

Impact of Yogic Shatkarma in psycho-somatic health of female teachers

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Abstract:

Yoga has been scientifically co-related with positive Health. Yoga is a way of living. Kriya is the part of yoga it also give a cure for mental & physical health. The present study aims to find out the effect of kriya on psycho-somatic health of female teacher. The sample selected from different college of Bareilly city Uttar Pradesh India. Practice time was 20 mints daily for three months. 40 female teachers were taken for the study. Data was collected by using c.m.i health questionnaire. The pre-post data was analyzed by using t test .result proves that kriya shows a significant effect on psycho-somatic health of female teachers. Kriya removes mucus & pollution from nasal passages & sinuses. Allowing it helps prevent and manages respiratory tract diseases & give the good health.

Key word: Jala Neti, Kapalbhathi and psycho-somatic health,

Introduction:

Yoga is not merely a cure for specific ailments but a life long practice to keep the mind and body ever healthy+ and balanced. Yoga helps to restructure the way a person lives. Yoga also gives a cure for mental, physical social wellbeing & spiritual not merely an absence of disease of infirmity and ability to lead to socially and economically productive life. Dr. pranav pandya2003----good health is one of the greatest resources for vitality, creativity and wealth. While poor health in contrast significantly drains the aforementioned kriya is also the part of yoga. The state of female teacher mental health had an important effect on their educational abilities and would undoubtedly influence the student in

one way or another. It should be got enough attention from the education department of government. The female teacher in college of India has the serious mental health problems and it should not be neglected. The major mental health problems in the female teacher were anxiety, jealousy, depression, confusion, interpersonal sensitivity, lack of security and so on if these negative emotions were not promptly-vented, it would lead to a deeper level of negative behaviors, such as impulsion and crankiness.

Mental health would lead to the deteriorating physical conditions of women's teachers in Bareilly city colleges mainly as follow – continuous fatigue, weakness, memory loss, impaired concentration and insomnia. the teacher

professional burnout state had not only a negative impact on physical and mental health of themselves, but also a tremendous negative impact on the student's growth and development. The female teacher assumed multiple role – learners, propagators of knowledge, researcher, educators, friend of the student, good wives and mothers under such circumstances, the female should have better self regulating skills, role changing ability and mental state to adapt to the multiple roles. Then problem is this how to manage their mental and physical health also. So the researcher think about this matter, how to cope up this problems in the present year there are many alternative therapy is use to different psychological physiological disease. Kriya is one of them. Kriya's in the work place can reduce stress and promote well being, its can also increase ones fitness and flexibility and calm the mind.

Kumar Nidhesh (2012) - a study of the effect of kapalbhathi on level of depression among civil & architectural students "increase of depression the mind is full of negative thoughts and there is excess of dopamine. Kapalbhathi cleans the entire brain which shows the significant change

Kumar Kamakhya et al. (2010)-a study has been conducted dsvv Hardwar. 60 student of age 20-30 were selected though accidental sampling this group divided into two parts control group & experimental group. The duration of practice time was 40 days the were collected using emg/ncs/ep machine. Result shows –jal nati significant effect in optic nerve conduction effect of etmoid bone, olfactory barb of cranial nerve and

dust bad things in outside pressure of the water.

Ramond (2001) - kapalbhathi improves lungs capacity & control the respiratory disease kapalbhathi and breathing exercise are most important part of our whole life. Which is sport our capacity?

While doing the above review over the topic the researcher came to aim the present study, which was to assess the effect of kriya's to improve the psycho-somatic health of female teachers, with the hypothesis: "there is significant relation between kriya & psycho-somatic health of female teachers".

Methodology-

In the present study, 40 Female teachers between the age group from 30 to 55years from different colleges in Bareilly city, Slected for the kriya's practice. So all had been practicing the jal nati and kapalbhathi kriya Followed by Shavasana regularly for 20 minutes daily the period of three months. (Except Sunday and holidays). Pre-post single group research design had been applied in the present research work. For sample selection accidental sampling was applied on female teachers of different inter colleges of Bareilly city. Data was statistically analyzed by using 't' test. All the practice is completed in front of the researcher herself.

To assess the impact of yogic intervention parameters on psycho-somatic health. For the measurement of psycho-somatic health level, C.M.I.Health questionnaire developed by R.N.W.M.D,Professor of psychiatry all India institute of medical science

(AIIMS), NEW Delhi and Dwarika Prasad M.A. DMSP Retired professor in clinical psychology P.GT.M.E Chandigarh., had

been applied After three months duration the same test again being applied and the data 's at 0.01 significant levels are as shown:-----

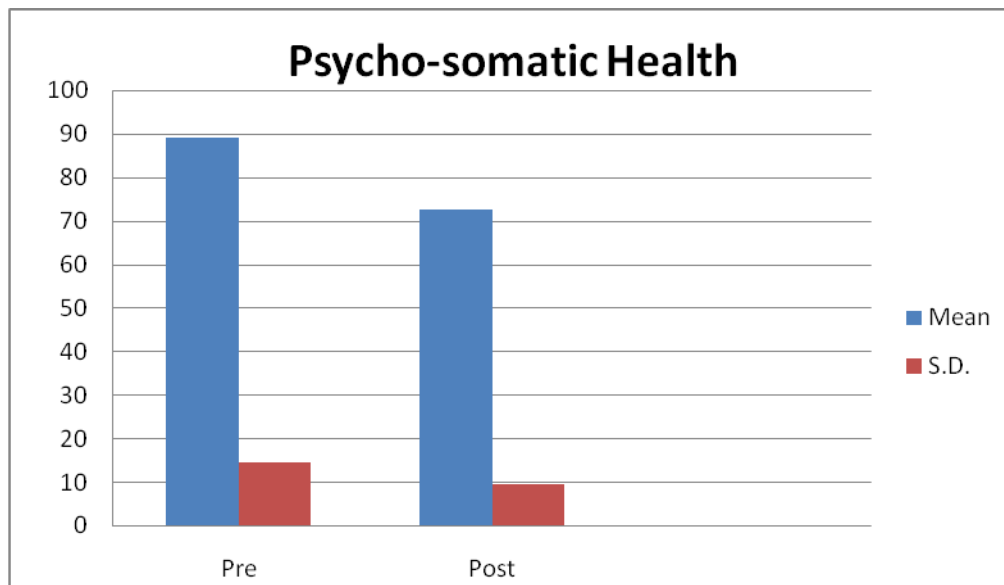
Results:

Table 1 shows the effect of Kriya's on psycho-somatic health of subjects.

	Mean	N	S.D	SE _D	r	t	Significance level
Pre	89.2	40	14.32	2.14	0.41	07.75	0.01
Post	72.6	40	9.41				

(Result observed at 0.01 level of significance)

Result shows that the Directional hypothesis has been Selected at 0.01 level and psycho-somatic health values for female Teachers group are significantly improved



't' value is 7.75 There is a significant change at 0.01 levels in the psycho-somatic health of Female subjects.

Discussion & Conclusion

Kapalbhati kriya a breathing technique, aimed at cleaning the frontal part of the brain, also called skull polishing is done

through rapid breaths with more force on exhalation, kapalbhati in yoga is one of the best remedy for curing of psychosomatic health.

Kapalbhathi is one cleansing method in yoga, and one from Pranayam kapal means skull & bhathi means purification or polishing. This practice clears the head that is why it was named kapalbhathi.

This is the very important cleansing process in which the entire nervous system is recurring vented. Excess fat in the stomach, is reduce and cold condition of the lungs such as phlegm is reduce. sThe brain is greatly oxygenated & the respiratory system is greatly strengthened.

The reason behind this that in the process of kapalbhathi, the corbondioxide is thrown out of the body in large quantity and more of oxygen is absorbed into the body.

This increase s the oxygen in the blood, hence the need for oxygen is lessened and the massage of there encouragements to breathing center air calmed down. The center becomes calm and reduces its instructions to the breathing organs.

Kapal bhathi is invigorates the entire brain & awakens dormant centers which are

responsible for subtle perception it is referred to as the frontal brain purification technique. It is most valuable in the management of psychosomatic health because it removes the energy blocks which have formed as we have consistently repressed painful emotions.

In case of psychological diseases mind is full of negative thoughts, kapalbhathi cleans the entire brain, which shows the significant changes.

Jal neti removes mucus and pollution from the nasal passages and sinuses, allowing air to fellow without obstruction. It helps prevent and manage respiratory tract diseases such as asthma, pneumonia. Cold and sinusitis. Jalanati relieves muscular tension of the face, nervous tics, and bell's palsy and helps the practitioner to maintain a fresh and youthful appearance. It has a cooling and soothing influence on the brain and beneficial in the treatment of epilepsy and migraine.

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