

Effect of Simplified Kundalini Yoga (Sky) Meditation and Exercise on Back Pain among the Women Patients

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Introduction:

The practice of yoga has existed for thousands of years, and has been gaining in popularity in Western societies over the last several decades. Although yoga has established itself as a part of the exercise industry, it historically has been considered to be much more than a physical practice. Yoga has been defined as yoke, union, or discipline, representing that which is united or bound together, commonly being thought of as the union of the mind with the physical body. In Western society, yoga might be considered as a system of poses, breathing exercises, and seated meditation, performed to reduce stress and gain flexibility. These aspects of yoga are actually just a small part of what yoga encompasses. Yoga, as described by Pantanjali in the Yoga Sutras, is an eight-limbed path consisting of: yamas (ethical restraints), niyamas (moral observances), asana (physical postures), pranayama (breath 2 control), pratyhara (withdrawal of the senses), dharana (concentration), dhyana (meditation), and samadhi (enlightenment).

Simplified Kundalini Yoga

Simplified Kundalini Yoga (SKY) is founded by Thathuvagnani Vethathiri Maharishi who was born in the year 1911 in a village near Chennai, South India. His early life was struggle against poverty, but he won through sheer determination and self effort. Probing into origin and purpose of live, the self educated philosopher perfected the Simplified Kundalini Yoga, a safe and highly beneficial system of meditation and yoga exercises. Swamiji has served mankind for over 55 years in cause of world peace (ie) when each individual realizes the value of self and learns to preserve harmony with environment. If the life is to be happy, successful, and harmonious, good physical health is indispensable. Realizing the importance of proper exercise, and meditation, Thathuvagnani Vethathiri Maharishi has synthesized and simplified the earlier ones and dedicated to the humans.

Through this Kundalini Yoga meditation the mental frequency can be streamlined. During the meditation, the mental frequency will be reduced to the extent of depth of the mind. If the meditation is practiced, the thought, deed, the experience and enjoyments activated through emotional stage become indulgence crossing limit. The frequency of the mind is separated in to four stages according to the emotional mood ie., Beeta, Alpha, Theeta and Delta stages. The mind crosses the limit of emotional mood (14 to 40 cycle per second) Beeta to peaceful state (8 to 13 cycle per second) Alpha. Further the mind is expanded to the level of universe the mental frequency will be reduced to 4 to 7 cycle per second – Theeta stage. On further expansion of mind the mental frequency will be minute by 1 to 3 cycles per second Delta stage. Now it gets unification with Divine State. This practice of meditaion called Kundalini Yoga is to be learnt stage by stage through an experienced teacher.

Simplified Kundalini Yoga has nine types of meditation. They are: 1) Agna Meditation 2) Shanthi Meditation 3) Thuriya Meditation, 4) Thuriyatheetha Meditation 5) Panchendriya Meditation 6) Pancha Bootha Navagraha Meditation 7) Nine Centre Meditation 8) Nityananda Meditation 9) Divine Meditation. We commence the meditation by concentrating the mind on the life force and conclude it by focusing on the eternal state which is the origin of life force.

Simplified exercises

Thathuvagnani Vethathiri Maharishi has synthesized a simple yet comprehensive exercise-routine, practicable without strain by any one. The system consists of seven main sections of seven postures each. Each section covers a particular aspect of good health such as adequate blood circulation, heat circulation and air-circulation, lung-expansion, muscle coordination and spinal flexibility. As a daily routine all these exercises require not more than 30 minutes for completion and so any one can certainly find this time. If a regular morning habit is established, one will feel bright and fresh throughout the day and would able to increase one's immunity against disease.

Study of pain

Pain, it has been said, is one of “Nature’s earliest sign of morbidity (diseased state)”. In general the concept of pain encompasses at least three components: transmission of pain, the body signaling of injurious events; pain, the conscious perception or recognition of the transmission of pain; and suffering, the affective, behavioral, or emotional response to the pain. In these terms, it is important to distinguish certain differences between acute and chronic pain. When acute, pain is often the crucial signal of the location and nature of the disorder.

Pain is a sensation which has been its own sensory apparatus. The receptors in the skin and deep structures are fine, freely branching nerve endings which form an intricate network throughout the body.

Management of back pain

Without doubt the preventive aspect of back pain is important. There would be far fewer back problems if adults kept their trunk muscles in optimal condition by regular exercise such swimming, bicycle riding, walking briskly, running, or practice of various exercises with the object of preserving health and increasing physical strength.

Sky yoga for back pain

SKY yoga for back pain is a type of exercise therapy that is great for the body and spirit. Yoga is a combination of mental and physical discipline, which integrates meditation, body postures and breathing techniques. SKY yoga is a form of exercise for people of all ages and abilities. It is non-competitive, builds inner peace and can be practiced virtually anywhere and anytime. Yoga does not require any special equipment and most practitioners find group participation a very rewarding experience. Flexibility is increased throughout the body. Muscles and ligaments are stretched and relaxed. Stretching is an excellent treatment for common back muscle pain, since it increases proper circulation of air, blood and heat to the painful area. Simplified Kundalini Yoga exercise is excellent for relaxing specific muscles that do not receive much exercise during normal day to day activities.

Causes for neck pain

1. Bad posture is a common cause of neck pain.
2. Tension and stress cause the neck muscles to contract sometimes for long periods of time. This is a major cause of neck pain.
3. Neck pain is quite common due to trauma or injury. Accidents involving neck injury may result in acute or chronic neck pain that takes months or even years to improve.
4. Prolonged overuse of muscles, tendons or discs in the neck area.
5. Pain that radiates down the arm is often a sign that a disc is **herniated disc**.

Strain: results from unnatural posture while sitting, standing or walking. Carrying too much weight every day also aggravates the situation.

Obesity: as spine has to take a lot of strain to keep the body upright, several backache can be the outcome.

High heels: makes muscles and ligaments unnecessary tensed, resulting in pains or aches.

Long working hours or long driving: Sitting in a bad posture for a long duration can lead to lower back ache.

Muscle injuries: An old muscle injury can also lead to chronic back ache.

Sedentary lifestyle / Lack of exercising: is a very common reason for back ache problems. SKY Yoga is an excellent way to prevent and cure back pain. SKY Yoga works on improving the elasticity of the muscle and strengthens the muscles thereby improving the condition of the spine in totality.

Statement of the problem

The purpose of this study was to determine the physiological and psychological effects of two months of SKY practices in untrained back pain patients. The physiological parameters examined were the body composition and flexibility, cardiovascular endurance. The psychological parameters examined were perceived stress and health.

Significance of study

This study is significant as it is only the study that examines the physiological and psychological effects of SKY practices. With the growing popularity of yoga it is increasingly important to determine the effects of varied styles of yoga practice. The mental and physical health benefits of Simplified Kundalini Yoga and meditation have been well-established.

The results of this study helps to cure women who have suffered from low back pain and also help to prevent further damage to spine. It is also a preventive measure for ailments of the spine and the back.

Hypothesis

It was hypothesized that daily practice of two months Simplified Kundalini Yoga would have positive movement of joints, relaxing the muscle contraction and perceived stress. There was no hypothesis as to whether the yoga practice would have positive effects on back pain among the women or body composition, as the current body of research had inconclusive findings.

Delimitations

The following delimitations were made to narrow the scope of the study.

1. Participants for the experimental group were women who were suffered by back pain in the age group of 25 to 60.
2. Participants for the control group were women back pain patients who were teachers, house wives and the police personals and working in Govt. offices, they were not given any kind of meditation or yoga exercise.
3. Participants for the experimental group were selected from a various areas in the town in which attendance was required to receive credit for the course. The duration of the course is two months.

Limitations

1. Only female patients were participated in to this study in the age group of 25 to 50.
2. The experimental group consisted of 20 patients who were yoga group and the control group consists of 20 patients were non yoga group.

Results

The practice of Simplified Physical Exercise of SKY results in regularly oxygenising the body, activate the endocrine glands, purify the blood and regulate its circulation, rejuvenate the whole system and thus help to build up a very high level of immunity against diseases. Meditation has enabled the patients to improve their awareness, concentration and will power and to increase energy level. Introspection has assisted the patients to resolve problems faced by them and also to improve various personality factors responsible in the formation of their character. Questionnaire form has been given to 20 control group and 20 SKY groups of back pain patients. After two months of SKY practices, more than 65% of the back pain was reduced for SKY group and the control group result shows the same as felt before two months.

Findings

1. The SKY practices group improved better in flexibility
2. The SKY practices group has better beneficial effect on heart rate, blood pressure.
3. The Influence of SKY practices is better in all psychological responses such as improvement in creativity and reduction of anxiety and depression.
4. The influence of SKY practices is better in physiological responses such as it leads to deep rest, can have higher skin resistance and better cope with free radicals. It improves the flow of air, blood and heat circulation in the body.
5. The influence of SKY practices is better responses to efficient in reduction of cholesterol levels.
6. The influence of SKY practices reduces pain and stress on the lower back.
7. The influence of SKY practices can provide both short and long-term benefits to those suffering from chronic or recurrent back pain, without any serious side-effects.
8. The influence of SKY practice eases and decrease muscle pain, great endurance and stamina to body, relieve depression and stabilizes mood, improves sleep, improve concentration and mental alertness.

Conclusions

Back pain is a normal experience. The severity of back pain varies though. Some are curable while others are manageable. Any person will know what he feels best to ease the discomfort of back pain. A variety of ways is available to ease that discomfort. Several people prefer medicinal intakes to reduce the pain. Anti-inflammatory and pain medications are example of these. However, this method is effective when combined with bed rest. SKY Yoga is a combination of breathing techniques, exercises and meditation. This technique reduces lower back pain because twisting of vertebrae in Makarasana exercise aligns the bones. Maintaining an aligned bone and strengthen the muscles will help a yoga practitioner to reduce back pain. May the whole world enjoy peace, prosperity, good health, long life and wisdom?

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