



EFFECT OF SIMPLIFIED KUNDALINI YOGA WITH AND WITHOUT DIET MODIFICATION ON TRIGLYCERIDES AMONG MIDDLE AGED MEN WITH DIABETICS

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ABSTRACT

The purpose of the study was to find out the effect of simplified kundalini yoga with and without diet modification on triglycerides among middle aged men with diabetics. To achieve the purpose of this study, 60 middle aged men with diabetics were selected from Ooty and their ages ranged from 40-60 years. Experimental group I was exposed to Simplified Kundalini Yoga with Diet Modification (SKYWDM), experimental group II was exposed to Simplified Kundalini Yoga with Diet Modification (SKYWODM) and control group was not exposed to any experimental training other than their regular daily activities. The duration of experimental period was 24 weeks. After the experimental treatment, all the 40 subjects were tested on their risk factors among middle aged men with diabetics. This final test scores formed as post test scores of the subjects. The pre-test and post-test scores were subjected to statistical analysis using Analysis of Co-variance and Scheffe's Post hoc Test was used. It was concluded that the simplified kundalini yoga with diet modification group showed significant decrease in triglycerides than the simplified kundalini yoga without diet modification group and control group.

KEY WORD: Simplified Kundalini Yoga, Diet, Diabetics, Triglycerides.

INTRODUCTION

All yoga forms are believed to raise kundalini energy, and have their origins in the pillars and Yoga Sutra of Patanjali, a foundational yoga scripture believed to have been compiled around the 2nd century BC. Based on this foundation, most yoga forms and meditation derive their structure and discipline from the ashtanga 8 limbed approach, which provide guidelines for the austerities of practice. An earlier written mention of Kundalini Yoga is in the Yoga Kundalini Upanishad, one of the oldest scriptures of Hinduism. The Yoga Kundalini Upanishad is eighty-sixth among the 108 Muktika Upanishads, associated with the Krishna Yajurveda from India. The origin of this particular writing is difficult to substantiate because scholars disagree about the exact dates of the composition of the Upanishads, but agree that all Upanishads have been passed down through oral tradition. Some have estimated that the composition of the Yajurveda texts date as far back as between 1400 and 1000 BC.



In the late 1800s into the early 1900s author John Woodroffe, an Oxford graduate, translated some twenty original Sanskrit texts under the pseudonym Arthur Avalon. His most popular and influential book titled *The Serpent Power: The Secrets of Tantric and Shaktic Yoga*, became a major contribution of the time to the appreciation of Indian philosophy and spirituality and the source of many early Western occult appropriations of tantra and kundalini practice. In 1935 Sri Swami Sivananda penned a detailed depiction of some historically classic Kundalini Yoga practices in a treatise called *Kundalini Yoga*. According to

yogic philosophy, kundalini is a spiritual energy or life force located at the base of the spine. It is conceptualized as a coiled up serpent. Literally, kundalini or kundala is that which is coiled (Sanskrit kund, to burn; kunda, to coil or to spiral). It is believed that Kundalini yoga is that which arouses the sleeping Kundalini Shakti from its coiled base through the 6 chakras, and penetrate the 7th chakra, or crown. This energy is said to travel along the ida (left), pingala (right) and central, or sushumna nadi - the main channels of pranic energy in the body. This process can be seen depicted even today in modern medical iconography as two snakes spiraling a central staff, and although the origin of this image is more directly derived from the Caduceus of the Greek god Hermes, it may express the same or a similar principle (Vethathiri, Maharishi, 2000).

OBJECTIVES OF THE STUDY

- To assess the triglycerides among middle aged men with diabetics.
- To introduce the Vethathiri Maharishi's simplified kundalini yoga techniques to middle aged men with diabetics for the betterment of life.
- To find out the effect of simplified kundalini yoga practice among middle aged men with diabetics.
- To motivate the middle aged men with diabetics to practice the Vethathiri Maharishi's Simplified Kundalini Yoga techniques along with diet modification regularly.
- To give suitable suggestions and to bring awareness of diabetics and importance of Simplified Kundalini Yoga practices.

HYPOTHESIS

1. Simplified Kundalini Yoga with diet modification group would show significant difference on triglycerides among middle aged men with diabetics than simplified kundalini yoga without diet modification and control groups.

METHODOLOGY

The purpose of the study was to find out the effect of simplified kundalini yoga with and without diet modification on triglycerides among middle aged men with diabetics. To achieve the purpose of the present study, sixty middle aged men with diabetics were selected from Ooty, Tamilnadu and their ages ranged from 40 to 60 years. In random sampling, every individual in the population has the same chance of being chosen for the sample. The selection of one individual for the sample is no way influenced by another individual. The subjects were divided into three equal groups of twenty subjects each. Group I acted as experimental group (Simplified Kundalini Yoga with Diet Modification), Group II acted as experimental group (Simplified Kundalini Yoga without Diet Modification) and Group III acted as control group. The requirement of the experiment procedures, testing as well as exercise schedule was explained to the subjects so as to get full co-operation of the effort required on their part and prior to the administration of the study.

Pre-test was conducted for all the subjects on triglycerides among middle aged men with diabetics. This initial test scores formed as pre test scores of the subjects. The groups were assigned as experimental group I, experimental group II and control group in an equivalent manner. Experimental group I was exposed to Simplified Kundalini Yoga with Diet Modification (SKYWDM), Experimental group II was exposed to Simplified Kundalini Yoga without Diet Modification (SKYWODM) and control group was not exposed to any experimental training other than their regular daily activities. The duration of experimental period was 24 weeks. After the experimental treatment, all the forty subjects were tested on their risk factors among middle aged men with diabetics. This final test scores formed as post test scores of the subjects. The pre-test and post-test scores were subjected to statistical analysis using Analysis of Co-variance (ANCOVA) to find out the significance among the mean differences, whenever the 'F' ratio for adjusted test was found to be significant; Scheffe's post hoc test was used. In all cases 0.05 level of significance was fixed to test hypotheses.

RESULTS**Table 1: Analysis of Covariance of Mean of Simplified Kundalini Yoga With and Without Diet Modification and Control Groups on Triglycerides**

	SKYWDMG	SKYWODMG	Control Group	Source of Variance	Sum of Squares	df	Means Squares	F
Pre-Test Means	156.20	157.20	156.06	BG	11.51	2	5.75	0.01
				WG	22571.73	42	537.42	
Post-Test Means	117.20	135.86	154.40	BG	10378.84	2	5189.42	10.14*
				WG	21493.73	42	511.75	
Adjusted Post-Test Means	117.38	135.40	154.67	BG	10430.44	2	5215.22	17.58*
				WG	12160.47	41	296.59	

Table-1 indicates that the pre-test means of simplified kundalini yoga with diet modification, simplified kundalini yoga without diet modification and control groups were 56.20, 157.20 and 156.06 respectively. The obtained F-ratio for the pre-test was 0.01 and the table F-ratio was 3.22. Hence the pre-test mean F-ratio was insignificant at 0.05 level of confidence for the degree of freedom 2 and 42. This proved that there were no significant difference between the experimental and control groups indicating that the process of randomization of the groups was perfect while assigning the subjects to groups.

The post-test means of the simplified kundalini yoga with diet modification, simplified kundalini yoga without diet modification and control groups were 117.20, 135.86 and 154.40 respectively. The obtained F-ratio for the post-test was 10.14 and the table F-ratio was 3.22. Hence the post-test mean F-ratio was significant at 0.05 level of confidence for the degree of freedom 2 and 42. This proved that the differences between the post test means of the subjects were significant.

The adjusted post-test means of the simplified kundalini yoga with diet modification, simplified kundalini yoga without diet modification and control groups were 117.38, 135.40 and 154.67 respectively. The obtained F-ratio for the adjusted post-test means was 17.58 and the table F-ratio was 3.23. Hence the adjusted post-test mean F-ratio was significant at 0.05 level of confidence for the degree of freedom 2 and 41. This proved that there was a significant difference among the means due to the experimental trainings on triglycerides. Since significant differences were recorded, the results were subjected to post hoc analysis using Scheffe's post hoc test. The results were presented in Table-2.

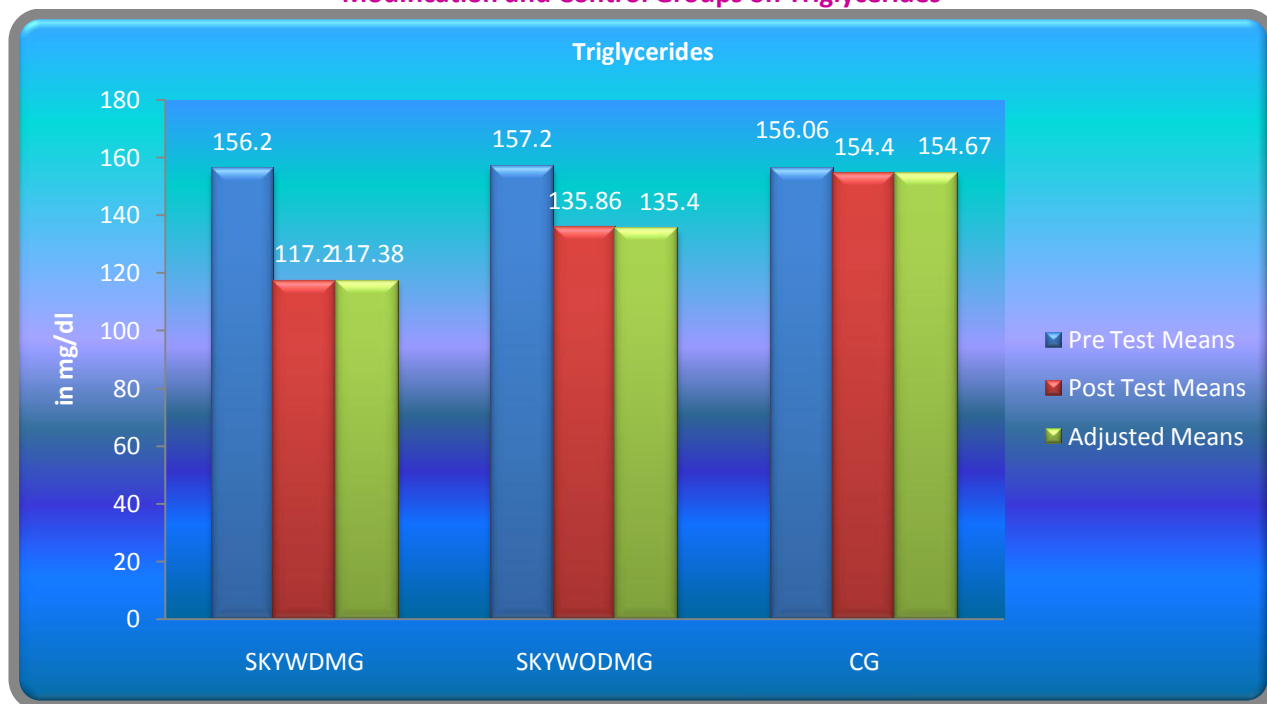
Table 2: Scheffe's Test for the Differences between the Adjusted Post Test Paired Means on Triglycerides

Adjusted Post-test means			Mean Difference	Required CI
SKYWDMG	SKYWODMG	CG		
117.38	135.40	---	18.02*	15.97
117.38	---	154.67	37.29*	
---	135.40	154.67	19.27*	

* Significant at 0.05 level.

Table-2 shows that there is significant difference between the adjusted means of simplified kundalini yoga with diet modification and simplified kundalini yoga without diet modification group (18.02), simplified kundalini yoga with diet modification and control group (37.29), simplified kundalini yoga without diet modification and control group (19.27) at 0.05 level of confidence with the confidence interval value of 15.97. The pre, post and adjusted means on triglycerides were presented through bar diagram for better understanding of the results of this study in Figure-1.

Figure 1: Pre, Post and Adjusted Post Test Differences of Simplified Kundalini Yoga With and Without Diet Modification and Control Groups on Triglycerides



CONCLUSIONS

1. There is significant difference between simplified kundalini yoga with diet modification group, simplified kundalini yoga without diet modification group and control group on triglycerides among middle aged men with diabetics.
2. Simplified kundalini yoga with diet modification group showed significant difference in triglycerides than the simplified kundalini yoga without diet modification group and control group.

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