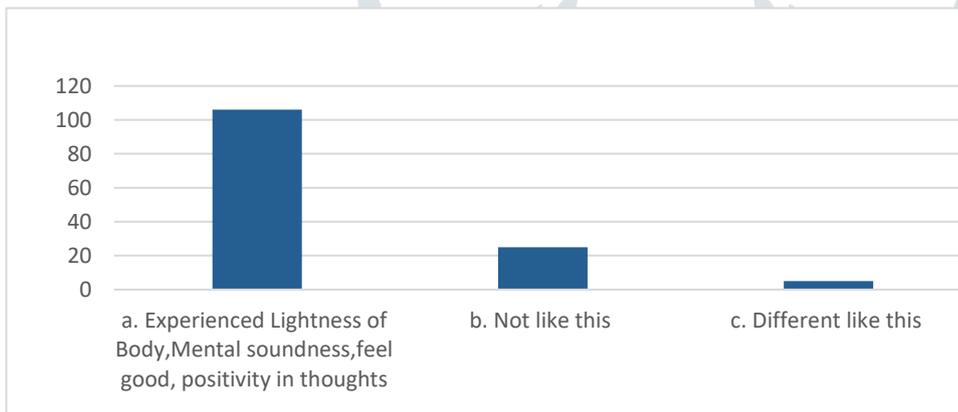
- 85.9% subject had negative effect on digestive system due to lockdown period



- After experiencing adverse effect on physical, mental, and digestive system 61.7% subjects motivated to follow Yogshastra.

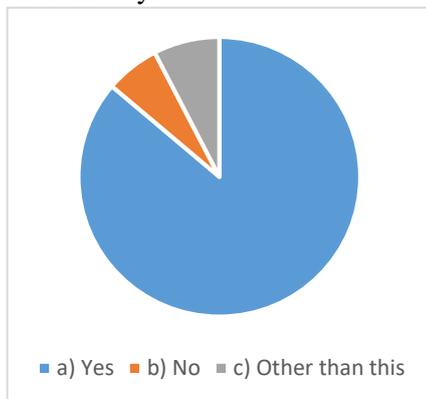


- 79.1% Subjects had experienced soundness in physical and mental health after regular practising Yogacharna during lockdown period.



- 79.1% Subjects had positive effects on digestive system after doing yoga.

- 91% subjects realised importance of Yogacharna in daily life after practising Yogacharna in lockdown period showing positive response of survey.



- 3.8% subjects gave negative response.
- 85.9% subjects were motivated for daily practicing of Yogacharna.
- 10.4% subjects willing to follow their own other ways for healthy life.
- 4% subjects refused to follow Yogshastra.

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३. व्याधि स्त्यान संशय प्रमाद आलस्य अविरति भ्रान्ति दर्शन अल्बधूमिकत्व अनवस्थितत्वानी चित्तविक्षेपास्तेऽन्तराया॥ (पा. यो . सू .१-३०)
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