

Part I: Attitude to illness according to Triguna Concept of Personality

Part II: Effect of Short Term Yoga on Bronchial Asthma

By

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ABSTRACT

Part I: Attitude to illness according to Triguna Concept of Personality

As is the natural instinct of human being, he seeks happiness in all his actions. Apart from this he has a natural inquisitiveness to know about the world around him. He is gifted with the power of reasoning and discrimination, which no other being possess. With the help of these two, he can manipulate his life for the better or worse, this depends upon his inputs of knowledge and attitude. Human body is a very essential instrument with the help of which man can achieve different goals in life. The well being of this is very essential for his existence and success. Hence maintenance of body and mind is most imperative. Present life style is causing lot of stress leading to ill health at both body and mind level. Stress also leads to change in attitude, fueling further deterioration of quality of life. The study of our ancient literature gives an insight into the unexplored subtle science of mind, which guides the present generations to apply the right knowledge and rectify their life style and lead a better quality of life. The study of *trigunas* throws light on the attributes of attitude, which helps in modification of the same. Many scriptures have dealt with *trigunas* extensively, among them *Sankhya* philosophy and *Srimad Bhagavad-Gita* can be of great help.

SUMMARY AND CONCLUSION

Our ancient generations have made extensive research and placed before the world, the wisdom and knowledge that they have acquired. According to this study, *triguna* is an integral part of all in and around us i.e. as part of *prakruti*. A person with *Sattva guna* denotes harmonious, peaceful, pure, and noble, personality with loftiest mental ideas. He works for the welfare of the world. A person with *Rajasic guna* denotes jumbled, forceful, unclear, inconsistent, narrow, egoistic, violent personality. He works for his own

welfare. The scriptures say that majority of human kind fall under this category. A person with *tamasic guna* denotes dull, lazy, slow, sleepy, obstinate, depressed, impulsive, stupid personality. He neither works for his welfare nor for others. A person who has transcended the attributes of these three *gunas* is called a *gunatita*. He is an unconcerned witness to *guna*-born sense objects. He remains unwavering in all situations. He is self-poised alike in pleasure and pain, honour and humiliation. He views friend and foe alike. A person to have a balanced personality must strive to gain these qualities of a *gunatita*. This can be achieved by following any or all four paths of *yoga*. With this attributes and right action as per *karma yoga* will bring good fortune, victory, prosperity and sound policy. The last verse of *Bhagavad Gita*:

“Wherever there is Krishna, the *Lord of Yoga*, accompanied by Arjuna wielding the bow- there reign good fortune, victory, prosperity and sound policy. Such is my conviction.”

Upholds that the confluence of calm spirituality and energy of action for total human welfare. Methodology of acquiring this is true education by which mankind can achieve the highest level of efficiency.

Part II: Effect of Short Term Yoga on Bronchial Asthma

Present day scenario: In a mad rush to achieve and conquer greater heights Man is burning him self like a candle at both ends. Due to rising

technical progress, standard of living and abundant opportunity to enhance material comforts and heights he has accelerated his pace of

achieving it. He wants to get more and more in less and less time. What a man of previous generation could not achieve by the age of 60 years

materially, the present one is able to do it by the age of 35 years. But at a cost. He has to forego harmony, contentment, love, family, society and

health. By the time he acquires what he wants (not needs) he will have lost the ability to enjoy the same. _

The modern society in spite of making tremendous progress in the fields of science, medicine and economics is in deep turmoil at the social and political level all around the world. The reason to this can be attributed to concentration of progress towards the physical aspects and ignoring the other subtle aspects of mental, emotional, and spiritual. This has resulted in imbalance at the individual level as well as social level.

SUMMARY

This was an open uncontrolled pilot study aimed at evaluating the effects of yoga intervention using Asthma bother profile and PFR. The yoga camp conducted at Millers School Ground, Patna, was attended by 36 participants in the Asthma section ranging between 16-75 years of age. There were ten drop outs and irregular participants. The remaining 25 participants were given the intervention of IAYT for Asthma for 6 days. The intervention of IAYT has significant effect on both psycho-physiological variables i.e., Bother Section and Management of the questionnaire Asthma bother profile and also the record of the PFR. The results established that the efficacy of yoga in particular IAYT on reducing the psycho-physiological intensity Bronchial Asthma. The intervention IAYT is simple non-pharmalogical, non invasive techniques, which can be used for promotion of positive health with beneficial effects. The intervention has increased the level of motivation and helped in enhancement of the quality of life.

Keywords: Illness, Triguna, Personality, Bronchial Asthma.