

Therapeutic Use of Simplified Kundalini Yoga on Asthma Women Patients

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Abstract

A Study on the efficacy of simplified Kundalini yoga for treatment of Asthma is reported. Quasi experimental study on 30 women patients in the age range 40-50 was undertaken. Physiological variables of pulse rate, respiratory rate and vital capacity were investigated. Psychological variables were stress, Aggression and Anxiety. Yoga Produced improvements in all the variables.

Introduction

Yoga has been an integral part of daily life in ancient India. The concept emphasizes the unity of body and soul. Kundalini Yoga details the procedure for raising the dormant life force energy, also called "The serpent power" from the Mooladhara Chakra at the base of the spine to the top of the head, called Sahasrara or Thuriyam. Whereas the classic Kundalini Yoga is arduous and time consuming, simplified Kundalini yoga developed by Vethathiri Maharishi is practicable in the present day modern world (Vethathiri Maharishi 1972).

Simplified physical exercises keep the body healthy. The internal organs are stimulated. Meditation calms the mind and frees one from anxiety and fear. Kayakalpa yoga patented by Vethathiri Maharishi enhances health, vitality, longevity and higher consciousness.

Asthma is a chronic lung disease characterized by periods of breathlessness, wheezing and coughing. It causes chronic inflammation of the bronchi. The inflamed airways react by swelling, constricting, and filling with mucus. A variety of environmental or emotional stimuli called triggers cause an attack. Triggers include respiratory infections, pollen, mold spores, chemical irritants, tobacco, smoke, Animal dandruff, dust mites, exercises or breathing cold air.

Asthmatic drugs are expensive and have side effects.

Objective

The investigation was undertaken to find the effect of simplified Kundalini yoga on Asthma women patients.

Methodology

The following methods and procedures were adopted to conduct this study.

Sample Selection

30 women asthma patients from ESI K.K.Nagar Chennai in the age group 40-50 were selected for the study.

Tools used for the study

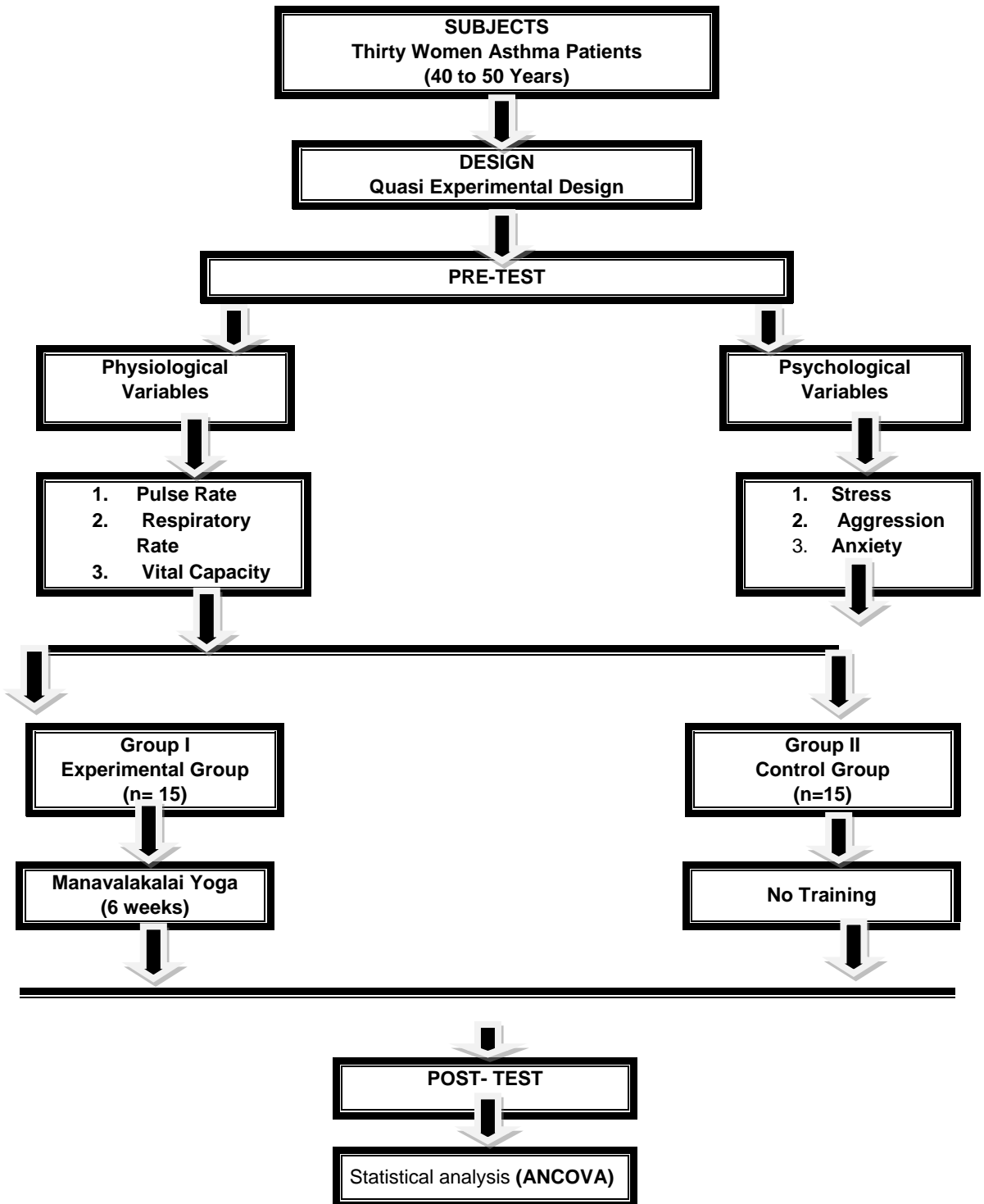
Physiological variables	Tests
Pulse rate	Stethoscope
Respiratory rate	Expirograph
Vital Capacity	Spirometer

Psychological variables	Tests
Stress	Everly and Girdano's
Aggression	Smith Aggression scale
Anxiety	Spielbergers trait anxiety questionnaire

Simplified Kundalini Yoga: Physical exercise 30 minutes, Meditation 20 minutes; Intrinsic: 20 minutes; Kayakalpa 5 minutes, Relaxation 10 minutes,

Research Design: A Quasi experimental research design was used.

Table 1
Research Design
Research Flow Chart



Statistical Analysis : Analysis of covariance (ANCOVA) was applied because the subjects were selected random

Table 2
Computation of Analysis of Covariance of Mean of Manavakalai Yogic Practices on Pulse Rate

	Experimental	Control	Source of Variance	Sum of Squares	df	Means Squares	F-ratio
Pre-Test Means± SD	87.26± 1.33	87.40±1.24	BG	0.13	1	0.13	0.08
			WG	46.53	28	1.66	
Post – Test Means ± SD	77.66±1.44	87.46 ± 0.99	BG	720.30	1	720.30	468.30*
			WG	43.06	28	1.53	
Adjusted Post – Test Means	77.67	87.46	BG	716.33	1	716.33	453.75*
			WG	42.62	27	1.57	

(Table Value for 0.05 Level for df 1 & 28=4.19)

(Table Value for 0.05 Level for df 1 & 27 = 4.21)

Df – Degrees of Freedom

Figure I
Pre and Post Test Differences of the Manavakalai Yogic Practices on Pulse Rate

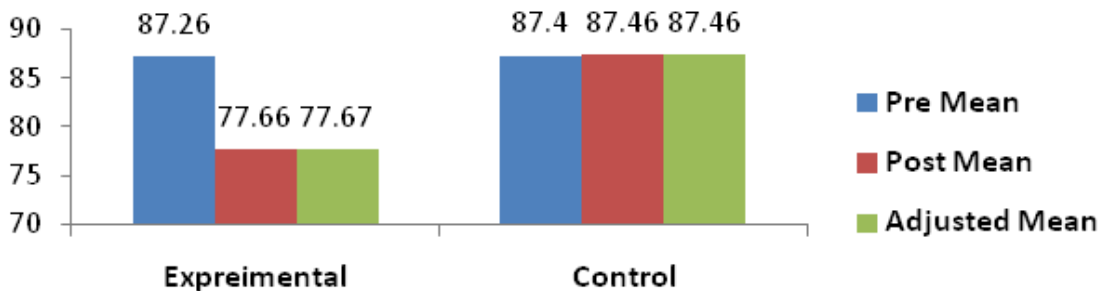


Table 3
Computation of Analysis of Covariance of Mean of Manavakalai Yogic Practices on Respiratory Rate

	Experimental	Control	Source of Variance	Sum of Squares	df	Means Squares	F-ratio
Pre-Test Means± SD	28.26 ± 1.57	28.06±1.70	BG	0.30	1	0.30	0.11
			WG	75.86	28	2.71	
Post – Test Means ± SD	20.13±1.99	28.00 ± 1.36	BG	464.13	1	464.13	159.00*
			WG	81.73	28	2.91	
Adjusted Post – Test Means	20.16	27.97	BG	455.65	1	455.65	162.68*
			WG	75.62	27	2.80	

(Table Value for 0.05 Level for df 1 & 28=4.19)

(Table Value for 0.05 Level for df 1 & 27 = 4.21)

Df – Degrees of Freedom

Figure 2
Pre and Post Test Differences of the Manavalakalai Yogic Practices on Respiratory Rate

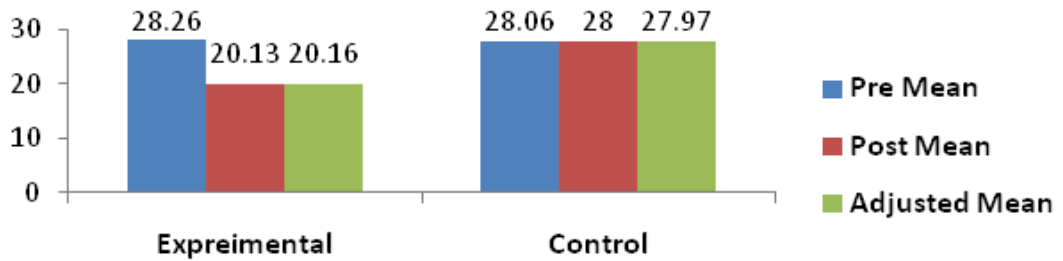


Table 4
Computation of Analysis of Covariance of Mean of Manavalakalai Yogic Practices Vital Capacity

	Experimental	Control	Source of Variance	Sum of Squares	df	Means Squares	F-ratio
Pre-Test Means \pm SD	1.43 \pm 1.22	1.41 \pm 0.11	BG	0.005	1	0.005	0.34
			WG	0.41	28	0.01	
Post – Test Means \pm SD	1.81 \pm 0.16	1.43 \pm 0.11	BG	1.03	1	1.03	54.69*
			WG	0.52	28	0.01	
Adjusted Post – Test Means	1.81	1.44	BG	1.01	1	1.01	51.87*
			WG	0.52	27	0.02	

(Table Value for 0.05 Level for df 1 & 28=4.19)

(Table Value for 0.05 Level for df 1 & 27 = 4.21)

Df – Degrees of Freedom

Figure 3
Pre and Post Test Differences of the Manavalakalai Yogic Practices on Vital Capacity

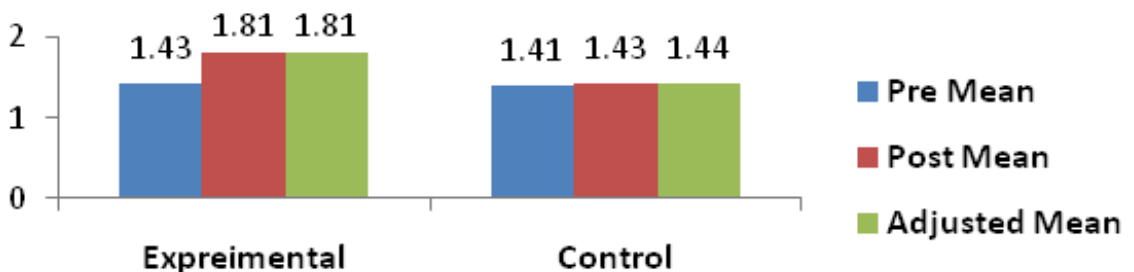


Table 5
Computation of Analysis of Covariance of Mean of Manavakalai Yogic Practices on Stress

	Experimental	Control	Source of Variance	Sum of Squares	df	Means Squares	F-ratio
Pre-Test Means± SD	49.53± 1.92	50.73±3.39	BG	10.80	1	10.80	1.42
			WG	212.66	28	7.59	
Post – Test Means ± SD	40.13 ±2.99	50.93 ± 2.86	BG	874.80	1	874.80	101.77*
			WG	240.66	28	8.59	
Adjusted Post – Test Means	40.09	50.96	BG	843.28	1	843.28	94.88*
			WG	239.95	27	8.88	

(Table Value for 0.05 Level for df 1 & 28=4.19)

(Table Value for 0.05 Level for df 1 & 27 = 4.21)

Df – Degrees of Freedom

Figure 4
Pre and Post Test Differences of the Manavalakalai Yogic practices on stress

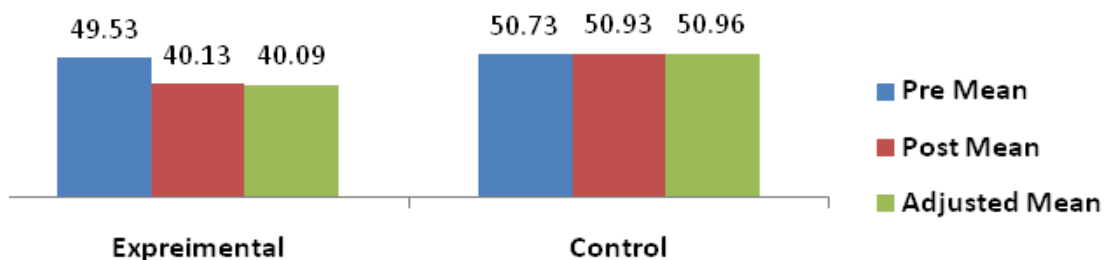


Table 6
Computation of Analysis of Covariance of Mean of Manavakalai Yogic Practices on Aggression

	Experimental	Control	Source of Variance	Sum of Squares	df	Means Squares	F-ratio
Pre-Test Means± SD	17.20± 1.52	17.06±2.08	BG	0.13	1	0.13	0.04
			WG	93.33	28	3.33	
Post – Test Means ± SD	11.20 ±2.48	17.13 ± 1.95	BG	264.03	1	264.03	52.75*
			WG	140.13	28	5.00	
Adjusted Post – Test Means	11.19	17.14	BG	264.83	1	264.83	51.36*
			WG	139.21	27	5.15	

(Table Value for 0.05 Level for df 1 & 28=4.19)

(Table Value for 0.05 Level for df 1 & 27 = 4.21)

Df – Degrees of Freedom

Figure 5
Pre and Post Test Differences of the Manavalakalai Yogic Practices on Aggression

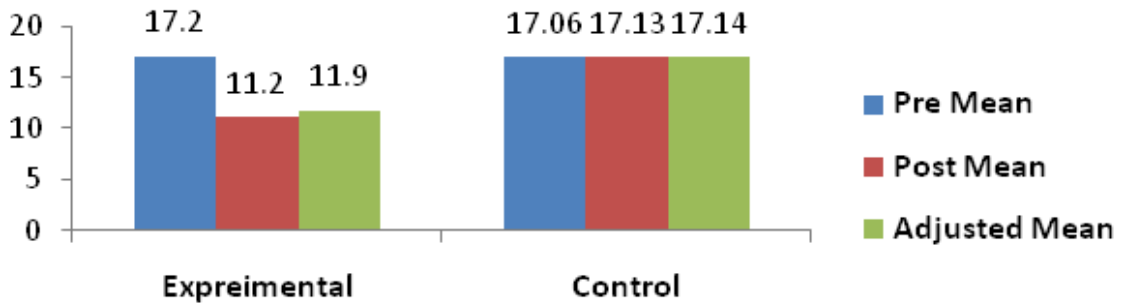


Table 7
Computation of Analysis of Covariance of Mean of Manavalakalai Yogic Practices on Anxiety

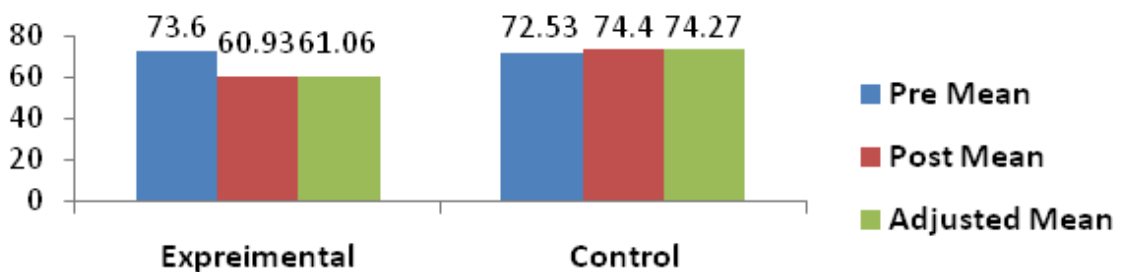
	Experimental	Control	Source of Variance	Sum of Squares	df	Means Squares	F-ratio
Pre-Test Means \pm SD	73.60 \pm 4.38	72.53 \pm 4.13	BG	8.53	1	8.53	0.46
			WG	509.33	28	18.19	
Post – Test Means \pm SD	60.93 \pm 5.92	74.40 \pm 4.22	BG	1360.13	1	1360.13	51.42*
			WG	740.53	28	26.44	
Adjusted Post – Test Means	61.06	74.27	BG	1286.38	1	1286.38	48.91*
			WG	710.05	27	26.29	

(Table Value for 0.05 Level for df 1 & 28=4.19)

(Table Value for 0.05 Level for df 1 & 27 = 4.21)

Df – Degrees of Freedom

Figure 6
Pre and Post Test Differences of the Manavalakalai Yogic Practices on Anxiety



All the above tables indicates that the Pres-test and post test means are significant at 0.5 level which shows that yoga have impact on all the physiological and psychological variables selected for the study.

Findings

The result of the study reveals that there was a significant improvement on selected physiological and psychological variables when compared to the control group after the completion of six weeks of simplified Kundalini yoga practices.

Conclusion

Wide Publicity may be given at all asthma patients about the benefits of simplified Kundalini Yoga and make the Yoga available in all government hospitals and Primary health centers.

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