

EFFECT OF SIMPLIFIED KUNDALINI YOGA WITH AND WITHOUT VARMA THERAPY ON BLOOD SUGAR FASTING AND BLOOD SUGAR POST PRANDIAL AMONG DIABETES MEN

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ABSTRACT

The purpose of the present study was to find out the the effect of Simplified Kundalini yoga with and without varma therapy on blood sugar fasting and blood sugar post prandial among diabetes men. To achieve the purpose of the study, the investigator selected 90 subjects. They were selected various hospital at Chennai, Tamil Nadu. The randomly assigned in to three groups namely Experimental group-I Simplified kundalini yoga with varma therapy, Experimental group-II Simplified kundalini yoga without varma therapy, and a Control Group (CG). Each group consists of 30subjects.The following variables on namely blood sugar fasting and blood sugar post prandial were selected for the study.They were tested with measured through Lab test. The training period was eight weeks. The Analysis of Covariance (ANACOVA) and post hoc test was used to assess the collected data. From the analysis of data it was proved the Blood Sugar (Fasting) and Blood Sugar (Post Prandial) were significantly reduced by both forms of experimental rroups namely the Simplified Kundalini yoga with Varma Therapy and Simplified Kundalini yoga without Varma Therapy among diabetes men. The Simplified Kundalini yoga with Varma Therapy was found better in reducing The Blood Sugar (Fasting) and Blood Sugar (Post Prandial) than the Kundalini yoga without Varma Therapy group.

KEYWORDS: Simplified Kundalini yoga, varma therapy, Blood Sugar Fasting, Blood Sugar Post Prandial, diabetes men.

INTRODUCTION

Kundalini Yoga is a systematic and integrated practice for body and mind and its thrust is to make a man creative. The general idea prevailing about Kundalini, in both the East and the West, is of a mysterious and fabulous power lying dormant in men, which, when roused to activity, can confer amazing psychic gifts and transhuman states of consciousness on the successful initiates. The belief is current in India and elsewhere that those, in whom the energy vivifies the seventh centre in the brain, are transmogrified and attain unlimited dominance over the forces of nature. This belief is fostered by the high claims made in the ancient literature on Kundalini-Yoga about the infinite possibilities for the elevation and deification of those who propitiate this divine power. The ascent of Kundalini from Cakra* to Cakra is attended, it is said, with progressively increasing psychic powers until in the seventh centre the mortal becomes one with supreme Reality, or Lord Shiva, the Creator, Preserver, Destroyer of the three worlds. The Yogi, it is averred, gains limited powers of domination over men, fascination for women and sovereignty over the forces of nature.

The Subtle energy that functions in the body is known as varmam. That is, Varmam is the manifestation of the subtle energy of the five elements (Pancha Bootha), Gases, Naadis, Vaasi and Kundalini. Those places where this energy resides and activates both body and life are

Varmam points. These points are located in nerves and naadis, muscles and bones. (Shunmugam 2013)

Post Prandial Blood Sugar is metabolic response to a carbohydrate challenge is conveniently assessed by a postprandial glucose level drawn 2 hours after a meal or a glucose load. In addition, the glucose tolerance test, consisting of several timed measurements after a standardized amount of oral glucose intake, is used to aid in the diagnosis of diabetes.

Fasting Blood Sugar is fasting blood sugar or glucose (FBG) level is the most commonly used indication of overall glucose homeostasis, largely because disturbing events such as food intake are avoided. Conditions affecting glucose levels are shown in the table below. Abnormalities in these test results are due to problems in the multiple control mechanism of glucose regulation.

“Diabetes” and “Mellitus” are latin words , meaning “a passer through” and “mellite-sweetened with honey” respectively. The main causes for the diabetes are improper life style, Genetic factors, allopathic drugs and hormone disorders.

STATEMENT OF THE PROBLEM

The purpose of the study was to find out the effect of Simplified Kundalini yoga with and without varma therapy on blood sugar fasting and blood sugar post prandial among diabetes men.

HYPOTHESES

1. It was hypothesized that there would be significant differences in Simplified kundalini yoga with and without varma therapy groups than control group on blood sugar fasting and blood sugar post prandial among diabetic men.
2. It was hypothesized that Simplified kundalini yoga with Varma Therapy group would better perform than Simplified kundalini yoga without Varma Therapy group on blood sugar fasting and blood sugar post prandial among diabetic men.

REVIEW OF RELATED LITERATURE

Ramraj, V (2013) studied the effect of Simplified Kundalini yoga. The study was conducted on 30 men suffering with diabetes. They were divided into two groups each with 15 subjects. One group was given six weeks of Simplified Kundalini Yoga Practices and the other group was control group and no training was given. The bio-chemical variables of fasting sugar level and post-prandial sugar level were significantly reduced, the physiological variables of heart rate, systolic blood pressure, diastolic blood pressure and BMI were significantly reduced, the psychological variable Self-confidence significantly improved and stress was significantly reduced due to influence of six weeks practices of Simplified Kundalini Yoga.

METHODOLOGY

The purpose of the present study was find out the effect of Simplified Kundalini yoga with and without varma therapy on blood sugar fasting and blood sugar post prandial among diabetes men. To achieve the purpose of the study, the investigator selected 90 subjects. They were selected from various hospital at Chennai, Tamil Nadu. The randomly assigned in to three groups namely Experimental group-I Simplified kundalini yoga with varma therapy, Experimental group-II Simplified kundalini yoga without Varma therapy, and a Control Group (CG). Each group consists of 30subjects. The following variables on namely blood sugar fasting

and blood sugar post prandial were selected for the study. They were tested with measured through Lab test. The training period was eight weeks. The Analysis of Covariance (ANACOVA) and post hoc test was used to assess the collected data.

TRAINING PROGRAMME

TRAINING SCHEDULE OF EXPERIMENTAL GROUP – I

Table-I

Ex.Gr. -I, I Week through IV Week Training Schedule (45 Mins)

SIMPLIFIED KUNDALINI YOGA PRACTICES (42 MINS.)							
Sl. No	NAME OF THE PRACTICE	Frequency (Weekly)	Duration	Rest time	Duration for Each Repetition	Total Repetitions	Total Duration
1	Simplified Physical Exercises	6 days	17 Mins.	5 Mins.	22 Mins.	1	22 Mins.
2	Kayakalpa yoga	6 days	3 Mins.	2 Mins.	5 Mins.	1	5 Mins.
3	Meditation	6 days	10 Mins.	-	10 Mins.	1	10 Mins.
4	Introspection	6 days	5 Mins.	-	5 Mins.	-	5 Mins.
VARMA THERAPY (3 MINS.)							
Sl.No	NAME OF THE VARMA POINT	Frequency (Weekly)	Manipulation Time	Rest time	Duration for Each Repetition	Total Repetitions	Total Duration
1	Primary Varma Points	6 days	2 Mins.	1 Min.	3 Mins.	1	3 Mins.

Table - II

Ex.Gr. -I, V Week through VIII week Training Schedule (60 Mins)

SIMPLIFIED KUNDALINI YOGA PRACTICES (52 MINS.)							
Sl. No	NAME OF THE PRACTICE	Frequency (Weekly)	Duration	Rest time	Duration for Each Repetition	Total Repetitions	Total Duration

1	Simplified Physical Exercises	6 days	25 Mins.	5 Mins.	30 Mins.	1	30 Mins.
2	Kayakalpa yoga	6 days	3 Mins.	2 Mins.	5 Mins.	1	5 Mins.
3	Meditation	6 days	12 Mins.	-	12 Mins.	1	12 Mins.
4	Introspection	6 days	5 Mins.	-	5 Mins.	1	5 Mins.
VARMA THERAPY (8 MINS.)							
Sl. No	NAME OF THE VARMA POINT	Frequency (Weekly)	Manipulation Time	Rest time	Duration for Each Repetition	Total Repetitions	Total Duration
1	Primary Varma Points	6 days	2 Mins.	1 Min.	3 Mins.	1	3 Mins.
2	Secondary Varma Points	6 days	3 Mins.	2 Mins.	5 Mins.	1	5 Mins.

TRAINING SCHEDULE OF EX. GROUP- II**Table - III****Ex.Gr. -II, I Week through IV week Training Schedule (45 Mins)**

SIMPLIFIED KUNDALINI YOGA PRACTICES (45 Mins.)							
Sl. No	NAME OF THE PRACTICE	Frequency (Weekly)	Duration	Rest time	Duration for Each Repetition	Total Repetitions	Total Duration
1	Simplified Physical Exercises	6 days	20 Mins.	5 Mins.	25 Mins.	1	25 Mins.
2	Kayakalpa Yoga	6 days	3 Mins.	2 Mins.	5 Mins.	1	5 Mins.
3	Meditation	6 days	10 Mins.	-	10 Mins.	1	10 Mins.
4	Introspection	6 days	5 Mins.	-	5 Mins.	-	5 Mins.

Table - IV
Ex.Gr. -II, V Week through VIII week Training Schedule (60 Mins)

SIMPLIFIED KUNDALINI YOGA PRACTICES (60 Mins.)							
Sl. No	NAME OF THE PRACTICE	Frequency (Weekly)	Duration	Rest time	Duration for Each Repetition	Total Repetitions	Total Duration
1	Simplified Physical Exercises	6 days	25 Mins.	5 Mins.	30 Mins.	1	30 Mins.
2	Kayakalpa Yoga	6 days	3 Mins.	2 Mins.	5 Mins.	1	5 Mins.
3	Meditation	6 days	20 Mins.	-	20 Mins.	1	20 Mins.
4	Introspection	6 days	5 Mins.	-	5 Mins.	1	5 Mins.

RESULTS AND DISCUSSION

Table - V
Computation of Analysis of Covariance on Blood Sugar Fasting and Blood Sugar Post Prandial

	Mean			SV	Sum of Squares	df	Mean Squares	Obtained F
	Experimental Group - I	Experimental Group - II	Control Group					
Variable : Blood Sugar Fasting								
Pre test	134.17	133.73	134.93	bet	22.16	2	11.08	0.8
				with	1211.90	87	13.93	
Post test	123.40	125.27	134.37	bet	2065.63	2	1032.82	98.08*
				with	916.03	87	10.53	
Adjusted	123.45	125.5	134.10	bet	1890.09	2	945.05	115.11*
				with	705.70	86	8.21	
Mean gain	10.77	8.46	0.56					
Variable : Blood Sugar Post Prandial								
Pre test	230.97	230.10	229.60	bet	28.69	2	14.35	0.73
				with	1700.87	8	19.55	
Post	206.60	213.13	228.07	bet	7265.07	2	3632.54	140.69

test				with	2246.53	8	25.82	*
Adjusted	206.53	213.14	228.13	bet	7243.57	2	3621.79	139.68
				with	2229.94	8	25.93	*
Mean gain	24.37	16.97	1.53					

Table F – ratio at 0.05 level confidence for 3 and 87(df) = 3.10, 3 and 86 (df) = 3.10

*Significant

The pre test scores of experimental group I, experimental group II and control group on blood sugar fasting were 134.17, 133.73 and 134.93, blood sugar post prandial were 230.97, 230.10 and 229.60 respectively.

The post test scores of experimental group I, experimental group II and control group on blood sugar fasting were 123.40, 125.27 and 134.37, blood sugar post prandial were 206.60, 213.13 and 228.07 respectively.

The ordered adjusted mean scores of experimental group I, experimental group II and control group on blood sugar fasting were 123.45, 125.5 and 134.10, blood sugar post prandial were 206.53, 213.14 and 228.13 respectively.

The mean gain in the experimental group I, experimental group II and control group on blood sugar fasting were 10.77, 8.46 and 0.56, blood sugar post prandial were 24.37, 16.97 and 1.53 respectively.

The obtained F value on pre test scores 0.80 and 0.73 was less than the required F value of 3.10 to be significant at 0.05 level. This proved that there were no significant difference between the experimental and control groups indicating that the process of randomization of the groups was perfect while assigning the subjects to groups. The post test scores analysis proved that there were significant differences between groups, as the obtained F value 98.08 and 140.69 was greater than the required F value of 3.10. This proved that the differences between the post test means of the subjects were significant. Taking into consideration the pre and post test scores among the both experimental groups, adjusted mean scores were calculated and subjected to statistical treatment. The obtained F value of 115.11 and 139.68 was greater than the required F value 3.10. This proved that there was a significant difference among the means due to the experimental training on blood sugar fasting and blood sugar post prandial.

Table - VI
Scheffe's Post Hoc Test on Blood Sugar Fasting and Blood Sugar Post Prandial

Experimental Group - I (ETDNCWDC)	Experimental Group - II (ETDNCWDC)	Control Group (CC)	MD	CI
Variable : Blood Sugar Fasting				
123.45	125.50	-	2.05*	1.84
123.45	-	134.10	10.65*	
-	125.50	134.10	8.60*	
Variable : Blood Sugar Post Prandial				
206.53	213.14	-	6.61*	3.28

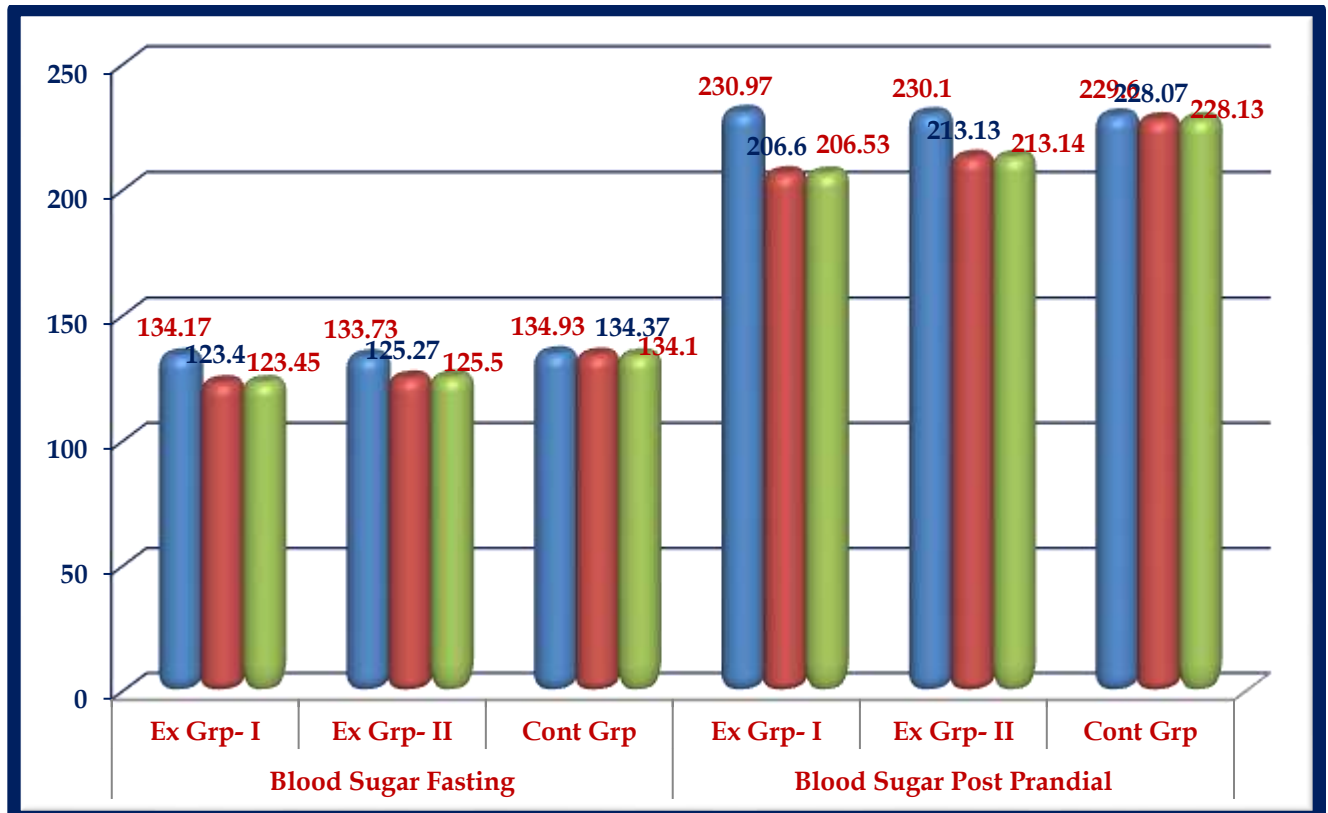
206.53	-	228.13	21.60*
-	213.14	228.13	14.99*

Significant

The blood sugar fasting multiple mean comparison showed in Table-VI shows that there was significant difference between Simplified kundalini yoga with Varma therapy and control group, Simplified Kundalini Yoga without Varma therapy group and control group and Simplified kundalini yoga with varma therapy and Simplified Kundalini yoga without Varma Therapy as the mean difference were greater than the obtained confidence interval 1.84. Comparing the means of the two experimental groups, experimental group –I (Simplified kundalini yoga with varma therapy) found better in improving (reducing) blood sugar fasting than the experimental group –II (Simplified kundalini yoga without varma therapy).

The blood sugar post prandial multiple mean comparison showed in Table-VI shows that there was significant difference between Simplified kundalini yoga with Varma therapy and control group, Simplified Kundalini Yoga without Varma therapy group and control group and Simplified kundalini yoga with varma therapy and Simplified Kundalini yoga without Varma Therapy as the mean difference were greater than the obtained confidence interval 3.28. Comparing the means of the two experimental groups, experimental group –I (Simplified kundalini yoga with varma therapy) found better in improving (reducing) blood sugar post prandial than the experimental group –II (Simplified kundalini yoga without varma therapy).

Figure 1
Bar Diagram on Adjusted Means of Blood Sugar Fasting and Blood Sugar Post Prandial



CONCLUSION

1. The Blood Sugar (Fasting) and Blood Sugar (Post Prandial) were significantly reduced by both forms of experimental rroups namely the Simplified Kundalini yoga with Varma Therapy and Simplified Kundalini yoga without Varma Therapy among diabetes men.
2. The Simplified Kundalini yoga with Varma Therapy was found better in reducing the Blood Sugar (Fasting) and Blood Sugar (Post Prandial) than the Kundalini yoga without Varma Therapy group.

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