

Simplified Kundalini Yoga practices enhances values – an experimental study

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Abstract

Yogic practices reduce anxiety, stress, burning fat cells, improves physical and mental fitness; tend to improve behavior and so on. Kundalini yoga is a form of physical and meditative yoga that comprises of various techniques using the mind, body and senses. It gives special consideration to the role of the spine and the endocrine system – both essential parts for yogic awakening. It influences gunas and social self-esteem. Simplified Kundalini Yoga is a physical, mental and spiritual discipline packaged by YogirajVethathiri Maharishi for developing strength, awareness, character, and consciousness. The practices of Simplified Physical Exercises, Simplified Kundalini Meditation and Kayakalpa practices in Simplified Kundalini Yoga raises the body awareness to prepare the body, nervous system, and mind to handle the Life energy better. The purpose of the study was to find out the effect of Simplified Kundalini Yoga on values of middle-aged men. 80 subjects were selected randomly and divided into two equal groups. Experimental Group I underwent Simplified Kundalini Yoga training (SKYT); Experimental Group II acted as control group (CG) and was not engaged in any training program. Data were collected prior to training and after six months. They were analyzed by applying of 't' test to find out the individual effect from base line to post-test if any and in addition and repeated measures ANOVA was also analyzed by to find out significant improvement in each group. The result of the study indicates that Simplified Kundalini Yoga was an effective method to improve Values.

Key words: Yoga, Kundalini Yoga, Simplified Kundalini Yoga, Values

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Introduction:

Yogic practices reduce anxiety, stress, burning fat cells, improves physical and mental fitness; tend to improve behavior and so on. In fact it is the first medical system emerged in the world to keep off the pain man suffer. The sages and saints of elder ages conducted research on this, found out the way to wither away the pain and to lead a blissful state of life. Kundalini yoga is a form of physical and meditative yoga that comprises of various techniques using the mind, body and senses. It gives special consideration to the role of the spine and the endocrine system – both essential parts for yogic awakening. It influences gunas and social self-esteem. Learning Kundalini Yoga was very tough on those days that one has to reach the Spiritual Master or Guru, expert in Kundalini Yoga, leave his family because he has to stay with the Guru till the Kundalini is awakened and thereafter to find out the changes in him by the Guru. Women folks have no chances to get these practices done. Simplified Kundalini Yoga is a physical, mental and spiritual discipline packaged by Yogiraj Vethathiri Maharishi for developing strength, awareness, character, and consciousness. He found that Kundalini Yoga must reach all the human being and hence after deep contemplation and research he simplified it. The practices of Simplified Physical Exercises, Simplified Kundalini Meditation and Kayakalpa practices in Simplified Kundalini Yoga raises the body awareness to prepare the body, nervous system, and mind to handle the life energy better.

The following are the benefits of Simplified Kundalini Yoga meditation according Vethathiri Maharishi (1) A reduction in the frequencies of the mind waves makes it tranquil.(2) The ability to concentrate improves and the mind becomes keen. Integrity and honesty become the qualities of the individual.(3) Sensory perceptions and the working of the mind are halted during meditation, as a result of which bio-magnetism is conserved. For example, water in a vessel that is

heated over a fire, is converted into steam and escapes from the vessel, leaving the vessel empty, after some time. But if the steam is collected, cooled, and taken back to the vessel through pipes, the level of water in the vessel does not deplete as fast as it normally does. In the same manner, when the mind remains focused on the life energies during meditation, Bio Feedback takes place and bio-magnetism is conserved. The qualities of Perspicacity, Magnanimity, Receptivity, Adaptability and Creativity are improved and it helps a person to become a wonderful personality.

Yoga techniques enhance well-being, mood, attention, mental focus, and stress tolerance. Proper training by a skilled teacher and a 30-minute practice every day will maximize the benefits. Health care providers play a crucial role in encouraging patients to maintain their yoga practices (Brown, Richard P and Patricia L. Gerbarg) (2005).

Yoga an effective therapeutic tool in the management of mentally retarded children (Uma, K., H. R. Nagendra, R. Nagarathna, S. Vaidehi, and R. Seethalakshmi).(1989) Venkatesh et al. (1997) found that the practice of meditation "appears to produce structural as well as intensity changes in phenomenological experiences of consciousness". Lazar et al. (2000) observed the brains of subjects performing, "a simple form of Kundalini Yoga meditation in which they passively observed their breathing and silently repeated the phrase 'sat nam' during inhalations and 'wahe guru' during exhalations," and found that multiple regions of brain were involved especially those involved in relaxation and maintaining attention. "Kundalini Yoga develop awareness, consciousness and spiritual strength." —Yogi Bhajan.

Yoga and physical exercise are useful additions to the school routine, with physical exercise improving social self-esteem (Telles, Shirley, Nilkamal Singh, Abhishek Kumar Bhardwaj, Ankur Kumar, and Acharya

Balkrishna) (2013).Yoga influences on Gunas (Personality)and self-esteem in comparison to physical exercise (Deshpande, Sudheer, H. R. Nagendra, and NagarathnaRaghuram)(2009).

இறைநிலையோடுஎண்ணத்தைக்கலக்கவிட்டு

ஏற்படும்ஓர்அமைதியிலேவிழிப்பாய்நிற்க

நிறைநிலையேதானாகஉணர்வதாகும்.

நித்தம்நித்தம்உயிர்உடலில்இயங்குமட்டும்

உறைந்துஉறைந்துஇந்நிலையில்பழகிக்கொள்ள

உலகஇன்பங்களிலேஅளவுகிட்டும்.

கறைநீங்கிஅறிவுமெய்ப்பொருளாய்நிற்கும்.

கரைந்துபோம்தன்முனைப்புக்கானும்தெய்வம்.

(Vethathiri Maharishi)(1991)

If the thought is immersed with the Almighty,

Peace can be realized and in that awareness,

One can perceive the Absolute space.

The continuous practice of this

Throughout the lifetime would make

One to withdraw from worldly pleasure.

The sins acquired and the ego would go and

Feel the Eternal force and the

Consciousness are one. (Vethathiri

Maharishi)(1991)

ஒன்றிஒன்றிநின்றுஅறிவைப்பழக்க

உறுதி, நுட்பம், சக்திஇவையதிகமாகும்.

அன்றுஅன்றுஅடையும்அனுபவங்கள்எல்லாம்

அறிவினிலேநிலைத்துவிடும்.ஆழ்ந்துஆய்ந்து

நன்றுஎன்றுகண்டபடிசெயல்கள்ஆற்றும்

நற்பண்புபலன்களுக்குஅமைந்துபோகும்.

என்றென்றும்கருவிடத்தேஅறிவைஒன்றும்

இயற்கைமுறைசிறப்புடைத்துஈதேவமாம்.-

(Vethathiri Maharishi) (1991)

When mind is practiced through concentration;

Gets persistence, strength and subtlety.

Daily experiences of this;

Would accumulate knowledge and

By dealing with such knowledge of good

deeds

The faculties would turn into good habits and

Natural merging of knowledge with the Divine

Be realized and enlightened and this is meditation.(Vethathiri Maharishi) (1991).

கருவமைப்பு, உணவுவகை, காலம், தேசம்,

கல்வி, தொழில், அரசாங்கம், கலை, முயற்சி,

பருவம், நட்பு, சந்தர்ப்பம், பலஆராய்ச்சி,

பழக்கம், வழக்கம், ஒழுக்கம்இவற்றிற்கேற்ப

உருவமைப்பு, குணம், அறிவின்கூர்வு, கீர்த்தி

உடல்வலிவு, சுகம், செல்வம், மனிதர்கட்கு

வரும்வகையும்அவற்றின்தரம்அளவுக்கேற்ப

வாழ்க்கைநிலைபேதமுடன்தோன்றக்கண்டேன். -

(Vethathiri Maharishi) (1991)

According to genetic formation (hereditary),

Variety in food, time, nation, education, profession,

Government, arts, attempts, stages in age, friends,

Opportunity, research, habits, custom, morality

The human gets the seven assets of physical features,

Character traits, excellence in wisdom, fame,

Physical strength, health and wealth; their quality and

Measures fix the difference and disparity among people. (Vethathiri Maharishi) (1991)

(1991)

The purpose of the study was to find out the effect of Simplified Kundalini Yoga on values of middle-aged men. 80 subjects were selected randomly and divided into two equal groups. Experimental Group I underwent Simplified Kundalini Yoga training (SKYT); Experimental Group II acted as control group (CG) and was not engaged in any training program. Data were collected prior to training and after six months. They were analyzed by applying of 't' test to find out the individual effect from base line to post-test

if any and in addition and repeated measures ANOVA was also analyzed by to find out significant improvement in each group. The result of the study indicates that Simplified Kundalini Yoga was an effective method to improve Values.

Reviews on values: Suchitra (2014) conducted a study to find out the effect of yoga on personality development camp on the tri-gunas in children. The study was pre-postdesign with control group. 100 children in each group, aged 8-12 years, involved. Experimental group children practiced Integral Yoga module including Asanas, pranayama, nadanusandhana, chanting, and games. Control group children were under daily routine. Sushruta Child personality inventory was administered before and after 10 days. Mann-Whitney U test and Wilcoxon Signed Ranks Test were applied. They found out that *sattva* increased significantly, while *rajas* and *tamas* decreased significantly as compared to the control group.

Tim Gard (2012) conducted a study to investigate the effects of a yoga-based program on quality of life, perceived stress, mindfulness, and self-compassion in young adults. These variables were measured in 33 self-selected participants of a four-month residential yoga intervention before and after the program. Forty-three demographically matched controls completed the same questionnaires at two time points with a four-month interval in between. Participation in the program predicted increases in quality of life and decreases in perceived stress, mediated by mindfulness and self-compassion.

Sushil (2011) conducted a study to evaluate the effects of integral yoga practices on the variables sustained attention, emotional intelligence – EQ, general health – GHQ, guna personality – *sattva*, *rajas* and *tamas* and also the consistency of correlations observed between them. The variables were measured at the beginning and the end of a one-month yoga course. There was no control group. Based on health criteria, 108 subjects were selected out of 198 volunteers to form the experimental yoga group. Ages ranged from 17 to 63 years. The

yogasananas (postures), pranayama (breathing exercises), relaxation techniques, meditation, chanting and lectures were the components of yoga intervention. The study shows that there were significant changes in all variables ($P < 0.001$) except in *sattva*. It also confirms that EQ and general health variables correlate significantly with each other and negatively with *tamas*. EQ and *tamas* form positive and negative predictors of health respectively. *Sattva* correlates positively with EQ suggesting that a *sattvic* personality indicates better self-control. This suggests that, by improving guna personality, long-term yoga practice may stabilize EQ.

SudheerDeshpande (2009) studied the efficacy of yoga on *Gunas* (personality) and self esteem in normal adults through a randomized comparative study. 226 subjects aged 18–71 years, of both sexes participated in the study were randomly allocated into two groups. The Yoga (Y) group practised an integrated yoga module that included *asanas*, *pranayama*, meditation, notional correction, and devotional sessions. The comparison group practised mild to moderate physical exercises (PE). Both groups had supervised practices for one hour daily, six days a week, for eight weeks. *Guna* (personality) was assessed before and after eight weeks using the self-administered “The ‘Gita’ Inventory of Personality” (GIN) to assess *Sattva*, *Rajas*, and *Tamas*. Self esteem in terms of competency (COM), global self esteem (GSE), moral and self esteem (MSE), social esteem (SET), family self esteem (FSE), body and physical appearance (BPA), and the lie scale (LIS) were assessed using the self esteem questionnaire (SEQ). The baseline scores for all domains for both the groups did not differ significantly ($P > 0.05$ independent samples t-test). There were significant pre-post improvements in all domains in both groups ($P < 0.001$ paired t-test). The number of persons who showed improvement in *Sattva* and decrease in *Tamas* was significant in the Y but not in the PE group (McNemar test). The effect size for self esteem in the Y group is greater than for the PE group in three out of seven domains. This randomized controlled study has shown the

influence of Yoga on *Gunas* and self esteem in comparison to physical exercise.

Dependent variables: The dependent variable chosen here is based on the problem, priorities of the subjects with respect to their daily living conditions. Unlike usual studies which are conducted on physical and physiological parameters, the study focused on the interest to find out the values as a parameter.

Independent variable: The investigator was interested to know whether simplified Kundalini yoga training was effective to bring out positive changes in the selected dependent variables among the engineers. In this study there was only one independent variable. That was SIMPLIFIED KUNDALINI YOGA TRAINING (SKYT).

Question Number	Strongly Agree	Agree	Moderate	Dis Agree	Strongly Dis Agree
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Experimental design and statistical technique: In this study the data have been collected on values variable. The investigator used random group design in this study. This procedure involves dividing the sample into two groups based on random selection. The investigator did not make any attempt to equate the groups in this study. The selected eighty subjects were divided into two equal groups consisting of 40 each such as Experimental Group and Control Group. The treatment was administered to the experimental groups for a period of six months.

Statistical technique: Data were collected on selected variables prior to training (pre test) and after six months (post test). The collected data were analyzed by applying of 't' test to find out the individual effect from base line to post test if any and in addition and repeated measures ANOVA was also analyzed by to find out significant improvement in each group at various periods. If F ratio was found to be significant Newman Keul's post hoc test was applied to find out the

Orientation of subjects: Before collection of data, the subjects were oriented about the purpose of the study. The investigator explained the procedure of assessing the variable and explained in detail about the questionnaire for the assessment.

The questionnaire for values is the test for study of values consists of 70 questions. It is designed by Km. ShashiGilani and is used in various studies.

Some statements are given. Every statement is followed by five alternative answers. Please read them carefully and tick mark in the answer sheet in front of that statement number only. The answers are neither right nor wrong. Please try to complete the test and try to answer all the statements in the answer sheet. There is no time limit but still try to do it as soon as possible. The following is the statement.

significant difference between the adjusted paired means.

0.05 level of confidence was fixed for physical variables where as 0.05 level of confidence for physiological variables, whereas 0.01 level of confidence was fixed in the case of hematological variables to test the level of significance. It was considered as sufficient for the present study.

Analysis and interpretation of data: The two groups namely simplified Kundalini yoga group and control groups were analyzed for the differences in their measures of values variable in relation to pre-test, post-test and adjusted post test scores. To achieve the purpose, 80 hardware engineers were randomly selected. Their age ranged between 30 and 35 years. The selected subjects were randomly divided into two equal groups consisting of forty each. Experimental Group I underwent Simplified Kundalini Yoga training (SKY); Experimental Group II acted as control group (CG) selected as subjects at random. The selected subjects were initially tested on criterion variables used in this study and it was considered as pre-test. After the

pre-test, the subjects in the experimental group I were treated with simplified Kundalini yoga for six days a week both morning and evening session as one hour each, for a duration of 24 weeks.

The group mean gains pre and post-test recorded by two groups during the experimental

period of 24 weeks to the criterion measures were tested for significance by applying 't' test. The statistical tool of analysis of variance [ANOVA] was applied to determine whether the training produced significant improvement in selected variables after 24 weeks of training.

Table - 1
SIGNIFICANCE OF MEAN GAINS & LOSSES BETWEEN PRE AND POST TEST SCORES ON SELECTED VARIABLES OF SIMPLIFIED KUNDALINI YOGA GROUP

Variables	Mean		Mean difference	SD (\pm)		't' Ratio
	Pre	Post		Pre	Post	
Values	116	292	176	47	61	13.74*

* Significant at 0.05 level for the table value 2.023 for degrees of freedom 39.

The obtained t-ratios on the selected variables were found to be greater than the required table value of 2.023 at 0.05 level of significance. So it is found to be significant. The results of this study showed that statistically significant and explained its effects positively.

Table - 2
SIGNIFICANCE OF MEAN GAINS & LOSSES BETWEEN PRE AND POST TEST SCORES ON SELECTED VARIABLE OF CONTROL GROUP

Variable s	Mean		Mean difference	SD (\pm)		't' Ratio
	Pre	Post		Pre	Post	
Values	115	115	0	51	53	0.048

* Significant at 0.05 level with the table value 2.023 for degrees of freedom 39

The obtained t-ratios on the selected variables were found to be lesser than the required table value of 2.023 at 0.05 level of significance. So it is found to be insignificant. The results of this study showed that statistically significant and explained its effects positively.

Computation of analysis of covariance: The following tables illustrate the statistical results of the effect of simplified Kundalini yoga group and control group on values of middle aged men.

Table - 3
COMPUTATION OF ANALYSIS OF COVARIANCE ON PRE, POST AND ADJUSTED POST-TEST MEANS OF THE SELECTED VARIABLES OF SIMPLIFIED KUNDALINI YOGA GROUP (SKYG) AND CONTROL GROUP (CG) ON VALUES

	SKYG	CG	Source of Variance	Sum of Squares	df	Means Squares	F-ratio
Pre-Test Means	115	115	BG	618737	1	618737	187.9*
Post-Test Means	291	115	WG	253529	77	3292	
Adjusted Post-Test Means	291	115	Total	874471	79		

BG- Between Group Means

* - Significant

WG- Within Group Means (Table Value for 0.05 Level for df 1, 77 & 79 = 3.965)

df- Degrees of Freedom

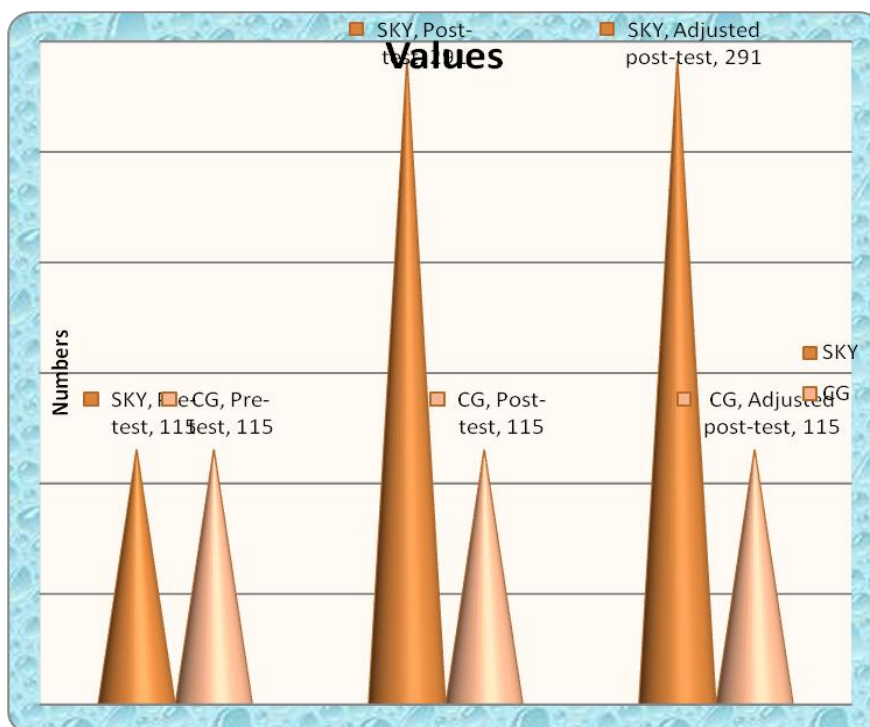
Results of values: An examination of table - 3 indicated that the pretest means of simplified Kundalini yoga group and control groups were 115 and 115 respectively. The post-test means of simplified Kundalini yoga group and control groups were 291 and 115 respectively. The adjusted post-test means of the simplified Kundalini yoga group and control groups were 291 and 115 respectively. The obtained 'F' ratio for values was 187.9 which are found to be

greater than the required table value of 3.965 for the degrees of freedom 1, 77 and 79; it was found to be significant at 0.05 level of confidence.

The results are similar to the effects Suchitra (2014).

The pre, post and adjusted posttest mean values of simplified Kundalini yoga group and control group on values are graphically represented in the following figure.

Figure
Bar diagram showing the adjusted mean values of values of Control Group and Simplified Kundalini Yoga Group



Findings: The result of the study indicates that the training program of Simplified Kundalini was an effective method to improve the Values due to 24 weeks of systematic Simplified Kundalini Yoga Training.

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