



## EFFECT OF YOGA ON AUTO IMMUNE DISEASES

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**ABSTRACT**

According The Bhagavad Gita, "Yoga is the journey of the self, through the self, to the self.

Yoga is recognized as an ancient system of philosophies, principles and practices derived from the Vedic tradition of India and the Himalayas, more than 2500 years ago. It is a system that recognizes the multi-dimensional nature of the human person, and primarily relates to the nature and workings of the mind, based on experiential practice and self-enquiry. Yoga comes from the word yoke which means union. Yoga is the union between the finite self and the infinite self. The finite self is the physical body and the experiences that we have through the physical body. Everyone can relate to the physical body because it can be seen and it can be touched. What is the infinite body then? The infinite self is the inner self, the higher self, the spiritual self. The combination of breath exercises (pranayama), yoga positions (asanas), mudras (hands positions), bhandas (body's locks), and meditation comprise the practice of Yoga. The physical aspect of yoga includes poses, breathing techniques, and relaxation. Inflammatory arthritis, a chronic disease characterized by inflammation of the lining of the joints, can cause long-term joint damage, resulting in chronic pain, loss of function, and disability.

**KEYWORDS :****INTRODUCTION**

In Yoga, the body, breath and mind are seen as a union of these multi-dimensional aspects of each and every human being. The system and various techniques of Yoga cultivate the experience of that union, leading to greater integration of being, internal peacefulness, and clarity of the mind. It is a system that is designed to cultivate health and happiness, and a greater sense of self-awareness and higher consciousness.

Yoga cultivates health and wellbeing (physical, emotional, mental and social) through the regular practice of a range of many different techniques, including postures and movement, breathe awareness and breathing exercises, relaxation and concentration, self-inquiry and meditation. Yoga is an approach to life that values appropriate effort, based on balance and harmony, within each person and with each other.

According to Swami Vivekananda Yoga is a means of compressing one's evolution, into a single life, or a few months or even a few hours of one's bodily existence. A great Indian sage and yoga master, Sri Aurobindo says yoga is a methodical effort toward self-perfection through developing your latent potential on the physical, vital, mental, intellectual, and spiritual levels. And the most fundamental step you can take toward expanding the limits of your consciousness is to gain mastery over your mind.

Therefore, yoga is an extraordinary spiritual science of self-development and self-realization that shows us how to develop our full potential in our many-sided lives. It was first devised by the rishis and sages of ancient India and has been maintained by a stream of living teachers ever since, who have continually adapted this science to every generation.

**STATEMENT OF THE PROBLEM**

The title of the study is "Effect of Yoga on Auto Immune Diseases in Osteoarthritis".

**AIM OF THE STUDY**

The aim of the study was to analyze the effect of Yoga on Osteoarthritis patient. The pre and post test on patient included the Haematological analysis of whole blood ?Hemoglobin, T.L.C. (Total Leukocyte Count), Segmented Neutrophils, Lymphocytes, Monocytes, Eosinophils, and E.S.R. (Wester gran Method and Serology and Immunology-Examination C.R.P. (C Reactive Protein-Latex agglutination Test), OA Factor (Osteoarthritis Factor), and A.S.O. (ASOTitre).

**DELIMITATIONS**

1. The study was delimited to the Osteoarthritis (men and women) patients of 40-60 years of age group.
2. The study was delimited to the two group i.e. experimental and control group.
3. The study was further delimited to 40 participants in experimental group (20 male and 20 female patients) and 40 participants in control group (20 male and 20 female patients).
4. The study was further delimited to the selected Haematological analysis of whole blood and Serology and Immunology-Examination such as Hemoglobin, T.L.C. (Total Leukocyte Count), Segmented Neutrophils, Lymphocytes, Monocytes, Eosinophils, E.S.R. (Westergren Method), C.R.P. (C Reactive Protein- Latex agglutination Test), O.A. Factor (Osteoarthritis Factor), and A.S.O. (ASO Titre).
5. The study was further delimited to the selected Asana, Pranayama, Shatkarma and YogNindra.

**LIMITATIONS**

1. Certain factors like food, rest, sleep etc. were beyond the control of the investigation and were considered as limitations of the study.
2. The subjects belong to different geographical regions and different racial group of India.
3. The data of the study was limited to the Pathological test. Different test and their standard may differ in various pathology.

**HYPOTHESES**

1. It is hypothesized that yoga has a positive effect on Osteoarthritis patients and there will be a significant difference in experimental group.
2. It is hypothesized that there may be significant difference on Osteoarthritis patients in control group of the

**SIGNIFICANCE OF THE STUDY**

1. The result of this study may help to highlight the contribution of Yoga to deal with Osteoarthritis patients.
2. The result of this study may help to highlight the effect of Yoga on auto immune system.
3. The result of this study may give the valuable information regarding different types of Asana, Pranayama, Shatkarma and Yoga Nindra.
4. The study may provide the detailed information regarding Osteoarthritis to yogacharyas, doctors and patients of arthritis.

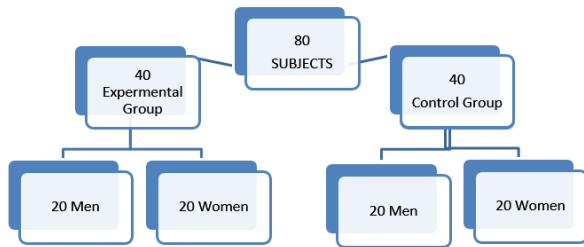
**RESEARCH METHODOLOGY**

In this chapter the selection of subjects, selection of Haematological

analysis of whole blood and Serology and Immunology-Examination test, selection of Yoga practices, Yoga schedule, collection of data, procedure for administration of test items and the method of statistical analysis of the data have been described.

### SELECTION OF SUBJECTS

The study was designed to analyze the effect of Yoga on patients who are suffering from Osteoarthritis. 80 subjects between the age of 40 to 60 years of age, are randomly included in the sample with the consideration that they showed their willingness to participate. The subjects is been divided in experimental and control groups. The experimental groups consist of 20 men and 20 women and in the same manner control groups consist of 20 men and 20 women participant. Different Yoga practices is been applied on the experimental group for 2 months while control group was remain untouched. The division of the subjects was done in the following manner:



### ADMINISTRATION OF THE TESTS

The experimental groups selected for this study were result oriented regarding the objectives and requirements of the test. Researcher explained and demonstrated the way Yoga has performed. There after Yoga program was conducted. Different Yoga practices were performed by following ways:

### DISCUSSION OF HYPOTHESES

On the basis of the results, the first part of the hypotheses which hypothesized that yoga has a positive effect on Osteoarthritis patient and there will be a significant difference in experimental group has been accepted. The second part of the hypotheses which that there may be significant difference on Osteoarthritis patients in control group of the study has been rejected.

The aim of the study was to analyze the effect of Yoga on Osteoarthritis patient. The pre and post test on patient included the Haematological analysis of whole blood Hemoglobin, T.L.C. (Total Leukocyte Count), Segmented Neutrophils, Lymphocytes, Monocytes, Eosinophils, and E.S.R. (Wester gren Method and Serology and Immunology-Examination C.R.P. (C Reactive Protein-Latex agglutination Test), OA Factor (Osteoarthritis Factor), and A.S.O. ASOTitre.

The data on Haematological analysis of whole blood were examined by 't' test (test of significance). The data on Serology and Immunology-Examination were examined by Chi Square Test ( $\chi^2$ ). The level of significance was fixed at 0.05 level.

For this present study, it is hypothesized that yoga has a positive effect on Osteoarthritis patients and there will be a significant differences in experimental group. In the second hypothesis, It is hypothesized that there may be significant differences on Osteoarthritis patients in control group of the study.

### CONCLUSIONS

On the basis of the findings and within the limitations of the study, the following conclusions are drawn:

1. The study revealed that there was a significant difference obtained in Hemoglobin for experimental group of male and female participants.
2. The study revealed that there was no significant difference

obtained in Hemoglobin for control group of male and female participants.

3. The study revealed that there was a significant difference obtained in Hemoglobin for experimental group of male participants.
4. The study revealed that there was no significant difference obtained in Hemoglobin for control group of male participants.
5. The study revealed that there was a significant difference obtained in Hemoglobin for experimental group of female participants.

### RECOMMENDATIONS

1. Same study may be conducted on Infectious Arthritis, Inflammatory Arthritis, Juvenile Arthritis, Psoriatic Arthritis, Rheumatoid Arthritis, Spondyloarthritis.
2. Same study may be carried out by taking less critical and more critical arthritis patients.
3. A study may be done taking other Yogasana impact on arthritis patients.
4. Same study may be conducted among arthritis patients of different age groups that are thirties, forties and so on.
5. A study may be done taking other Pranayama and Shatkarma impact on arthritis patients.
6. A study may be conducted to see the impact of Yoga on the women especially after menopause.
7. A study may be conducted to analyze the effect of Yoga on the patients suffering from joint pain.