

An official publication of Indian Association of Yoga, New Delhi

Double blind peer-reviewed index journal

**Chief Editor**

Dr Kamakhya Kumar

**Published by: Indian Association of Yoga®, New Delhi**

**www.indianassociationofyoga.org**, **www.indianyoga.org**

International Journal of Yoga and Allied Sciences

**Advisory Board**

**Dr. Sat Bir Singh Khalsa**, PhD, Brigham and Women's Hospital, Boston, **USA**

**Dr. S P Mishra,** Ex Vice Chancellor, Dev Sanskriti Vishwavidyalaya, Haridwar**, India**

**Dr. Vijendra Chauhan,** Advisor (Academic), Swami Rama Himalayan University, Dehradun**, India**

**Prof. Ishwar Bharadwaj,** Head, Dept. of Yogic Science, Gurukul Kangri University, Haridwar**, India**

**Prof. J P N Mishra,** Dean, Dept. of Life Sciences, Central University of Gujrat, Gandhinagar, Gujrat**. India**

**Prof. B R Sharma,** Principal, Kaivalyadham Yoga Institute, Kaivalyadhama, Lonavla, Maharastra**, India**

**Mrs. Meera Sharma,** Director, Centre for Spiritual &Transpersonal Studies, London**, U K.**

**Review Committee**

**Prof. V K Katiyar,** Dept. of Mathmatics and Nano Technology, I I T Roorkee. U.K **India**

**David Shannahoff-Khalsa,** University of California, San Diego (BCI) California**, United States**

**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, ,** Principal, Kaivalyadham Yoga Institute, Kaivalyadhama, Lonavla, Maharastra**, 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 Ajay Bharadwaj, India**

**Dr. Abhishek Bharadwaj**

**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 current volume of IJOYAS on the opening of a mega event. It is a privilege to release this issue on the inauguration of **Yoga in Synergy with Science**, jointly organized by Dept of Yogic Science, Uttarakhand Sanskrit University, Haridwar and **Indian Association of Yoga**, New Delhi.

Readers might be aware that IJOYAS completed its six years of publication successfully. During this period we tried to provide a really exciting opportunity to consider the truly interdisciplinary nature of Yoga and 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 all the member of advisory and review committee, for their effort and contributors to 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

25th FEB 2023

**Contents**

 **Editor’s Note 0**3

**1.** Therapeutic Applications Of Yoga To Reduce Weight And To Improve

Lipid Profile In Overweight Women Paricipants

***Dr. Rangappa, Dr. Rashmitha & Dr. K. Krishna Sharma* 5-12**

**2.**An experimental study of the effects on participants of the one-week

Ashram based YPV Arhat Yoga Intensive Program on their BMI, energy

and stress levels, brain wave activity and heart rate variability (HRV)

 ***Neravetla Jayachander Reddy & et.al* 13-30**

**3.** Effectiveness Of Yoga Therapy On Socio-Adaptive Functioning And Oral Health

 Among Students Diagnosed With Multiple Disabilities – An Interventional

Study

***Selva Mani S & et.al* 31-41**

**4.**Review Analysis on Yoga as an Intervention on Students Stress and Anxiety

 Levels in School Settings

***Raja Santosh Kumar Mohapatra & Dr. Vijendra Prakash Kapruwan* 42-59**

**5.**A holistic approach of Yoga and Ayurveda for Covid-19

 ***Prof. Mahesh Prashad Silori & et.al* 60-69**

**6.**Effects of Detoxification methods (ShatKriya) on mental health

***Dr. Laxmi Gupta Yogacharya & Anjali Prabhakar* 70-74**

**7.** Role of asanas as a preventive as well as curative measure for postural

defects and related musculoskeletal disorders

 ***Dr. Parinita Singh* 75-81**

**8.**Impact of Hatha Yoga on Suicidal Ideation among Transgender People

 ***Ashish & Narendra Kumar Sharma* 82-87**

**9.**Safety And Efficiently Pain Management Through Alternative Therapy

 (Yoga & Naturopathy)

 ***Dr. Meena Kumari Sethi* 88-96**

10. Benefits of Integrated Yoga Practice for Destitute Elderly Widows in Vrindavan

***Jyoti Varshney & Prof. Madhusudan Penna* 97-100**

**11.** Impact of Yoga-based lifestyle on Lipid profile level in Dyslipidaemia with Prehypertension

***Rajkumar Sharma & et.al*** **101-108**

12. Effect of Yoga and Physical exercise in Ophthalmology

 ***Dr. Bharti Nigam & Dr. Deeksha Tyagi* 109-114**

***Guidelines* 115**