



Management of Sleeplessness by Yoga Therapy

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ABSTRACT

Research study entitled "Management of Sleeplessness by yoga therapy" on selected parameters has been conducted with 20 P.G Students between the age group 20-30 years were selected randomly from BCM P.G BOYS HOSTEL Konaje, Mangalagangothri. A 30days practical sessions were conducted from 22ndFebruary to 22ndMarch, 2015, with a total of 10 subjects treated as Group I i.e. Experimental group. Another 10 subjects were selected for control group. The group I was given with selected yogic practices for one hour daily from 6.00am to 7.00am during the period at the BCM P.G BOYSHOSTEL Konaje, Mangalagangothri. The experimental group was progressively introduced to the selected yogic practices. The session included a series of Asanas, Pranayamas, and Relaxation techniques

KEYWORDS

Aim of The study:

To study the effect of Yogic Practice on sleeplessness in P.G Student.

Scope:

By this study we hope to encourage the students to take up Yoga as a means for overcoming Sleeplessness.

Hypothesis:

It is hypothesized that the practice of yoga helps to enhance the students capacity to handle stressful situation and reduce sleeplessness problem.

Parameters:

The following parameters were undertaken for the study

Blood pressure:

The blood pressure of the subjects was recorded using sphygmomanometer, before and after the experiment. It was done to know the changes that were brought after the yoga therapy. The B.P was rerecorded in the supine position in order to prevent the variation of B.P. The B.P readings were taken at the same time. For the two readings to prevent the instrument error the B.P recording done using the same instrument throughout the study.

Weight:

The weights of the subjects were measured using a weighing machine with minimum clothing. The weight was measured before yoga therapy and after one month of yoga therapy.

Questionnaire:

The initial and final readings were taken for two groups by testing Questionnaire. The results of various tests were analysed through students' paired 't' test and have been compared for the two groups.

After Yoga therapy, the experimental group showed a significant improvement in the parameters is concerned. There is

no significant change in Control group. This depicts that the regular practice of the selected yogic techniques improved the Sleep in the experimental group subjects.

List of Yogic Practices

ASANAS	PRANAYAMAS	MEDITATION	RELAXATION
Svastikasana	Ujjayee	Pranavaa	Shavasana I & II
Vajrasana	Anuloma Viloma		YOGANIDRA
Supta vajrasana	Bhastrika		
Simhasana	Bhramari		
Tadasana I & II			
Trikonasana			
Parsvakonasa			
Pascimottanasana			
Purvothanasana			
Pavanamuktasana			
Bhujangasana			
Janushirshasana			
Mahamudra			
Viparitarani			
Uttanapadasana			

RESULTS:

In general, after yoga therapy all the subjects all the subjects felt good and their overall health improved. Observation in them during the study is listed below.

Many of the subjects do not consider sleeplessness as a major problem.

Initially many of the subjects were breathing forcibly while practicing, later on they corrected it.

The subjects who were very regular have shown encouraging improvement.

All ten subjects had sleep initiation problem and also non restorative sleep.

Five subjects had the total sleep time in the night is less than 5 hours , less than the required total time.

In five subjects condition upon rising was not fresh.

After one month of yoga therapy the sleeping time has increased.

After one month of yoga therapy, blood pressure significantly reduced.

Parameter	Mean+/-SD		T VALUE	P VALUE	Significant
	PRE	POST			
Weight	75.74177778	64.37777778	2.691026195	0.024754872	S
Systolic	81.95555556	45.55555556	4.978175866	0.000761337	S
Diastolic	70.26666667	28.26666667	2.04506654	0.071179534	S
Questionnaire	6.5	3.65555556	11.34226868	1.2427306	HS

TOTAL RESULT ANALYSIS:

Almost everyone in our society experiences some kind of stress. Almost everyone in our society occasionally experiences insomnia. The feeling of stress itself can be a positive response, alerting us to a potentially harmful situation. Occasional insomnia may be due to a situations warrants alarm. But chronic stress, or chronic insomnia, will certainly affect our health, and can lead to debilitating and limiting health issues.

This stress and sleeplessness is a psychosomatic disorder. It is characterized by physical symptoms caused by emotional factors. They involve single organ system, usually under automatic nervous system. The psychological changes found in these disorders usually accompany certain emotional states. The physical pathology is an essential characteristic of psychosomatic disorders. This physical pathology involves some structural and functional changes in the internal organs rather than overt maladaptive behavior. For example: wheezing, choking and gasping for air by an asthmatic child are due to bronchial obstructions. Excessive secretion of acid is responsible for inflammation and lesions of the stomach lining of the ulcer patient.

DISCUSSION:

The subjects felt pain in their body for the few days at the beginning of the study. They experienced freshness, relaxation and calmness; it showed various other positive effects such as improved flexibility, working ability and positive thinking after few days of practice. Sleep pattern improved and level reduced. The score of sleeplessness scale obtained before and after the yoga therapy was compared and the result showed a significant difference and this clearly indicate the level of sleeplessness scores decreased after the yoga therapy.

The sleeplessness reduced in all the subjects' significantly. All the participants had reducing problems like headache, joint pain, and irritation and body pain before the yoga practice. They successfully climbed the recovery from all the problems after the completion of yoga therapy.

CONCLUSION:

The above short term study gives a very clear cut idea that yoga helps to overcome the problems of sleeplessness with minimum effort. In spite of limitations of the present study, namely lack of control on the food intake, lack of continuity of the treatment over longer periods, the results are encouraging. Therefore it can be concluded that the yogic practices can be used efficiently to overcome from sleeplessness.

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