



Effect of Vethathri Maharishi's Simplified Kundalini Yoga Practices on Selected Body Composition Variables among Osteo Arthritis Women

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Abstract

The purpose of the study was to find out the influence of vethathri maharishi's simplified kundalini yoga practices on selected body composition variables among osteo arthritis women. To achieve the purpose of the present study, forty women those who are affected from osteo arthritis were selected from Nagercoil, Tamilnadu as subjects at random and their ages ranged from 35 to 45 years. The subjects were divided into two equal groups of twenty subjects each. Group I acted as Experimental Group I (Simplified Kundalini Yoga) and Group II acted as Control Group. Body composition variables were measured using body fat analyzer. Pre test was conducted for all the subjects on selected body composition variables among osteo arthritis women. This initial test scores formed as pre test scores of the subjects. The duration of experimental period was 12 weeks. After the experimental treatment, all the forty subjects were tested on their body composition. 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. In all cases 0.05 level of significance was fixed to test hypotheses. Significant effect of simplified kundalini yoga practices was found on body weight and BMI.

Keywords: Simplified Kundalini Yoga, Body Weight, BMI, Arthritis, Women.

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Introduction

Shri Vethathiri Maharishi was born in 1911 in the village of Guduvancheri, 30 km south of Chennai, India, into an indigent weaver's family. Maharishi was driven by the desire for knowledge and in particular strove to find answers to three questions: "What is God?" "What is life?" "Why is poverty in the world?" The search to find these answers as well as to further his lot in life led him into various fields of endeavor, including becoming a qualified practitioner of two systems of Indian indigenous medicine, Ayurveda and Siddha, and certified practitioner Homeopathy as well. According to Vethathiri Maharishi (2002) man is a unique figure in the manifestation of the Universe. Maharishi is supreme among all the living beings on earth because of gifted with the sixth sense that is potential of self realization. Due sensual intoxication, man forgets his true nature. When Maharishi thinks, speaks and acts in this condition, he creates troubles, pains and miseries to himself and others. All such pain producing is called sins. All his deeds, enjoyment and experience are imprinted in him and they condition his character and qualities. Manavalakalai yoga provides all

benefits in both spiritual and material aspects of man. Therefore this yoga is a well balanced and perfect process for success and peace in life.

In recent years the women are affected by various health problems during their middle age especially obesity, hypertension, arthritis, diabetes etc. Osteoarthritis is a joint disease that mostly affects cartilage. This allows bones under the cartilage to rub together. The rubbing causes pain, swelling, and loss of motion of the joint. Keeping this objective in mind, the investigator motivated to take up this study to assess the influence of vethathri maharishi's simplified kundalini yoga practices on selected body composition variables among osteo arthritis women.

Methodology

The purpose of the study was to find out the influence of vethathri maharishi's simplified kundalini yoga practices on selected body composition variables among osteo arthritis women. To achieve the purpose of the present study, forty women those who are affected from osteo arthritis were selected from Nagercoil, Tamilnadu as subjects at random and their ages ranged from 35 to 45 years. The subjects were divided into two equal groups of twenty subjects each. Group I acted as Experimental Group I (Simplified Kundalini Yoga) and Group II acted as Control Group. Body composition variables were measured using body fat analyzer. Pre test

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was conducted for all the subjects on selected body composition variables among osteo arthritis women. This initial test scores formed as pre test scores of the subjects. The duration of experimental period was 12 weeks. After the experimental treatment, all the forty subjects were tested on their body composition. 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. In all cases 0.05 level of significance was fixed to test hypotheses.

Results and Discussions on Findings

The findings pertaining to analysis of co-variance between experimental group and control group on selected body composition variables among osteo arthritis women for pre-post test respectively have been presented in table I to II.

Table I. ANCOVA between Experimental Group and Control Group on Body Weight of Osteo Arthritis Women for Pre, Post and Adjusted Test

	Experimental Group	Control Group	Source of Variance	Sum of Squares	df	Mean Square	F
Pre Test Mean	65.21	65.47	BG	0.67	1	0.67	0.06
			WG	370.14	38	9.74	
Post Test Mean	59.25	65.03	BG	333.50	1	333.50	39.40*
			WG	321.61	38	8.46	
Adjusted Post Mean	59.24	65.03	BG	334.28	1	334.28	38.55*
			WG	320.82	37	8.67	

** Significant at 0.05 level.

df: 1/37= 4.10

Table I revealed that the obtained 'F' value of 38.55 was found to be significant at 0.05 level with df 1, 37 as the tabulated value of 4.10 required to be significant at 0.05 level. The same table indicated that

there was a significant difference in adjusted means of body weight of osteo arthritis women between experimental group and control group. The graphical representation of data has been presented in figure I.

Figure I. Comparisons of Pre – Test Means Post – Test Means and Adjusted Post – Test Means for Control group and Experimental Group in relation to Body Weight

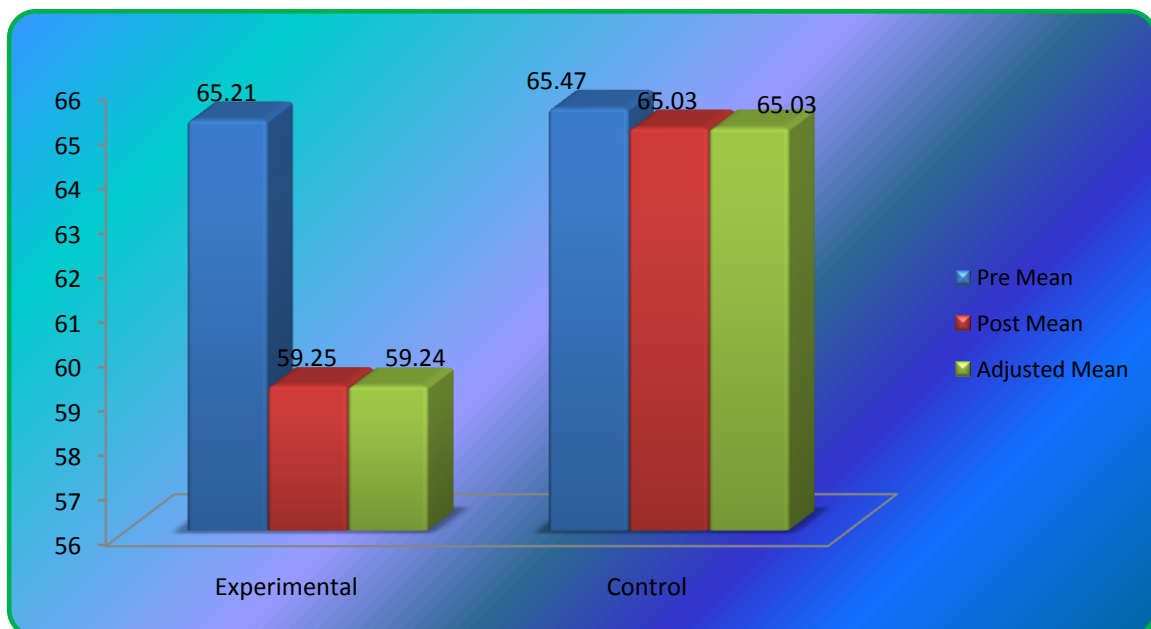


Table II. ANCOVA between Experimental Group and Control Group on BMI of Osteo Arthritis Women for Pre, Post and Adjusted Test

	Experimental Group	Control Group	Source of Variance	Sum of Squares	df	Mean Square	F
Pre Test Mean	29.08	29.17	BG	0.09	1	0.09	0.28
			WG	12.11	38	0.31	
Post Test Mean	25.22	29.15	BG	85.84	1	85.84	237.04*
			WG	13.76	38	0.36	
Adjusted Post Mean	24.22	27.14	BG	85.06	1	85.06	228.84*
			WG	13.75	37	0.37	

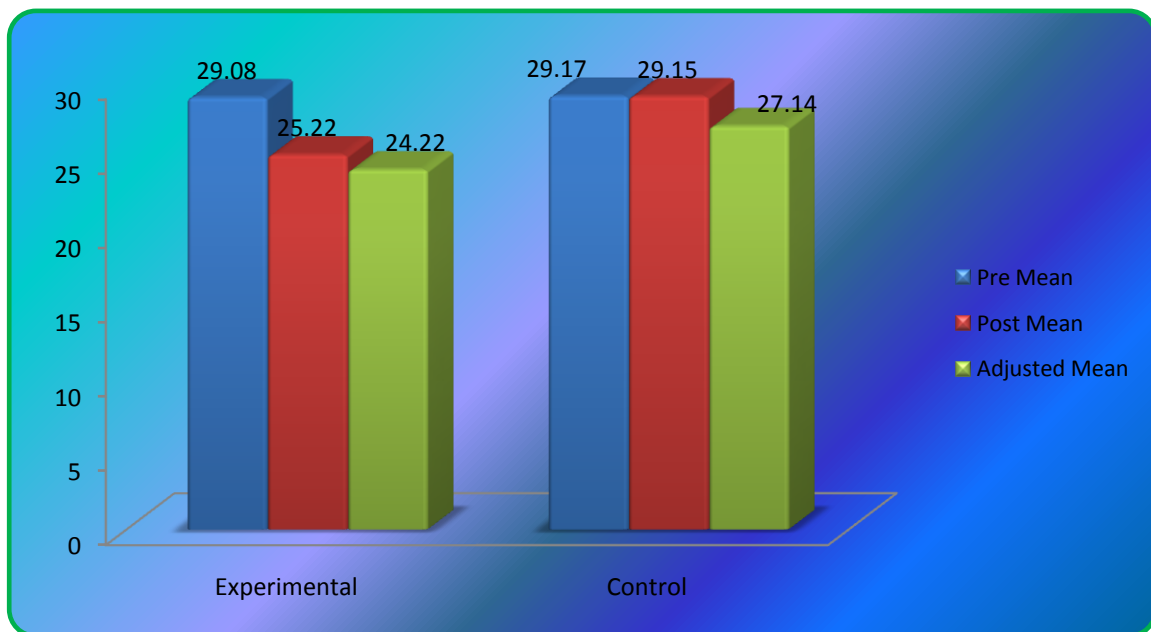
** Significant at 0.05 level.

df: 1/37= 4.10

Table II revealed that the obtained ‘F’ value of 228.84 was found to be significant at 0.05 level with df 1, 37 as the tabulated value of 4.10 required to be significant at 0.05 level. The same table indicated that

there was a significant difference in adjusted means of BMI of osteo arthritis women between experimental group and control group. The graphical representation of data has been presented in figure II.

Figure II. Comparisons of Pre – Test Means Post – Test Means and Adjusted Post – Test Means for Control group and Experimental Group in relation to BMI



In case of body composition variables i.e. body weight and BMI the results between pre and post (12 weeks) test has been found significantly higher in experimental group in comparison to control group. This is possible because of Vethathiri Maharishi simplified kundalini yoga which directly contributes to enhancement in their body weight and BMI and due to regular practices. The findings of the present study have strongly indicates that simplified kundalini yoga practices of twelve weeks have significant effect on body composition variables i.e., body weight and BMI of osteo arthritis women.

Conclusions

On the basis of findings and within the limitations of the study the following conclusions were

drawn: Significant effect of simplified kundalini yoga practices was found on body weight and BMI.

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