



A Study on The Effect of Yogic Practices on Alcoholic Subjects–An Integrated Approach

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ABSTRACT

The Present study is entitled ‘ A study on the effect of Yogic Practices on Alcoholic subjects – An Integrated Approach’. For This purpose, 18 male patients of Alcoholic were selected from the K.S. HegdeMultispeciality Hospital, Deralakatte, Mangalore. Duration was 47 days from 16th February to 7th April 2015. The subjects were randomly divided into an Experimental group and a Control group. Yogic practices were progressively introduced to the experimental groups on 7 days in a week for one hour from 3.30 to 4.30 pm. The control group was not admitted to any yogic practices. Both the groups underwent test for B.P, Weight measurement and Liver Function Test at baseline, of pre and post test. A set of questionnaire was also administered to both the groups at the baseline and at 47 days. The results of various tests were analyzing using ‘t test’. After the yoga therapy every variable underwent the test showed significant improvement among experimental group when compared to control group. This study depicts that Yogic practices are helpful in managing Alcoholic addiction.

KEYWORDS

Yogic practice, Alcoholic subjects, Integrated Approach, Liver Function Test

Introduction:

Yoga, the science and art of perfect health had come down to us from time immemorial. Yoga is the great contribution of India to the world. Yoga is the unique solution , which directly controls the mind and helps to maintain healthy body and mind. From the time immemorial human beings have looked for substances to make life more pleasurable and to avoid or decrease pain, discomfort and frustration. Despite definite improvement in health care in most of the countries problems related to drug and alcohol abuse are increasing almost everywhere.

Even though alcohol is a depressant, it will be considered separately due to the complex effects and wide spread nature of its use.

Alcoholism is defined as “a chronic disease manifested by repeated drinking that produces injury to the alcoholic’s health and to his social and economic functioning.”

Yoga therapy used in the management of alcoholic:
Asanas: Swastikasana, Tadasana I and II, Vajrasana, Suptavajrasana, Pavanamuktasana, Bhujangasana, Shalabhasana, Dhanurasana, Bharadvajasana, Viparitarani, Uttanapadasana

Pranayamas: Ujjayi, Anulomaviloma, Sheetal, Bhastrika

Meditation: Pranava

Relaxation: Shavasana I & II

Materials and methods:

Total no. of 9 male alcoholic patients each for control and experimental group with an age group of 24– 52 years were studied.

Treatment method :

The alcoholic patients age group of 24 – 52 years who admitted in general ward in K.S.Hegde Hospital, Deralakatte were selected for the study. Those who are physically able to do yoga they were only included.Daily giving one hour practice for 47 days.

Following parameters have been selected for the study :

Weight, B.P and Liver function tests which includes : Total bilirubin, Direct bilirubin, Indirect bilirubin, SGOT, SGPT, Alkaline phosphate, Total proteins, Albumin, Globulin, A/G Ratio.

Observation:

It was found that in the beginning days while doing yogic practices most of the patients felt tiredness, sweating, muscle catch, pain in the abdominal part, drowsiness of the mind, shivering etc. But day by day all these symptoms are reduced. The patients felt fresh, relaxed, energetic, active after the practice. This has given very good effect on the patients.

Results and discussion:

We observe that for Total Billirubin the calculated t -value is 0.0815 , which is more than the p-critical value 0.064701 at 0.5% and 8 degree of freedom . so we reject our hypothesis and conclude that test is significant. Therefore therapy has succeeded on bringing down the Total BillirubinLevel .

We find that for Direct Billirubin the calculated t -value is 0.1240 , which is more than the p- critical value 0.064701 at 0.5% and 8 degree of freedom . So we reject our hypothesis and conclude that test is significant. Therefore therapy has succeeded on bringing down the Direct Billirubin Level.

We observe that for Indirectbillirubin, the calculated t value is 0.0330 which is less than p-critical value 0.064701. We accept the hypothesis, so we conclude that yoga therapy is not

succeeded in bringing down the Indirect bilirubin level.

We observe that for Total Protein the calculated t-value is 0.2833, which is more than the p-critical value 0.064701 at 0.5% and 8 degree of freedom. So we reject our hypothesis and conclude that test is significant. Therefore therapy has succeeded on bringing down the Total Protein Level.

We observe that for Albumin the calculated t-value is 0.4045, which is more than the p-critical value 0.064701 at 0.5% and 8 degree of freedom. So we reject our hypothesis and conclude that test is significant. Therefore yoga therapy has succeeded in bringing down the Albumin Level.

In Globulin the calculated t-value is 0.0744 which is more than the p-critical value 0.064701 at 0.5% and 8 degree of freedom. So we reject our hypothesis and conclude that test is significant. Therefore therapy has succeeded in bringing down the Globulin Level.

In A/G ratio the calculated t-value is 0.0405 which is less than the p-critical value 0.064701 at 0.5% and 8 degree of freedom. So we accept our hypothesis and conclude that test is significant. Therefore therapy has not succeeded on bringing down the A/G ratio Level.

We observe that for SGOT the calculated t-value is 0.1183 which is more than the p-critical value 0.064701 at 0.5% and 8 degree of freedom. So we reject our hypothesis and conclude that test is significant. Therefore therapy has succeeded in bringing down the SGOT Level.

We observe that for SGPT the calculated t-value is 0.0805 which is more than the p-critical value 0.064701 at 0.5% and 8 degree of freedom. So we reject our hypothesis and conclude that test is significant. Therefore therapy has succeeded in bringing down the SGPT Level.

Finally yoga therapy has succeeded in bringing down the total bilirubin, direct bilirubin, total protein, albumin, globulin, SGOT and SGPT level. But in case of indirect bilirubin and A/G ratio, the yoga therapy has not succeeded. So we suggest some more additional yoga practices are required for them.

Conclusion

Study shown that the yogic therapy can improve the physical and mental health of alcoholic patients. The practices also helpful to overcome various ailments in bodily as well as mental level.

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