



**Effect of Tratak Kriya and Vaman Kriya on Vision and Gastric Health
among PRD Officers during 45-Day Training at Rashtriya Raksha
University, Lucknow Campus**

¹ Ms. Apoorva Dixit

Teaching Cum Research Officer (Physical Education)
Rashtriya Raksha University, Lucknow Campus, Uttar Pradesh, India

² Dr. Deepender Singh

Assistant Professor (Physical Education)
Rashtriya Raksha University, Lucknow Campus, Uttar Pradesh, India

ABSTRACT

The purpose of this study was to examine the effect of **Tratak Kriya** on visual improvement and **Vaman Kriya** (Bamman Kriya) on the reduction of gastric and acidity-related problems among **10 PRD Officers** undergoing a 45-day “Advanced Capacity Building & Professional Development Training” at Rashtriya Raksha University, Lucknow Campus.

Five participants with **eye strain and poor vision** were assigned to the **Tratak Kriya group**, while five with **acidity and gastric discomfort** participated in the **Vaman Kriya group**. Both groups practiced specific yogic routines, including *Surya Namaskar* and selected asanas. The intervention was conducted for six weeks — *Tratak Kriya* every Monday (10 sessions) and *Vaman Kriya* every Thursday (7 sessions).

Results showed significant improvement in visual clarity and a marked reduction in acidity and gastric symptoms. The findings support the role of yogic kriyas in enhancing ocular and digestive health, offering natural, non-invasive solutions for lifestyle-related ailments.

Keywords: Tratak Kriya, Vaman Kriya, Yoga, Vision, Gastric Health, PRD Officers, RRU Lucknow

1. INTRODUCTION

Yoga, an ancient discipline of physical and mental training, incorporates various **kriyas (cleansing techniques)** to purify the body and mind. Among them, **Tratak Kriya** is known for improving concentration and vision, while **Vaman Kriya (Bamman Dhauti)** aids in purifying the stomach and improving digestion.

During the **45-day Advanced Capacity Building & Professional Development Training for PRD Officers** at Rashtriya Raksha University, Lucknow Campus, several officers reported **poor eyesight** and **digestive problems** such as acidity and bloating.

Considering these health issues, the researcher designed a structured yogic intervention program integrating **Tratak Kriya** and **Vaman Kriya** with supporting asanas and relaxation techniques. This study aims to analyze the **practical effects of these kriyas** on visual improvement and gastric well-being among the participants.



2. OBJECTIVES OF THE STUDY

1. To analyze the impact of **Tratak Kriya** on vision and concentration.
2. To assess the effect of **Vaman Kriya** on acidity and gastric problems.
3. To explore the role of yogic practices in improving overall physical and mental health among PRD officers.

3. METHODOLOGY

3.1 Participants

Ten (10) PRD officers (aged 28–45 years) were selected from the training batch.

- **Group A (n=5):** Participants with vision-related issues.
- **Group B (n=5):** Participants with gastric and acidity problems.

All participants were medically fit to perform yogic kriyas.

3.2 Duration and Frequency

- **Tratak Kriya:** Conducted **every Monday morning** for **10 sessions**.
- **Vaman Kriya:** Conducted **every Thursday morning** for **7 sessions**.
- **Total Duration:** 45 days.

3.3 Environment

All sessions were conducted at the **Yoga and Meditation Hall** and the **open canteen area** of RRU Lucknow Campus.

4. PROCEDURE

4.1 Tratak Kriya for Vision Improvement

Schedule: Every Monday (Morning)

Duration: 45–60 minutes

Sequence of Practice:

1. **Warm-up:** 5 *Surya Namaskars*
2. **Asanas Performed:**
 - *Standing Asanas:* Tadasana, Trikonasana
 - *Sitting Asanas:* Vajrasana, Ardha Matsyendrasana
 - *Lying Asanas:* Bhujangasana, Shavasana
3. **Main Practice:**
 - Participants sat in a circle facing a **lit candle** placed at eye level.
 - Eyes were closed for 2 minutes with **mental OM chanting**.



- Upon opening eyes, participants gazed steadily at the candle flame **without blinking** until tears formed or strain developed.
- Eyes were closed again, visualizing the inner flame, followed by **5 minutes of rest in Shavasana**.

Purpose: To strengthen the eye muscles, improve concentration, and enhance the connection between visual and mental focus.

4.2 Vaman Kriya for Acidity and Gastric Problems

Schedule: Every Thursday (Morning)

Duration: 60–75 minutes

Sequence of Practice:

1. **Warm-up:** 7 Surya Namaskars

2. **Asanas Performed:**

- *Standing Asanas:* Ardha Chakrasana, Padahastasana
- *Sitting Asanas:* Vajrasana, Pavanmuktasana
- *Lying Asanas:* Uttanpadasana, Shavasana

3. **Main Practice:**

- Participants sat comfortably on chairs in the open canteen area.
- The researcher served **warm salted water** in glasses.
- Participants continued drinking until they felt a natural urge to vomit.
- Using **two fingers**, they induced vomiting gently to expel the water.
- Post-cleansing, participants rested and relaxed for 15 minutes.

Purpose: To clear excess acid and mucus from the stomach, balance digestion, and relieve gastric distress.

5. Observations And Results

5.1 Group A: Tratak Kriya (Vision Improvement)

Participant Pre-Test Vision Post-Test Vision Observation

1	6/18	6/9	Improved
2	6/24	6/18	Improved
3	6/36	6/18	Significant improvement
4	6/18	6/12	Improved
5	6/12	6/9	Improved



Average Improvement: One to two lines on the Snellen chart.

Subjective Feedback: Participants reported reduced eye strain, better night vision, and improved reading clarity.

5.2 Group B: Vaman Kriya (Gastric & Acidity Relief)

Participant	Initial Condition	Final Observation
1	Severe acidity, bloating	Symptoms disappeared
2	Gas and heaviness	Improved digestion
3	Indigestion	Normal appetite restored
4	Frequent heartburn	Significant reduction
5	Gastric pain after meals	No discomfort after 5th session

Observation:

All five participants showed noticeable improvement in digestive comfort and reported feeling lighter and more energetic throughout the day.

6. DISCUSSION

The study clearly demonstrates that yogic kriyas like **Tratak** and **Vaman Dhauti** have measurable physiological and psychological benefits.

- **Tratak Kriya** strengthens the eye muscles, improves focus, and stimulates the optic nerve.
- **Vaman Kriya** helps in detoxification, enhancing digestion and reducing acidity by expelling undigested matter and excess mucus.

These results align with traditional yogic literature that classifies both kriyas under *Shatkarma* (six cleansing techniques) as prescribed in **Hatha Yoga Pradipika**.

The consistent practice also improved **mental concentration, emotional stability**, and overall **discipline** among PRD officers — which contributed positively to their training experience.

7. CONCLUSION

The 45-day intervention program conducted at RRU Lucknow successfully demonstrated the **therapeutic benefits** of yogic kriyas.

- Vision improvement was recorded in all participants practicing **Tratak Kriya**.
- Digestive and acidity-related issues were significantly reduced in those practicing **Vaman Kriya**.

Yoga-based interventions can be effectively integrated into professional and defense-oriented training programs for **holistic wellness and stress reduction**.

8. RECOMMENDATIONS

1. Include **weekly yogic kriya sessions** in all PRD and police training programs.
2. Conduct **periodic eye and digestive health assessments** pre- and post-training.



3. Establish a **Yoga and Research Lab** at RRU Lucknow for long-term health monitoring.
4. Encourage officers to continue home-based yoga practice post-training.

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