

Impact of Ancient Practices in Modern Society

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Abstract

Human civilization was boorish in earth around 5,000 BC, but social miseries are growing day by day. Matters of news papers and journals are indicating that gradually level of different kinds of negative behaviour are increasing, which are truly danger for human civilization. Basically mental dissatisfaction is one of the grass root point of mental misery. But many practices were there in ancient period which are capable to provide healthy body and fresh mind. Significantly many spiritual and private organizations are there which are working with the issues of ancient yoga and meditation with different purpose. Many kinds of changes are reflecting from the behaviour of beneficiaries which are involved with yoga and meditation. Through the process of self-realization and cleaning through wheel power human are realizing relaxations easily, it is also one kind of behaviour therapy. Although Indian spirituality is establish with unique sense and, "Ashan and Mudra" (Psychical art) are also mandatory part of "Puja" (like worship) There reflection was found from the behaviour of beneficiaries but one phenomena is most of the beneficiaries are belong from elite class family.

Keyword: Social misery; Behaviour therapy; Ancient practices

Introduction

Human and society-both are interconnected to each other, societies were formulated by the interest of human. As per the data of mythologist human civilization were boorish in earth around 5,000 BC. As a rule of nature everything is variable, every element of universe are under pulling by the cycle of destroy and creation, not only the human civilization, the whole universal system is changeable. The promotion of primordial unorganized life style to modern mechanical lifestyle is a big episode of social phenomena, entire process of revolution lot of factors are continually reducing and adding inside society. As per the Indian traditional belief, human mean not only a biological structure; it mean a person who is capable to promoting humanity and sensibility. But day by day human beings lost their ethics and identity.

This is 21st century, everyone is busy in their own life. Time is moving by own rule. However civilization is coming on the lap of past and crawling to further, present is one of the stoppage in this way. Human and society both are related by born of nature. The conception of society is changing in every moment of life. Primordial life style to present modernizes philosophy and globalizes belonging, is a long form of transformation. Societies are passing through different kinds of experience maybe all are not helpful for humanistic culture- there justification is necessary. Every society is cover by own rule, ritual, values, practice, belief principal, limitation and barrier. Generally those are dependent on environment, climate and natural resources in that society. It came from long life hood experience. For the ternate of globalization our society gradually lost own identity, all of our social antic philosophies are decreasing from there. Continually society and culture are influences by westernizing orientation. Nature and ethic of human beings are internally affected by nude society. Loyalty, honesty, humanity are just like some value less word. People are belief self interest and facility are more essential form other. But human being are not mechanical instrument, they are living with sole and frame. As per the declaration of Indian ancient guideline, so many practices were present in past which were capable to promote social balances [1].

Result of globalization and show called modernization are open in front of all. Life cycle is moving mechanically, social values are deprecating from society, social barrier are broken by pressure of westernization. This is a big threat for new and coming generation, day by bay they are acquiring anarchical climate in their life. According

to National Crime Records Bureau (NCRB), West Bengal, India was achieved top position in suicidal rate on 2006; India reported 348 suicidal death under the numbers and causes of -6 for failure in exam, 7 for Unemployment, 8 for poverty, 10 for love affairs, 73 for illness, 82 for family problem and last 153 for other reason out of total. Every hour, 15 people killed themselves in India, where the average age of victim is under 15 to 29 years old¹ [2]. Notoriously suicidal and self harming psychology is gradually increasing inside of society for the worst experiences of life. Basically every person wants a space for mental sharing but in the real life they did not reach it, there lack of space for mental sharing. Life cycle is moving mechanically, a numerous of mob which are not success in the fast life, the failure person has chosen the way of suicide or self harming. Notoriously everyone wants solidarities in their life. However harassment and teasing are common incident of society. The youth generation are so notorious; rather they could not bother about any rules and discipline of society. On 18th of February, 2011 in evening of Kolkata, over 100 eve-teasers were arrested from Esplanade metro station, Victoria memorial, Alipur zoo and in front of some market and metro stations by the anti-rowdy squad of the detective department² [3]. Actually this is a one kind of mental warp, one part of human mind always want to expose primordial behaviour but another portion tries to protest it. Manny the people cannot successfully protect this primordial behaviour, so they find the way of exposing. They use the approach of eve-teasing as a way of stress rendering and rendering of jealous. Rape is also one of the relevant present social issues. Numbers of rape are continually rising, as per register record of NCRB the numbers are like that-15,847 in 2003, 18,233 in 2004, 18,359 in 2005, 19,384 in 2006 and 20,737 rape cases were registered in 2007, India [4]. Basically civilization are squeezed by system and they has no power to break this victimize social cycle. Perhaps there was a big controversy about reason of rape, maybe it is a psychometric deficiency or behavioural fault or maybe another thinks, but it is true that this is one of the harmful psycho-behavioural

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¹Anandabazar patrika on 13th April, 2008

²The Times of India, Kolkata on 19th February, 2011

problem. This is an example of extreme level social imbalance. Every moment of life people are finding a proper shelter for happiness but they cannot reach it properly. May be addiction is a traditional way for temporary relief, but it is unsafe for existence of generation. Category and numbers of addiction are rationally increasing in basis of social changes. Cyber, cell and sex addiction - are some latest examples of it. It was found from the study of Karn Faislader under Massey University, New Zealand that sex addiction is coming from anxiety, compulsive sexual behaviour, insecure relationship, feeling tried for emotional attachment.

As per the views of Vidhya Reddy from Tulir (an NGO), one common point of younger child rape by family and friend, girls who spend lot of time in online, it was published by News paper³. According to Subra Chunder, psychologist, children are virtually assumed everything through internet, when their parents are protest for accessing internet, they create trouble inside of family, gradually one gap is rising between parents and children, for the expectation of gap fulfilment child prefer to go with unknown person, it was danger for them. Dola Mujumder from Ganasahayata Welfare Society (an NGO), said that first of all child mind and health concerned by the using of social network. And secondly, most of the adolescent children are under high risk factor. During time of dating they might be trapped by unknown person⁴. Cough syrup, remover, naphthalene, pain killer, dendrite, spider serum, the tail of lizard are some new updated addiction in society. Maybe type and category are different but anxiety and mental stress are two general roots of each addiction. Cell phone is another gift of modern technology but present existence of cell phone is harmful for present generation. Mostly people are wrongly using it; various facilities and low prices of cell phone are the biggest factor of availability and acceptability of cell phone. Ratio of mobiles using and accidents for misuses of cell phone are increasing in our society. As a result of mental difficulties, youths preferred to share their mental depression with unknown person, maybe they choose cell phone but it creates more difficulties in their life. Mostly telephonic conversation turned into the practices of Tele sex. Through the MMS facility people can circulate any video or picture in the nix of time, but our present generation does not use it properly. Every day one different type of news is opened regarding this issue. Even two unexpected matters are published by news paper, which are like that- two 21 years college students from Mumbai, India was kidnapped a female classmate; guys shorted and circulated her obscene video through MMS facility. Rather one collage girl from same city was frequently rape by her boyfriend and friend of boyfriend, guys also shorted and circulated obscene video of that girl through MMS facility. Also five school boys from Jalandhar, India average 15 to 16 years ages, they was shared objectionable SMS to a married woman- this is not end there are just three examples of cool minded psychological diversion⁵ [3,5]. Mental dissatisfactions are also one of the basic grass root cause of bio-psychological itself and it should component of social misery. The present generation suffered by mental dissatisfaction and anxiousness due to their irregular lifestyle and dangers. That will be not requiring for mental health. As per the previews discussion it was found that urban children and youth are

highly effected by social problems. People face dual phases of life, one side they faced traditional atmosphere in their family and circumcise but in outside they observe fashionable and so-called modern truant, both are present in society. Most of the time present generation is conflicting and confusion between real true and hallucination, they are puzzled for finding the reality of their life. Actually entire human civilizations are surviving as animal. Morality, humanity is gradually decreeing from society. Major focus of that research to find the way and to be formulated a method for re-capitalism of humanism.

Now one question is came to society that how can people overcome protect social tangles. Many spiritual and non-spiritual organizations are functioning inside of urban societies which are working with the same issue. After organizational intervention, it should declare that ancient yoga and meditation are capable to provide health body and mind which are truly require for live hood.

May be there was lot of difference between present status of yoga and yog practices in ancient time but it should clear that the concept of yoga and meditation was boorish more than 5000 BC in Indian. On the basis of mythological indication, that *Patanjali* is a first introducer of yoga (in the prided of 500 BC to 800 AC). But the word of "*Dhira*"⁶ in *Rig veda* is ensuring the existence of yoga is earlier from era of *Patanjali* [6]. According to old Sanskrit "*Dhira*" means self realization. However according to Sanskrit grammar Yoga means communication, this word yoga is came from word yog which sense is connection between two components. Principally Indian traditional spirituality is establishing with unique sense, it promote a shape of omnipresent power. Everyone is capable to imagine a shape of omnipresent power as per his or her belief and imagination, which are also co-related with their daily live hood and social phenomena. "*Dhyan*" (like Meditation), "*Ashan* and *Mudra*" (Psychical art) is also one mandatory part of *Puja* (like Warship) in Indian traditional system. In generally the *Meditation* and *Ashan* are truly helpful for peaceful living. Lot of research was held regarding varies aspect of yoga and meditation related practices which were related with human behaviour. Yoga is a one kind of psychotherapy⁷ [7], it was already announcement from pervious study and rather the impact of particular yoga practices; human are achieving a harmonious personality⁸. Gradually the acceptability of yoga practices are rising, huge numbers of people are involve with this practices [8-12].

Objective

Major two objective of this study as below:

- To identify educational, financial and community status of yoga beneficiaries.
- To identify impact of yoga practices in youth of Kolkata.

Methodology and Data Analysis

The study is based on primary data collected from, 1000 respondents by means of a questionnaire. Snow-boll technique sampling was applied for data collection. The study was held under 12years to 36 years age group in Kolkata.

³The Times of India, Kolkata on 24th June, 2010

⁴2nd July, 2010 by The Times of India on Kolkata

⁵Times of India, Kolkata on 2nd, 21th June and 15th January 2009.

⁶Katha Upanishad 1.2.12; 13 at *Rigveda*

⁷Nuove tecniche terapeutiche in Medicina Psicosomatica: la yogaterapia dell'ipertensione arteriosa / New therapeutic techniques in psychosomatic medicine: Yoga therapy for arterial hypertension. Ferrari G, Roberti P (1981) *Medicina Psicosomatica* 26: 375-383.

⁸Effects of yoga on stress among college students in a post-Katrina population by *Smith, Jay Andrew*, Ph.D., The University of Southern Mississippi, 2007

Data interpretation and analysis

Particulars		Numbers	Percentage (%)
Age group (Years)	12 to 16	122	12.2
	17 to 21	124	12.4
	22 to 26	270	27
	27 to 31	231	23.1
	32 to 36	253	25.3
Total		1,000	100
Sex	Male	571	57.1
	Female	429	42.9
Total		1,000	100
Educational level	Below class-X	46	4.6
	Class-X to XII	111	11.1
	UG to PG	828	82.8
	PG above	15	1.5
Total		1,000	100
Community of belonging	Flat	404	40.4
	Para	239	23.9
	Slum	22	2.2
	Society	294	29.4
	Others	41	4.1
Total		1,000	100
Monthly family income (Rs)	Below 11,000	4	0.4
	11,000 to 20,000	6	0.6
	21, 000 to 35,000	9	0.9
	36,000 to 50,000	88	8.8
	51,000 to 75,000	619	61.9
	76,000 to 1,00,000	215	21.5
	1,00,000 above	59	5.9
Total		1,000	100
Area of practices	Only Raj yog	268	26.8
	Only Hath yog	8	0.8
	Only Kriya yog	11	1.1
	Raj yog and Kriya yog	0	0
	Hath yog and Raj Yog	79	7.9
	Kriya yog and Hath yog	24	2.4
	Hath, Kriya and Raj yog	610	61.0
Total		1,000	100
Time of practices	Six months above to one year	258	25.8
	One year above to five years	722	72.2
	Five years above ten years	20	2.0
Total		1,000	100
Result of practices	Stress relief	982	98.2
	Relief from anxiety	982	98.2
	Level of energy growing	982	98.2
	Tension remove	982	98.2
	Physical fitness	732	73.2
	Fair looks and figures	957	95.7

Major finding

It is seen from this study that 27%, 25.3% youths are belonging with

22 years to 26 years age group and 32 years to 36 years age group, which are the major two categories. There 23.1%, 12.4% and 12.2% are from the categories of 27 years to 31 years, 17 years to 21 years and 12 years to 16 years respectively.

According to the sex, the Male (57.1%) acceptance is high from Female (42.9%).

The study result is indicating that 82.8% beneficiaries are belongs to Under graduate to Post graduate category. There 11.1%, 4.6% and 1.5% are from Class-X to class- XII, below class-X and Post graduate above categories respectively.

Out of the total respondents, highest number is flat living people which is 40.4%, where 29.4%, 23.9%, 4.1% and 2.2% from Society, Para, Others and Slum living people respectively.

According to the study result, major numbers of respondent are belonging with Rs. 50,000 above to Rs. 75,000 monthly income level family, which is 61.9% out of total. There 21.5%, 8.8%, 5.9%, 0.9%, 0.6%, 0.4% from Rs. 35,000 above to Rs. 50,000, Rs. 1,00,000 above, Rs. 20, 000 above to Rs. 35,000, Rs. 10,000 above to Rs. 20,000 and below Rs. 11,000 respectively.

It seems from this study result of practicing history, the rate of compact practices is high from unique practices and the acceptability of unique practices of Raj yog is advance from other two yog. Out of the total respondents 61% is involve with the compact practices of Hath, Kriya yog and Raj yog, 26.8% from unique practices Raj yog, 7.9% from compact practices Hath yog and Raj yog, 2.4% from compact practices of Kriya yog and Hath yog, 1.1% from unique practices of Kriya yog, and 0.8% from unique Hath yog. Principally compact practices of Raj yog and Kriya yog nothing found during this study.

As per the time of practices, the major numbers of respondents are belongs to One year to five years category, it is 72.2%, there 25.8% are belongs to the category of Six months above to one year and only 2% are from five years above ten years category.

Respondents realize different kind of positive impact after or and during yoga practices. Out of the total respondents in this study 98.2% are ensure that they are realize relief from stress, anxiety, tension and also the level of energy is gradually growing after or and during that practices. Although out of the total respondents 95.7% are clam they achieving fair looks and figures after promotion of yoga practices. And 73.2% ensure that they realize physical fitness for the practices of yoga.

Hypotheses

Two hypotheses are taken in begging of study, which are as bellows:

- Most of the beneficiaries are educationally and financially high.
- Youth population of Kolkata are realizing positive result for yog practices.

Although, the major numbers of respondents are belongs to Under graduate to post graduate” category, it is 82.2% out of total number of respondents. Significantly the number of Under graduate to post graduate category is almost high out of total. Even most of two financial categories are Rs. 50,000 above to Rs. 75,000 and Rs. 75,000 above to Rs. 1,00,000 monthly income level family, which is 61.9% and 21.5% respectably.

Truly 98.2% out of the total respondents are ensuring that they realize relief from anxiety, stress tension and level of energy is growing as a result of yoga practices. Out the total respondents 73.2% are realize

psychical fitness and 95.7% are demand that they realize fair looks and figures for the impact of yoga.

Suggestion

Yoga practices is positively helpful for mental and psychical health in urban youth, however the acceptability of yoga practice is mostly practiced among the under upper class financial and educational population. One suggestion is truly require after the study result, that yoga practice should be prompt without any kind of limitation.

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