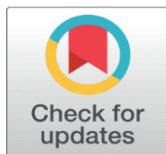


EFFECT OF HATHA YOGA SADHANA AND SIMPLIFIED KUNDALINI YOGA ON SELECTED PHYSIOLOGICAL VARIABLE AMONG GERIATRIC MEN WITH LOW BACK ACHE

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1. INTRODUCTION

Since the modern man developed mostly upon modern out fits for his daily routine, involving mainly his mental powers to live an easy going life, there has been a fall and deterioration in his Physical Health and capacities. Modern man need not toil like his forefather for his daily life. So he has become less vigorous and lethargic. Every individual should develop his strength and endurance for a happy and effective living. In order to get proper strength and endurance one has to involve in physical activities. The immune system is the body's system of defense against disease. It combats disease in a number of ways (Jiang & Chess, 2006). Your body is constantly engaged in search and destroy missions against invading microbes, even as you're reading this page. Millions of white blood cells, or leukocytes, are the immune system's foot soldiers in this microscopic warfare. Leukocytes systematically envelop and killopathogens such as bacteria, viruses, and fungi, worn-out body cells, and cells that have become cancerous.

Leukocytes recognize invading pathogens by their surface fragments, called antigens, literally antibody generators. Some leukocytes produce antibodies, specialized proteins that lock into position on an antigen, marking them for destruction

ABSTRACT

The present study was designed to find out the effect of Hatha yoga sadhana and simplified kundalini yoga on physiological variable among Geriatric men with low back ache. It was hypothesized that there would be significant differences in systolic blood pressure among Geriatric men with low back ache due to the influences of Hatha yoga sadhana and simplified kundalini yoga. To achieve the purpose of the study, 45 Geriatric men with low back ache from Chennai aged between 60 and 65 years . The Experimental group I and II underwent Hatha yoga sadhana and simplified kundalini yoga 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 conduct 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: Hatha Yoga Sadhana, Simplified Kundalini Yoga, Systolic Blood Pressure, Geriatric Men with Low Back Ache

by specialized “killer” lymphocytes that act like commandos on a search-and-destroy mission (Greenwood, 2006; Kay, 2006).

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.

These five sheaths can be divided into three bodies:

1. **Sthula Sharira / Physical Body**
- Annamayakosha
2. **Sukshma Sharira / Astral Body**
- Pranamayakosha, Manomayakosha, Vijnanamayakosha
3. **Karana Sharira / Causal Body**
- Vijnanamayakosha, Anandamayakosha

Of all these, 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 Hatha yoga sadhana and simplified kundalini yoga on systolic blood pressure among Geriatric men with low back ache .

3. METHODOLOGY

To achieve the purpose of the study, 45 Geriatric men with low back ache from Chennai aged between 60 to 65 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 Hatha yoga sadhana with simplified kundalini yoga for the period of 6 weeks for the maximum of an hour in the morning and the Experimental Group II underwent Hatha yoga sadhana without simplified kundalini yoga 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

ANALYSIS OF COVARIANCE OF THE MEANS OF TWO EXPERIMENTAL GROUPS AND THE CONTROL GROUP IN SYSTOLIC BLOOD PRESSURE

Tests/ Groups	EX.GR-I	EX.GR-II	CG	S O V	Sum of Squares	df	Mean Squares	“F” Ratio
Pre Test	141.933	141.47	141.60	betw een	1.73	2	0.867	0.06
				withi n	576.27	42	13.72	
Post Test	128.933	130.40	141.27	betw een	1361.73	2	680.87	18.22*
				withi n	1569.47	42	37.37	
Adjusted Post Test	128.88	130.44	141.28	betw een	1368.55	2	684.28	18.19*
				withi n	1542.468	41	37.62	
Mean Gain	13	11.07	0.33					

* $F_{(0.05)}(2,42 \text{ and } 2, 41) = 3.23$. *Significant at 0.05 level of confidence.

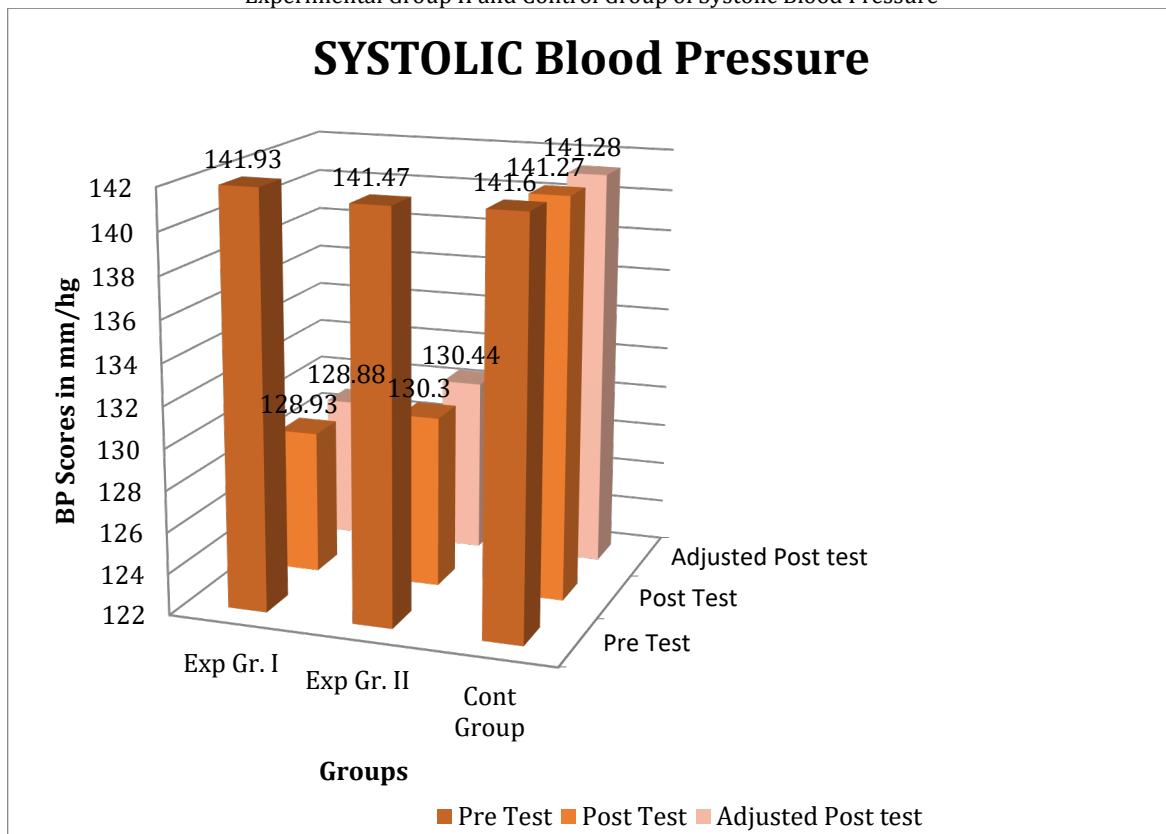
TABLE II
SCHEFFE'S POST-HOC TEST FOR SYSTOLIC BLOOD PRESSURE

Mean Values			MD	Required C.I
EX.GR-I	EX.GR-II	CG		
128.88	130.44	-	1.57*	1.14
128.88	-	141.28	12.41*	
-	130.44	141.28	10.84*	

* Significant at 0.05 level.

FIGURE - 1

Bar diagram showing the mean difference among Experimental Group I, Experimental Group II and Control Group of Systolic Blood Pressure



4. DISCUSSION ON FINDINGS

The results of the study indicated that the two experimental groups namely Hatha yoga sadhana with and without simplified kundalini yoga had significantly on the selected dependent variable such as systolic blood pressure than the control group.

The results of the study showed that systolic blood pressure decreased significantly as a result of Hatha yoga sadhana with and without simplified kundalini yoga . Hence, the hypothesis was accepted at 0.05 level of confidence.

5. CONCLUSION

1. During pre and post tests, both the experimental groups exhibited a significant decrease on systolic blood pressure immediately after the practices than the control group.
2. The Hatha yoga sadhana with simplified kundalini yoga group helped to decrease the systolic blood pressure among the Geriatric men with low back ache than the Hatha yoga sadhana without simplified kundalini yoga group .

CONFLICT OF INTERESTS

None

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None

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