

# **A Study of the Effect of Yogic Package on Blood Profile of Alcoholics**

**Rajpoot Pushp Lata<sup>1</sup> & Bhushan Vidhya Verma<sup>2</sup>**

Dep't. of Rehabilitation Psychology, National Institute of Mentally Handicapped, Secunderabad.  
Clinical Psychologist, District Disability Centre, Rajghar (Biaora), India.

Email: pushp.psycho@gmail.com

## **Abstract**

The aim of the present work is to study the effect of yogic practices on blood profile of alcoholics. For this study 80 alcohol dependent subjects, the age range of 21 to 40 years are selected by using quota sampling from Navjyoti de-addiction centre Delhi. The subjects are categorized into two groups- experimental and control. The yogic package was given to experimental group for 30 days, one and half hours each day. Data were statistically analyzed by using t-test. Results show that yogic practices have significant effect on level of SGPT & Alkaline Phosphatase. These results confirm that yogic package have significant effect on blood profile of the alcoholics.

**Key words:** Alcoholic, Pranakarshan Pranayama, Joyti Avatara Dhyana, & Yoga nidra.

## **Introduction**

Alcohol is a universal problem and increases progressively. A report of WHO (2004) indicates that approximately 2 billion people take alcohol. About 20 per cent of psychiatric admissions, 60 per cent of suicide attempts, 40 per cent of incidences of domestic violence and 15 per cent of all traffic deaths in the UK are associated with alcohol consumption (Royal College of Psychiatrists 1986; Edwards et al. 1994). According to a report of scientific fact on alcohol, alcohol develops long-term dangers include physical health problems such as liver cirrhosis, hypertension and various cancers. Long-term excess consumption may also result in significant neurological problems. Wernicke's encephalopathy is caused by thiamine deficiencies common in heavy drinkers as a consequence of poor diet, and results from degenerative changes and small bleeds in the brain. Its symptoms include memory deficits, ataxia and confusion.

According to report given by National Institute of Mental Health & Neurosciences, approximately 40% patients are suffering from alcohol in mental hospitals, while before last century the incidences were only 5%. A study conducted by Indian Academy of Clinical Psychiatry (2000) indicates that 5% of Indian population is suffering from mood disorders. Alcohol consumption is not only associated with

physical & mental health problems but also increased risk for violent crime, accidents at work, fatal and non-fatal driving accidents, drowning, burns and suicide. Psychological studies show that alcoholic persons are aggressive, impulsive and antisocial as well as they are emotionally unstable and frustrated.

In present era several yogic practices- meditation, pranayama, yoga nidra, shitalikaran and mantra etc are playing important role in treating physiological and psychological problems. Not only this, several psychiatrists and physicians have used meditation as a successful therapy and found significant effect in treating physiological and psychological problems. So keeping in mind above facts, researcher has studied the effect of yogic practices on SGPT and Alkaline Phosphates of Alcoholics. For this research work a package of yogic practices is prepared which develops the positive thinking, positive emotions and stabilizes the mental state. So researcher is hypothesized that level of SGPT and Alkaline Phosphates in alcoholics can be reduced through yogic practices.

## **Methodology**

For the present research work Alcohol dependent or alcoholics were selected through administering "Alcohol Abuse Disorder Identification Test" (AUDIT). After this process

80 males belonging age of 21- 40 years were selected from NavjyotiNashaMukti Kendra Delhi and divided in two groups- experimental group (doing yogic practices alcoholics-40) & control group (non yogic practices alcoholics-40) through quota sampling.

Alcohol Use Disorders Identification Test (AUDIT) –This test was administered to identify alcoholics or alcohol dependent. It is developed by World Health Organization (WHO). It consists 10 items and determines the harmful and heavy drinking.

The permission was taken from the head of the institute for collecting the data. For the present research work Alcohol dependent or alcoholics

were selected through administering “Alcohol Abuse Disorder Identification Test” (AUDIT). After that SGPT & Alkaline Phosphates measurement test was used to measure the level of SGPT & Alkaline Phosphates. After this process 80 alcoholics were selected in the study whose SGPT & Alkaline Phosphates level was higher than normal and these selected alcoholics were divided into two groups- one experimental group (doing yogic practices) and other control group (non yogic practices). Yogic package (yogic exercises) was given to experimental group for 30 days, one and half hours each day. The medical treatment whatever was given was continued in both groups.

**Results**

**Table 1: Mean scores and SD of level of SGPT of Experimental and Control Group**

Group	N	Mean		SD	df	t-Value	Level of Significance
		Pre	Post				
Experimental	40	56.47	33.68	13.86	78	3.02	Sig. at 0.01 level
Control	40	56.53	43.03				

**Table 2: Mean scores and SD of level of Alkaline Phosphates of Experimental and Control Group**

Group	N	Mean		SD	df	t-Value	Level of Significance
		Pre	Post				
Experimental	40	150.60	103.98	50.29	78	3.07	Sig. at 0.01 level
Control	40	150.33	138.53				

Result table 1 shows that t score is 3.02, which is more than the value 2.64 at 0.01 significant level with df 78. Thus null hypothesis is rejected at 0.01 significant level and it is concluded that there is association between yogic package and the level of SGPT. Results indicate that there is decrement in the level of SGPT of experimental group. So, it is clear that yogic practices significantly affect the level of SGPT of alcoholics and reduce the level of alcoholism.

Result table 2 shows that t score is 3.07, which is more than the value 2.64 at 0.01 significant level with df 78. Thus null hypothesis is rejected

at 0.01 significant level and it is concluded that there is association between yogic package and the level of alkaline phosphates. Results indicate that there is decrement in the level of alkaline phosphates of experimental group. So, it is clear that yogic practices significantly affect the level of alkaline phosphates of alcoholics and reduce alcohol dependency.

**Discussion**

It is clear through the obtained results from table 1 & 2 that there is significant decrement in the level of SGPT & Alkaline Phosphates of alcoholics after doing yogic practices. Thus, it may be concluded that reduction or decrement in

level of SGPT & Alkaline Phosphates of alcoholics is the result of yogic practices because yogic practices affects physiology.

Deepa T, et al (2012) investigated the effect of Yoga and Meditation on mild to moderate essential hypertensive and concluded that yoga nidra can be used as adjunctive treatment with drug therapy on mild and moderate essential hypertensive. Natu & Oak, et al (2008), conducted a study to find out the effect of yogic practices on anxiety and related disorders for a group of 45 patients considering the effect of anxiety at psychosomatic level relevant clinical investigations including pulse and B.P. (using pulse oxy meter), flexibility tests measuring rotation flexion extension of neck, body composition and analysis using boics pace machine. In results he found that yogic practices have a significant effect on anxiety and related disorders. Bhushan (2001) says on the basis of his study that the technique of Yoga Nidra has preventive, primitive and curative value. It prevents stress and stress related disorders by including deep physical, emotional and mental relaxation, by training the mind to remain calm and quiet and by rooting out the repressed desires and thoughts from the deeper realms of the mind.

A study conducted by Amy R Borchardt et.al (2012) suggests that meditation leads to greater physiological relaxation and better mood. In addition, these results suggest that meditation,

specifically open-monitoring meditation techniques such as Integrative Restoration Yoga Nidra, lead to significant decreases in cortisol and increases in mood during practice. Beven (1998) also studied the effect of meditation on adrenocortical activity for a long time, and in results he found the reduction in cortisol and GABA(Gama aminobutyric acid).

Through yogic practices, several physiological processes- heart rate and endocrine glands are affected. Long-term excess consumption of alcohol develops liver cirrhosis or disturbed the metabolic processes of liver. Above results and facts clarifies that yogic practices reduced the level of SGPT and alkaline phosphates in alcoholics and this reduction in the level of SGPT and alkaline phosphates improves the metabolic processes of liver which became disturbed due to excess consumption of alcohol. Thus, significant reduction in the level of SGPT and alkaline phosphates denotes that yogic package significantly improves the blood profile of alcoholics or reduces the level of alcoholism.

### **Conclusion**

It is clear that yogic practices affect the physiological and psychological processes of a person and provides a complete health. Thus we can conclude that yogic practices significantly reduce the level of SGPT and alkaline phosphates of alcoholics and improve the metabolic processes of liver which can provide a healthy life for alcoholics.

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