



Short Communication

Effect of simplified kundalini yoga on anxiety among diabetic women

A. Hemamalini B and P. Sundaramoorthi A.

WCSC-SKY Research Centre, Aliyar, Bharathi University, Coimbatore, Tamil Nadu, India
hemamalinibalamurugan97@gmail.com

Available online at: www.isca.in

Received 8th September 2020, revised 8th April 2021, accepted 9th June 2021

Abstract

Sugar in the blood is necessary for cell, the extreme sugar is a backing source, when food is not consumed (Whichever 1969). The excess sugar remains in the blood. Diabetes mellitus is the commonest endocrine disorder.(Strunic, 1981). Stress, Anxiety and Depression places a major role which affects the cells of the body which makes a stage for diabetes. For the above study twenty subjects (diabetic ladies) were chosen randomly and ten subjects were allocated respectively to experimental group with treatment of Simplified Kundalini Yoga and control group (without any treatment). Treatment was given for a period of three months in Besant Nagar Thava Maiyam. Hamilton Anxiety rating scale questionnaire was used to measure the anxiety of the subjects before and after the intervention. Based on the analysis of data it was concluded that Simplified Kundalini Yoga was very useful to control Anxiety among Diabetic women.

Keywords: Kayakalpa, Meditation, Anxiety.

Introduction

“Health is the state of complete physical, mental and social well being and not merely the absence of diseases or infirmity”. “Well being refers to a positive rather than neutral state, framing health as positive aspiration”¹.

The etymology of the term Diabetes comes from the linguistic origins of Greek and Latin. Diabetes Mellitus meaning ‘Siphon’. Excessive urination is a common symptom of Diabetes, whereby fluids such as water come out of the human’s body with it being excreted out much alike to siphoning from the mouth, through the urinary system and out of the body. Sugar in the blood is necessary for the cell, the extreme sugar backing source, when food is not consumed¹. The excess sugar remains in the blood, Diabetes mellitus is the commonest endocrine disorder².

World is an integrated community of men and women, without woman there is no man, without man there is no women. A man without the company of a woman or a woman without the company of a man cannot enjoy the sweetness of life or feel their life as complete. Woman is unique. “All the people of the world are only gift of womanhood”³. Compared to men, women have greater role in bearing the pains, duties and responsibilities than men. Men are not superior to women, men are not equal to women, women are special creation of God. Yoga is a way of life and it helps to achieve perfection in one’s own wisdom⁴. The purpose of human life is realizing the source of the Universe and the happenings in the Univers⁵.

A feeling of nervousness, fear or worry is the result of Anxiety, which ends in sweating, palpitations and stressed feel⁶.

Everyone experiences the stress or anxiety in any stage of their life. Reaction of stress is Anxiety. Stress interferes the life of all. Yoga has been recognized as an important tool to manage Stress and Anxiety.

Stress is a normal response of the body towards the situations which seem difficult to manage⁷.

Simplified Kundalini Yoga: Simplified Kundalini Yoga was founded by Vethathiri Maharishi. He sacrificed his entire life for the service of the society. He practiced and preached love and blissfulness. Maharishi felt that the changes towards better living should happen intuitively in the individual⁷. Maharishi’s Kundalini Yoga is subdivided into Simplified Physical exercise, Kayakalpa yoga and Meditation.

Purposes of Simplified Physical Exercises: Simplified Physical exercises strengthen the body and help to regularize the function of all systems to eradicate the animal imprints. Simplified Exercises has two parts namely. 1. Postures and 2.Movements. Simplified exercises has nine exercises and each exercise has seven steps. The nine exercises are Hand exercises, Leg exercises, Neuro-muscular breathing exercises, Eye exercises, Kapalabathi, Makarasana (I and II), Massaging, 14 Point Acupressure and Relaxation⁷.

Purpose of Kayakalpa Yoga: The purpose of Kayakalpa is to have a long life by postponing death, putting off old age and retaining youth and good Health⁷. Kayakalpa strengthens the whole body internally and externally. This practice helps to postpone old age and delays the death⁷.

Meditation: Meditation is a wellness practice of the ancient times that focuses on concentration, awareness and empathy⁷.

Nine types of meditations are practiced under the Vethathiri Maharishi's Kundalini Yoga. They are Agna Meditation, Shanthi Meditation, Thuriya Meditation, Thuriyadeetha meditation, Panchendriya Meditation, Panchabhoootha Navagraha Meditation, Nine Center Meditation, Nithyananda Meditation and Divine State Meditation.

Benefits of Meditations: Attachments to material things are eradicated. Frees the individual from Akamiya Karma in Agna meditation⁸. Shanthi meditation cures problems like body pain, fever, indigestion and constipation⁷. In Thuriya mediation Prarabdha Karma of the individual is eradicated⁷. Sanchitha Karma of the mediators is dissolved in Thuriyadeetha Meditation⁷. The senses are under control in Pancendriya Medication⁷. All the three karmas of the individual is eradicated in Nine center mediation⁷.

Hypothesis: It was hypothesized that there would be significant difference in psychological variable Anxiety due to the influences of Simplified Kundalini Yoga.

Review of Related Literature: Sarchandaraj. T studied 30 patients in the age group of 35-55 years with diabetes, underwent yogic practices for six days of a week for an hour for three months. Biochemical and psychological parameters were studied prior and following the practice period of three months of yoga. There was a decrease in biochemical and psychological variables like anxiety, stress and depression³.

Significance of the Study: The Study was significant in assessing the selected psychological variable Anxiety among the diabetic women. The result of the study would be bringing happiness to the family members of the diabetic women.

Methodology

For this study, twenty type II diabetic women have been selected and divided into Experimental group (Group A) and Control group (Group B) of ten subjects each. The experimental group participated in the training (Simplified Kundalini Yoga). The Simplified Kundalini Yoga was given to the Experimental group for three months from Monday to Saturday. Tests were conducted before and after the intervention using same standardized Questionnaire

Delimitations: i. The study is delimited only to Type II diabetic women at Chennai. ii. The data were collected from twenty women divided into two groups namely, Experimental group (group A) and Control (group B) consisting of ten each. iii. Age of the subjects ranged from 47 to 60 years only. iv. The study was delimited to the following dependent variable.

Anxiety: Independent variable is Simplified Kundalini Yoga.

Limitations: Certain factors like the body structure, life style, personal habits, and family heredity motivational factors are not to be considered for this study.

Results and discussion

Table-1: Computation of analysis of covariance on anxiety.

Test	Mean		SV	DF	SS	MSS	F Ratio
	Exp.	Cont.					
Pre	26.1	27.1	Post	1	239.8	239.8	18.39
			Within	18	234.8	13.06	
Post	11.4	20.9	Post	1	854.55	854.55	38.13
			Within	18	403.3	22.41	
Adj. Post	10.2	36.1	Post	1	682.36	682.36	40.14
			Within	17	402.64	23.68	
Mean Gain	14.7	6.2					

Table F-ratio at 0.05 level of confidence for 1 and 18 (df)=4.41 and 17 (df)=4.45

Significant: The pre test mean on experimental group was 26.1 and control group was 27.1 and the obtained F value was 18.39, which was higher than the F value of 4.41.

The comparison of post test means, experimental group 11.4 and control 20.9 proved to be significant at 0.05 level as the obtained F value 38.13 was greater than the required F value of 4.41 to be significant at 0.05 level.

Taking into considerations the initial and final mean values adjusted post test means were calculated and the obtained F value of 40.14 and hence, there was significant difference.

The result presented in the table proved that the psychological variable Anxiety has not improved among the control group, who did not undergo treatment. The differences were found to be significant at 0.05 levels among the experiment group.

Thus, it was proved that the Simplified Kundalini Yoga significantly improved psychological variable Anxiety among the Diabetic women.

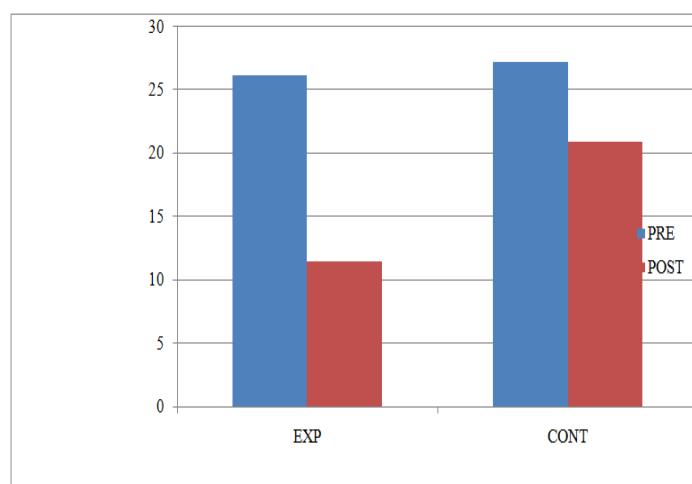


Figure-1:

The experiment group showed significant difference in the psychological variable Anxiety among Diabetic women.

Conclusion

The purpose of the study was to find out the effect of Simplified Kundalini Yoga on selected psychological variable Anxiety among diabetic women. For this purpose, the investigator adopted a series of steps during 2017-2019. Out of sixty women type II diabetic patients thirty women type II diabetic patients were randomly selected and their age group was between 47 and 57 years. Subjects were divided into group A the experimental group and group B the control group. Pre-test was conducted for all the twenty subjects on the selected psychological variable Anxiety. The experimental group participated in the training programme (Simplified Kundalini Yoga). The programme was scheduled on the weekdays from Monday to Saturday at Besant Nagar Manavalakalai Mandram. Post-test were conducted for all the subjects. The difference between the initial and final scores in selected psychological variable anxiety were subjected to statistical treatment using analysis of Co-Varaince (ANCOVA) to find out whether the mean difference were significant or not.

The results proved that the Simplified Kundalini Yoga significantly improved the psychological variable Anxiety among the Type II Diabetic Women.

References

1. Uma.N(2018),"Effect of Yoga practices and Physical exercises on selected Physiological and Biochemical variables among Non-Insulin Dependent Diabetes Mellitus women"Shodganga 10603/188780. pp.4
2. Sarchandaraj.T (2018), "Effect of integrated modules of yogic practices of selected biochemical and psychological variables among middle type II diabetic men" , Shodhganga 10603/216127. pp.78
3. Yogiraj Vethathiri Maharishi(2019), Yoga for Sublimation and Social Welfare, Vethathiri Publications,101 Iraniyan Street, Karur Road,Erode, pp-147
4. Govindji,Yoga, The Body Mind and the Divine,DEE BEE Info Publications, Kottayam,Kerala,India.ISBN 81-8800-16-7,pp-5
5. Yogiraj Vethathiri Maharishi(2006)Yoga for Modern Age, Vethathiri Publications, Erode pp14
6. N. A. Perumal(2020) The Elements of Psychology and Personality Development, Vethathiri Publications, Erode PP117
7. Yogiraj Vethathiri Maharishi(2019)Yoga for Modern Age, Vethathiri Publications, Erode. pp-60.
8. Sarchandaraj.T(2018), "Effect of integrated modules of yogic practices of selected biochemical and psychological variables among middle type II diabetic men" , Shodhganga 10603/216127. pp.78