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THE STUDY OF YOGA EFFECTS ON HEALTH SIDDAPPA NARAGATTI p.p.65-74



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ABSTRACT

The present paper focuses to study of the importance of yoga for health Normal healthy volunteers aged not less than 30 years and not more than 60 years living in Haryana. Measurements/variables, WHO quality of life – brief. Response was collected from 50 respondents, 25 as control group and 25 as yoga practitioner group. Normality tests (Shapiro Wilk) performed for all data variables indicated normally distributed data. Paired 'T' test was used to analyze within-group differences in the yoga and control groups, and independent samples 'T' test was used to analyze the between-group effect. This study measured the effectiveness of yoga on quality of life domains in normal healthy volunteers compared to a control group. The study showed significant improvement in the yoga group in all four domains of the WHO QOL scale, such as physical health, psychological domain, social relations domain, and environmental domain, compared to the control group. With this simple and easy practice, regular yoga technique helps to improve the quality of life.

Keywords: Health, Yoga & Effectiveness.

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INTRODUCTION

In the traditional terminology it is joining of jivatma with paramatma the individual self with the universal self. It is an expansion of the narrow, constricted, egoistic personality to an all pervasive, eternal and blissful state of reality. Patanjali Yoga is one among the six systems of Indian philosophy known as ‘Shad Darshanas’. One of the great Seer, Patanjali compiled the essential features and principles of Yoga in the form of ‘Sutras’ (aphorisms) and made a vital contribution in the field of Yoga, nearly 5000 years ago. Accordingly, Yoga is a conscious process of gaining mastery over the mind. Man, endowed with discriminative power, conscious thinking faculty the buddhi and well-developed voluntary control systems, aspires to accelerate growth. Yoga is that systematic conscious process which can greatly compress the process of man’s growth. Thus, Yoga is a systematic process for accelerating the growth of a man in his entirety. With this growth, man learns to live at higher states of consciousness. Key to this all-round personality development and growth is the culturing of mind.

Power of Creation:

Yoga is conceived as a creative power in man and that of the reality itself.

- 1. The four branches of Yoga:** The needs of different persons in society to bring about the transformation of the individual. They are broadly classified into four streams.
- 2. The Karma Yoga:** This involves doing action with an attitude of detachment to the fruits of action. This makes man release himself from the strong attachments and thereby brings in him a steadiness of mind which verily is Yoga “Samatvam yoga uchyate” [4] (Geeta 2.48). Instruments of action and understanding (karmendriyās and jñanendriyās) get cleansed.
- 3. The Bhakti Yoga:** This control of emotions is the key in the path of worship. In this modern world, man is tossed up and down due to emotional onslaughts. The path of

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Bhakti is a boon to gain control over emotional instabilities by properly harnessing the energy involved in it.

4. The Janna Yoga: The age of science has made man a rational being. Intellectual sharpness is imminent. Analysis forms the tool. The path of philosophy is apt for the keen intellectuals and is centered on the analysis of ‘happiness’, the vital contribution of Upaniñads. Also many other fundamental questions regarding the mind, the outside and inside world and the reality are taken up. Basic questions are raised even involving the intellect itself to reach the very basis of intellect.

5. The Raja Yoga: Culturing of mind is the key for success in almost all endeavors in our lives. The yoga of mind culture or psychic control gives a practical and easy approach to reach higher states of consciousness. It is based on the Ashtanga Yoga of Patanjali’s Yoga system.

Ashtanga Yoga:

The major contributions of Patanjali’s Yoga Sutras is popularly known as ‘Ashtanga Yoga, which gives a comprehensive and systematic approach for developing the mind. The eight limbs are;

1. Yama-the disciplines,
2. Niyama-the injunctions,
3. Āsana- the posture of the body,
4. Pranayama- the control of Prana the life force,
5. Pratyahara- restraint of senses from their objects of enjoyment
6. Dharana-focusing of mind,
7. Dhyana–concentration
8. Samadhi-super consciousness.

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Thus, the four branches of yoga help people develop character at four different levels: physical, mental, intellectual and emotional, while also providing spiritual development. Most of the other paths of yoga Raja Yoga, Jappa Yoga, Mandala Yoga, Hatha Yoga, Kundalini Yoga etc are permutations and combinations of yoga methods.

Personality Development:

The yoga process is characterized by increasing one's ability through spiritual progress by character development with the development of spiritual maturity.

Psychological Level

Thinking power Creativity and willpower are two aspects of the mind that fall under the category of personality development. It is widely accepted that creativity is the basis of art and technology. The practice of yoga has been found to enhance people's creativity. That's why many musicians, poets, filmmakers, engineers and professionals are interested in yoga. Will-power is a must for anyone to complete any task, no matter how big or small the task. Yoga removes mental weakness and strengthens energy through good practices and awareness of the mind. In such a spirit, every problem is seen as a challenge and the great power is prepared to solve the problem. Courage becomes part of the character. Such people are loyal, face life's problems with curiosity and turn them into opportunities to achieve their goals.

Methodological Design:

This study aims to compare the effects of Raja yoga meditation on quality of life in healthy volunteers.

Research Items: Selection Process

1) Inclusion process

1. Healthcare workers are generally over the age of 35 and under the age of 70.
2. Performance 0-3, 0-

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3 based on Zubrod's performance. [0 = Asymptomatic, completely ambulatory; 1 = Symptomatic, completely ambulatory; 2 = Symptomatic, ambulatory time > 50%. 3 = symptomatic, bedridden < 50%]. [Kennealey and Mitchell, 1977]

Why: Inclusion criteria were designed to recruit as many subjects as possible.

PROPOSED STUDY DESIGN

Subjects who agreed to participate in this study were placed in the above groups and evaluations were made accordingly (study visit) and at the end of the one-month intervention.

Exclusion Process

1. Adults under 35 and over 70
2. Related Diseases.
3. Zubrod's performance is 4 or severe.
[3= Symptomatic, walking time <50%. 4= Bedridden]
4. Patients are illiterate.

Randomization:

Subjects are randomly divided into 2 groups using a computer-generated random number.

Measures/Variables: WHO Quality of Life - Introduction

DATA ANALYSIS

The normality test (Shapiro-Wilk) performed for all variables of the data shows that the data is normally distributed. Paired 't' test was used to analyze group differences between the yoga group and control group, and independent samples t test was used to analyze group differences.

RESULTS AND DISCUSSION

A total of 50 subjects (yoga group, n=25 and control group, n=25) participated in this study. The average age of the participants was 34.36±9.35 years in the yoga group and 35.25±8.17 years in the control group.

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WORLD HEALTH ORGANIZATION QUALITY OF LIFE SCORE

Paired t test used to analyze within group changes found a significant increase in Physical health ($t = -17.57$, $p < 0.001$), Psychological domain ($t = -14.98$, $p < 0.001$), Social relationship ($t = -13.72$, $p < 0.001$) and Environment domain ($t = -15.92$, $p < 0.001$) in yoga group only and not in controls. Independent sample t test on change scores was used to analyze between group changes also showed a significant improvement in Physical health ($t = -15.67$, $p < 0.001$), Psychological domain ($t = -13.47$, $p < 0.001$), Social relationship ($t = -12.05$, $p < 0.001$) and Environment domain ($t = -15.73$, $p < 0.001$) in Yoga group compared to Control group (Table 1) (Figure 1 to Figure 4).

Table1: Changes in the quality of Life following intervention

Parameter	Yoga		Control	
	Pre	Post	Pre	Post
Physical Function	26.2 (2.38)	32.2** (2.18)	27.04 (1.86)	27.2 (1.61)
Function	(2.18)	(1.65)	(4.18)	(3.92)
Social Domain	11.44 (1.39)	13.96** (0.84)	10.8 (1.32)	10.8 (1.12)
Environmental Domain	26.08 (3.49)	31.84** (3.10)	31.12 (3.47)	31.08 (3.29)

** $p < 0.01$ for within group using paired sample t test

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Figure1: Changes in physical function following intervention

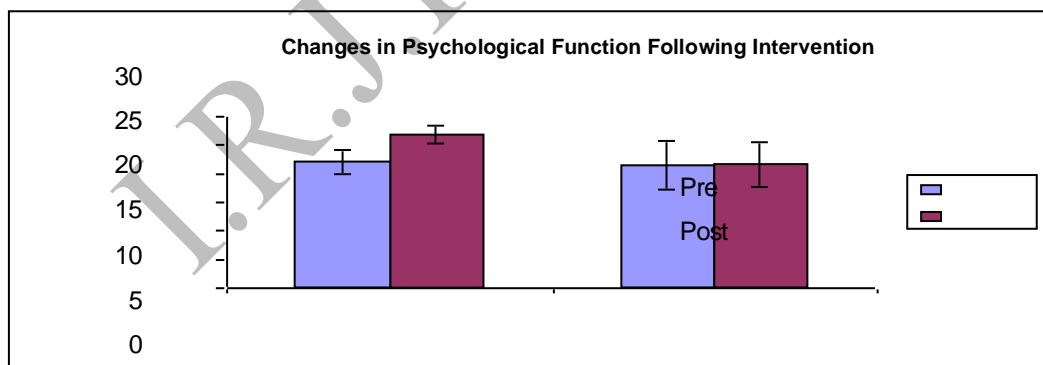
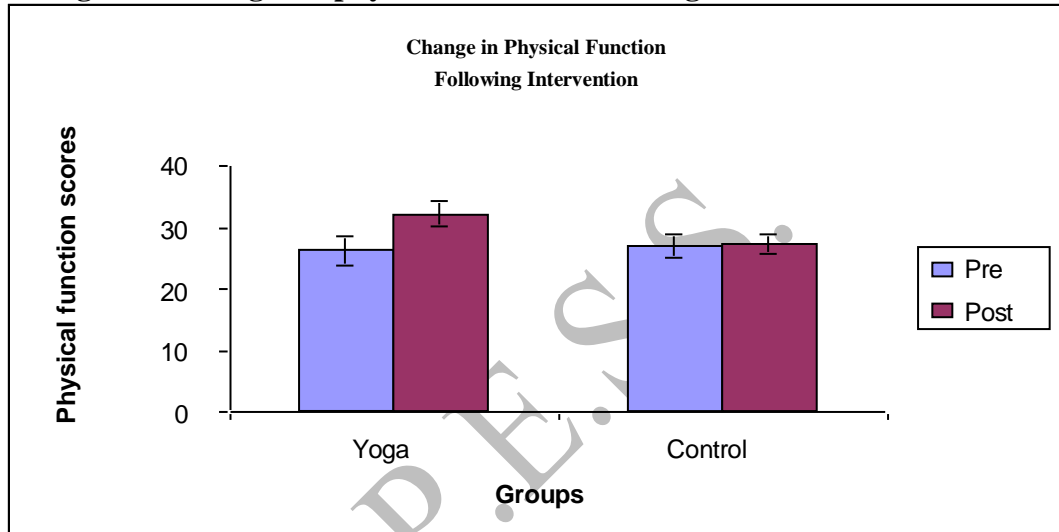


Figure2: Changes in psychological function following intervention

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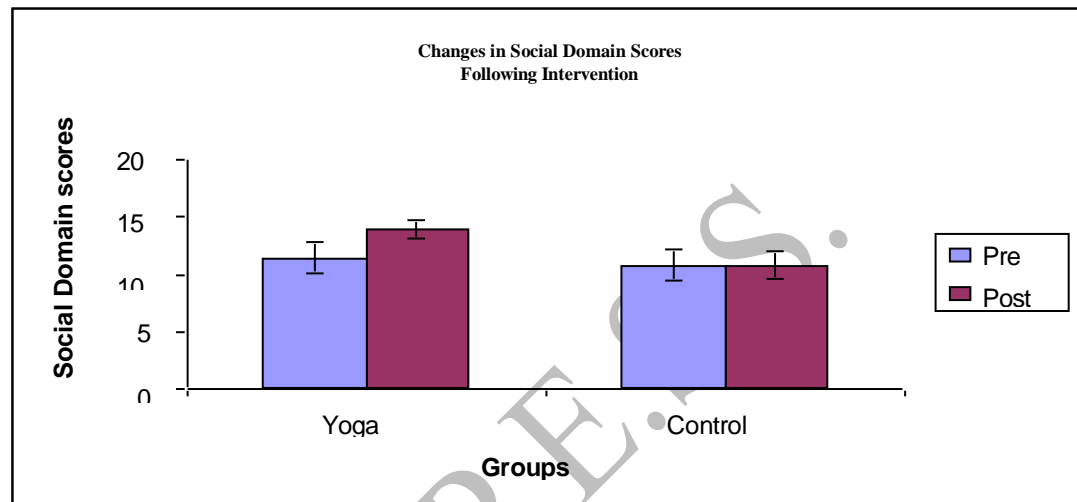


Figure 3: Changes in social domain scores following intervention

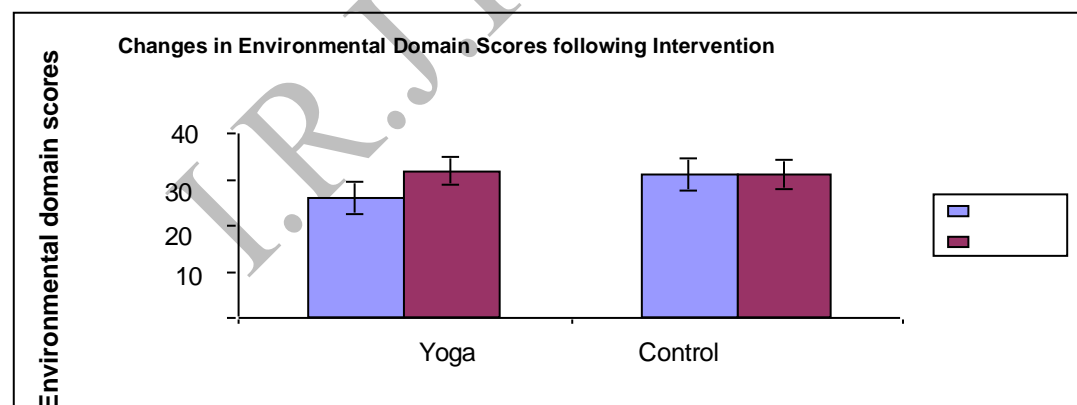


Figure4: Changes in environmental domain scores following intervention

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CONCLUSION

Such yoga practices can be used in daily life to maintain health and also help prevent many psychosomatic diseases. Mental stress is believed to play a role. These practices generally reduce psychophysiological arousal, but also improve aspects of attention, such as sustaining ability; Focus and shift focus through greater support and inner peace.

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