

A Study on the Effect of Chandrayana Vrata and Yoga - As a Therapy tool in modern Era

Rangappa¹ & K. Krishna Sharma²

1. Research Scholar, Dept of Human Consciousness and Yogic Sciences, Mangalore University, Mangalagangothri-574199, Karnataka, India.
2. Chairman, Dept of Human Consciousness and Yogic Sciences, Mangalore University, Mangalagangothri-574199, Karnataka, India.

Abstract

The present study entitled “The Effect of Chandrayana Vrata and Yoga - As a therapy tool in modern era” was conducted at the Department of Human Consciousness and Yogic Sciences, Mangalore University. 10 obese subjects between 18 to 48 years who are willing to follow this dietary regimen along with yogic practices were selected for this study. Height, Weight and BMI were taken before and after the study. The duration of the study is 1 month. Similarly various complaints were recorded before and after the treatment. For the statistical analysis, student paired ‘t’ test was used. At the end of the study, all the subjects showed significant reductions in all parameters such as body weight ($t=6.021631$, $p=9.86E-05$), Body Mass Index ($t=6.053897$, $p=9.48E-05$) are showed significant result. So the study proves that Chandrayana Vrata with yogic practice will work positively on the obese subjects.

Key words: Chandrayanavratha, Yoga, Weight, BMI.

Introduction

Maharshi Patanjali tells “Kayendriyasiddhih Ashuddhikshayat Tapasah” [II 43], the purification of body along with sensory organs which are the parts of mind can be achieved by adopting proper Tapas – Austerity⁷. With this idea present study has been introduced to see the therapeutic values.

Nature and Scope of Chandrayana Vrata:

According to ‘Caturvargacintamani’ of Hemadri : The vrata details that “the food shall be consumed with gradual reduction. On the full moon day it will be 15 times the size of an egg. The next day it shall be 14 times the egg size. Like this it shall be ‘nirahara’ on the new moon day. Further the consumption of the food shall be in the ascending order of an egg size every day”.

“Kukkutandopamangrasanpaurnamasyanc abhaksayet Krutvapancadasiyagrasayettu dine dine

[Ref: Vol.2-part II; Vratakanda 27 the Adhyaya, page 787]

The fruit of Chandrayana Vrata (CV) is described at length. Having followed this vrata for a year one shall get wealth, health, prosperity and pleasure in this world and one later enjoys heaven¹.

CV is also mentioned in the book ‘Madana Maharnava Karma Vipaka Grantha’ to purify oneself. The Vratadictates the food system as follows: 15 units (grasa) of food on the full moon day, gradually decreasing the units to zero. Thus fasting on the 15th day. From the next day onwards the units ascend gradually and the 15 units of food is to be taken on the full moon day².

Performing this Vrata will purify the person from all his sins. Doing it second time releases the sin of the past ten births. The sacrifice for various Gods during this vrata is equally important. Chandra is the

precidingdiety of this Vrata and so it is called CV³.

The role of mind in the creation of health and ill health has been well emphasized in ancient Indian texts wherein they state: diseases arise in the body due to the problem of mind like raga (excessive desire). The great influence of the mind over the body, its health and functioning was well understood by our ancients. Hence throughout our glorious history control of the mind was given prime importance to achieving health of the body and happiness of the mind⁴.

The phases of moon are said to influence emotions of a person. In CV, the diet varies according to the phases of the moon, thus it is comparatively easier to control the crave for food and this induces proper eating habits. It is important to maintain proper eating habit, because faulty eating habits are the root cause of ill health⁵. The real aim of any fasting procedure adopted is not only to reduce weight and regulate other body parameters, but it should also be able to maintain the reduction and regulation thereafter. This is where the CV fits perfectly well⁶.

Objective:

To study the effect of chandrayanavrata and yogic practices to controlling the level of Weight and Body mass index of the obese subjects.

Inclusion criteria:

Age between 18-48 years

BMI above 30%

Exclusion criteria:

Women with pregnancy are excluded.

The subject who undergone any Surgery within 6 months.

Materials and methods

The present study entitled “The Effect of ChandrayanaVrata and Yoga - As a therapy tool in modern era “was conducted at the Department of Human Consciousness and Yogic Sciences, Mangalore University. 10 obese subject’s ages between 18 to 48 years who are willing to follow this dietary regimen along with yogic practices were selected for this study. Height, Weight and BMI were taken before and after the study. The duration of the study is 1month.

Assessments:

Body weight and Body Mass Index (BMI):

The body mass index (BMI) will be calculated as the body weight (in kg), in light clothing and without shoes, divided by height (in m) squar. Body weight will be measured to 0.05 kg using an electronic balance (GTEP Precision Electronic Instruments Model No.11, New Delhi, India). Height will be measured to the nearest 0.1 cm (Gulick Anthropometric tape, model J00305, Lafayette Instrument, U.S.A.)

Yogic interventions:

Following yogic techniques will be administered slowly and with proper care. Yogic technique will be taught gradually according to the condition of the subjects. Swastikasana, Vajrasana, Suptavajrasana, Simhasana, Tadasana I, Katiparivartasana, Trikonasana, Parshvakonasana, Purvottanasana, Pavnuktasana, Bhujangasana, Shalabasana, Dhanurasana, Vakrasana, Marichasana, Janushirshasana, Baddhakonasana, Upavistakonasana, Bharadwajasana, Jatharaparivarthasana, Uttanapadasana, Ujjayi, Anuloma-viloma, Bhastrika, BahyaKumbhaka, Shavasana I, Shavasana II.

Diet plan:

Considering the sedentary life style of the subjects a diet providing 1900 calories approximately was taken as a standard.

Care was taken to include all the necessary ingredients required by the body in adequate to maintain health. The diet was planned considering the tastes and eating habits of the subjects.

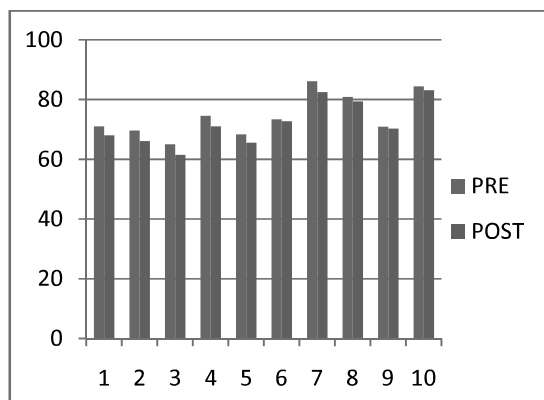
The diet consisted of strictly vegetarian food stuff naturally low in calories, very low in fat and high in nutrition and Fiber. These are a high volume food that fill the stomach and gives one the feeling of satiety. Protein depletion was avoided the green gram juice regularly.

The intake of food was reduced by approximately 126 calories each day for the next 15 days. On the 15th day, all subjects observed complete fast. Some of them who felt weakness were allowed to

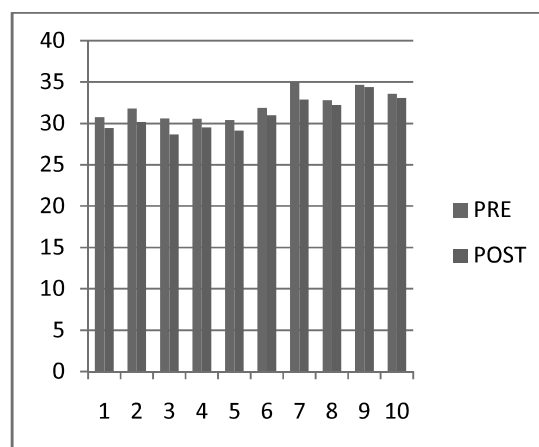
drink tender coconut water; very minimum yogic practices were done on that day. The diet was then increased by 126 calories each day to reach the normal diet of 1900 calories a day. The daily diet regimen was given to the subjects one day earlier.

Results

All the subjects under study were tested before and after 30 days of yoga training which consisted of 60 minutes of practice in a day. The final result shows an overall reduction in Body Weight and BMI reduced in all the obese subjects.



Result of weight in graph:



Result of Body Mass Index (BMI) in graph:

Statistical analysis

A Paired “t” test was applied for each parameter and found out the value of

the obese subjects. The result of “t” test is as follows.

Result Table of Statistical Analysis:

Sl. No	Parameter	Mean		SD		t value	P value	Result
		Before	After	Before	After			
1.	Weight	74.46	72.04	7.0971	7.4393	6.021631	9.86E-05	HS
2.	BMI	32.219	31.053	1.7333	1.9779	6.053897	9.48E-05	HS

HS - Highly Significant.

Discussion and observations

The purpose of this study was to determine the role of yoga therapy on obesity in terms of reduction in body weight. Yoga

training for 30 days resulted in a significant reductions in all body weight measures such as decrease in Weight and

Body Mass Index which was statistically significant.

In the initial days subjects found it difficult to resist the crave for food especially junk food. Few of them were non vegetarians and as they had to undergo strict vegetarian diet they felt a bit tempted in the beginning. Almost all the subjects felt their level of mental stress had decreased and the quality of sleep had improved. As days advanced when the diet was minimum some of them felt mild weakness which was overcome by advising them to take tender coconut. One of them had the complaint of hard stool and after taking plenty of leafy vegetables and warm water at night it was alright. All subjects felt they could not over eat even unknowingly as lesser amount of food itself produced satisfaction.

The Yoga training for 30 days resulted in a significant reductions in all parameters such as body weight ($t=6.021631$, $p=9.86E-05$), Body Mass Index ($t=6.053897$, $p=9.48E-05$) are showed significant result. Practice of yoga showed reduction in over weight there by controlling obesity.

Conclusion

The data obtained in the present study indicates that selected yogic practices with CV along with when administered in a controlled set up under strict vigilance can yield, better results. Therefore CV along with selected yogic practices can be effectively used in patients suffering from diabetes mellitus, hypertension, atherosclerosis and obesity.

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