

STUDY ON WELLNESS MANAGEMENT THROUGH YOGA AND PRANAYAMA IN GERIATRIC PHASE OF HUMAN LIFE

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ABSTRACT

Purpose of the study is to evaluate the role of yoga and pranayama in regaining, maintaining and improving well being of human life in geriatric phase. All participants complying the inclusion and exclusion criteria had undergone structured program of by certified trainer yoga and pranayama for twelve weeks on regular basis. Results thereafter were statistically evaluated on three parameters viz. Psychological, Pathological and Physical. It is concluded from the study that exposure of oneself to yogic postures and breathing techniques with dietary measures leads to not only regain but also maintain and improve the well being of oneself. Thus, it proves that yoga and pranayama helps in wellness management of human life in geriatric phase.

Keywords: yoga, pranayama, Psychological, Pathological etc..

INTRODUCTION

Old age is the phase of life in which functional abilities, independence & quality of life is of utmost concern for individual. Elderly people generally want to live independently as long as possible, which requires them to be able to engage in self-care and other activities of daily living. As we grow older, however, we typically become more susceptible to ailments that are linked to aging, and, as a result, we tend to move less. The less we move, the more susceptible we become to a variety of ailments, and so it becomes a truly vicious cycle. The leading causes of mortality among aged people comprise respiratory problems, heart diseases, cancer and stroke. Significant causes of morbidity among this group is chronic inflammatory and degenerative conditions such as Arthritis, Diabetes Osteoporosis,

Alzheimer's disease, depression, psychiatric disorders, Parkinson's disease and age related urinary problems. It is generally noticed that the status of health becomes very challenging due to different ailments as cited above during the old age leading to negativity and changes outlook towards life. The World population of the elderly is increasing and by the year 2050, adults older than 55 years will comprise 1/5th of the global population. In India, approx 4% of the population is older than 55-60 years of age. According to an estimate the likely number of elderly people in India by end 2016 will be around 113 million. This calls for the need of the preventive care from the ageing diseases/effects thereby maintaining the status of health and live freely in this phase.

Yogic exercises and Pranayama (Breathing

techniques) are accepted worldwide for impact on health in the geriatric phase of the life. During this phase Yogasanas, Pranayamas, Mudras, Dhyana etc are applied as therapy and prove to be beneficial for maintaining the health in any level and phase of life. Daily practising of the yogic exercises and pranayama improves the strength and flexibility thereby controlling the parameters such as blood pressure, respiration, and pulse rate etc. Persons health is generally evaluated through his/her actions and reaction during different phases of life. Yoga & pranayama brings the change in attitude and invoke the positivity, helping to boost the self control throughout the phase. This is the reason which motivated for studying the impact of yogasanas & Pranayama in diseases free health in the old age.

Objective

To study the effect of Pranayama (Breathing Techniques) & yogic exercises in managing well being of humans in geriatric phase.

Material and Methods

Inclusion criteria

During study, Peoples with age above 55 suffering with diseases such as hypertension, dyslipidemia, diabetes, breathing difficulties, body pain due to arthritis, stress related & psychological problems were considered for study.

Exclusion criteria

Peoples who has undergone the chronic surgeries and not willing to continue on the daily basis. **Study Design**

30 Peoples with average age of above 55 years have been selected after screening referring inclusion and exclusion criteria for yogic exercises and breathing techniques. All thirty participants were exposed to set of yogic exercises and pranayam, breathing techniques on daily basis in the morning. All participants have been

provided with dietary charts indicating the nutritional intake to be followed during period of the program. Pre-post medical checkup was deployed for data collection of general health parameters. In certain cases, subjects were undergone the pathological test to confirm the sufferings. Program was evaluated through the questionnaire with scales of improvement based on the system balance and management for health. This was so designed by author with well defined scales that measurement of the improvement can be easily ascertained statistically.

Program was designed in consultation with yoga expert certified for maintaining the disease free health after the average age of 55 years. Accordingly, diet chart has been designed in consultation with yoga expert to maintain the nutritional intake during the program. Following forms of yogic exercises and pranayama were practices daily for 45-60 mins on empty stomach with hold period of 30 second and relaxation in shavasana form. These were repeated from the 5-10 time based on the adoptability by the participants.

- ✚ Omkar – 3 times
- ✚ Sukshama Yoga for warm up such as stretch, joint movements, rotations etc.
- ✚ Suryanamaskara – 3-7 round.
- ✚ Easy Pose or Sukhasana
- ✚ Marjariasana or Cat Pose
- ✚ Adho mukh shvanasana or Dog Pose
- ✚ Double Leg raises
- ✚ Ardh Mastyendrasana or Half spinal twist
- ✚ Salabhasana or Locust Pose
- ✚ Pavan Muktasana or wind relieving pose
- ✚ Shavasana or corpse Pose
- ✚ Anulonvilom
- ✚ Kapalbhathi
- ✚ Bhramari

After twelve weeks, all thirty subjects who had been exposed to the exercises and breathing techniques were given a questionnaire indicating the questions related to psychological health, physical health & pathological system ailments. Measurable health's Parameters such as Blood pressure, Lipid levels, diabetes were also checked after the completion of program to support the answers by participants. All participants have been informed to continue the practice and meet once a month to discuss any health issues or improvements.

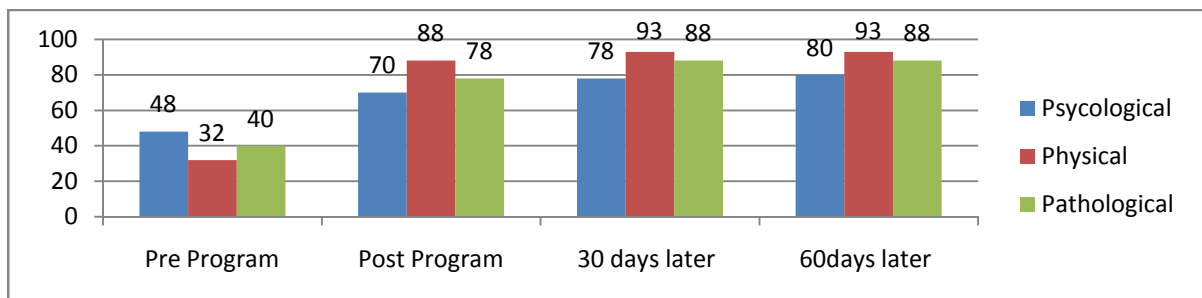
To our expectation, all participants are continuing the said set of exercises and pranayama on daily basis, which has been confirmed during monthly meet.

Results

Results of the programs were evaluated statistically using the rating provided to the questions by participants (n=30) before program and after program. During month meet post program, people participated have also answered the questionnaire about the maintaining the health through continuation of the

Parameters	Pre Program (Mean)	Post Program (Mean)	30 days later Program	60 days later Program	Remarks
Psychological	48	70	78	80	Difference in the mean of the sample indicates positive significance
Physical	32	88	93	93	
Pathological	40	78	88	88	

(.. Value of P < 0.001 indicates significance)



DISCUSSION

Study indicates that the Yoga and pranayama along with dietary measures is highly impacting the health during old age. Ratings have been analyzed statistically and concluded that all peoples have been benefitted from program that has been conducted. Being for more period, observed difference is significantly large which proves the improvement in the three parameters of the healthy well being. Psychological parameters such as self control and balance were discussed with all peoples who had rated as sever sufferings, Reaction noted as improvement in the form of rating from 48 to 70 indicating remarkable improvement to the extent of

45% over the sufferings. In the same way, Physical parameters related to joint movements, breathing problems, sleep etc and pathological such as Lipid levels, Sugar levels etc were also discussed and noted the significant improvement in parameters to the extent of 175% & 95% than the earlier. It is also observed that healthy well being is maintained if the continuity is maintained in the practising the yoga and pranayama with dietary measures as cited in the above paper. This has been proved referring the answer to the questionnaire after 30 days & 60 days of the program from the participant who confirmed the continuation of the yogic exercises and pranayama.

CONCLUSION

Geriatric health is phase wherein individual expect to be fit psychologically, Physically & Pathologically. Life becomes very challenging in old age if not maintained with certain precautionary measure and dietary follow ups. To conclude, it can be said that continuous practice of yoga and pranayam with dietary applications not only regains but also maintains physical, pathological and psychological health status. This study indicates that the continuation of yoga and pranayam keeps diseases away in the geriatric phase.

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