



INTERNATIONAL JOURNAL OF
YOGA & ALLIED SCIENCES

An Interdisciplinary Indexed Journal dedicated to Yogic Science

Chief Editor

Dr Kamakhya Kumar

Published by: Indian Association of Yoga[®], New Delhi

www.indianassociationofyoga.org, www.indianyoga.org



INTERNATIONAL JOURNAL OF
YOGA & ALLIED SCIENCES

Advisory Board

Mahamandaleswar Swami Veda Bharati, Chancellor, HIHT University, Dehradun, India
Dr. S P Mishra, Ex Vice Chancellor, Dev Sanskriti Vishwavidyalaya, Haridwar, India
Dr. Vijendra Chauhan, Vice- Chancellor, HIHT University, Dehradun, India
Prof. Ishwar Bharadwaj, Head, Dept. of Yogic Science, Gurukul Kangri University, Haridwar, India
Prof. J P N Mishra, Head Dept. of SOL, PM & Yoga, Jain Vishwa Bharati University. Raj. India
Prof. B R Sharma, Head, Philosophico-Literary Research, Kaivalyadhama, Lonavla, Maha, India
Ravindra Kr Jain, Director, International Meditation Institute, Canada, U S A.

Review Committee

Prof. V K Katiyar, Dept. of Mathematics and Nano Technology, I I T Roorkee. U.K India
Prof. J P N Mishra, Head Dept. of SOL, PM & Yoga, Jain Vishwa Bharati Univ. Raj. India
Dr Latha Satish, Managing Trustee, Krishnamachari Yoga Mandiram, Chennai, Tamilnadu, India
Dr S K Ganguly Principal (Retd.), G.S. College of Yoga & C.S., Kaivalyadhama, Lonavla, Maha, India
Dr. B R Sharma, Head, Philosophico-Literary Research, Kaivalyadhama, Lonavla, M H, India
Dr N B Shukla, Prof. Physical Education, Banaras Hindu University, Varanashi, U.P India

Associate Editors

Dr Latha Satish, Managing Trustee, Krishnamachari Yoga Mandiram, Chennai, Tamilnadu, India
Dr Barbara Prudhomme White, College of Health and Human Services, University of New Hampshire, Durham, USA
Dr K Krishna Sharma, Chairman, Dept. of Human Cons. & Yogic Science, Manglore Univ. Karnataka India
Dr Babulal Dayma, Chairman, Yoga Center, Jai Narayan Vyas University Jodhpur. Raj. India
Dr D S Baghel, Director, Institute of Yoga, Magadh University, Bodh Gaya. Bihar, India
Dr Biman Pal, Head Dept. of Yoga, Gujrat Vidyapeeth, Ahmedabad. Gujrat India
Mr Sukhdeo Jangid, Health House, Sidcup, Greater London, United Kingdom

Editorial Board

Dr Vinod D Deshmukh, MD, Florida, USA
Dr S.N. Omkar, India
Dr Aayam Gupta, India
Mrs Pratibha Kumari, India
Mr Simon C Parish, Germany

Editor's Note

O'h God! Thou art the Giver of Life,
Remover of pain and sorrow,
The Bestower of happiness,
O'h Creator of the Universe,
May we receive thy supreme sin-destroying light,
May Thou guide our intellect in the right direction.

Hari Om!

I am delighted to bring the next volume of IJOYAS on a very special occasion of Ganga Dusshera - Gayatri Jayanti. It is a privilege to release this issue on this Holy day. It is stated in the scriptures that the Holy River Ganga arrived on the earth on this very day. We also celebrate the jayanti of the Deti of secret mantra of Gayatri. She is an aspect of Mata Saraswati, Mata Lakshmi & Mata Parvati, all three in one form, a form of Adi Shakti, possessing the Rajasi Guna and hence is the source of Brahma's power. Without her, Brahma remains dormant or unable to create. I pray mata Gayatri to illuminate our intellect to lead us along the righteous path.

Readers might be aware that IJOYAS provides a really exciting opportunity to consider the truly interdisciplinary nature of Yoga and other allied studies going on all over.

The objective of this journal is to publish up-to-date, high-quality and original research papers alongside relevant and insightful reviews. It includes technical and professional aspects of Yoga and allied disciplines like Philosophy, Spirituality, Psychology, Human Consciousness, Medical, Paramedical sciences, Health sciences, Therapy, Education, Physical education, exercise and sports sciences, biomechanics, Literary/textual studies, Physiology, Biochemistry etc.

My sincere thanks to Dr Latha Satish for her kind support and thanks to all the contributors of this issue. Needless to say, any papers that you wish to submit, either individually or collaboratively, are much appreciated and will make a substantial contribution to the development and success of the journal.

Best wishes and thank you in advance for your contribution to the Journal. May God give us success; May the Almighty illuminate our intellect to lead us along the righteous path.



(Kamakhya Kumar)
Chief Editor

8th June 2014
Gayatri Jayanti/ Ganga Dusshera

Contents

Editor's Note	- 03
Guest Article	
1. An approach to Counseling based on Yoga Sutra of Patanjali - Dr Latha Satish	- 05
Empirical research	
2. Assessment of the effect of Yoga therapy on Sinusitis by using Infra Red Thermal Imaging System - Dr K Krishna Bhat & Udayakumara K	- 12
3. Effect of Yogic intervention on some bio-chemical parameters of Diabetic patients - Rajan	- 20
4. Impact of Yogic practices on some bio-chemical parameters of Arthritis patients - Susheel Kumar	- 25
5. Role of Shatkarma & Panchakarma on Low Density Lipoprotein - Dr Sunil Kumar & Prof. V.P. Upadhyaya	- 30
6. Impact of Yoga practice on Physiological measures in Anxiety conditions - Dr Annapoorna K et. al.	- 34
7. A study on the effect of Yoga and Naturopathy on Dysmenorrhea - Dr Sadhana Dauneria & Dr. Jyoti Keswani	- 38
8. A Study on Effects of Selected Yogic Practices on Psychological Variables of Deaf and Dumb Children - Dr Samsher Singh	- 43
9. Academic Anxiety among Student and the Management through Yoga - Dr Kamakhya Kumar & Dr Somdutta Tiwary	- 50
10. Components of Simplified Kundalini Yoga in Relation to Demographic Characteristics - Nirmala Raghavan & Dr.Haider Yasmeen	- 54
Literary Research	
11. Yoga for Psychological Rehabilitation: An Overview - Abhishek Kumar Bhardwaj, Shirley Telles & Acharya Balkrishna	- 62
12. Bridging West and East through the Transpersonal Approach of Psychotherapy - Meera Sharma & Joseph F. Ryan	-68
13. Universal Peace & Harmony through Yoga Journalism - Dr Ajay Bharadwaj	- 76
14. Psychology of Hindu tradition in perspective of Personality - Dr Vinod Nautiyal & Dr Rajni Nautiyal	- 81
Guidelines for authors	- 85
Subscription form	- 88