



Original research article (Clinical)

Effect of integrated yoga module on personality of home guards in Bengaluru: A randomized control trial



B. Amaranath*, H.R. Nagendra, Sudheer Deshpande

Yoga & Life Science, S-VYASA Yoga University, Bengaluru, Karnataka, India

ARTICLE INFO

Article history:

Received 28 July 2015

Received in revised form

19 November 2015

Accepted 24 November 2015

Available online 24 May 2016

Keywords:

Guna

Home guards

Rajas

Sattva

Tamas

Yoga

ABSTRACT

Background: Home Guards Organization is an independent disciplined and uniformed body of volunteers. All categories of home guards (HGs), who work in the field, experience varied emotions and are required to cope with varied situations. Yoga practices may be helpful to master such emotions and should lead to improvement in personality.

Objective: To study the efficacy of integrated yoga module (IYM) on personality (*Gunās*) (yogic personality measure) of HGs.

Methods: Of 500 HGs who attended introductory lectures, 148 HGs of either gender, who satisfied the inclusion and exclusion criteria and who consented to participate in the study were randomly allocated to two groups. The yoga group (YG) practiced an IYM for 1 h daily, 6 days a week for 8 weeks along with their routine work. The control group (CG) remained on routine work. Personality was assessed before and after 8 weeks using the self-administered Vedic Personality Inventory.

Results: Baseline scores for all domains for both groups did not differ significantly ($P > 0.05$, Shapiro Wilk's test). *Sattva* score in YG significantly increased from 39.87 ± 2.02 to 47.14 ± 7.22 , where as it decreased significantly from 43.66 ± 4.39 to 37.74 ± 10.26 in CG. *Rajas* score in YG significantly decreased from 29.15 ± 0.98 to 27.46 ± 4.38 , where as it increased significantly from 28.60 ± 3.55 to 32.74 ± 5.37 in CG. *Tamas* score in YG significantly decreased from 30.98 ± 1.04 to 25.40 ± 5.11 , where as it significantly increased from 27.74 ± 4.43 to 30.51 ± 5.50 in CG.

Conclusions: Results indicate that IYM can profitably be suggested for HGs as a cost-effective means to help them cope with stressful situations.

© 2016 Transdisciplinary University, Bangalore and World Ayurveda Foundation. Publishing Services by Elsevier B.V. This is an open access article under the CC BY-NC-ND license (<http://creativecommons.org/licenses/by-nc-nd/4.0/>).

1. Introduction

Security and police personnel played very important roles in controlling law and order in society and protected the country even in ancient days. Today, the Home Guards Organization (HGO) shares the above duty with security and police personnel. The HGO is an independent, disciplined, and uniformed body of personnel constituted under Karnataka Home Guards (HGs) Act, 1962, under the Karnataka Home Department. HGs' services have become indispensable during fairs, festivals, sports, elections, and for daily traffic control.

Normally, HGs work in stressful situations; hence, facing the realities of life is tough for them. All categories of field working HGs, experience varied emotions and have to cope with various tough situations in their day to day duties.

Yoga has been gaining popularity as a tool for developing both physical and mental faculties and reducing stress. People around the globe recognize yoga's efficacy as a tool to develop body and mind during the last century; people in India have been practicing yoga for several centuries to promote positive health and well-being [1].

Yoga pacifies the restless mind and offers relief to the sick [2]. It can also be used to develop physical fitness for which even common folks hanker [3]. Many use yoga for developing memory, intelligence, and creativity [4]. With its manifold benefits, yoga is becoming a part of school education [5]. Specialists use it to unfold deeper layers of consciousness to attain spiritual perfection [6]. Growing scientific evidence, demonstrates that yoga is an

* Corresponding author. No. 33/04, First Floor, Gangappa Complex, DVG Road, Basavangudi, Bengaluru 560004, Karnataka, India.

E-mail address: b_amaranath@yahoo.co.in (B. Amaranath).

Peer review under responsibility of Transdisciplinary University, Bangalore.

important promoter of physical and mental health and a behavior-modifying practice. Several studies have demonstrated its beneficial effects on health behavior for many lifestyle-related somatic (body-related) problems such as hypertension [7], bronchial asthma [8], diabetes [9], and few psychiatric conditions such as anxiety neurosis [10] and depressive illness [11].

The philosophy of yoga holds that somatic problems are manifestations of imbalance between the three *Gunas* (*Sattva*, *Rajas*, and *Tamas*) that manifest in the body-mind complex of an individual [12]. Further, the famous scriptural text, the *Bhagavad Gita* tells that *Gunas* indicate specific behavioral styles. Purity, wisdom, bliss, love of knowledge, spiritual excellence, and other noble and sublime qualities and serenity associated with *Sattva*. Egoism, activity, restlessness, and hankering after mundane things, such as wealth, power, valor, and comforts, symbolize *Rajas*. *Tamas* relates to qualities such as bias, heedlessness and inertia, perversion in taste, thought, and action [13]. Ill health occurs when *Rajas* or *Tamas* dominate *Sattva* and the individual habitually responds to them. Furthermore, after a detailed mind analysis, the *Bhagavad Gita* says that when the set of two *Gunas* dominate, the person loses mastery over the internal dialog and its speeded-up loops of sentences, which show up as upsurges of emotions and impulsive behavior. Humans in perfect health are completely free to respond to *Sattva*, *Rajas*, or *Tamas*. Hence, a tool that can grade the set three patterns of behavioral some a sures the degree of positive health [13]. The Vedic Personality Inventory (VPI) is a valid and reliable inventory that can measure the three patterns of behavior [14].

Many studies have been carried out on the role of integrated yoga module (IYM), but this study on personality and coping strategies in HGs is completely original.

2. Methods

2.1. Participants

The participants were selected from 500 fields working HGs from Bangalore rural district who attended motivational lectures given by deputed instructors. A total of 148 who volunteered to join the study were randomly divided into yoga group (YG) ($n = 75$) and control group (CG) ($n = 73$) using a random number calculators (internet), random number table was generated [15].

2.2. Inclusion criteria

(a) Men or woman, (b) normal healthy field working HGs, and (c) age between 20 and 45years.

2.3. Exclusion criteria

(a) Any ailment, (b) consuming alcohol and smoking, and (c) those already practicing yoga.

2.4. Informed consent

The Institutional Ethical Committee of S-Vyasa Yoga University approved the study proposal. Informed consent was taken from all participants before enrolling them in the study.

2.5. Study design

This was a prospective, randomized, single-blind, control study to measure and compare the personality (*Gunās*) of the HGs allotted to YG and CG. *Gruha Rakshaka Bhavan* (HG administrative office at Bengaluru, Karnataka) was the venue for yoga classes.

Both groups continued performing routine work such as maintaining law and order, managing traffic and the public in different government organizations. Both groups participated in weekly mandatory parades as per HG schedules.

In addition to normal routine work, the YG also did 1 h of IYM practices, 6 days a week for 8 weeks. Daily attendance was taken for all the participants; yoga trained experts taught yoga to YG. The CG only did their normal routine work, but its participants were given the option to join yoga classes after study completion.

2.6. Intervention

The YG HGs besides doing their normal routine work participated in IYM. The IYM was selected from the integrated set of yoga practices used in earlier studies on effects of IYM on positive health [16]. The basis of developing the integrated approach is ancient yoga texts [17] for total physical, mental, emotional, social, and spiritual levels developments [18]. Techniques include physical practices (*Kriyas* and *Asanas*), breathing practices with body movements and *Pranayama*, meditation, lectures on yoga, and stress management through notional corrections for blissful awareness under all circumstances (action in relaxation). Qualified yoga teachers taught IYM [Table 1] for 2 months, 60 min of practice daily, 6 day/week.

2.7. Masking

The invigilators coded and saved the answered questionnaires response sheets (QRS) for scoring latter. A psychologist not involved

Table 1
Details of the IYM practices.

Duration	Names
5 min	Breathing practices Hands in and out breathing Dog breathing Tiger breathing Straight legs raise breathing (alternative and both legs)
5 min	Loosening exercises Jogging Forward and backward bending Side bending Twisting Pavanamuktasana kriya
25 min	Asanas Standing Ardha chakrasana Padahasthasana Sitting Vajrasana Suptavajrasana Halasana or Mayurasana Prone posture Dhanurasana Supine postures Sarvangasana Matsyasana Ardha Sirsasana
5 min	Deep relaxation technique
10 min	Pranayama Vibhaga pranayama Nadi Suddhi pranayama Sethali, Seethkari, Sadantha Bhramari pranayama Nadhaanusandhana Kapalabhati. or Meditation Om meditation
10 min	Lectures

IYM = integrated yoga module.

Download English Version:

<https://daneshyari.com/en/article/3099236>

Download Persian Version:

<https://daneshyari.com/article/3099236>

[Daneshyari.com](https://daneshyari.com)