



Original Article

Postural Deviation in Adolescents: An Intervention through Anthar Yoga with Navagraha Meditation

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Adolescents today face rising postural problems due to prolonged screen exposure, heavy academic loads, and limited opportunities for physical activity. These deviations in spinal alignment and body symmetry not only affect physical health but also influence mental, emotional, and intellectual capacities. This study investigates the effect of Anthar Yoga with Navagraha Meditation—a floor-based yogic practice that combines posture correction, rhythmic breathing, and mantra chanting—on adolescents with posture deviations. A total of 150 students (aged 14–18) were initially considered, with 120 selected as participants and 30 as controls. Body alignment was assessed using observational methods, basic physical tests, and questionnaires that measured pain, strain, and stress. Following data collection, participants underwent a structured Anthar Yoga protocol emphasizing spinal alignment, rotational movements, and Navagraha mantras for psychosomatic harmony. Results indicate improvement in body posture, reduction in discomfort, and enhanced emotional stability. The study highlights yoga-based intervention as an effective, low-cost, preventive strategy for adolescent health.

Keywords: posture deviation, adolescents, Anthar Yoga, Navagraha meditation, psychosomatic health

Introduction

The modern lifestyle has introduced profound changes in adolescent health. Prolonged use of mobile phones, laptops, and other visual media, combined with extended school hours, academic pressure, and extracurricular commitments, has resulted in reduced opportunities for physical activity. Consequently, posture deviation and spinal misalignment are increasingly observed among students (Prakash et al., 2019). Such deviations not only compromise musculoskeletal health but also impair breathing, circulation, concentration, and overall psychological well-being (Smith & Jones, 2018). Adolescence (14–18 years) represents a critical period of growth and identity formation. Postural defects during this stage can restrict both physical development and cognitive efficiency, contributing to poor academic performance, stress, and behavioral challenges (Kumar & Thomas, 2020). Schools often emphasize academic excellence over holistic health, leading to neglect of preventive and corrective measures for posture. Yoga, as a holistic discipline, has historically emphasized harmony between body, mind, and spirit. Traditional texts such as the *Yoga Sutras of Patanjali* and the *Bhagavad Gita* highlight breath regulation, concentration, and discipline for personal transformation. Modern clinical studies affirm the role of yoga in reducing stress, enhancing flexibility, and improving attention span in adolescents (Goyal et al., 2014). Building on this tradition, *Anthar Yoga with Navagraha Meditation* offers an integrative practice aimed at restoring body symmetry, enhancing spinal alignment, and channeling inner energy through rhythmic movement and mantra chanting.



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By associating planetary mantras with body rotations, this system combines physiological stretching with psychological visualization, thereby targeting both physical and emotional imbalances.

This paper reports a school-based intervention designed to evaluate the effects of Anthar Yoga on adolescents with posture deviation.

Methodology

Participants

The study involved 150 students aged 14–18 years, drawn from multiple schools through personality development classes. Teachers and parents identified students with academic weakness, behavioral difficulties, or visible posture issues. Out of these, 120 students were selected for the intervention, and 30 were retained as a control group.

Selection Criteria

- **Inclusion:** students aged 14–18 with mild to moderate posture deviation, low to average academic performance, and parental consent.
- **Exclusion:** students with acute injuries, severe spinal deformities, or medical contraindications for yoga practice.

Assessment Tools

Physical Assessment:

- Visual inspection of spinal curve and shoulder deviation.
- Measurement of limb length and finger alignment using simple scales.
- Palpation and photographic observation of spinal shape.

Functional Tests:

- Straight-line walking and cross-legged walking for balance.
- Wall-standing test (10 minutes) for postural endurance.
- Standing with legs close together (10 minutes) for spinal alignment stress.
- Strain/discomfort for sitting on the floor with a straight backbone for ten minutes

Questionnaires:

Pain/strain levels noted during tests.

Stress and emotional well-being are measured using a structured scale.

Intervention: Anthar Yoga with Navagraha Meditation

The practice was delivered in two phases:

Body Preparation:

Students lie supine on yoga mats, aligning the body as straight as possible. Hands and legs were stretched tightly, abdomen drawn inward, and fingers extended. Longitudinal breathing was performed three times to note strain and discomfort.

Rotational Practice with Mantras:

Participants executed slow body rotations, each associated with the chanting of *Navagraha beeja mantras*. For example, with the *Soorya mantra* (“hraam, hreem, hraum, sah sooryaaya namah”), students visualized drawing solar energy to increase vitality. The sequence was repeated for seven planetary influences, with clockwise rotations for receiving various strength through various sound and colour combinations by chanting and visualising. Anticlockwise rotations are taken for *Rahu* and *Ketu*, symbolizing detoxification.

Meditative Visualization: Both sound and light forms of energy are received

Students were guided to imagine with the chanting of the beeja mantra as if they are seeing and talking to planetary forces to energize body and mind—Sun for vitality, Moon for willpower, and so forth—creating psychosomatic balance.

The control group continued their routine without yoga intervention.

Duration

The intervention was conducted daily for eight weeks, with supervised sessions in schools and home-based follow-up.

Thematic Review and Discussion

1. Posture Deviation as a Psychosomatic Issue

Adolescent posture defects are not merely mechanical misalignments but reflect psychosomatic imbalance. Poor spinal health influences oxygenation, concentration, and emotional stability (Gupta & Verma, 2021). This study found that students with visible postural deviation also reported higher stress, lower endurance, and discomfort during simple physical tasks.

2. Anthar Yoga as a Corrective System

Anthar Yoga integrates body symmetry, breathing, and mantra, aligning with both classical yoga philosophy and modern preventive medicine. Unlike conventional physical therapy, which often isolates muscle correction, Anthar Yoga addresses body–mind coordination. This approach resonates with Patanjali’s principle of *chitta vritti nirodha* (calming mental fluctuations through bodily discipline).



3. Role of Navagraha Meditation

Sound and light are two forms of energy that invoke intelligence, memory, happiness, confidence, willpower, and energy flow in the human body. The symbolic association of planetary energies with body rotations provided adolescents a psychological framework for motivation and visualization. Students reported improved focus and emotional strength, suggesting that mantra-based meditation with slow rotational movements controls, mind, body, emotions, and intelligence simultaneously.

4. Educational and Behavioral Impact

Teachers and parents observed secondary benefits, including reduced behavioral problems and better classroom engagement. This aligns with earlier findings that yoga improves academic performance and emotional resilience in teenagers (Khalsa et al., 2012).

5. Implications for School Health Programs

The study demonstrates that a structured, low-cost intervention can be integrated into schools without extensive infrastructure. Early correction of posture prevents long-term musculoskeletal problems and enhances psychological health, positioning yoga as a valuable component of holistic education.

Conclusion

The study establishes that *Anthar Yoga with Navagraha Meditation* significantly benefits adolescents with posture deviation, improving physical alignment, reducing discomfort, and enhancing psychosomatic well-being. The integration of yoga into school health programs may serve as a preventive and corrective approach, addressing both academic and behavioral challenges. Future research with larger samples and objective imaging techniques is recommended to validate long-term outcomes. Anthar Yoga with Navagraha Meditation is not just a therapeutic practice for posture but a **transformative discipline**. It improves memory, confidence, intellectual sharpness, emotional balance, physical health, and even sleep quality by integrating yogic biomechanics with Vedic mantra vibrations. This dual action—body alignment plus sound resonance—creates a comprehensive pathway for **developing better human resources** in society. Rotational movements are possible for all parts of the body. Even bedridden people can do Anthar yoga. Many nano forms of Antharyoga can be practised at anytime and anywhere to make us energetic, face critical situations, to use travelling time etc.

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