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ROLE OF YOGA PRACTICES IN THE MANAGEMENT DIGITAL POLLUTION

Chintaharan Betal

Assistant Professor
Dept. of Naturopathy & Yoga, HNB Garhwal Central University, Srinagar Garhwal, Uttarakhand

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ABSTRACT

The rising era of technological advancement has given birth to a novel ecological and psychosocial concern termed digital pollution, which encompasses the excessive electronic waste, massive energy consumption of data infrastructures and the cognitive-emotional burden of digital dependency. Despite its profound implications for environmental sustainability and human well-being, strategies for managing digital pollution remain underdeveloped. The present theoretical research has explored the potential role of yoga practices as a holistic framework for managing both the external and internal dimensions of digital pollution. Drawing from classical yogic texts and modern interpretations, this study explored that yoga is not merely a personal wellness tool but is a sustainable lifestyle practice capable of reducing excessive digital engagement, enhancing mindful consumption of technology and cultivating ecological awareness. Yoga techniques including asana, pranayama and meditation were examined in relation to stress reduction, cognitive regulation and behavioural transformation, all of which contributed to mitigating the psychological consequences of overexposure to digital devices and information overload. Furthermore, yogic ethical disciplines, particularly ahimsa (non-violence), aparigraha (non-possessiveness) and santosha (contentment), were analyzed as philosophical bases for reducing unnecessary technological consumption and fostering sustainable digital habits. By integrating these practices in personal as well as social life, individuals and organizations can potentially minimize the digital dependency, improve mental clarity and align technology use with ecological responsibility. The conclusion of this research highlighted yoga as a comprehensive and most promising means of bridging the personal health, environmental sustainability and responsible digital behaviour, thereby contributing to the emerging discourse on managing digital pollution through culturally rooted yet globally relevant methodologies.

Key words: Digital pollution, electronic waste, yoga practices, behavioural transformation, sustainability

INTRODUCTION

The ‘Digital Pollution’ is an emerging concept that denotes the negative environmental, social and health impacts arising from the rapid expansion and use of digital technologies across the globe. According to Safdie (2024), “Digital pollution refers to the environmental impact created as a result of multivarious digital activities, such as via e-waste, manufacturing processes and energy consumption with data centres or smart devices. It serves as an umbrella term for the emissions created from all digital products and services, not just those related to direct internet use.” Fransen (2023) stated that "Digital pollution is an

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umbrella term that encapsulates the environmental impact of the digital world. It manifests in electronic waste (e-waste), excess data storage, the energy consumption of digital platforms and the carbon footprint of the entire digital industry." Indeed, electronic devices, computers, smartphones and servers consume energy to operate and store data, which can contribute to air and water pollution. The use of these technologies generates electronic waste that is difficult to recycle and contributes to polluting the planet earth (Circular Place, 2023). Unlike traditional forms of pollution that are readily visible such as air, water or soil contamination, digital pollution is often overlooked due to its largely imperceptible nature.

The manufacturing phase of information technology (IT) equipment alone is responsible for significant energy consumption which account for up to 29% and contributes extensively to greenhouse gas emissions, water usage and resource depletion. Furthermore, every digital action, such as sending an email or performing an internet search are directly linked with carbon footprint. Globally, the digital technologies are responsible for nearly 4% of greenhouse gas emissions (M'baye, 2025). Digital technology consumes about 10% of the world's electricity and emits approximately 4% of global greenhouse gases (GHGs), comparable to the aviation industry. These impacts were expected to be double or triple by 2030, if no mitigating action is taken. The digital sector's share of global carbon emissions is forecasted to reach 7-9% by 2025, making it a significant contributor to climate change. The production phase of digital hardware, such as smartphones, accounts for nearly 40% of its carbon footprint with 80% generated before the device is even used (Flinch, 2025).

Major companies like Amazon, Microsoft, Meta and Google have reported emission increases of over 140%-180% from 2020 to 2023 driven by AI and data centre demands (Deepshikha Singh, 2025). According to Environmental Impact Analysis by Wedia Group and Others (2023-2024), digital technologies accounted for 4% of global greenhouse gas emissions in 2023 and were projected to increase to 8% by end of 2025 due to the rise in 5G and data-heavy applications. The average internet user's digital activity, including emails, streaming and browsing, contributes significantly to the carbon footprint e.g., a single Google search can emit between 0.2 to 1.45 grams of CO2. By 2037, if trends continue unchecked, global electricity demand from digital technologies could exceed current global electricity production (Wedia Group, 2023 and Greenly Earth, 2024).

The above statistical data highlighted that digital pollution is a rapidly mounting day-by-day and have emerged as one of the most complex sustainability challenges of contemporary period. Hence, **the study of 'digital pollution'** has now become crucial in the 21st century as the world striving for technological progress while also seeking environmental sustainability and mental well-being.

PSYCHOSOCIAL AND PHYSIOLOGICAL EFFECTS OF DIGITAL POLLUTION

Digital pollution has created hidden environmental and psychological hazards, manifesting as attention fatigue, stress, disturbed sleep and dependency behaviours. Excessive technology use, exposure to electromagnetic radiation and digital waste result in diverse mental and physical effects, deeply impacting cognitive health, emotional well-being and bodily functions. These profound and multifaceted consequences affect not only individual health but also society at large, ranging from physical ailments due to toxic exposure to systemic challenges that threaten communities and global environmental stability (Limone and Toto, 2021). Beyond environmental impacts, digital pollution posed challenges related to the ethical use and management of digital content, psychological effects from information overload and concerns about e-waste disposal and human health risks from toxic materials present in electronics. These imperceptible impacts of digital pollution call for urgent

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attention both in academic research and in the formulation of sustainable technology policies with a view to ensure that digital progress does not come at the cost of planetary and societal well-being (Italiya, 2024).

The main causes of digital pollution can be summarized as (1) manufacturing of electronic devices (Italiya, 2024), (2) energy consumption of data centres and networks (Hermitte, 2024), (3) electronic waste (Khattak, 2024), (4) digital usage and online activities (Sablonniere, 2024) and (5) continuous software updates and data storage (Italiya,2024).

CONTEMPORARY STRATEGIES FOR MANAGING DIGITAL POLLUTION

The various contemporary strategies which have been adopted to manage digital pollution are focused on technological innovation, regulatory frameworks and increased community engagement to address environmental and health challenges from digital waste and excessive technology use (Das 2024).Companies are increasingly adopting energy-efficient infrastructure, deploying real-time IoT sensors to optimize operations, sourcing renewable energy and implementing climate action targets to reduce digital sector emissions. Public disclosure and third-party verification of greenhouse gas inventories along with stricter environmental standards are helping organizations align their digital transformation with sustainability goals and global climate commitments. Furthermore, educating users to practice digital sobriety, such as limiting video streaming and extending device lifespans which combined with government incentives and global best practices enhances resilience against the multifaceted impacts of digital pollution (ITU and WBA 2025). But in spite of these efforts, no effective solution of the problem has been arisen so far and the human psychological dimension of digital pollution remained under-addressed. Therefore, intellectuals are turning to spirituality, which can transform the attitude, behaviours and consciousness among the users of digital technology. Yoga is one of the such means, whose practice brings about an inner transformation within the individuals.

LITERATURE REVIEW

Yoga practices, deeply rooted in Indian philosophical and psycho-spiritual traditions, offer sustainable, non-invasive method for managing these challenges. Maharishi Patanjali defined Yoga as the restraint (or cessation) of the modifications of the mind- ***"yogah cittavrtti norodhah"*** (Yoga Sutra-I/2). In fact, yoga is not just twisting the body or doing breathwork but it is about mastering one's inner world. When the restless ripples of the mind (thoughts, worries, desires, memories) are stilled, the true self is revealed. That quietness, that clarity, is Yoga. Practices of various limbs of Eight-fold (Asthanga) yoga (Yoga Sutra-II/29) such as *asana* (postures for physical balance), *pranayama* (breathing techniques for nervous system regulation) and *dhyana* (meditation which enhances mindfulness and concentration) cultivate inner awareness, emotional regulation and resilience against overstimulation. Contemporary research in yoga psychology highlighted yoga's ability to reduce stress, enhance attention control emotion and promote healthier behavioural patterns, all of which are directly linked to mitigating the impact of digital overload (Cramer et al.2018). According to Voss et al. (2022), the findings of study confirmed that yoga practices enhanced the cognition level and attention along with lessened the wandering mind of the practitioners decreased the impulsivity towards the tendency of over using of smartphone. van Aalst et al., (2020) through a neuroimaging review summarized brain imaging evidence that yoga and related practices increased functional connectivity and structural markers in regions (insula, prefrontal cortex) tied to interoception, emotion regulation and executive control which regulate moment to moment urge for phone use. Gothe et al. (2023–2024) through a randomized trials and recent systematic review study reported the improvements in self-

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reported cognitive function, reduced perceived stress and better emotional wellbeing after 8–12-week yoga programs. Putchavayala et al., (2022 and 2023-2024) confirmed that yoga practices with breathwork and mindfulness can reduce problematic smartphone use / screen time and improve self-regulation; a 2024 RCT reported positive changes in adolescent screen-use behaviour after yoga. Mona et al. (2024) confirmed the efficacy of yoga practice in regulating the screen time attachment. Hill et al. (2023) found that yoga-based mind–body therapies significantly improved memory, attention and executive function in older adults, showing yoga's cognitive benefits. Pascoe et al. (2017) showed that yoga and mindfulness reduce stress and boost autonomic balance.

These studies highlighted yoga's dual role in sharpening attention and regulating stress and both the mechanisms are directly relevant for mitigating digital overload and improving self-control in daily technology use. Furthermore, yoga integrates psycho-ethical principles *Yama* and *Niyam*a (Yoga Sutra-II/30,32). ***Yama*** includes Ahimsa (non-violence), Satya (truthfulness), Asteya (non-stealing), *Brahmacharya* (continence or balance in lifestyle), *Aparigraha* (non-possessiveness) and ***Niyama*** includes *saucha* (cleanliness/clarity), Santosa (contentment), Tapah (ability to withstand the adversities), Svadhyaya (knowledge of the self) and Isvara pranidhana (surrender to God) which can guide individuals toward responsible and mindful use of digital technology, supporting conscious consumption and reduced dependency.

Besides, yoga is increasingly recognized as a holistic lifestyle system that can promote sustainable human-environment relationships and improve individual resilience to environmental stressors. Leischner (2015) emphasized that yoga fosters ecological awareness and sustainable living through its integrated physical, mental and ethical practices. This foundation is relevant to digital pollution, where behavioural change and psychological regulation are essential for long-term impact (Leischner, 2015).

Thus, yoga does not merely alleviate symptoms but addresses the root of digital pollution by strengthening self-control and fostering sustainable habits. Given the increasing recognition of digital pollution as a global threat and the emerging need for holistic, human-cantered interventions, investigating the role of yoga practices in managing digital pollution is academically significant, socially relevant and appropriate. This research problem bridges traditional wisdom with modern challenges, contributing to public health, organizational culture and environmental sustainability.

Keeping in view the above positive effects of yoga practices in reducing stress, improving mental clarity and fostering mindful technology use, the present research problem has been undertaken.

OBJECTIVE OF STUDY

The study contains the following objectives:

- To critically examine the concept of digital pollution and its psychosocial and physiological impacts in the current digital era.
- To analyse existing theoretical and empirical literature on Yoga's effectiveness in reducing digital dependency, internet/screen addiction and associated stress.
- To elucidate the mechanisms of Yoga practices like yoga ethics (yama and niyama), asanas, pranayama, meditation which foster self-regulation, mindfulness and emotional resilience in managing digital pollution.

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- To propose a conceptual framework integrating Yoga as a holistic intervention for the prevention and management of digital pollution, offering directions for future research and applications.

METHODOLOGY

This review study employed a qualitative content analysis approach, drawing on secondary sources including peer-reviewed journal articles, dissertations and scholarly reports. Literature was identified through systematic searches in databases such as PubMed, Scopus and Google Scholar using keywords like *yoga practices*, *digital pollution*, *digital well-being* and *mind-body health*. Thus, the study followed the 'analytical' and 'descriptive' methodology. The outcomes were also presented through qualitative analysis of existing models and theoretical perspectives, enabling comprehensive conceptual understanding.

EFFECTIVENESS OF YOGA PRACTICES IN MANAGING DIGITAL POLLUTION

(1) Role of Yogic ethical principles of Yama and Niyama

A. Yama (Social Disciplines)

Ahimsa (Non-violence)

Applied digitally, Ahimsa means avoiding harmful interactions online i.e., cyberbullying, hate speech, toxic arguments. By practicing digital kindness and empathy, one reduces the mental strain that comes from aggressive digital exchanges. It also encourages non-violence toward the self, like not overloading the nervous system with endless screen time **(**Ahluwalia, et al., 2024).

Satya (Truthfulness)

In a digital era of misinformation, clickbait and filters, Satya trains the mind to value authenticity. Practicing Satya online could mean mindful posting, fact-checking before sharing, and resisting the urge to curate a false persona. This reduces cognitive dissonance, digital anxiety and strengthens mental clarity (Vaidya, 2025).

Asteya (Non-stealing)

Stealing in digital terms includes plagiarism, pirated content or even stealing someone's attention by spamming. By observing Asteya, one uses digital resources ethically and with respect. This cultivates integrity and lessens the chaotic flow of unnecessary or exploitative content (Büssing et al.,2021).

Brahmacharya (Balance in Lifestyle/Moderation)

In digital life, this means moderation e.g., not overindulging in binge-watching, doomscrolling, or excessive gaming. Brahmacharya reorients attention and energy toward purposeful use of technology. This fosters self-regulation and prevents the exhaustion that digital pollution brings (Thakur and Kar,2023).

Aparigraha (Non-possessiveness/Non-hoarding)

Digital hoarding i.e., saving countless files, apps, subscriptions or endlessly scrolling for fear of missing out which creates untidiness. Aparigraha encourages letting go of unnecessary digital baggage, which improves focus, reduces stress and supports minimalism in the digital realm (Stempel, 2021).

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B. Niyama (Personal Disciplines)

1.Saucha (Cleanliness/Clarity)

Saucha extends to *digital hygiene* e.g., keeping devices uncluttered, setting boundaries on digital exposure, curating clean and positive content. It promotes clarity of mind by reducing digital "toxins" like fake news, negativity or constant pings (Chaitanya et al. 2022).

Santosha (Contentment)

The digital world thrives on comparison culture i.e., likes, shares, followers. Santosha cultivates gratitude and satisfaction with what one has, reducing the anxiety of digital validation and the endless chase for approval (Mona et al.,2022).

Tapah (Discipline/Endurance of Adversities)

Tapah in digital terms means building willpower e.g., like resisting the urge to check notifications during work or staying disciplined in screen-time management. It strengthens resilience against distractions and digital overstimulation (Mona et al. (2025).

Svadhyaya (Self-study/Reflection)

Digital consumption is often unconscious. Svadhyaya calls for self-awareness e.g., reflecting on why one uses technology, recognizing addictive patterns, and realigning digital habits with personal growth goals. It transforms mindless scrolling into mindful engagement (Putchavayala et al., 2022).

Isvara Pranidhana (Surrender to the Divine/Trust)

Digital pollution often leaves us restless, constantly seeking control through data and connectivity. Isvara Pranidhana teaches surrender i.e., letting go of digital obsessions, trusting in higher order rather than algorithms. It fosters peace of mind, spiritual grounding along with liberation from digital dependence (Büssing et al.,2021).

These psycho-ethical principles of *Yama* and *Niyama* serve as timeless filters for digital behaviour. They help in setting mindful boundaries, reducing toxic interactions, simplify digital life and re-centre inner peace amidst constant digital noise.

(2) Effectiveness of Asanas in Managing Digital Pollution

Practice of asanas help by relieving physical strain, calming the nervous system, improving focus, restoring posture and giving the mind a break from digital bombardment. The specific mechanisms of asanas are as follows:

Physical Relief and Postural Correction

Prolonged screen time typically causes neck strain, shoulder tension and upper back slouching. Asanas such as Bhujangasana (Cobra Pose), Tadasana (Mountain Pose), Adho Mukha Svanasana (Downward Dog) help stretch and strengthen the spine, chest, shoulders (Dey, 2024). Restorative poses Shavasana (Corpse Pose) allow the body to relax and unwind from static postures or repetitive strain (Gheranda Samhita-II/19).

Alleviation of Eye Strain and Visual Fatigue

Simple yoga eye practices plus asanas can help reduce eye strain from screens (dry eyes, tension around eyes). For example, palming, blinking exercises or specific gaze practices along with supportive physical postures reduce visual fatigue (Padmavathi, 2023). Practise of asanas that open chest, improve blood flow to head and neck (e.g. Upward-facing Dog) aids in better nourishment of ocular tissues (Kaul,1986).

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Stress Reduction and Nervous System Regulation

High digital engagement often stimulates sympathetic nervous system (fight/flight), leading to restless mind, anxiety, sleep disturbances. Asanas with slow, mindful movements help to activate the parasympathetic nervous system, lowering cortisol, calming the mind (Khajuria, 2024). Combining asanas with breath awareness aids mental clarity, reducing cognitive load from constant multitasking (Satyananda,2001).

Restored Attention, Mental Clarity and Focus

Asana practice demands presence of body, awareness of alignment with deep breath which eliminate digital overstimulation and scattered attention. Over time, regular practice of asana helps to rebuild capacity for sustained focus and decreases impulsivity of switching between apps/devices. Practice of all the meditative postures (Siddhasana, Padmasana, Sukhasana, Swastikasana) help individuals to settle the wandering mind (Satyananda,2001).

Building Healthy Habits and Breaks from Digital Overuse

Asana practice imposes scheduled pauses which breaks to unplug, physically shift, move which itself is an antidote to digital overload. The ritual of turning off devices, creating a dedicated yoga space/time, helps to reestablish boundaries between digital life and physical being (Padmavathi, 2023).

Thus, asanas, when used wisely and regularly, can play a strong role in managing the psychophysical fallout of digital pollution.

(4) Effectiveness of Pranayama in Managing Digital Pollution

Pranayama acts like a mental detox by calming the nervous system and reducing stress caused by constant digital exposure. By regulating breath, it enhances focus, restores attention and helps the mind for releasing from the endless digital pandemonium.

Regulates the Autonomic Nervous System (ANS)

Digital overload triggers the sympathetic nervous system (fight-or-flight) which stress, anxiety, poor focus. Practice of pranayama stimulates the parasympathetic nervous system (rest-and-digest), reduce heart rate, lower blood pressure and calm neural circuits (Smith and Patel, 2023).

Reduces Cortisol and Stress Hormones

Studies showed that deep, slow and rhythmic breathing lowers cortisol, the stress hormone that spikes during screen overuse. Lower cortisol is the indication of reduced anxiety, better sleep and more mental clarity (Smith and Patel, 2023).

Enhances Cognitive Function

Pranayama techniques like Anuloma-Viloma (alternate nostril breathing) and Bhramari increase oxygenation to the brain which improve oxygenation in the blood, lowered stress, develop better focus, attention span, memory and decision-making. These help in combating the digital distraction fatigue (Smith and Patel, 2023).

Balances Emotional Responses

Continuous digital exposure triggers emotional reactivity i.e., anger, irritation and aggressiveness. Pranayama improves emotional regulation by calming the amygdala and prefrontal cortex connections (Ravindra, 2012). As a consequence of these, one feels less

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impulsively and performs action with more consciously and more professionally (Smith and Patel, 2023).

Restores Mental Energy

Constant screen use drains mental energy. But regular practice of pranayama promotes neural reset, reduce mental untidiness, improve mindfulness and letting the brain "detox" from digital noise (Campanelli, 2020).

Anuloma- Viloma pranayama balances autonomic nervous system which reduces stress, improves focus, counteracts digital distraction fatigue. It clears the neural pathways, balances hemispheres which improves concentration and decision-making amid digital overload (Malhotra et al.,2012). Kapalabhati breathing technique increases oxygen supply, stimulates brain alertness which boosts cognitive clarity and mental energy drained by screen use Kushwah et al, 2025). Bhastrika pranayama activates sympathetic-parasympathetic balance which releases stress hormones, enhances mental endurance during prolonged screen exposure (Malhotra and Garg, 2024). Ujjayi pranayama promotes calm focus which reduces digital-induced agitation, improves mindfulness (Parajuli and Pradhan, 2022). Bhramari pranayama stimulates parasympathetic nervous system which lowers anxiety and emotional reactivity from constant notifications (Trivedi and Kuppusamy,2023).

Thus, pranayama is a most potent and promising tool to restore the normal functions of nervous system, reduce stress hormones, sharpen focus and emotionally buffer the practitioners against the constant onslaught of digital stimuli.

(4) Effectiveness of Meditation in Managing Digital Pollution

Digital pollution isn't just about screen time; it is about the constant barrage of notifications, multitasking and the relentless scroll. This digital chaos messes with our mental bandwidth, leading to stress, anxiety and burnout.

Manages Stress and Anxiety

Meditation helps to calm the sympathetic nervous system (the "stress mode") and activates the parasympathetic system (the "relax mode"). Thus, it decreases stress and improve mood by decreasing stress reactivity on a psychological, physiological and neurobiological level. Digital overload causes anxiety and FOMO (Fear of Missing Out). Meditation lowers cortisol and balances stress hormones, giving emotional stability against online chaos (*Khajuria,2024).*

Improves Focus and Attention

Practice of meditation elevates the sustained attention and enhance cognitive control amidst digital distractions. Studies showed that meditation strengthened sustained attention and cognitive control, making it easier to resist distractions like endless notifications (Creswell et al 2020).

Digital Mindfulness

Research indicates that mindfulness-based interventions delivered through digital platforms can effectively reduce psychological distress and improve mental well-being, making them a practical tool for managing digital overload (Creswell et al 2020).

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Mental Clarity

Regular practice of meditation reduces over thinking, emotional aberrations and perplexity which enhance mental clarity by reducing mental fluctuations and distress. This improves emotional stability as well as psychological well-being (Ravindra,2012).

DISCUSSION

The findings of the study highlighted that yoga, in its holistic framework of ethical principles (Yama and Niyama), physical postures (Asanas), breath regulation (Pranayama) and meditation, offers a multidimensional approach to managing the emerging phenomenon of digital pollution. Unlike conventional strategies that target only the behavioural or technological aspects of digital overuse, yoga addresses the psycho-ethical, physiological and neurocognitive dimensions which mark it a comprehensive intervention (fig-1).

The psycho-ethical guidelines of **Yama and Niyama** provide timeless filters for digital conduct. In the present era where digital aggression, misinformation, overconsumption and comparison culture are rampant, practices such as *Ahimsa* (non-violence), *Satya* (truthfulness), and *Aparigraha* (non-hoarding) cultivate healthier online interactions and reduce psychological distress linked to toxic digital environments. Similarly, *Brahmacharya* (moderation) and *Saucha* (digital hygiene) promote disciplined and balanced use of technology, preventing overindulgence and clutter. This suggests that the ethical tenets of yoga are not outdated ideals but living tools that can be directly mapped to digital behaviour management.

Physical practices such as **Asanas** extend this management from the ethical to the somatic level. With digital overload manifesting as posture collapse, eye strain and chronic musculoskeletal tension, yoga postures like *Bhujangasana*, *Tadasana*, and *Adho Mukha Svanasana* serve as corrective counteractions. Beyond structural benefits, the activation of the parasympathetic nervous system through mindful movement reduces cortisol levels and restores calm. Importantly, the ritual of asana practice itself creates conscious “breaks” from the compulsive engagement with screens which restore attentional balance and re-establishing boundaries between digital and embodied life.

Pranayama, often referred to as yogic breathing, acts as a direct antidote to the neurophysiological disruptions caused by digital excess. By rebalancing the autonomic nervous system and lowering stress hormones, pranayama restores cognitive clarity and emotional regulation. Techniques such as *Anuloma-Viloma* and *Bhramari* demonstrate potential not only in stress reduction but also in sharpening attention span and buffering against emotional reactivity triggered by constant notifications. These effects of pranayama practice act as both a restorative and preventive strategy against digital fatigue.

Finally, **Meditation** complements these practices by directly addressing the psychological consequences of digital pollution i.e., stress, anxiety, FOMO and fragmented attention. Regular meditative practice strengthens sustained attention and reduces cognitive overload, allowing the practitioner to disengage from compulsive digital habits. More importantly, meditation fosters digital mindfulness, enabling individuals to relate to technology with awareness rather than compulsion.

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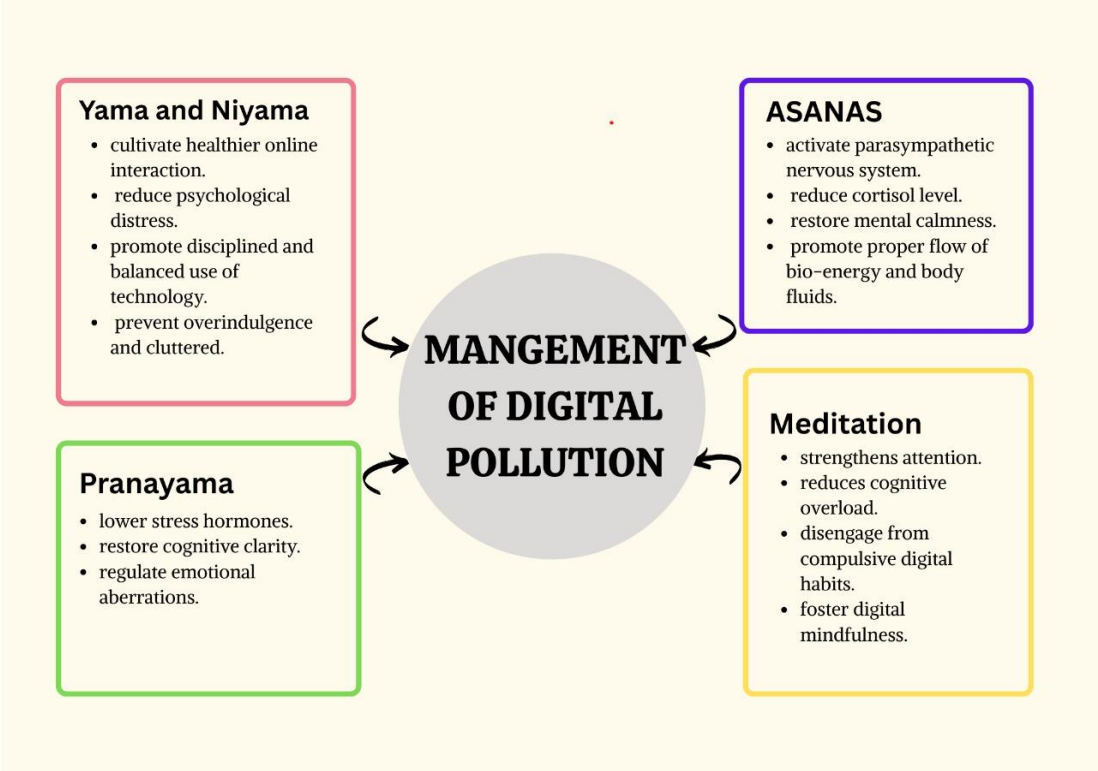
Figure-1, Role of Yoga Practices in Managing Digital Pollution



Taken together, the evidence suggested that yoga practices do not merely counteract the symptoms of digital pollution but offer a reorientation of lifestyle, mindset and behaviour toward healthier digital engagement. While asanas alleviate the physical fallout, pranayama and meditation recalibrate the nervous system and **Yama** and **Niyama** anchor digital life in ethical and mindful foundations. This layered approach makes yoga particularly effective because digital pollution is itself multidimensional which affect body, mind and social behaviour simultaneously.

However, it is important to note that while preliminary evidence is promising, more systematic empirical studies are required to measure long-term outcomes of yoga-based interventions in digital health contexts. Future research could explore integrative programs combining asana, pranayama and meditation with digital literacy education to provide holistic solutions of the problem.

CONCLUSION

In conclusion, yoga emerges as a promising and holistic approach in managing the challenges posed by digital pollution, particularly the adverse effects of excessive digital device use and screen time. By integrating physical postures, breathing techniques, meditation and relaxation practices, yoga helps to detoxify the mind and body from the overstimulation induced by constant digital exposure. It promotes self-regulation, emotional stability and mental clarity, which are crucial in reducing digital addiction and associated stress. Yoga's mind-body approach fosters balance by encouraging mindful awareness of digital habits and restoring harmony between online engagement and offline well-being. Incorporating yoga into daily routines, supports healthier behavioural patterns, alleviates symptoms of anxiety and insomnia linked to digital overuse and facilitates sustainable digital detoxification without necessitating complete avoidance of technology. Thus, practice of yoga not only mitigates the

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psychological and physiological impacts of digital pollution but also empowers individuals to navigate the digital world with greater consciousness and intention.

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