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### RESEARCH ARTICLE

#### SKY YOGA AND DEER EXERCISE FOR GYNAECOLOGICAL PROBLEMS IN ADOLESCENT GIRLS.

Aruna. R. Gwalani<sup>1</sup>, Dr.Thavamani Jagannathan<sup>2</sup> and Dr. K. Perumal<sup>3</sup>.

1. PhD Research Scholar in Yoga for Human Excellence, Bharathiyar University, Coimbatore.
2. M.B.B.S., D.G.O., M.B.A., PHD.
3. Director Development Dept. of WCSC – Vision for Wisdom (Academy), Aliyar, Tamil Nadu, India.

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##### Manuscript History

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#### Abstract

**Introduction:** The institutionalized children lack adequate opportunities to form enduring emotional relationships, which are basic to the adaptation of an individual's personal and social needs. As a result, their basic needs will be thwacked as they grow up with poor mental health.

**Purpose:** This study was conducted to view SKY yoga with DEER exercise which helps in Gynaecological Problems in Adolescent Girls.

**Methodology:** For the study 60 school girls from Coimbatore were selected as subjects. Their age range was from 12 to 16 years. The subjects who were selected for this study had Gynaecological Problems. The subjects have been divided into three groups each consisting of equal members. Experimental Group I went on SKY yoga training; Experimental Group II went on SKY yoga and DEER exercise for 8 weeks. Control Group were not given any kind of training.

**Results:** The study has shown a significant change in BP level of the Experimental groups I, II subjects than the Control group. The Gynaecological Problems came into control due to SKY yoga with DEER exercise and not by controlling their life style etc.

**Conclusion:** It has been concluded that SKY yoga with DEER exercise helps in Gynaecological problems in Adolescent Girls and helps the subjects to maintain their BP and stress level correctly.

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#### Introduction:-

Adolescence is the period of transition, a distinct and dynamic phase of development in the life of an individual because during this period an individual is neither a child nor an adult. The inability to cope with the changes has a direct impact on adolescents' psychosocial health and development on interpersonal relationships. Foundations of adequate growth and development are laid during childhood and adolescent years. Children reach puberty at this age and girls attain puberty earlier than boys. This maturation marks the transition of a girl to a woman capable of begetting children. In boys its beginning is marked by the onset of voice change followed by rapid physical growth and psychological changes.

The changes are happening due to the development of secondary sex characteristics in the body and its effect on mind because of hormonal changes. The child may not be aware about the changes happening to her or his body and mind. During adolescence they should be aware about their body and mind. When adolescents arrive at a wrong

**Corresponding Author:- Aruna. R. Gwalani.**

Address:-PhD Research Scholar in Yoga for Human Excellence, Bharathiyar University, Coimbatore

conclusion, they need the support and supervision of parents and adults to guide them and to learn from their experiences. It is very important that, parents should play a vital role in determining the personality of their child during adolescence.

### **Objectives Of The Study**

This study was conducted to view that SKY yoga with DEER exercise helps in Gynaecological Problems in Adolescent Girls which intently improves their health.

### **Statement Of The Problem**

The way a child's home is organized and run by the kind of socialization facilities, and care they are providing as per their objectives largely affect, mould and reflect on their personalities of the inmates. Lack of proper environmental support will negatively affect the quality of well-being of any individual. Yoga invades them in a positive manner by which they can judge, learn and correct themselves.

### **Hypothesis**

There was a significant difference in the blood pressure in-between Experimental I, II and Control group.

### **Limitations**

1. Economic and cultural status were not considered.
2. The factors like nutrients, heredity, environment, climatic condition etc., were not considered.
3. The sports and games that might be influencing on the training and data were not considered.
4. The genetic problems were not taken into consideration.
5. The food habits, working period, life style, sleep etc., were not controlled.

Daily routine works were also considered under limitation.

### **Significance Of The Study**

The situations of the adolescent girls in Children's Home are not much exposed to the society, social planners and NGOs. The researcher believes that this research study will bring out the situation of adolescent girls in the children's home to the notice of the social planners, social workers, policy makers who are dedicated to bring up and highlight the psychosocial wellbeing of the neglected population in our society. The results of this study can be used as evidence data - guide line and frame of reference to adolescent girls in the Children's Home for bringing appropriate policy changes at the institution and government level by the policy makers and social workers.

### **Selection Of The Subjects**

For the study 60 school girls from Coimbatore were selected as subjects. Their age range was from 12 to 16 years. The subjects who were selected for this study had Gynaecological Problems. The subjects have been divided into three groups each consisting of equal members. Experimental Group I went on SKY yoga training; Experimental Group II went on SKY yoga and DEER exercise for 8 weeks. Control Group were not given any kind of training.

### **Selection of variables:**

#### **Dependent Variables**

#### **Blood pressure**

The blood pressure increases when the heart beats, pumping the blood. This is called systolic pressure. When the heart is rest, between 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

### Blood Pressure Readings

As you can see from the blood pressure chart, only one of the numbers has to be higher or lower than it should be to count as either high blood pressure or low blood pressure:

1. **90 over 60 (90/60) or less:** You may have low blood pressure.
2. **More than 90 over 60 (90/60) and less than 120 over 80 (120/80):** Your blood pressure reading is ideal and healthy.
3. **More than 120 over 80 and less than 140 over 90 (120/80-140/90):** You have a normal blood pressure reading but it is a little higher than it should be, and you should try to lower it.
4. **140 over 90 (140/90) or higher (over a number of weeks):** You may have high blood pressure (hypertension).

### Independent Variables

Yoga practices of

1. Simplified physical exercises
2. Kaya Kalpa
3. Meditation
4. DEER exercise

### Trainig schedule:

#### SKY yoga contains

#### Physical Exercises

1. Hand Exercise
2. Leg Exercise
3. Neuro muscular Breathing Exercises
4. Eye Exercise
5. Kapalabathi
6. Makarasana
7. Massage
8. Acupressure
9. Relaxation

#### Kaya Kalpa

#### Meditation

1. Agna Meditation
2. Shanthi Meditation
3. Thuriyam Meditation

#### Deer Exercise

Looking at the importance given to a woman's health by the society, Maharishi saw women suffering with their personal health problems. He came across the deer exercise, analysed its benefits, and prescribed it for women. By regular practice it would remove women from pain and suffering. It is simple and a blessing to womanhood. The deer exercise works on the physical, mental and spiritual layers of being. It gets its name because a deer in nature continuously stimulates its sexual glands by contracting and relaxing the anal muscles, and moving its tail side to side. The deer exercise is so effective in eradicating period problems, is that it balances the endocrine systems in the body.

### Results and Discussions:-

The results of the Study on selected Systolic Blood pressure variable among Adolescent Girls presented in table I and diastolic Blood pressure in table II

**Table I:-** Computation Of Mean And Analysis Of Covariance Of **Systolic Blood Pressure (Scores In Reading)**

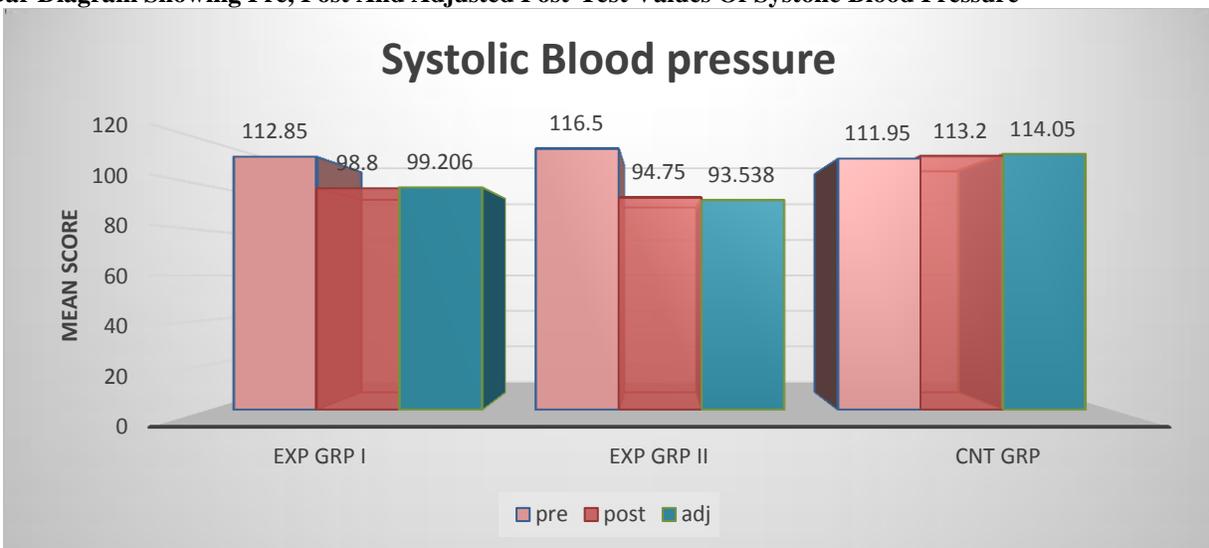
	Ex. Gr.	Ex. Gr.	Contr ol	Source of Variance	d f	Sum of Squares	Mean Squares	Obtain ed
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	I	II	Group					'F'
Pre Test Mean	112.85	116.5	111.95	Between	2	232.233	116.117	1.233
				Within	57	8160.5	143.167	
Post Test Mean	98.8	94.75	113.2	Between	2	3761.1	1880.55	24.686
				Within	57	4342.15	76.178	
Adjusted Post Test Mean	99.206	93.538	114.05	Between	2	4381.22	2190.61	44.789*
				Within	56	2738.89	48.9087	
Mean Diff	14.05	21.755	-1.25					

\*Significant at 0.05 level of confidence the Table value for df 2 and 56 was 3.16

Taking into consideration of pre and post test scores among the groups, adjusted mean scores were calculated and subjected to statistical analysis. The obtained F value at 44.789 was greater than the critical F value of 3.16 from the table this proved that there were significant differences among the subjects due to 8 weeks training of SKY yoga and DEER exercise on variable of Systolic Blood pressure.

Bar Diagram Showing Pre, Post And Adjusted Post-Test Values Of Systolic Blood Pressure



The Scheffe's Test For The Differences Between The Adjusted Post Test Paired Means On Systolic Blood Pressure

Adjusted Post-test means			Mean Difference	Confidence Interval
SKY yoga Group (I)	SKY yoga with DEER Group (II)	Control Group - (III)		
99.206	93.538		-5.667*	5.32
99.206		114.05	14.798*	
	93.538	114.05	20.466*	

\* Significant at .05 level of confidence

Table shows that the adjusted posttest mean difference on SKY yoga Group, SKY yoga with DEER exercise Group and Control Group are -5.667, 14.798 and 20.466 respectively. The value 5.32 is greater than the confidence interval, which shows significant differences at .05 level of confidence.

The results of the study show that there is a significant difference in Systolic Blood pressure between the adjusted posttest means of three Groups. However, the improvements in Systolic Blood pressure level were significantly higher in the SKY yoga with DEER exercise Group than in the SKY yoga Group and Control Group.

It has been concluded that the SKY yoga with DEER exercise Group is better than other two Groups in Systolic Blood pressure level.

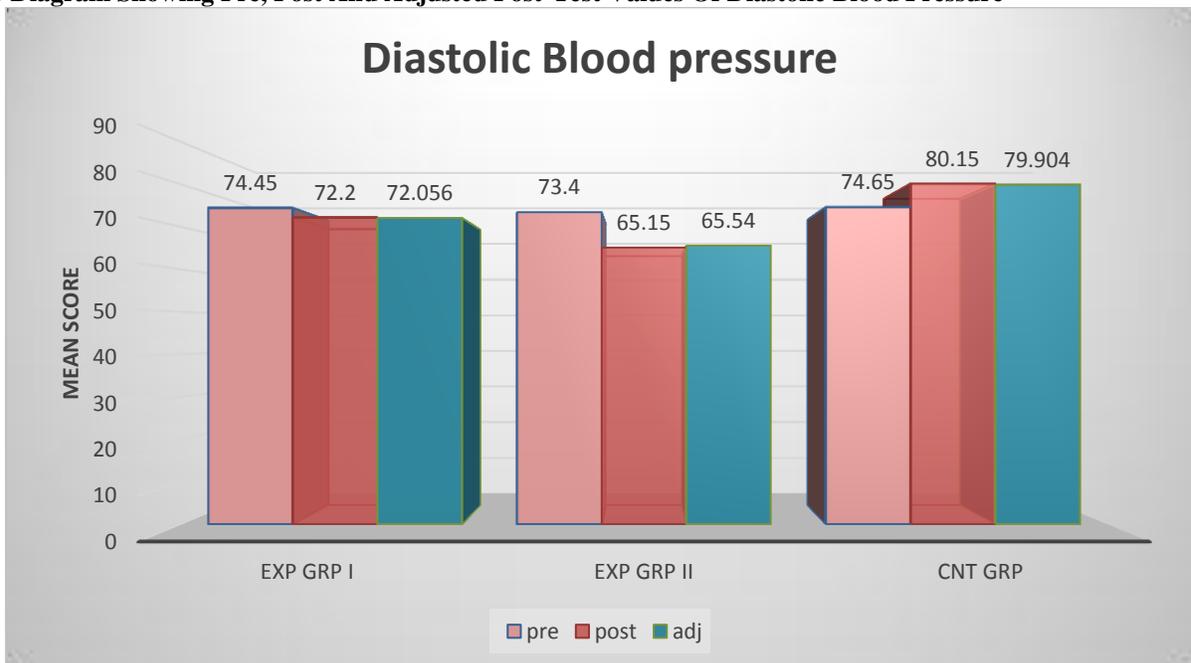
**Table – ii:-Computation Of Mean And Analysis Of Covariance Of Diastolic Blood Pressure (Scores In Reading)**

	Ex. Gr. I	Ex. Gr. II	Contr ol Group	Source of Variance	d f	Sum of Squares	Mean Squares	Obtain ed 'F'
<b>Pre Test Mean</b>	74.45	73.4	74.65	Between	2	18.033	9.016	10.963
				Within	57	5634.3	98.847	
<b>Post Test Mean</b>	72.2	65.15	80.15	Between	2	2252.7	1126.35	21.256
				Within	57	3020.3	52.987	
<b>Adjusted Post Test Mean</b>	72.056	65.539	79.904	Between	2	2063.99	1031.99	36.893*
				Within	56	1566.47	27.973	
<b>Mean Diff</b>	2.25	8.25	5.5					

\*Significant at 0.05 level of confidence the Table value for df 2 and 56 was 3.16

Taking into consideration of pre and post test scores among the groups, adjusted mean scores were calculated and subjected to statistical analysis. The obtained F value at 36.893 was greater than the critical F value of 3.16 from the table this proved that there were significant differences among the subjects due to 8 weeks training of SKY yoga and DEER exercise on variable of Diastolic Blood pressure.

**Bar Diagram Showing Pre, Post And Adjusted Post-Test Values Of Diastolic Blood Pressure**



### The Scheffe's Test For The Differences Between The Adjusted Post Test Paired Means On Diastolic Blood Pressure

Adjusted Post-test means			Mean Difference	Confidence Interval
SKY yoga Group (I)	SKY yoga with DEER Group (II)	Control Group - (III)		
72.056	65.539		-6.516*	4.82
72.056		79.904	7.848*	
	65.539	79.904	14.365*	

\* Significant at .05 level of confidence

Table shows that the adjusted post test mean difference on SKY yoga Group, SKY yoga with DEER exercise Group and Control Group are -6.516, 7.848 and 14.365 respectively. The value 4.82 is greater than the confidence interval, which shows significant differences at .05 level of confidence.

The results of the study show that there is a significant difference in Systolic Blood pressure between the adjusted post test means of three Groups. However, the improvements in diastolic Blood pressure level were significantly higher in the SKY yoga with DEER exercise Group than in the SKY yoga Group and Control Group.

It has been concluded that the SKY yoga with DEER exercise Group is better than other two Groups in Diastolic Blood pressure level.

### Conclusions:-

Based on the result of the study the following conclusions were drawn.

1. There was a significant difference between SKY Yoga group and DEER exercise group when compared to the control group on physiological variables of Blood pressure.
2. There was a significant improvement in Systolic and Diastolic Blood pressure level due to SKY Yoga and DEER exercise when compared to the control group.
3. SKY Yoga with DEER exercise was found to be better than the SKY yoga group and control group in physiological variables of Blood pressure.

### Recommendations:-

A similar study may be conducted by selecting other Physiological variables as criterion variables.

1. A similar study may be conducted by selecting Performance related variables as criterion variables.
2. A similar study may be attempted by selecting other psychological variable for the subjects.
3. A similar study may be conducted for other female age group as subjects.
4. Similar study may be undertaken to analyze the other Psychological and Hematological parameters.

From this finding of the study it is recommended to the authorities to adopt Simplified Kundalini Yoga with DEER exercise program for girls.

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