



RESPIRATORY PROBLEMS AND THEIR REMEDIES THROUGH SIMPLIFIED KUNDALINI YOGA (SKY) IN MIDDLE AGED WOMEN – A STATISTICAL STUDY

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Abstract: Yoga is a word to lead a healthy and prosperous life. Maintains general fitness; develops the immunity system and thus acts as a preventive and as a curative to various diseases. Every day, more people are practicing Yoga and reaping the benefits of more energy, less stress, flexibility, strength and a greater sense of calm and clarity. While we use exercises to achieve this higher state of wellness, the practice of Yoga goes far beyond the physical postures, breathing, and even meditation. In this study the 105 women of age under 25 to 35 taken as respondents and they are split 33 into Experimental Group I, Experimental Group II and Control group of 35 each. SKY practices and Neuro Muscular Breathing Exercise was given to both Experimental group and no exercise was given to control group. The efficacy studied with the help of Statistics.

Key Words Yoga, Simplified kundalini Exercises, Neuro Muscular breathing Exercise and t-Test

1.INTRODUCTION

Yoga is a path towards total harmony of body, mind, and spirit. The word Yoga comes from the Sanskrit word *yuj*, which means union. Union of individual consciousness with universal consciousness. **Yoga** is not merely a form of exercise for the body. It is an ancient wisdom - for a healthier, happier, and more peaceful way of living - which ultimately leads to union with the Self. It is an inherent desire in humans to be happy. The ancient sages, through inquiry about life, were able to reach a state of consciousness in which the secrets of healthier, happier, and meaningful living were revealed to them. Though yoga comes from Hinduism, the knowledge of yoga transcends any religion or culture. Its application is universal.

Yogiraj Vethathiri Maharishi was born in the year 1911 in an indigent family of Guduvancheri, a small village near Chennai. Constrained to go even without the bare necessities of life, despite toiling at the loom from early morning to late night, He struggled a lot for his formal schooling. He founded the World Community Service Centre in 1958 and the organization has branch centers all over India, USA, Japan, South Korea and Malaysia.

Vethathiriyan Yogic practices include the following:

1. Simplified Physical Exercises
2. Kayakalpa Yogic Exercises
3. SKY meditations
4. Introspection Courses (Levels 1,2 & 3)

1.1 SKY ACTIVITIES IN VSP (village service project) HEALTH CAMP

Teaching physical exercises and Kayakalpa yoga.

Teaching a universal system of meditation, Introspection and self-realisation.

1.2 PHYSICAL EXERCISE:

There are two types of simplified physical exercises: 1. Body postures, 2. Movements.

Physical exercise ensures the proper flow of blood, heat, air, energy and bio- magnetic circulation leading to better health and general well-being. This physical exercise comprises seven sections dealing with every part of the body.

1.3 KAYAKALPA YOGA

Through this sexual energy is transmuted to spiritual energy by directing it to the crown chakra and beyond.

1.4 SKY MEDITATIONS

This is a form of meditation to merge the mind with the subtle life force. This practice reduces the frequency of brain waves and enhances awareness, intelligence and understanding.

1.5 INTROSPECTION

It is meant for purification of self. It includes self- analysis to sublimate the personality.

1.6 THE NEUROMUSCULAR BREATHING EXERCISES

The NeuroMuscular Breathing Exercise is based on Asana: Vajrasana and Sukhasana

Mudra:Adi Mudra and Chin Mudra.

It is a marvellous Yogic technique. The benefits are better experienced than expressed. It strengthens the abdominal muscles, Ventilates the lungs, Normalise the activity of the endocrine glands, Controls the activity in the uterus and ovaries to relieve menstrual irregularities. The sympathetic and parasympathetic nervous systems are triggered as a result. It oxygenates the blood to relieve tiredness.

Neuro- Muscular Breathing yogic Exercises

- The neuro-muscular breathing regulates the endocrine system and oxygenizes the blood.
- Women are benefited in their studies due to increase in oxygen level, retention capacity and recalling capacity. Functioning of the nervous system is improved.

1.7 REVIEW OF LITERATURE

Yoga system and providing yogic practices like asana, meditation and moral values for relaxing and improving physical and mental health of women. However, Pranayama is the best method of enhancing memory power. Pranayama is the formal practice of controlling the breath, which is the source of our Prana, or vital life force. Here, read up on pranayama exercises & poses, breathing techniques and sequences. It helps to regulate our breathing, improves oxygen level in our body, especially the uniform supply of oxygen to the brain. Pranayama is a complete breathing exercise. It cures our body internally if we practise regularly. Pranayama

is an excellent breathing exercise for our healthy life and releasing stress and depression (Vedraj, 2013). It consists of long, sustained flow of inhalation (puraka), exhalation (rechaka), and retention of breath (kumbhaka). Puraka stimulates the system; rechaka throws out vitiated air and toxins; kumbhaka distributes the energy throughout the body. This disciplined breathing helps the mind to concentrate and enables the sadhaka to attain robust health and longevity. Taking soft deep breaths should provide you with an immediate sense of how you can manage the restlessness and your galloping thoughts (Stig. 2010). During Pranayama, the diaphragm is raised naturally to the thoracic cavity and we can manipulate the abdominal muscles. Those who were exposed to pranayama, the results are evident to enhance memory and improved concentration (Ram, 2015). The regular practice of pranayama brings the body to become handsome, strong and healthy. Extra fat is reduced. Face would become lustrous. Eyes sparkle like a diamond. Voice becomes sweet and melodious.

2. RESEARCH STUDY

2.1 STATEMENT OF THE PROBLEM

The Purpose of the study is to find out the effect of SKY Physical exercise and Kayakalpa yoga, SKY Meditation, Introspection and neuromuscular breathing exercises in middle aged women with respiratory problems.

2.2 SIGNIFICANCE OF THE STUDY

In the modern day and age, people tend to stay idle without any physical activity. And due to the increase in the use of vehicles for transportation even for a short distance, air pollution in the current day has increased tremendously. This causes various and sometimes very serious health and respiratory issues in people. Nowadays middle aged women face a lot of stress and distraction from their surroundings.

This research is aimed at scientifically studying and establishing the overall effect of SKY Physical exercises, Kayakalpa yoga, Introspections, Meditations as a powerful intervention technique to control respiratory problems.

2.3 HYPOTHESIS

1. It was hypothesised that there would be any significant differences in the experimental group I and II on Physiological Variables, Weight, BMI, than the controlled group due to the practice of Vethathiri Maharishi's SKY practices on women with respiratory problems.

2. It was also hypothesised that there would be any significant differences in the experimental group I and II quality of life on Psychological variable, Cough, bored, wheezing, chest tightness, breathing problem, shortness of breath, breathing problem than the controlled group due to the practice of Vethathiri Maharishi's SKY practices on women with respiratory problems.

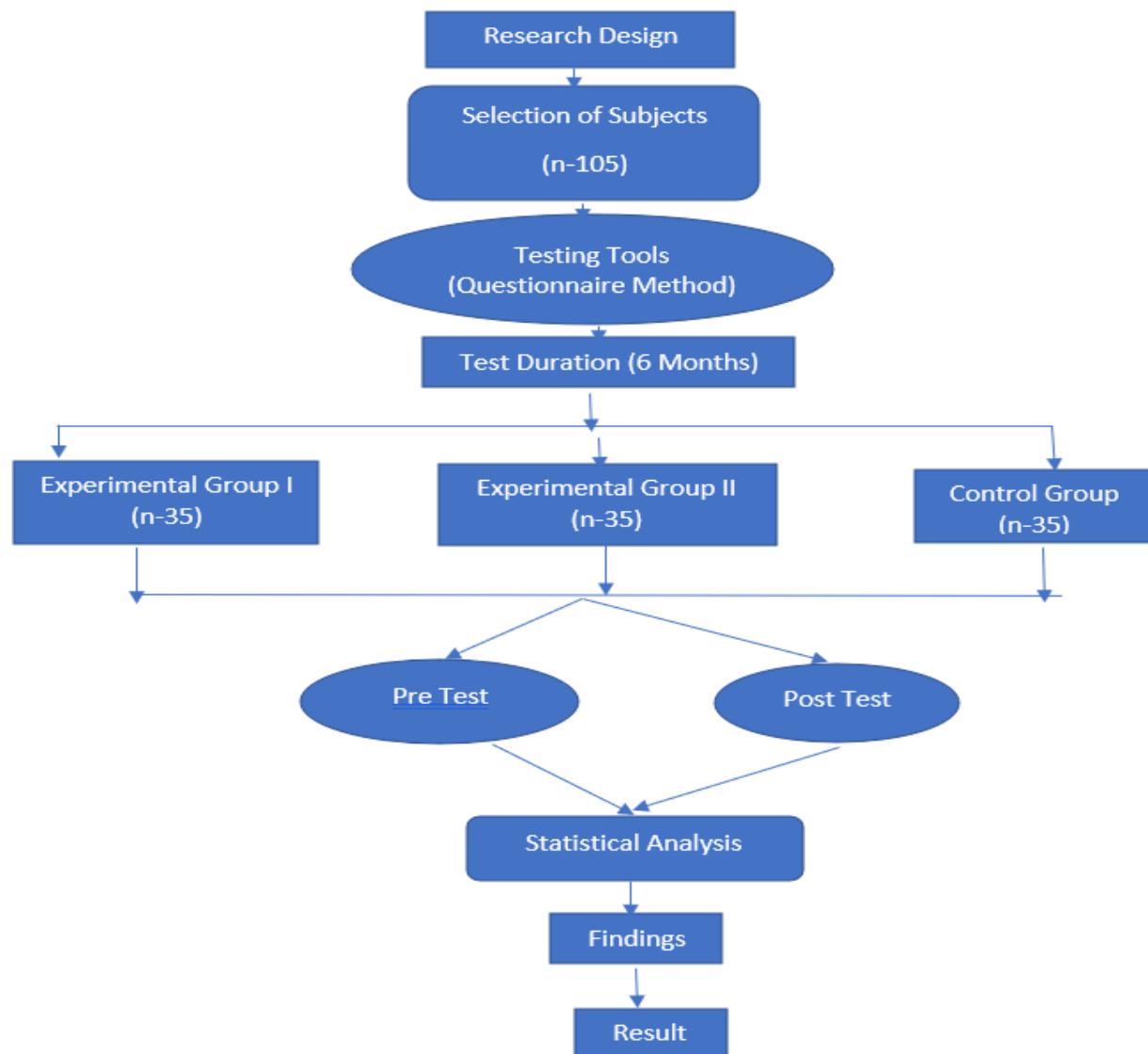
2.4 DELIMITATIONS

- The study was delimited to 105 women
- The study was delimited to Erode district in karundevan palayam, and savadipalayam pudur village only.
- Age of the subjects ranged from 25 to 35 years only.
- The independent variables were SKY yoga.
- The study was delimited to Personality Psychological variables like quality of life.
- ST GEORGE'S RESPIRATORY QUESTIONNAIRE FOR COPD PATIENTS was used as a testing tool.
- The training period were delimited to 24 weeks only.

2.5 METHODOLOGY

The study was conducted on 105 village women who were affected by respiratory problems. All the patients were participating in the SKY yogic VSP health camp program held from karundevan palayam and savadipalayam pudur village. They underwent pre-test on psychological variables of quality of life like respiratory issues and BMI. The subjects were divided into three groups 35 in each group. Experimental group I they have been given practice SKY Physical exercises, Kayakalpa yoga, Meditations and Introspections for six days a week for 24 weeks. Experimental group II practices neuromuscular breathing exercises instead of introspection for six days a week for 24 weeks. And the control group was not given any kind of training. The post-test had been taken after 24 weeks of training.

The following flow chart explains the sampling and methodology.



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2.Statistical Analysis

The pre and post test data analysed using paired t test and the sig. value and mean are tabulated below under various variables studies through Neuro Muscular Exercise.

	Pre Test			Post Test			Sig. value		
	Ex.G I	Ex.G.II	Control Group	Ex.G I	Ex.G.II	Control Group	Ex.G I	Ex.G.II	Control Group
Cough	Cough	Cough	Cough	Cough	Cough	Cough	Cough	Cough	Cough
Bored	47	49.8	49	13.55	15.45	63.15	0.013*	0.001*	0.142
Feeling short of breath	78.8	80.2	77.8	10.45	12.04	83.56	0.004*	0.021*	0.521
Wheezing appears	78.4	76.2	76.4	56.41	55.48	83.47	0.000*	0.006*	0.064
Chest tightness (last year)	68.2	70.1	66.2	52.3	52.3	80.1	0.005*	0.000*	0.234
Fewer breath problems (days)	83.8	86.6	83.7	38.5	38.5	93.3	0.039*	0.000*	0.524
Is the wheezing bad? (morning)	62	62	62	31	31	62	0.008*	0.006*	0.642
Breathing problem	60.8	82.9	60.7	34.6	46.5	82.9	0.000*	0.004*	0.854
Shortness of breath (causes)	65.1	46.8	63.7	22.18	25.32	82.8	0.000*	0.000*	0.451
Cough and shortness of breath	79.3	69.07	75.94	25.23	32.41	83.1	0.021*	0.031*	0.612
Chest tightness	76	83	73.5	22.13	25.24	91.23	0.034*	0.004*	0.341
Breathing problems (effects)	65.4	63	64.2	29.13	31.02	83.12	0.004*	0.006*	0.264
Breathing problems (daily effects)	72.2	79.74	70.15	31.23	32.54	91.23	0.000*	0.000*	0.782
Breathing problem	89.6	84.2	92.4	25.13	27.35	92.4	0.000*	0.000*	0.941

In the above table, test group I and II have pre- and post-test significance, i.e. (0.002, 0.013, 0.004, 0.000, 0.005, 0.039, 0.008, 0.021, 0.030, 0.0304, 5) between groups. Therefore, the given exercise was effective. Similarly experimental group II has significance and the training given was effective. But no exercise was done in the control group, so there was no significance in the group.

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3. Correlation Analysis

The table below shows the relationship between age and BMI, body weight and body height.

	Test		Exp. Group I	Exp. Group II	Control Group
Age & BMI	Pre	r	0.153	0.101	-0.034
		Sig.	0.380	0.564	0.848
Height & Weight	Post	r	0.782	0.716	-0.021
		Sig.	0.027*	0.031*	0.905
Height & Weight	Pre	r	0.221	0.196	-0.116
		Sig.	0.202	0.260	0.506
	Post	r	0.936	0.986	-0.005
		Sig.	0.000**	0.000**	0.978

*Significant at 5% level **Significant at 1% level

It is observed from the table that depending on the value of 'r', there is more correlation after training than before training. Sig.value greater than > 0.05 means that there is no correlation between age and BMI, body weight and body height. But after training test group I have more relationship similarly group II also have positive association but there is a negative relationship for control group.

Result

From pre and post-test performance of test group I, II and control group on health aspect. In the experimental group I have the best performance in reducing health problems. Similarly, the experimental group II has the same increasing efficiency. But there was no improvement in the post-test in the control group.

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