



INFLUENCE OF SKY YOGA AND KAYAKALPA, MEDITATION FOR OBESITY PROBLEMS ON MIDDLE AGE WOMEN

R.P. Balasubramanian¹ and Dr. Rajam²

¹Ph.D. Scholar, Bharathiar University, Coimbatore, Tamil Nadu.

²Assistant Professor, Department of Yoga for Human Excellence WCSC Vision, SKY Research Centre, Aliyar, Pollachi, Tamil Nadu.

ABSTRACT

This study was conducted to view the influence of sky yoga, meditation and Kayakalpa for obesity problems on Blood pressure variable among middle age women. For the study 45 women with obesity from Coimbatore were selected as subjects. They age range from 35 to 45 years. The subjects have been divided into three groups each consisting of 15 members. Experimental Group I went on SKY yoga training only; Experimental Group II went on only Kayakalpa and Meditation exercise for 8 weeks. Control Group was not given any kind of practices. Results found that there is significant change in Blood Pressure level of the Experimental groups I, II subjects than the Control group. The weight of the subjects got reduced without controlling their life style, food habits etc.

KEYWORDS: Blood Pressure, Kayakalpa, Meditation, SKY Yoga, Obesity.

INTRODUCTION

The science of yoga begins to work on the outermost aspect of the personality, the physical body, which for the most people is practical and familiar starting point. When imbalance is experienced at this level, the organs, muscles and nerves no longer function in harmony, rather they act in opposition to each other. For instance, the endocrine system might become irregular and the efficiency of the nervous system decrease to such an extent that disease will manifest. Yoga aims at bringing the different bodily functions into perfect coordination so that they work for the good of the whole body. From the physical body, yoga moves on to the mental and emotional levels, many people suffer from phobias and neuroses as result of the stresses and interactions of everyday living. Yoga cannot provide a cure for life but it does present a proven method for coping with it.

SIGNIFICANCE OF THE STUDY

1. The exercise doesn't harm any part of the body.
2. **This study would create awareness about the efficacy of SKY yoga on maintaining our BMI.**
3. **This study would create awareness about obesity among general public.**
4. Blood circulation, heat circulation, respiration and all systems become normal. As they function normally and effectively these exercises prevent diseases.
5. Inner organs also get the benefit of exercises.
6. Starting from the age of eight anybody can do this exercise.
7. Men, women, boys and girls all can practice these exercises.



OBJECTIVES OF THE STUDY

- To study the influence of sky yoga, meditation and Kayakalpa for obesity problems among middle age women which intently improves their health?

HYPOTHESIS

1. There is significant difference in blood pressure variable in-between sky yoga, meditation and kayakalpa than the control group.

LIMITATIONS

- Economic and cultural status was not considered for the study.
- The factors like nutrients, heredity, environment, climatic condition etc., were not consider.
- The genetic problems were not taken into consideration.
- The food habits, working period, life style, sleep etc., were not controlled.
- Daily routine works were not taken in to the count.

SELECTION OF THE SUBJECTS

For the study 45 women with obesity from Coimbatore district were selected as subjects. They age range between 35 to 45 years. The subjects were divided into three groups each consisting of equal members. Experimental Group I went on SKY yoga training; Experimental Group II went on Kayakalpa and Meditation exercise for 8 weeks for 6 days in a week. Control Group were not given any kind of trainings.

SELECTION OF VARIABLES:

DEPENDENT VARIABLES

Blood Pressure

The blood pressure increases when the heart pumping the blood. This is called systolic blood pressure. When the heart is rest, between tis beats, one's blood pressure falls this is the diastolic pressure.

Purpose: To record the systolic and diastolic blood pressure.

Equipment: Mercury sphygmomanometer.

Procedure: The subjects were made to sit in a comfortable sitting position. Mercury sphygmomanometers provide the most accurate measurement of BP. Use of proper sized cuff is essential, the bladder should encircle and cover two third of the length of the arm, if not, place the bladder over the brachial artery to prevent high reading from bladder that is too small. The investigator stripe the band of the sphygmomanometer used the height of a column of mercury to reflect the circulating pressure. BP values are reported in millimetres of mercury (mmhg). Maj KS Bra*, Lt Col Ramesh (2003) methods in medicine, technique of blood pressure measurement

TRAINING SCHEDULE

SKY yoga contains Hand Exercise, Leg Exercise, Neuro muscular Breathing Exercises, Eye Exercise, Kapalabhati, Makarasana, Massage, Acupressure and Relaxation.

Meditation

- Agna Meditation, Shanthi Meditation, Thuriyam Meditation

Kayakalpa Practice

- Morning, Evening, Before food

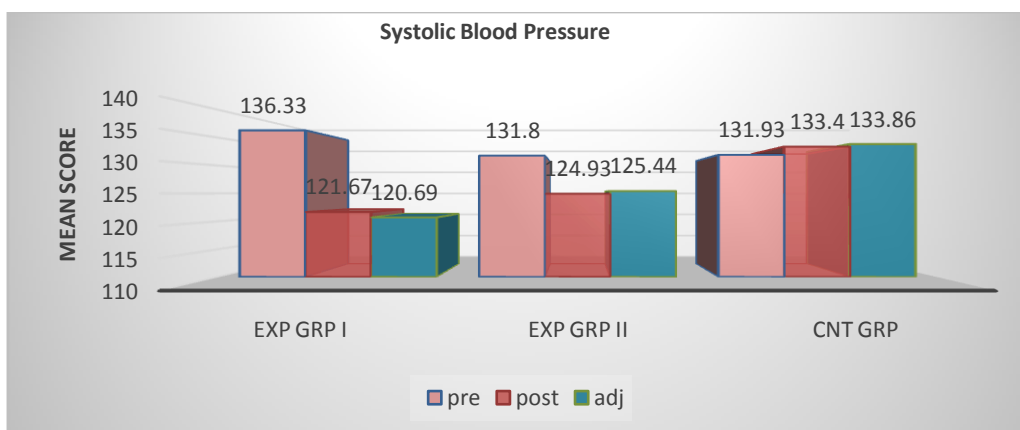
RESULTS AND DISCUSSIONS

Table 1: Analysis of Covariance on Systolic Blood Pressure

Test	Group 1	Group 2	Group 3	df	Sum of Squares	Mean Square	F
Pre	136.33	131.8	131.93	2	199.64	99.82	2.903
				42	12174.6	289.87	
Post	121.67	124.93	133.4	2	1100.13	550.06	3.62
				42	6379.86	151.9	
Adjusted	120.69	125.44	133.86	2	1323.37	661.68	5.35*
				41	5070.34	123.6	

*Significant at 0.05 level and table value of F-ratio for 2 and 42 (df) =3.22 and 41 (df) =3.23

From Table-1, the obtained F-value on Systolic Blood pressure 5.35 is greater than the table value of 3.23 and hence it is accepted that there is significant differences among the treated groups. This proved that SKY yoga has better impact on blood pressure level than other group practices.



Bar Diagram-1 showing Pre, Post and Adjusted Post-Test Values of Systolic Blood Pressure

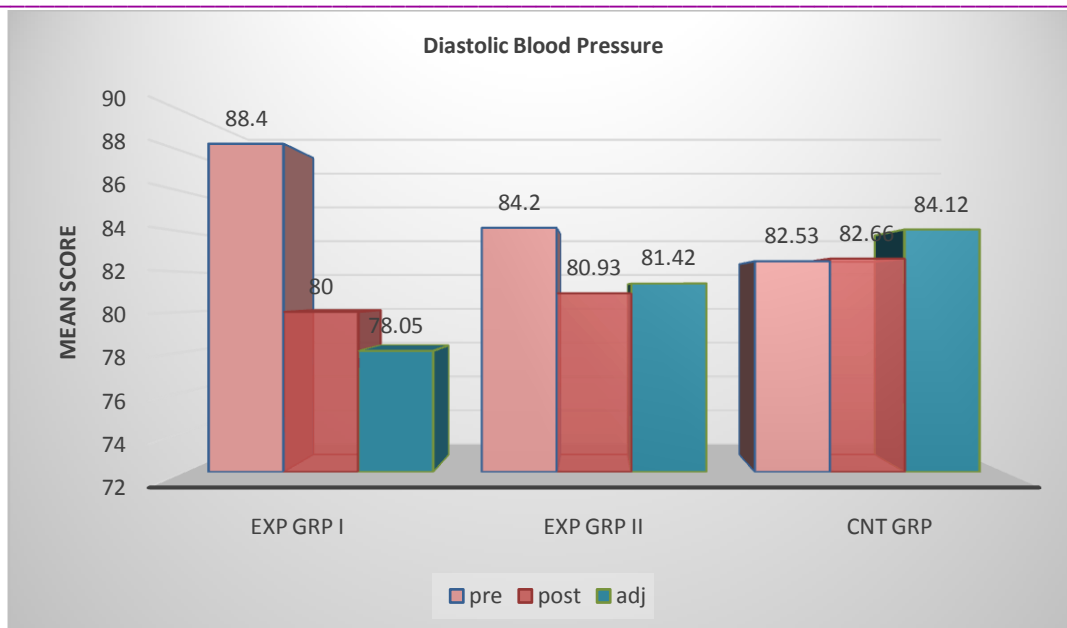
Table 2: Analysis of Covariance on Diastolic Blood Pressure

Test	Group 1	Group 2	Group 3	df	Sum of Squares	Mean Square	F
Pre	88.4	84.2	82.53	2	274.1778	137.08	0.49
				42	2825.733	67.27	
Post	80	80.93	82.66	2	54.93333	27.46	0.65
				42	1754.267	41.76	
Adjusted	78.05	81.42	84.12	2	254.1691	127.08	6.51*
				41	800.275	19.51	

*Significant at 0.05 level and table value of F-ratio for 2 and 42 (df) =3.22 and 41 (df) =3.23

From Table-2, the obtained F-value on diastolic Blood pressure 6.51 is greater than the table value of 3.23 and hence it is accepted that there is significant differences among the treated groups.

This proved that SKY yoga has better impact on Blood pressure level than other group practices.



Bar Diagram-2 showing Pre, Post and Adjusted Post-Test Values of Diastolic Blood Pressure

CONCLUSIONS

1. There is significant difference between SKY yoga group and kayakalpa exercise group when compared to the control group on physiological variables of blood pressure.
2. There is significant improvement in systolic and diastolic blood pressure level due to SKY yoga and kayakalpa exercise & meditation when compared to the control group.
3. SKY Yoga is found to be better than the kayakalpa group and control group in physiological variables of blood pressure.

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