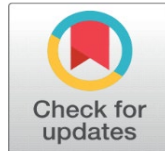


IMPACT OF ASHTANGA YOGA PRACTICES AND MUSIC THERAPY ON SELECTED BIOCHEMICAL VARIABLE AMONG GESTATIONAL DIABETIC WOMEN

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ABSTRACT

The present study was designed to find out the effect of Ashtanga Yoga practices without music therapy on Biochemical Variables among Gestational Diabetic Women... To achieve the purpose of the study, 45 Gestational Diabetic Women from Erode aged between 25 and 35 years. The Experimental group I and II underwent Ashtanga Yoga practices with and without music therapy for the period of 6 weeks of an hour in the morning. The control group was not exposed to any specific training but they participated in the regular activities. The pre-test and post-test were conducted before and after the training for three groups. The data pertaining to the variables collected from the three groups before and after the training period were statistically analyzed by using Analysis of Covariance (ANCOVA) to determine the significant difference and tested at 0.05 level of significance.

Keywords: Astanga Yogic Practices, Music Therapy, HBA1C, Gestational Diabetic Women

1. INTRODUCTION

Pregnancy is one of the most critical and unique period in a women's life cycle. Due to higher nutritional requirement this group is considered too vulnerable and critical in life span (Mamta Singh et al 2009). Pregnancy occurs as a result of the female gamete or oocyte merging with the male gamete, spermatozoon, in a process referred to, in medical science, as "fertilization," or more commonly known as "conception." After the point of "fertilization," it is referred to as an egg. The fusion of male and female gametes usually occurs through the act of sexual intercourse, resulting in spontaneous pregnancy. However, the advents of artificial insemination and in vitro fertilisation have also made achieving pregnancy possible in cases where sexual intercourse does not result in fertilization. Most pregnant women experience a number of symptoms, such as missed menstrual period, nausea and vomiting, excessive tiredness and fatigue, craving for certain foods not normally considered a favorite, and frequent urination particularly during the night, which can signify pregnancy.

Pancha Kosha - the Subtle Energy Body or 'Five Sheaths'

The subtle anatomy of the humans is divided into five energetic sheaths known as 'pancha kosha'. Pancha, meaning five and kosha, meaning layer or sheath. This ideology describes the human being "as multi-dimensional, with the source or

foundation in a spiritual dimension." The so-called 'spiritual dimension' is pure consciousness which is hidden by the other four koshas, the outermost layer being the most dense, physical body. Each kosha can be thought of as energy vibrating at a different frequency. The physical body therefore vibrates at the slowest rate and the 'inner light of consciousness' or 'atman' vibrates at fastest rate or frequency. Although all five layers interpenetrate one another. The anandamayakosha is not bound by time or space and does not die. When the practitioner resides in this sheath, they have remembered or realized their true nature, reached enlightenment and health will pervade all layers.

2. STATEMENT OF THE PROBLEM

The present study was to find out the effect of Ashtanga Yoga practices and music therapy on HBA1C among Gestational Diabetic Women.

3. METHODOLOGY

To achieve the purpose of the study, 45 Gestational Diabetic Women from Erode aged between 25 to 35 years were selected randomly into experimental group I, experimental group II and control groups of 15 subjects each.

The selected subjects were divided into two experimental group I, II and control group with 15 subjects each in a group. Experimental Group I underwent astanga yogic practices with music therapy for the period of 6 weeks for the maximum of an hour in the morning and the Experimental Group II underwent astanga yogic practices without music therapy for the period of 6 weeks for the maximum of an hour in the morning. The control group (CG) was not exposed to any specific training but they participated in the regular activities.

Table I

COMPUTATION OF ANALYSIS OF COVARIANCE OF THE TWO EXPERIMENTAL GROUPS AND CONTROL GROUP ON HBA1C (Scores in mg/dl)

Test	Exp. Gr. I	Exp. Gr. II	Cont. Group	Source of variance	Sum of squares	Degree of freedom	Means squares	Obtained F value
PRE TEST	8.353	8.18	8.26	between	0.23	2	0.113	1.68
				within	2.82	42	0.07	
POST TEST	5.573	5.95	7.99	between	50.92	2	25.46	223.91*
				within	4.78	42	0.11	
ADJUSTED POST TEST	5.55	5.96	7.99	between	51.05	2	25.53	225.18*
				within	4.648	41	0.11	
MEAN GAIN	2.78	2.23	0.27					

*significant.

*Significant at 0.05 level of confidence. * F(0.05) (2,42 and 2, 41) = 3.23.

Table II

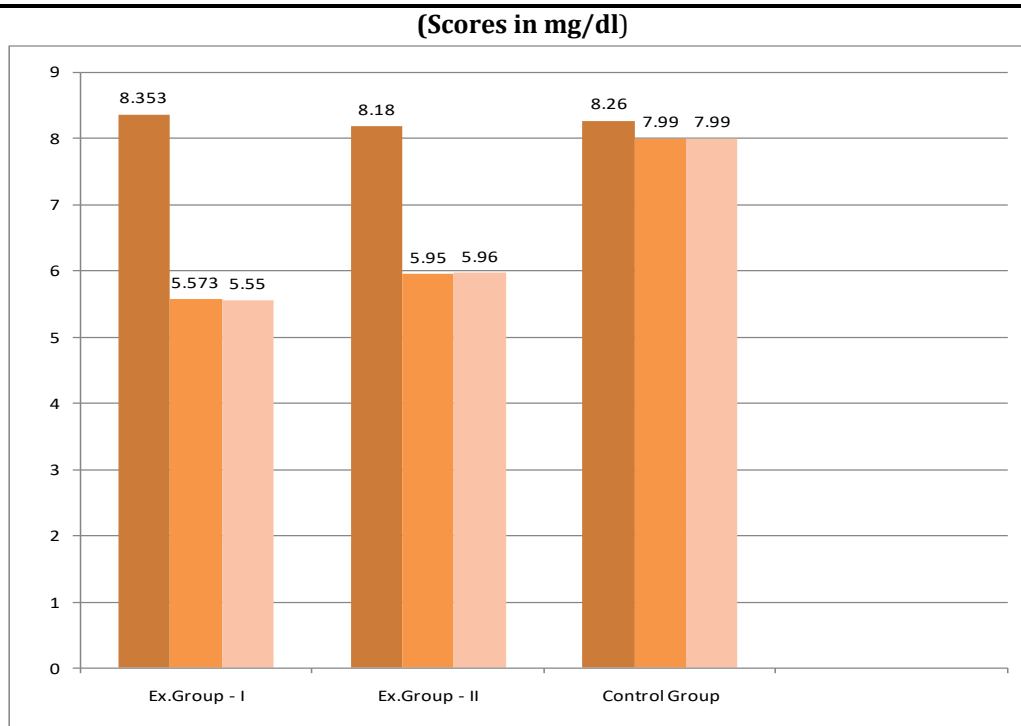
SCHEFFE'S POST-HOC TEST FOR HBA1C

Exp. Gr. I	Exp. Gr. II	Control group	Mean difference	C.I
5.55	5.96	-	0.41*	0.31
5.55	-	7.99	2.44*	0.31
-	5.96	7.99	2.03*	0.31

*significant

Figure - 1

Bar diagram showing the mean difference among Experimental Group I, Experimental Group II and Control Group of HBA1c



4. DISCUSSION ON FINDINGS

The results of the study indicated that the experimental groups namely Ashtanga Yoga practices with and without music therapy had significantly on HBA1C.

The results of the study showed that HBA1C decreased significantly as a result of Ashtanga Yoga practices with and without music therapy groups. Hence, the hypothesis was accepted at 0.05 level of confidence. Systematic Ashtanga Yoga practices with and without music therapy decrease the HBA1C. The above findings can also be substantiated by observation made by renowned exper.

5. CONCLUSION

1. During pre and post tests, both the experimental groups exhibited a significant decrease on HBA1C immediately after the practices than the control group.
2. The Ashtanga Yoga practices with music therapy helped to decrease the HBA1C among the Gestational Diabetic Women than the Ashtanga Yoga practices without music therapy.

CONFLICT OF INTERESTS

None

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None

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