EFFECT OF APPLICATION OF SKY PRACTICE TO ENHANCE BIO-MAGNETISM FOR AN EFFECTIVE MANAGEMENT OF HYPERTENSION INDUCED INSOMNIA PROBLEMS FOUND AMONG MIDDLE AGED WOMEN

Thesis submitted to the Bharathiar University in partial fulfilment

of the requirements for the award of the Degree of

DOCTOR OF PHILOSOPHY IN YOGA FOR HUMAN EXCELLENCE

Submitted by

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YOGIRAJ VETHATHIRI MAHARISHI

EVER GLOWING SOURCE OF INSPIRATION TO EVERY ONE

"Swami Vethathiri Mahaan-the Most Beneficial and

Merciful Incarnation of God"
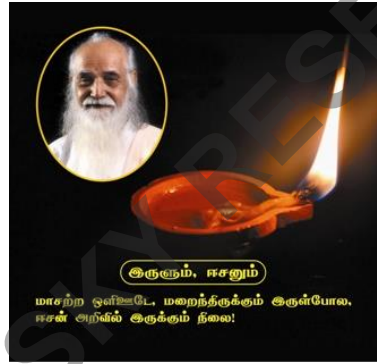
Yogiraj Vethathiri Maharishi, the founder president of the World Community Service Centre, was born in 1911 in Guduvancheri, a suburb of Chennai. Maharishi is a practical philosopher, an exponent of SKY, a divinely inspired poet, an assiduous socio -economic analyst, expert medical doctor and innovative psycho physiotherapist. The twin issues that have engaged his serious attention and research since childhood are to find ways and means to realize Truth or God and to eradicate the material, moral and spiritual inadequacies of humanity. As a distinguished contemporary thinker,Maharishi epitomises the essential revelations of great philosophers and siddhars. He has understood and simplified the ancient teachings to make them practicable and amenable to scientific interpretation. His oneness of precepts and practice and his modern lifestyle attract a large number of students at the global level .There are more than 200 branches of his organisation located in India, Republic of Korea, Malaysia and USA.

Effect of Application of Sky Practice to Enhance Bio-Magnetism for an Effective Management of Hypertension Induced Insomnia Problems Found among Middle Aged Women

Abstract

Introduction:

The most common health problems experienced by women during their middle age are arthritis, coronary heart diseases, diabetes, hypertension, stress, anxiety disorders, and sleeplessness. (Insomnia).In order to assuage the health problems outlined above, the research scholar has made a maiden attempt to tap the invaluable potentials of SKY practice as an alternative pathway for an effective management of hypertension-induced insomnia (sleeplessness)problems found among women of the age group 35 -50 through the application of SKY practice designed by Swamiji Vethathiri Maharishi.

Methodology:

For this purpose, ninety women subjects were randomly selected and divided into three groups such as Experimental group I, Experimental group II and Experimental group III coined as a control group and each group comprised of 30 women subjects. Experimental group I, underwent nine types of simplified exercises, meditation techniques, kayakalpa exercises, and introspection or self-analysis for a period of twelve weeks. Experimental group II underwent Hand Reflexology, Mudras and Shavasana practice for a period of 12 weeks. Experimental group III underwent no practice. For analysis purpose, three variables, physiological, biochemical and biomagnetic variables were chosen.

Further to create awareness on the enrichment of Bio-magnetism by the Subjects through Five Factors Limit and Method such as Food, Work, Rest , Sexual gratification and Thoughts, a Questionnaire containing 50 questions (10 questions on each Factor) was prepared and distributed to Experimental Group I, Experimental Group II and control Group Subjects, before start of the Practice and after 12 weeks of training and the answers were evaluated. The evaluation of the questionnaire showed that the Experimental group I and II Subjects thoroughly understood the concept of enriching biomagnetism through scrupulously following Five-Factor limit and Method throughout their lifetime. After a period of 12 weeks of these exercises, a statistical analysis was made based on pre and post-test values.

Result:

The significant p-value of 0.05 was obtained through Anacova method showing a remarkable improvement in hypertension and insomnia problems through the enhancement of biomagnetism. This unique concept of biomagnetism was designed by Swamiji Vethathiri Maharishi. According to him, the development of various diseases occur due to the depletion of biomagnetism existing in every human being below a certain critical level and the decreased biomagnetism can be increased by scrupulously practicing SKY practice to enhance the biomagnetism. An enriched biomagnetism develops immunity in the physical body to fight against various illnesses.

Conclusion:

It is distinctly evident from this research analysis that a regular and unintermittent Sky practice, hand reflexology, Mudras, and Shavasana exercises designed by Swamiji Vethathiri Maharishi for a period of twelve weeks by the middle-aged women (35-50 years) resulted in an enrichment of their bio-magnetism for effective management of hypertension-induced insomnia problems.

Keywords: Swamiji Vethathiri Maharishi, Hand Reflexology, Biomagnetism, SKY practice, Hypertension, Insomnia

Synopsis

INTRODUCTION

GREATNESS OF WOMEN

**Born of woman Nurtured by woman your
partner is also woman be proud of womanhood**

Through this poem, Tathvagnani Vethathiri Maharishi gave a lasting tribute to all the women of the world for their roles as mothers, wives, sisters, daughters and friends. To realize the greatness of women, he urged us to accept the fact that women alone gave birth to the entire human race. He recognized women having a special place in society because nature entrusted this noble task by bestowing them a suitable physical structure and nurturing qualities such as love, compassion and sacrifice of self for others.

According to him the traditional and conventional evil practices like dowry system, sati pratha and female infanticide should be eradicated, in order to ensure greater economic strength for women by providing them education, equal employment opportunities, inheritance rights, and equal treatment in political as well as religious fields. Total emancipation and wellness of women was his vision for their future.

HYPERTENSION

Definition:

When the heart pumps blood into the arteries, the blood flows with a force pushing against the walls of the arteries. This force is called the blood pressure. When the arteries become hard and narrow the heart has to strain much harder to pump blood through them. This makes the blood pressure go up. This is called high blood pressure or hypertension. Blood pressure is the force of blood pushing against the walls of arteries (blood vessels).Each time the heartbeats a pumps blood through vessels, supplying the body's muscles, organs and tissues with the oxygen and nutrients that they need function. Over the course of a day, an individual's blood pressure rises and falls transiently many times in response to various stimuli. Elevated blood pressure over a sustained period of time is a condition referred to as hypertension.

INSOMNIA

Definition

Insomnia is the inability to obtain an adequate amount or quality of sleep. The difficulty can be in falling asleep, remaining asleep, or both.People with insomnia do not feel refreshed when they wake up. Insomnia is a common symptom affecting millions of people that may becaused by many conditions, diseases, or circumstances. Insomnia is sometimes used as a term to describe the presence of polysomnographic evidence of disturbed sleep. Thus, the presence of a long sleep latency, frequent nocturnal awakenings, or prolonged periods of wakefulness during the sleep period or even frequent transient arousals are taken as evidence of insomnia.

BIO-MAGNETISM

It deals with the brief description about the novel concept of bio-magnetism put forth by Swamiji Vethathiri Maharishi. According to him the food we take is transformed into seven minerals such as juice, blood, muscles, fat, bone, marrow and sexual vital fluid. The sexual vital fluid releases innumerable life-energy particles, which is the main resource for formation of bio-magnetism. Man is a unit of bio-magnetism. The physical body is an association of cells, which are combinations of chemically evolved elements. Every cell is a hi-tech laboratory unit producing electricity and chemicals from bio-magnetism for maintenance of system. Every cell is provided with two poles one for receiving the magnetism and the other for sending out surplus magnetism after consuming the quantity needed for its functions. This bio magnetism can be enhanced by strictly following the five factors like: (1) Food; (2) Work; (3) Rest; (4) Sexual gratification; and (5) Use of thought force. When one neglects, over indulges or improperly deals with any of these five, it will result in the depletion of bio-magnetic flow leading to development of diseases.

The Purpose of this research study is to find a remedy by scrupulously following Swamiji Vethathiri Maharishi's sky practice to get a relief from hypertension induced insomnia problems found in women folk.

The main features of sky practices for Experimental group – I are as follows:

- Simplified physical exercise

- Simplified Kayakalpa yoga
- Meditation
- Introspection

Similarly for Experimental group – II subjects, the following practices are given:

- Hand Reflexology
- Mudras
- Shavasana

OBJECTIVE OF THE STUDY

- The purpose of the study is to find out an alternative pathway through the application of sky practice for an effective management of hypertension induced insomnia problems found among women of age group (35 -50).
- For this purpose, ninety women subjects were randomly selected and divided into three groups such as Experimental group – I, Experimental group – II and Control group. Each group comprised 30 women subjects.

REVIEW OF RELATED LITERATURE

Research evidences are readily available with respective to the practice of Simplified Kundalini Yoga for Experimental group I and Hand reflexology, Mudras and Shavasana practice called as Experimental group II. However, the research scholar has made an extensive exploration by browsing through various important and relevant literatures pertaining to various aspects and information about Simplified Kundalini Yoga, Hand Reflexology, Mudras and Shavasana for justifiable inclusion for gradual reduction of hypertension induced insomnia.

In addition to the above, the research scholar has also collected more information regarding Sky practice, Hand Reflexology, Mudras and Shavasana from the department of yoga for human excellence from Aliyar.

HYPOTHESES

- Experimental group I (Sky practice) and Experimental group II (Hand reflexology, Mudras and Shavasana) practice have achieved a significant improvement when compared to control group with respect to selected physiological Variables such as Systolic Blood Pressure, Diastolic Blood Pressure, Body Mass Index and Pulse Rate.

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- Likewise a Significant Improvement is found in the case of Experimental group I (Sky Practice) and Experimental group II(Hand reflexology, Mudras and Shavasana practice) with respect to Bio chemical variables such as Haemoglobin,Total Cholesterol, High Density Protein, Low Density Protein and Triglycerides is concerned, when compared to Control group is considered.

- Similarly Experimental Group I and Experimental Group II showed a remarkable improvement with respect to Bio-Magnetism variables (evaluated through Questionnaire method) is compared with that of Control Group.

- Further it is to be noted that on the basis of Statistical analysis, Experimental Group I stands at a better advantage when compared to Experimental Group II in respect of Biochemical variables such as Hemoglobin, Total Cholesterol, High Density Protein, Low Density Protein and Triglycerides etc.

- A very special mention should be made about the control group ,since the 30 subjects who fall under control group did not evince keen interest in spite of our repeated request made on them to improve their quality of life style through a regular follow up of sky practice (simplified physical exercises, kayakalpa exercise and introspection techniques) and or on Hand Reflexology, Mudras and Shavasana exercise. Hence it is concluded that there is no change in their life style. Therefore it is proved beyond doubt that one can have an improved lifestyle by a sincere follow up of the sky practice mentioned above.

METHODOLOGY

- The Experimental group – I, comprising 30 women subjects were subjected to sky practice for a period of three months which involved Physical exercise, Kayakalpa yoga, Meditation and Introspection techniques.

- The Experimental group – II comprising 30 women subjects were subjected to Hand Reflexology, Mudras and Shavasana techniques for a period of three months.

- The Third group namely Control group which also comprised of 30 women subjects went without any practice.

- After a period of three months of rigorous and unintermittent sky practice, it was found statistically (ANOCOVA) that both Experimental group – I subjects and Experimental
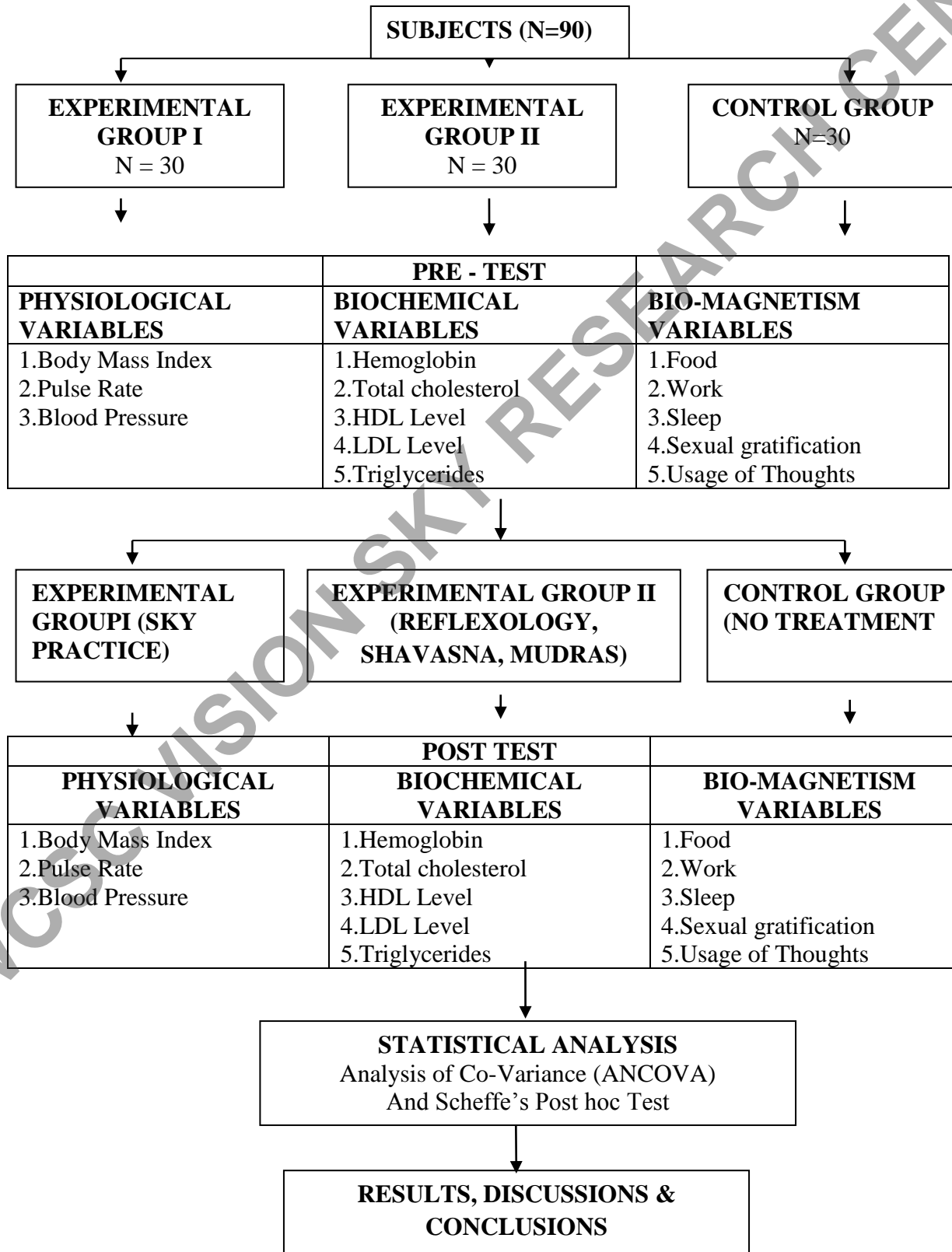
group – II subjects showed a significant improvement in reduced hypertension and an improved sleep quality when compared to control group subjects.

- Further it is proved statistically from the f- value obtained through scheffe's post-hoc test for various variables of Experimental group – I and II, the Experimental group – I subjects showed remarkable improvement in reduced hypertension and improved sleep quality when compared to Experimental group – II.

Statistical Analysis

A significant p value of 0.05 was obtained through **ANOCOVA METHOD** for subjects coming under experimental group I and II subjects on selected physiological and biochemical variables. Similarly a remarkable improvement in Hypertension and insomnia problems for the subjects under the group I and II could be observed after evaluating their answers on bio-magnetism questionnaire pre and post test.

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FLOW CHART SHOWING METHODOLOGY ADAPTED IN THIS STUDY

SUBJECTS (N=90)

EXPERIMENTAL GROUP I N = 30	**EXPERIMENTAL GROUP II** N = 30	**CONTROL GROUP** N=30

PRE - TEST		
PHYSIOLOGICAL VARIABLES	**BIOCHEMICAL VARIABLES**	**BIO-MAGNETISM VARIABLES**
1.Body Mass Index 2.Pulse Rate 3.Blood Pressure	1.Hemoglobin 2.Total cholesterol 3.HDL Level 4.LDL Level 5.Triglycerides	1.Food 2.Work 3.Sleep 4.Sexual gratification 5.Usage of Thoughts

EXPERIMENTAL GROUPI (SKY PRACTICE)	**EXPERIMENTAL GROUP II (REFLEXOLOGY, SHAVASNA, MUDRAS)**	**CONTROL GROUP (NO TREATMENT**

POST TEST		
PHYSIOLOGICAL VARIABLES	**BIOCHEMICAL VARIABLES**	**BIO-MAGNETISM VARIABLES**
1.Body Mass Index 2.Pulse Rate 3.Blood Pressure	1.Hemoglobin 2.Total cholesterol 3.HDL Level 4.LDL Level 5.Triglycerides	1.Food 2.Work 3.Sleep 4.Sexual gratification 5.Usage of Thoughts

STATISTICAL ANALYSIS
Analysis of Co-Variance (ANCOVA)
And Scheffe's Post hoc Test

RESULTS, DISCUSSIONS & CONCLUSIONS

Statistical Procedure for Analyzing the Data

The pretest data and posttest data on Selected dependent variables namely Physiological variables such as Pulse Rate, Body Mass Index, Systolic Blood Pressure and Diastolic Blood Pressure and data on Bio chemical variables such as Hemoglobin, Total Cholesterol, HDL, LDL and Triglycerides and data on Biomagnetism variables Such as Food, Work, Sleep, Sexual Gratification and Usage of Thoughts based on five factors limit and method obtained through a questionnaire was processed with the help of Statistics, analyzed scientifically, interpreted and concluded intelligently. In this 12 weeks training period a pretest and a posttest random group Design was used as an experimental design in which 90 Middle aged women in the age group of between 35~50 were selected through screening method and divided into 3 Experimental Groups. Each Experimental group consisted of 30 women subjects. On this basis, the experimental group I underwent SKY practice (Which included Physical Exercise, Kayakalpa, Meditation and Introspection) and experimental group II underwent Hand Reflexology, mudras (Apana Vayu and Shakthi Mudras) and one very important and useful asana namely Shavasana exercise.

The two experimental groups underwent the training program for a period of 12 weeks. The third group namely Control group did not undertake any of the above - mentioned yogic practice apart from their regular day to day routine activities .Thus, the data were collected for all the groups on selected criterion variables such as Physiological variables namely Pulse Rate, Body Mass Index, Systolic Blood Pressure and Diastolic Blood Pressure and also the Bio-Chemical Variables namely Hemoglobin, Total Cholesterol, HDL, LDL and Triglycerides through an authorized physician and through an authorized Clinical laboratory. The Biomagnetism variables were evaluated through valid questionnaire on five factors namely Food, Work, Sleep, Sexual Gratification and Usage of Thought force. Further the pretest data were collected two days prior to the start of the training program and similarly the posttest values were calculated two days after the training program was completed. Then the data thus collected were statistically analyzed by using the analysis of covariance (ANACOVA) to determine the differences between the 3 groups, if any among the groups on selected dependent variables separately. Whenever the obtained F ratio for adjusted posttest was found to be significant, the

Scheffe's post hoc test was applied to find out the paired mean differences, if any. The 0 .05 level of Confidence was fixed as the level of Significance to the 'F' Ratio obtained by the Analysis of Covariance which was considered as an appropriate for physiological, biochemical and biomagnetism variables were considered.

RESULTS AND DISCUSSIONS

OVERVIEW

In this chapter the data collected were analyzed statistically to reveal the purpose of study. They do not serve the purpose unless and otherwise they were carefully processed, systematically arranged, scientifically calculated and analyzed, brilliantly interpreted and rationally concluded. In this study the influence of two independent variables namely Sky yoga practices and Hand reflexology practices on physiological, Bio-Magnetism and biochemical variables were investigated. To achieve the purpose of the study ninety middle aged women from around near Rasipuram at Namakkal district were selected as subjects at random and divided into three groups namely Sky yoga practices Group (I)Hand reflexology practices Group (II) and control Group (III).The experimental groups I and II underwent twelve weeks Sky yoga practices and Hand reflexology practices training respectively and the Group III acted as control. All the subjects of the three groups were tested before and after experimental period on selected criterion variables. To find out the variance in the selected criterion variable, due to the application of independent variables. Analysis of co-variance (ANCOVA) was applied on each criterion variables. Whenever the 'F' ratio for adjusted posttest means found significant, Scheffe's post hoc test was applied to determine which of the three paired means significantly differed.

Analysis of Data

The influence of independent variables on the selected criterion variable was determined by subjecting the collected data to the analysis of variance and analysis of variance and analysis covariance.

Level of Significance

To test the obtained results on variables, level of significance 0.05 was chosen and considered as sufficient for the present study.

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SYSTOLIC BLOOD PRESSURE

The statistical analysis of the data collected from the pre test and the post test on systolic

pressure of experimental and control group have been presented in Table I

Table I
Analysis of Covariance for the pre and post test data on Systolic blood pressure Sky yoga practices group, Hand reflexology practices group and control group

TEST	EX I	EX 2	CONT ROL	SOURCE OF VARIAN CE	DF	SS	MS	F RATIO
Pre- test Mean S.D	125.433 15.804	125.667 18.514	129.287 18.128	B.M W.G	2 87	277.08 2673.9	138.54 307.05	0.4
Post -test Mean S.D	120.90 4.751	121.167 8.875	126.83 8.355	B.M W.G	2 87	673.867 4963.03	336.93 59.04	5.9
Adjusted post test mean	120.83	121.11	126.96	B.S W.S	2 86	712.02 4891.26	356.01 56.88	6.2

*Significance at 0.05 level

B.M.-Between Means W.G. - Within Groups B.S. Between sets W.S.-Within

Sets

(Systolic Pressure in mm/Hg)

Table value required for significant at 0.05 level with df 2 and 87 and 2 and 86 are

3.10 and 3.10 respectively

RESULTS OF SYSTOLIC BLOOD PRESSURE

The statistical analysis of the data collected from the pre test and the post test on systolic
pressure of experimental and control group have been presented in Table I

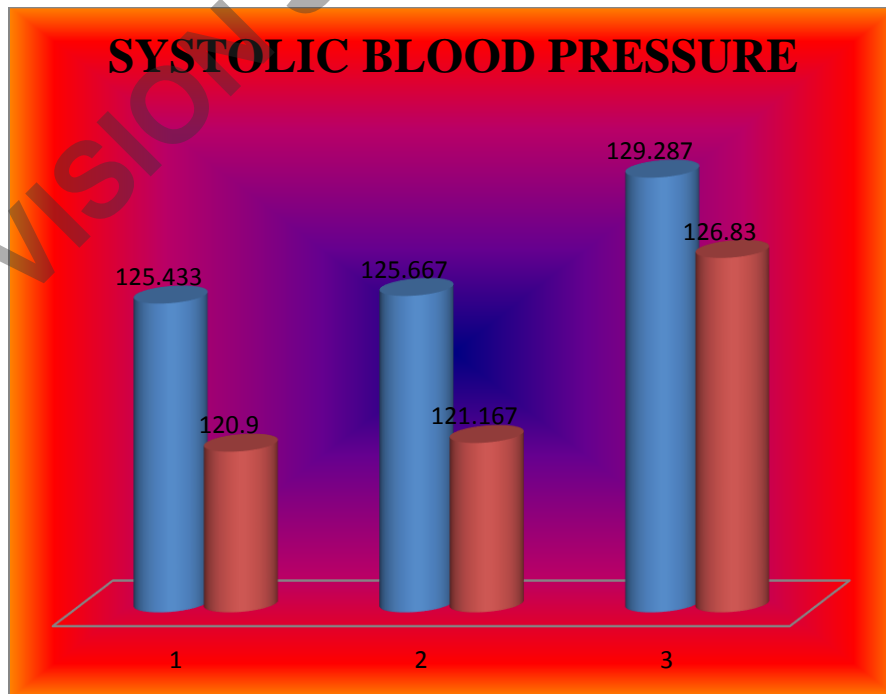Analysis of Covariance for the pre and post test data on Systolic Blood pressure of

Sky yoga practices group, Hand reflexology practices Group and control group.

Table F ratio at 0.05 level of confidence for 2 and 87 (df) = 3.103, 2 and 86 (df) = 3.103

* Significant.

The obtained F value on pre test scores 0.4 was greater than the required F Value of 3.103 to be significant at 0.05 level. This proved that there was significant difference between the groups a pre test and post test and the randomization at the pretest was equal.The post test scores analysis proved that there was significant difference between the groups, as they obtained F value 5.9 was greater than the required F value of 3.103. This proved that the differences between the post test means of the subjects were significant.

Taking into consideration the pre and post test scores among the group's adjusted mean scores were calculated and subjected to statistical treatment. The obtained F value of 6.2 was greater than the required F value of 3.103. This proved that there was a significant difference among the means due to twelve weeks of sky Yogic practices on physiological variables for systolic blood pressure.

Since significant improvements were recorded, the results were subjected to post hoc analysis using Scheffe's Confidence Interval test. The results were presented in table –
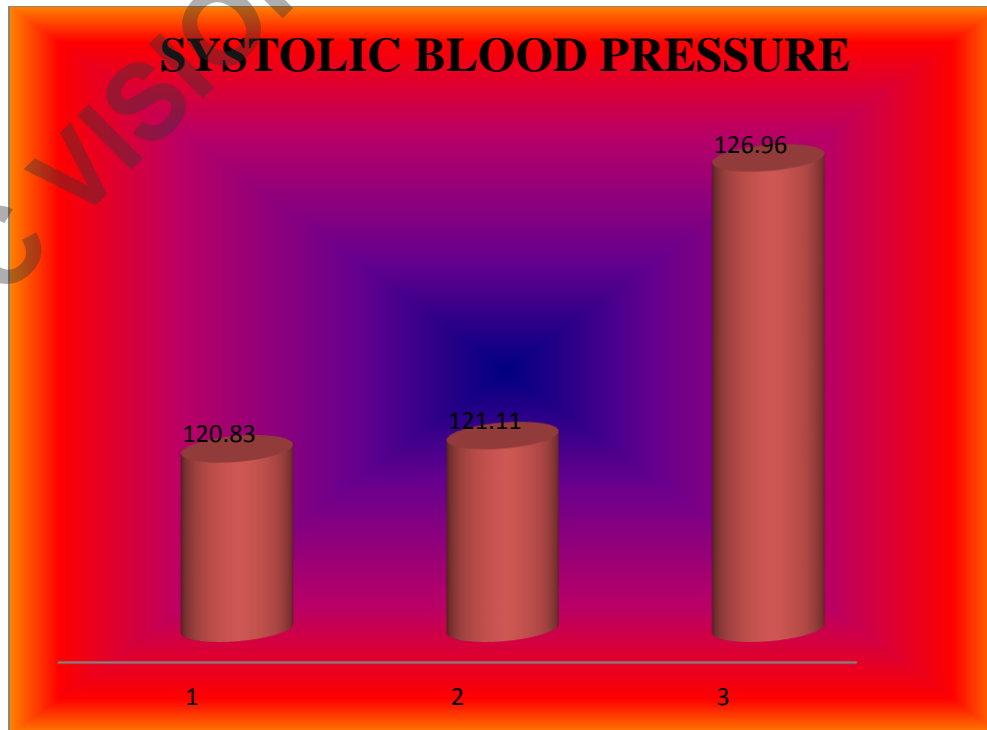
Table – I (A)

SCHEFFE'S POST-HOC TEST FOR SYSTOLIC BLOOD PRESSURE

Experiment I	Experiment II	Control Group	Mean Difference	F-Value
120.83	121.11	---	0.28	
120.83	---	126.96	6.13*	4.95
---	121.11	126.96	5.85*	

* Significant

The multiple mean comparisons shown in table I (A) proved that there existed significant differences between the adjusted means of Sky Yogic practices (Group A),Hand reflexology practices (Group-B) and control group, There was significant difference between Sky Yogic practices (Group A) and Hand reflexology practices (Group-B).

The ordered adjusted means on systolic blood pressure were presented through bar diagram for better understanding of the results of this study in Figure I(A)

DISCUSSION ON THE FINDINGS OF SYSTOLIC BLOOD PRESSURE

The Table-I (A) shows that Scheffe's confidence interval values of systolic blood pressure among Sky Yogic practices of (Group A), Hand reflexology practices (Group-B) and Control group (group C) of middle aged women.

From the Table-I (A) it is clear that the mean value of Sky Yogic practices (Group A), Hand reflexology practices (Group-B) and Control group (group C) of middle age women were 120.83, 121.11and126.96 respectively.

The mean difference between Sky Yogic practices (Group A) and Hand reflexology (Group-B), Sky Yogic practices (Group A) and control group (group C), Hand reflexology (Group-B) and control group (group C) were 0.28, 6.13and 5.85 respectively. The required Scheffe's confidence interval to be significant at 0.05 levels was 4.95 and the difference between Sky yogic practices (Group A), Hand reflexology (Group-B) and control group (group C) of middle aged women were greater than required confidence interval and hence it is significant.

TABLE II

RESULTS OF DIASTOLIC BLOOD PRESSURE

The statistical analysis of the data collected from the pre test and the post test on systolic pressure of experimental and control group have been presented in Table II

Table Analysis of Covariance for the pre and post test data on Diastolic blood pressure among Sky yoga practices group, Hand reflexology practices group and control group

TEST	EX I	EX 2	CONTROL	SOURCE OF VARIANCE	DF	SS	MS	F RATIO
PRE TEST MEAN S,D	84.133 4.167	85.600 4.407	85.567 5.722	B.M W.G	2 87	42.06 2016.03	21.03 23.17	0.9
POST TEST MEAN S.D	79.05 6.664	80.167 6.363	85.033 4.951	B.M W.G	8 87	604.956 3173.00	302.478 36.471	8.29
ADJUSTED POST TEST MEAN	79.08	80.16	85.03	B.S W.S	2 86	597.46 3172.63	298.73 36.89	8.10

Table F ratio at 0.05 level of confidence for 2 and 87 (df) = 3.103, 2 and 86 (df) = 3.103

* Significant.

The obtained F value on pre test scores 0.9 was greater than the required F Value of 3.103 to be significant at 0.05 level. This proved that there was significant difference between the groups a pre test and post test and the randomization at the pretest was equal.

The post test scores analysis proved that there was significant difference between the groups, as they obtained F value 8.29 was greater than the required F value of 3.103. This proved that the differences between the post test means of the subjects were significant.

Taking into consideration the pre and post test scores among the group's adjusted mean scores were calculated and subjected to statistical treatment. The obtained F value of 8.10 was greater than the required F value of 3.103. This proved that there was a significant difference among the means due to twelve weeks of sky Yogic practices on physiological variables for systolic blood pressure.

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DYSTOLIC BLOOD PRESSURE
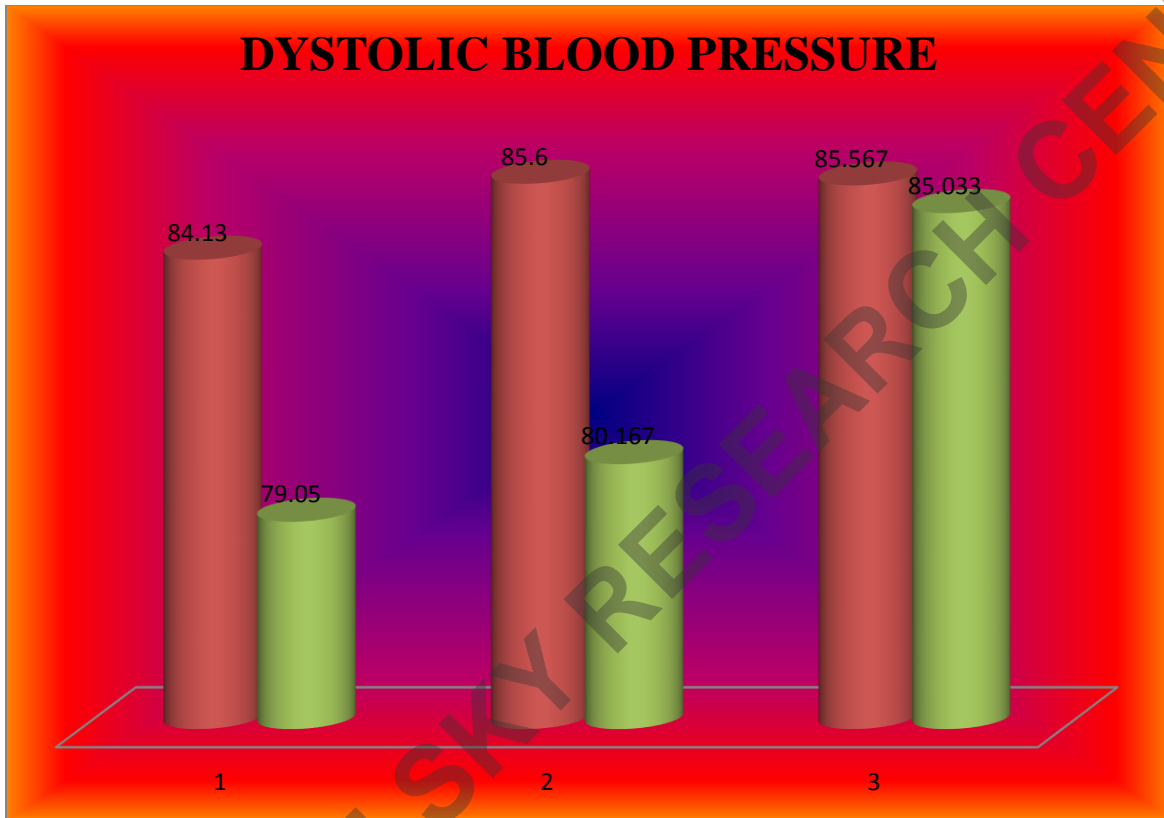
Since significant improvements were recorded, the results were subjected to post hoc analysis using Scheffe's Confidence Interval test. The results were presented in table – II(A)

SCHEFFE'S POST-HOC TEST FOR DIASTOLIC BLOOD PRESSURE.

Experiment I	Experiment II	Control Group	Mean Difference	F-Value
79.08	80.16	---	1.08	
79.08	---	85.03	5.95*	4.00
---	80.16	85.03	4.87*	

* Significant

The multiple mean comparisons shown in table II (A) proved that there existed significant differences between the adjusted means of Sky Yogic practices (Group A),Hand reflexology practices (Group-B) and control group, There was significant difference between Sky Yogic practices (Group A) and Hand reflexology practices (Group-B).

The ordered adjusted means on systolic blood pressure were presented through bar diagram for better understanding of the results of this study in Figure II(A)
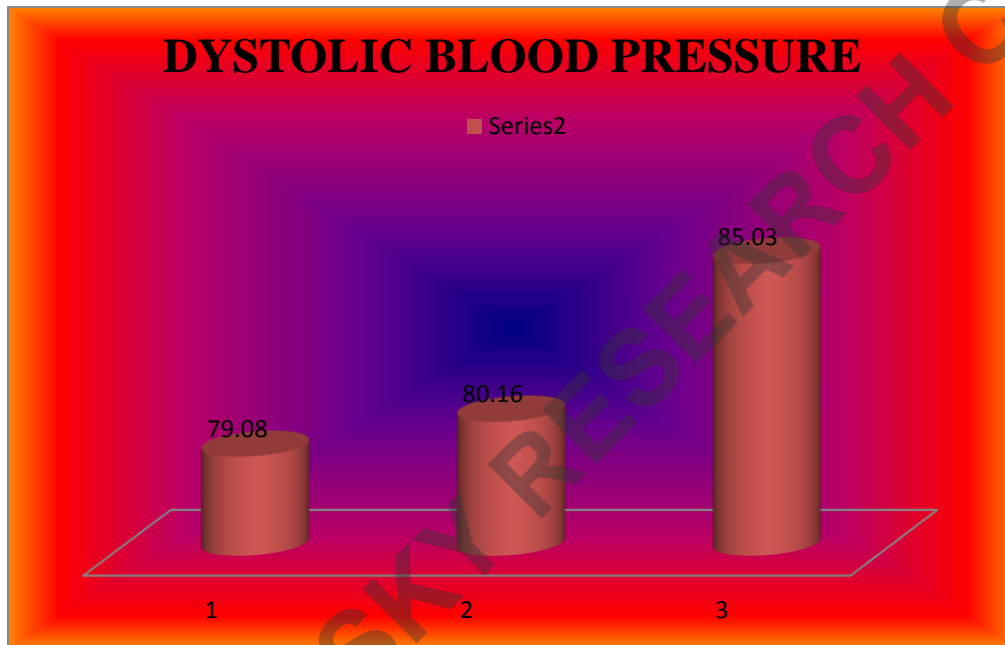
DISCUSSION ON THE FINDINGS OF DIASTOLIC BLOOD PRESSURE

The Table-II (A) shows that Scheffe's confidence interval values of systolic blood pressure among Sky Yogic practices of (Group A), Hand reflexology practices (Group-B) and Control group (group C) of middle aged women.

From the Table-II (A) it is clear that the mean value of Sky Yogic practices (Group A), Hand reflexology practices (Group-B) and Control group (group C) of middle age women were 79.08, 80.16and85.03 respectively.

The mean difference between Sky Yogic practices (Group A) and Hand reflexology (Group-B), Sky Yogic practices (Group A) and control group (group C), Hand reflexology (Group-B) and control group (group C) were.1.08, 5.95 and 4.87 respectively. The required Scheffe's confidence interval to be significant at 0.05 level was 4.00 and the difference between Sky yogic practices (Group A), Hand reflexology practices (Group-B) and control group (group C) of middle aged women were greater than required confidence interval and hence it is significant.

TABLE III

RESULTS OF BODY MASS INDEX

The statistical analysis of the data collected from the pre test and the post test on Body mass [1] index of experimental and control group have been presented in Table III

Table analysis of covariance for the pre and post test data on body mass index among sky yoga practices group, hand reflexology practice group and control group

TEST	EX I	EX 2	CONTROL	SOURCE OF VARIANCE	DF	SS	MS	F RATIO
PRE TEST MEAN S,D	27.453 2.260	27.960 2.065	28.083 2.300	B.M W.G	2 87	6.671 425.22	3.33 4.88	0.6
POST TEST MEAN S.D	23.357 2.649	23.977 2.418	26.467 3.126	B.M W.G	2 87	162.57 656.419	81.286 7.545	10.77
ADJUSTED POST TEST MEAN	23.68	23.87	26.25	B.S W.S	2 86	122.42 346.10	61.21 4.02	15.21

Table F ratio at 0.05 level of confidence for 2 and 87 (df) = 3.103, 2 and 86 (df) = 3.103

* Significant.

The obtained F value on pre test scores 0.6was greater than the required F Value of 3.103 to be significant at 0.05 levels. This proved that there was significant difference between the groups a pre test and post test and the randomization at the pretest was equal.

The post test scores analysis proved that there was significant difference between the groups, as the obtained F value 10.77 was greater than the required F value of 3.103. This proved that the differences between the post test means of the subjects were significant.

Taking into consideration the pre and post test scores among the group's adjusted mean scores were calculated and subjected to statistical treatment. The obtained F value of 15.21 was greater than the required F value of 3.103.

This proved that there was a significant difference among the means due to twelve weeks of sky Yogic practices on physiological variables for Body mass index.
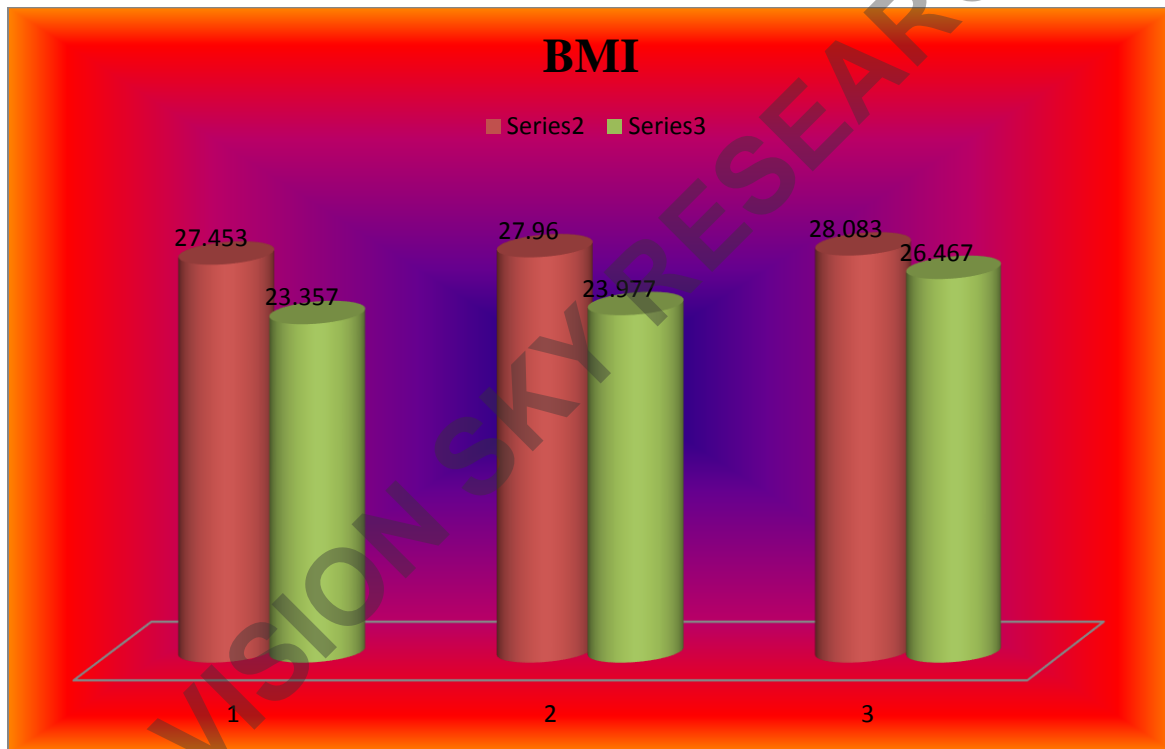
Since significant improvements were recorded, the results were subjected to post hoc analysis using Scheffe's Confidence Interval test. The results were presented in table – III

SCHEFFE'S POST-HOC TEST FOR BODY MASS INDEX

Experiment I	Experiment II	Control Group	Mean Difference	F-Value
23.68	23.87	---	0.19	
23.65	---	26.25	2.60*	1.32
---	23.87	26.25	2.38*	

* Significant

The multiple mean comparisons shown in table III (A) proved that there existed significant differences between the adjusted means of Sky Yogic practices (Group A),Hand reflexology practices (Group-B) and control group, There was significant difference between Sky Yogic practices (Group A) and Hand reflexology practices (Group-B).

The ordered adjusted means on body mass index were presented through bar diagram for better understanding of the results of this study in Figure III(A)
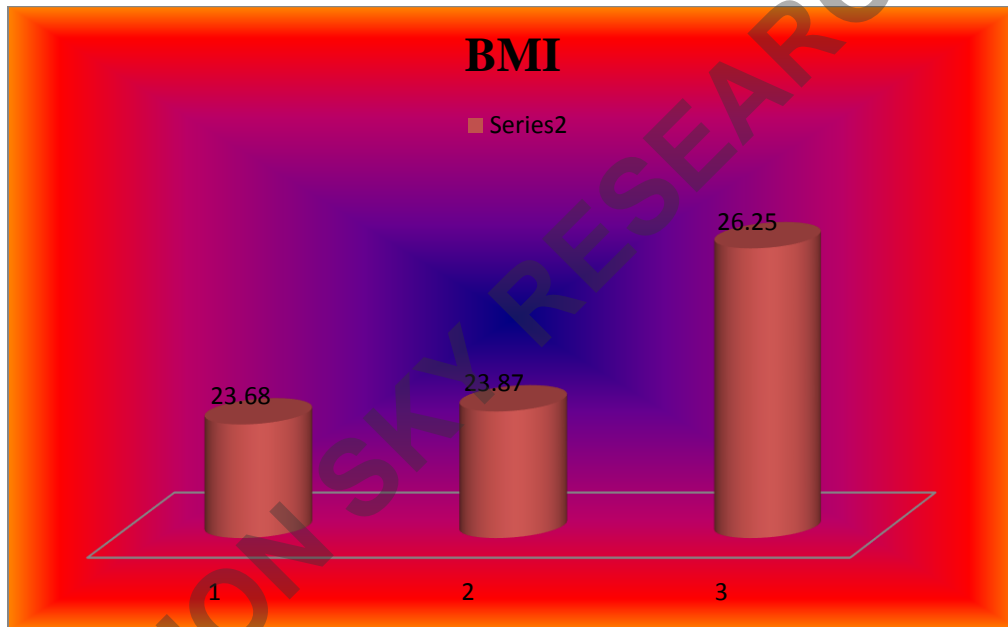
DISCUSSION ON THE FINDINGS OF BODY MSS INDEX

The Table-III(A) shows that Scheffe's confidence interval values of body mass index among Sky Yogic practices of (Group A), Hand reflexology practices (Group-B) and Control group (group C) of middle aged women.

From the Table-III (A) it is clear that the mean value of Sky Yogic practices (Group A), Hand reflexology practices (Group-B) and Control group (group C) of middle age women were 23.68, 23.87and26.25 respectively.

The mean difference between Sky Yogic practices (Group A) and Hand reflexology (Group-B), Sky Yogic practices (Group A) and control group (group C), Hand reflexology (Group-B) and control group (group C) were 0.19, 2.60and 2.38 respectively. The required Scheffe's confidence interval to be significant at 0.05 level was 1.32 and the difference between Sky yogic practices (Group A), Hand reflexology practices (Group-B) and control group (group C) of middle aged women were greater than required confidence interval and hence it is significant.

TABLE IV

RESULTS OF PULSE RATE

The statistical analysis of the data collected from the pre test and the post test on pulse rate of experimental and control group have been presented in table - IV

Table Analysis of Covariance for the pre and post test data on pulse rate among Sky yoga practices group, Hand reflexology practice group and control group

TEST	EX I	EX 2	CONTROL	SOURCE OF VARIANCE	DF	SS	MS	F RATIO
PRE TEST MEAN S.D	81.100 5.962	81.633 5.340	82.367 6.060	B.M W.G	2 87	24.267 2616.63	12.133 30.076	0.3
POST TEST MEAN S.D	75.233 4.776	77.133 5.131	81.233 6.383	B.M W.G	2 87	564.20 2606.20	282.10 29.956	9.4
ADJUSTED POST TEST MEAN	75.30	77.14	81.16	B.S W.S	2 86	535.50 2573.49	267.75 29.92	8.9

Table F ratio at 0.05 level of confidence for 2 and 87 (df) = 3.103, 2 and 86 (df) = 3.103

* Significant.

The obtained F value on pre test scores 0.3 was greater than the required F Value of 3.103 to be significant at 0.05 level. This proved that there was significant difference between the groups a pre test and post test and the randomization at the pretest was equal.

The post test scores analysis proved that there was significant difference between the groups,

As the obtained F value 9.4 was greater than the required F value of 3.103. This proved that the differences between the post test means of the subjects were significant.

Taking into consideration the pre and post test scores among the group's adjusted mean scores were calculated and subjected to statistical treatment. The obtained F value of 8.9 was greater than the required F value of 3.103. This proved that there was a significant difference among the means due to twelve weeks of sky Yogic practices on physiological variables for pulse rate.
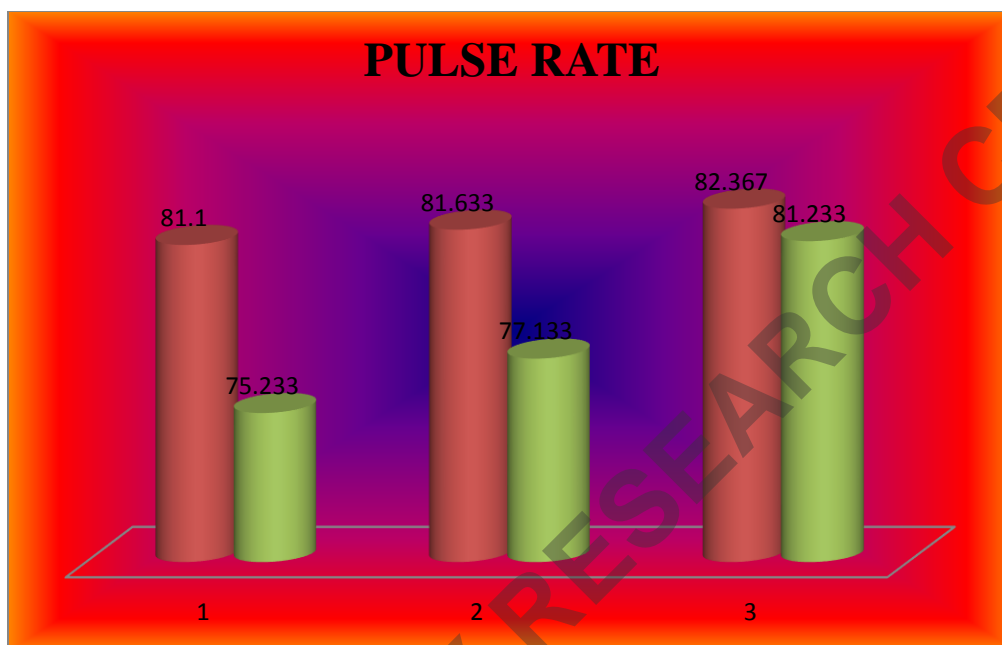
PULSE RATE

Since significant improvements were recorded, the results were subjected to post hoc analysis using Scheffe's Confidence Interval test. The results were presented in table – IV(A)

SCHEFFE'S POST-HOC TEST FOR PULSE RATE

Experiment I	Experiment II	Control Group	Mean Difference	F-Value
75.30	77.14	---	1.84	
75.30	---	81.16	5.86*	3.60
---	77.14	81.16	4.02*	

* Significant

The multiple mean comparisons shown in table IV (A) proved that there existed significant differences between the adjusted means of Sky Yogic practices (Group A),Hand reflexology practices (Group-B) and control group, There was significant difference between Sky Yogic practices (Group A) and Hand reflexology practices (Group-B).

The ordered adjusted means on pulse rate were presented through bar diagram for better understanding of the results of this study in Figure IV(A)
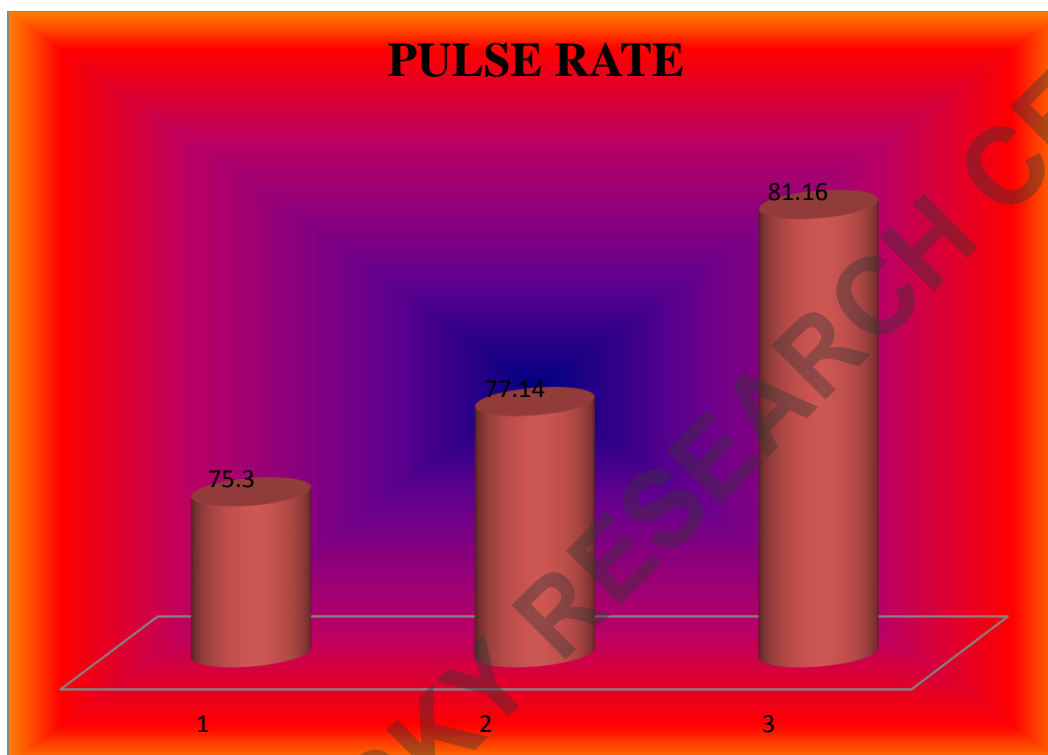
PULSE RATE

DISCUSSION ON THE FINDINGS ON PULSE RATE

The Table-IV (A) shows that Scheffe's confidence interval values of pulse rate among Sky Yogic practices of (Group A), Hand reflexology practices (Group-B) and Control group (group C) of middle aged women.

From the Table-IV (A) it is clear that the mean value of Sky Yogic practices (Group A), Hand reflexology practices (Group-B) and Control group (group C) of middle age women were 75.30, 77.14 and 81.16 respectively.

The mean difference between Sky Yogic practices (Group A) and Hand reflexology (Group-B), Sky Yogic practices (Group A) and control group (group C), Hand reflexology (Group-B) and control group (group C) were 1.84, 5.86 and 4.02respectively. The required Scheffe's confidence interval to be significant at 0.05 level was 3.60 and the difference between Sky yogic practices (Group A), Hand reflexology practices (Group-B) and control group (group C) of middle aged women were greater than required confidence interval and hence it is significant.

TABLE V

RESULTS OF HEMOGLOBIN

The statistical analysis of the data collected from the pre test and the post test on hemoglobin of experimental and control group have been presented in table V

Table Analysis of Covariance for the pre and post test data on hemoglobin among Sky yoga practices group, Hand reflexology practice group and control group

TEST	EX I	EX 2	CONTROL	SOURCE OF VARIANCE	DF	SS	MS	F RATIO
PRE TEST MEAN S.D	13.360 1.241	13.477 1.085	13.563 1.222	B.M W.G	2 87	0.628 122.139	0.314 1.404	0.2
POST TEST MEAN S.D	14.973 0.917	14.943 1.211	14.200 1.093	B.M W.G	8 87	11.527 101.584	5.763 1.168	4.9
ADJUSTED POST TEST MEAN	14.99	14.94	14.19	B.S W.S	2 86	12.11 99.17	6.06 1.15	5.2

Table F ratio at 0.05 level of confidence for 2 and 87 (df) = 3.103, 2 and 86 (df) = 3.103
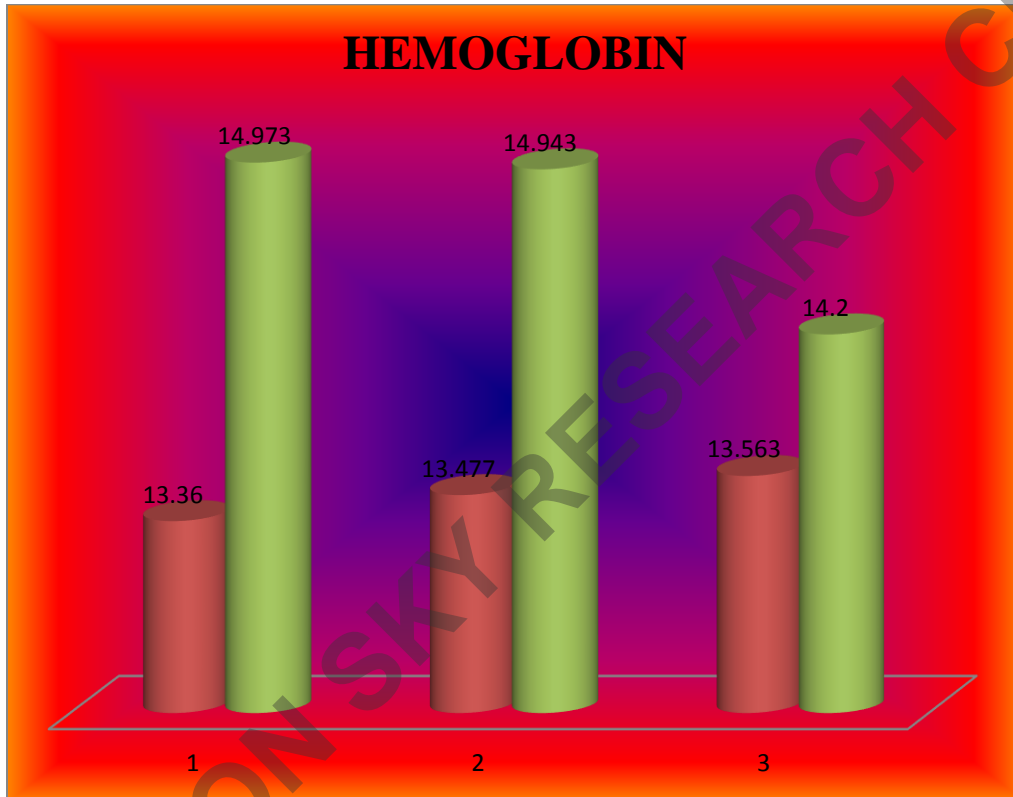
* Significant.

The obtained F value on pre test scores 0.2 was greater than the required F Value of 3.103 to be significant at 0.05 level. This proved that there was significant difference between the groups a pre test and post test and the randomization at the pretest was equal.

The post test scores analysis proved that there was significant difference between the groups, as they obtained F value 4.9 was greater than the required F value of 3.103. This proved that the differences between the post test means of the subjects were significant.

Taking into consideration the pre and post test scores among the group's adjusted mean scores were calculated and subjected to statistical treatment. The obtained F value of 5.2 was greater than the required F value of 3.103.

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This proved that there was a significant difference among the means due to twelve weeks of sky Yogic practices on Bio chemical variables for hemoglobin.

HEMOGLOBIN

Since significant improvements were recorded, the results were subjected to post hoc analysis using Scheffe's Confidence Interval test. The results were presented in table – V(A)

SCHEFFE'S POST-HOC TEST FOR HEMOGLOBIN

Experiment I	Experiment II	Control Group	Mean Difference	F-Value
14.99	14.94	---	0.5	
14.99	---	14.19	0.80*	0.70
---	14.94	14.19	0.75*	

* Significant

The multiple mean comparisons shown in table V (A) proved that there existed significant differences between the adjusted means of Sky Yogic practices (Group A),Hand reflexology practices (Group-B) and control group, There was significant difference between Sky Yogic practices (Group A) and Hand reflexology practices (Group-B).

The ordered adjusted means on hemoglobin were presented through bar diagram for better understanding of the results of this study in Figure V(A)
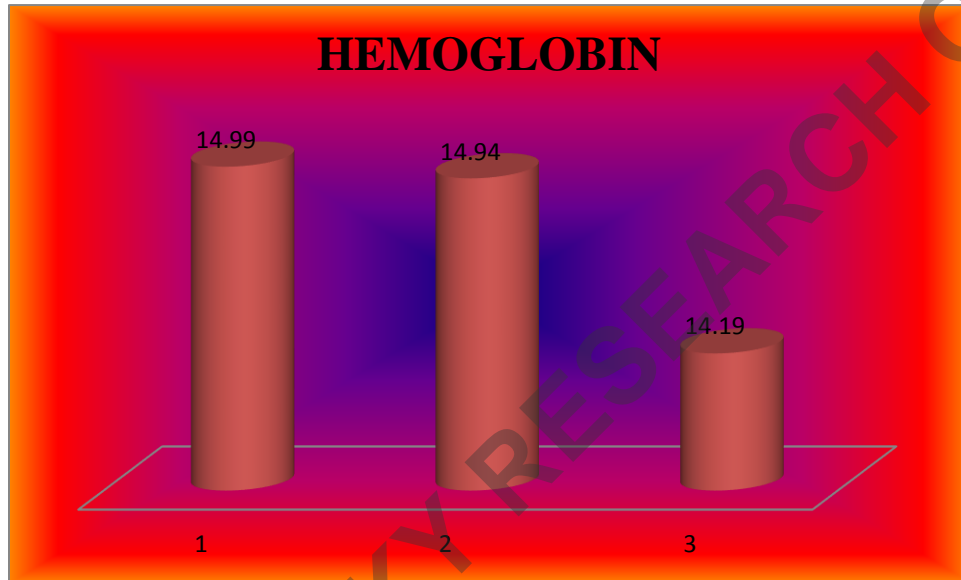
DISCUSSION ON THE FINDINGS ON HEMOGLOBIN

The Table-V (A) shows that Scheffe's confidence interval values of hemoglobin among Sky Yogic practices of (Group A), Hand reflexology practices (Group-B) and Control group (group C) of middle aged women.

From the Table-V (A) it is clear that the mean value of Sky Yogic practices (Group A), Hand reflexology practices (Group-B) and Control group (group C) of middle age women were 14.99, 14.94 and 14.19 respectively.

The mean difference between Sky Yogic practices (Group A) and Hand reflexology (Group-B), Sky Yogic practices (Group A) and control group (group C), Hand reflexology (Group-B) and control group (group C) were 0.5, 0.80 and 0.75 respectively. The required Scheffe's confidence interval to be significant at 0.05 level was 0.70and the difference between Sky yogic practices (Group A), Hand reflexology practices (Group-B) and control group (group C) of middle aged women were greater than required confidence interval and hence it is significant.

TABLE VI

RESULTS OF TOTAL CHOLESTEROL

The statistical analysis of the data collected from the pre test and the post test on Total cholesterol of experimental and control group have been presented in table VI

Table Analysis of Covariance for the pre and post test data on Total cholesterol among Sky yoga practices group, Hand reflexology practice group and control group

TEST	EX I	EX 2	CONTROL	SOURCE OF VARIANCE	DF	SS	MS	F RATIO
PRE TEST MEAN S.D	186.690 30.453	187.690 24.607	188.990 32.964	B.M W.G	2 87	79.617 759660.11	39.808 873.181	0.04
POST TEST MEAN S.D	170.870 37.303	171.080 35.215	200.247 39.743	B.M W.G	8 87	17174.976 122118.27	8587.48 1403.65	6.11
ADJUSTED POST TEST MEAN	171.14	171.11	199.89	B.S W.S	2 86	16529.00 115247.23	8264.50 1340.08	6.17

Table F ratio at 0.05 level of confidence for 2 and 87 (df) = 3.103, 2 and 86 (df) = 3.103
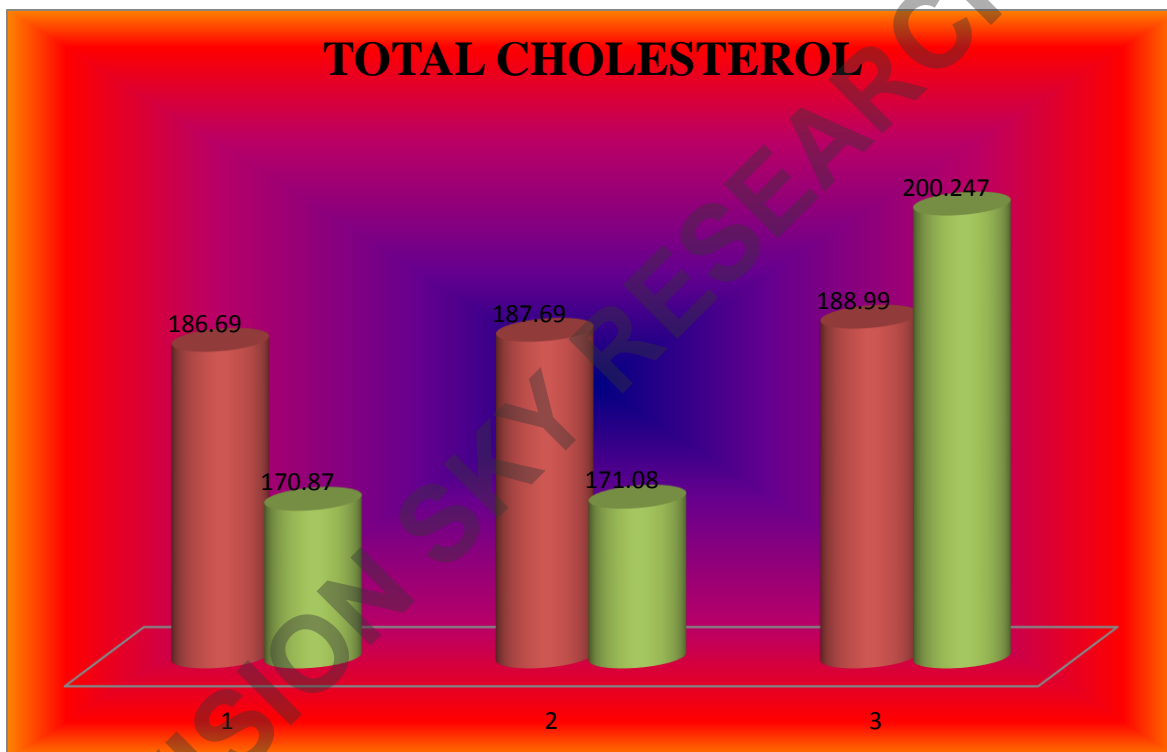
* Significant.

The obtained F value on pre test scores 0.04 was greater than the required F Value of 3.103 to be significant at 0.05 level. This proved that there was significant difference between the groups a pre test and post test and the randomization at the pretest was equal.

The post test scores analysis proved that there was significant difference between the groups, as they obtained F value 6.11 was greater than the required F value of 3.103. This proved that the differences between the post test means of the subjects were significant.

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Taking into consideration the pre and post test scores among the group's adjusted mean scores were calculated and subjected to statistical treatment. The obtained F value of 6.17 was greater than the required F value of 3.103.

This proved that there was a significant difference among the means due to twelve weeks of sky Yogic practices on Bio chemical variables for Total cholesterol


Since significant improvements were recorded, the results were subjected to post hoc analysis using Scheffe's Confidence Interval test. The results were presented in table – VI

Experiment I	Experiment II	Control Group	Mean Difference	F-Value
171.14	171.11	---	0.3	
171.14	---	199.89	28.75*	24.10
---	171.11	199.89	28.78*	

* Significant

The multiple mean comparisons shown in table VI (A) proved that there existed significant differences between the adjusted means of Sky Yogic practices (Group A),Hand reflexology practices (Group-B) and control group, There was significant difference between Sky Yogic practices (Group A) and Hand reflexology practices (Group-B).

The ordered adjusted means on total cholesterol were presented through bar diagram for better understanding of the results of this study in Figure VI(A)
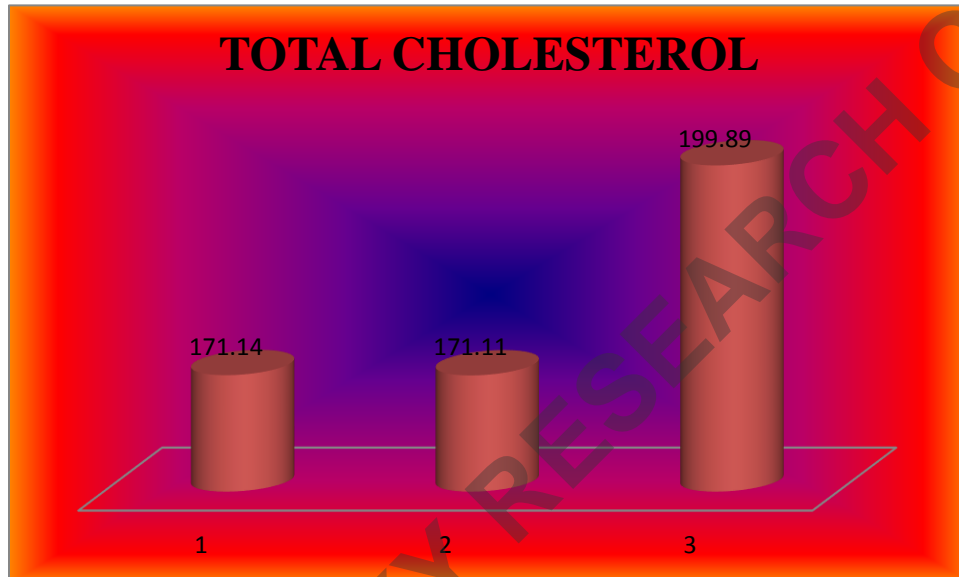
DISCUSSION ON THE FINDINGS ON TOTAL CHOLESTEROL

The Table-VI (A) shows that Scheffe's confidence interval values of total cholesterol among Sky Yogic practices of (Group A), Hand reflexology practices (Group-B) and Control group (group C) of middle aged women.

From the Table-VI (A) it is clear that the mean value of Sky Yogic practices (Group A), Hand reflexology practices (Group-B) and Control group (group C) of middle age women were 171.14, 171.11 and 199.89 respectively.

The mean difference between Sky Yogic practices (Group A) and Hand reflexology (Group-B), Sky Yogic practices (Group A) and control group (group C), Hand reflexology (Group-B) and control group (group C) were 0.3, 28.75 and 28.78 respectively. The required Scheffe's confidence interval to be significant at 0.05 level was 24.10 and the difference between Sky yogic practices (Group A), Hand reflexology practices (Group-B) and control group (group C) of middle aged women were greater than required confidence interval and hence it is significant.

TABLE VII

RESULTS OF HIGH DENSITY LIPOPROTEIN

The statistical analysis of the data collected from the pre test and the post test on high density lipoprotein of experimental and control group have been presented in table VII

Table Analysis of Covariance for the pre and post test data on high density lipoprotein among Sky yoga practices group, Hand reflexology practice group and control group

| TEST	EX I	EX 2	CONTROL	SOURCE OF VARIANCE	DF	SS	MS	F RATIO
PRE TEST MEAN S.D	46.087 5.971	44.963 5.979	44.027 6.295	B.M W.G	2 87	63.793 3219.81	31.886 37.009	0.8
POST TEST MEAN S.D	54.247 9.029	52.303 7.30.6	44.340 8.628	B.M W.G	8 87	1653.359 6071.125	826.69 69.783	11.84
ADJUSTED POST TEST MEAN	54.38	52.30	44.22	B.S W.S	2 86	1700.42 6020.76	850.21 70.01	12.14

Table F ratio at 0.05 level of confidence for 2 and 87 (df) = 3.103, 2 and 86 (df) = 3.103

* Significant.

The obtained F value on pre test scores 0.4 was greater than the required F Value of 3.103 to be significant at 0.05 level. This proved that there was significant difference between the groups a pre test and post test and the randomization at the pretest was equal.

The post test scores analysis proved that there was significant difference between the groups, as the obtained F value 5.9 was greater than the required F value of 3.103. This proved that the differences between the post test means of the subjects were significant.

Taking into consideration the pre and post test scores among the group's adjusted mean scores were calculated and subjected to statistical treatment. The obtained F value of 6.2 was greater than the required F value of 3.103. This proved that there was a significant difference among the means due to twelve weeks of sky Yogic practices on Bio chemical variables for high density lipoprotein
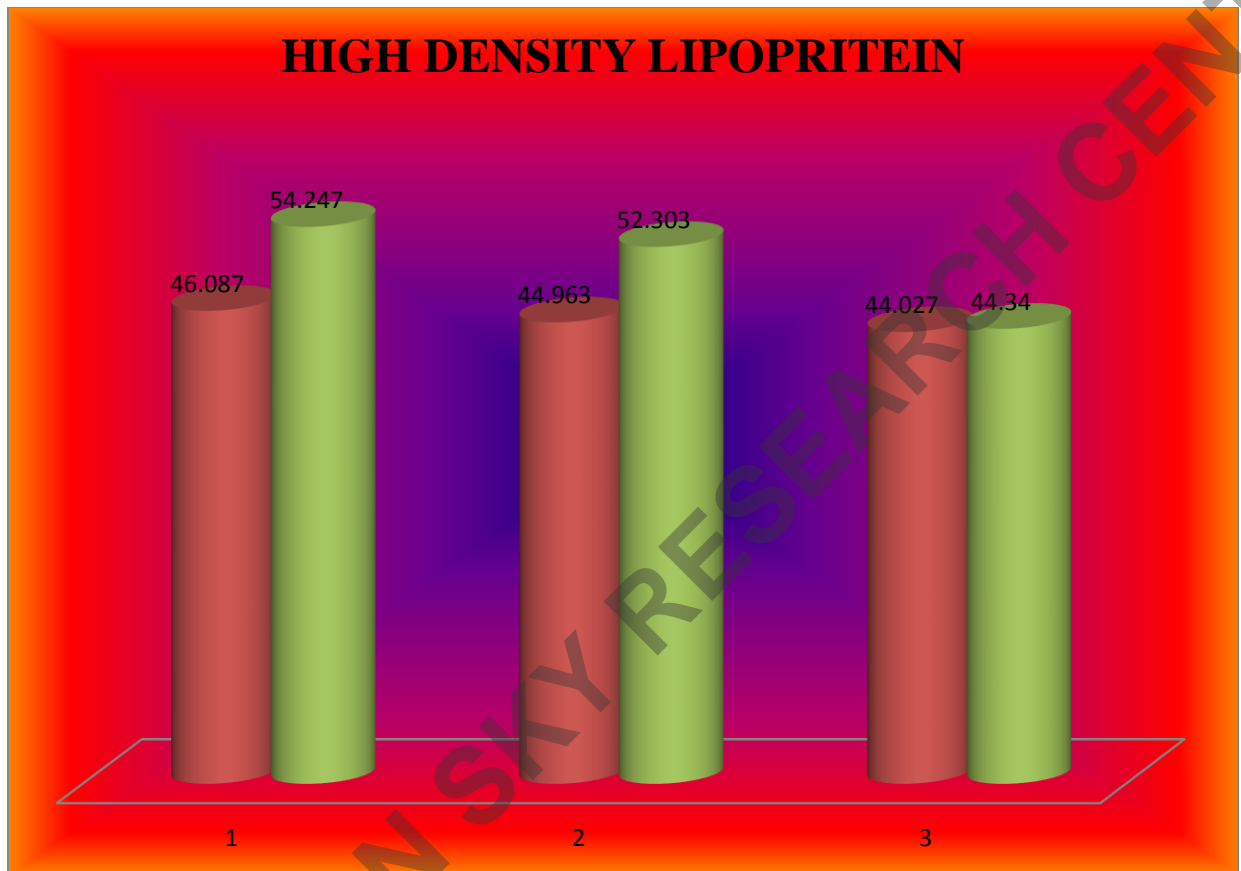
HIGH DENSITY LIPOPRITEIN

Since significant improvements were recorded, the results were subjected to post hoc analysis using Scheffe's Confidence Interval test. The results were presented in table – VII(A)

SCHEFFE'S POST-HOC TEST FOR HIGH DENSITY LIPOPROTEIN

Experiment I	Experiment II	Control Group	Mean Difference	F-Value
54.38	52.30	---	2.08	
54.38	---	44.22	10.16*	5.50
---	52.30	44.22	8.08*	

* Significant

The multiple mean comparisons shown in table VII (A) proved that there existed significant differences between the adjusted means of Sky Yogic practices (Group A),Hand reflexology practices (Group-B) and control group, There was significant difference between Sky Yogic practices (Group A) and Hand reflexology practices (Group-B).

The ordered adjusted means on systolic blood pressure were presented through bar diagram for better understanding of the results of this study in Figure VII(A)

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HIGH DENSITY LIPOPROTEIN
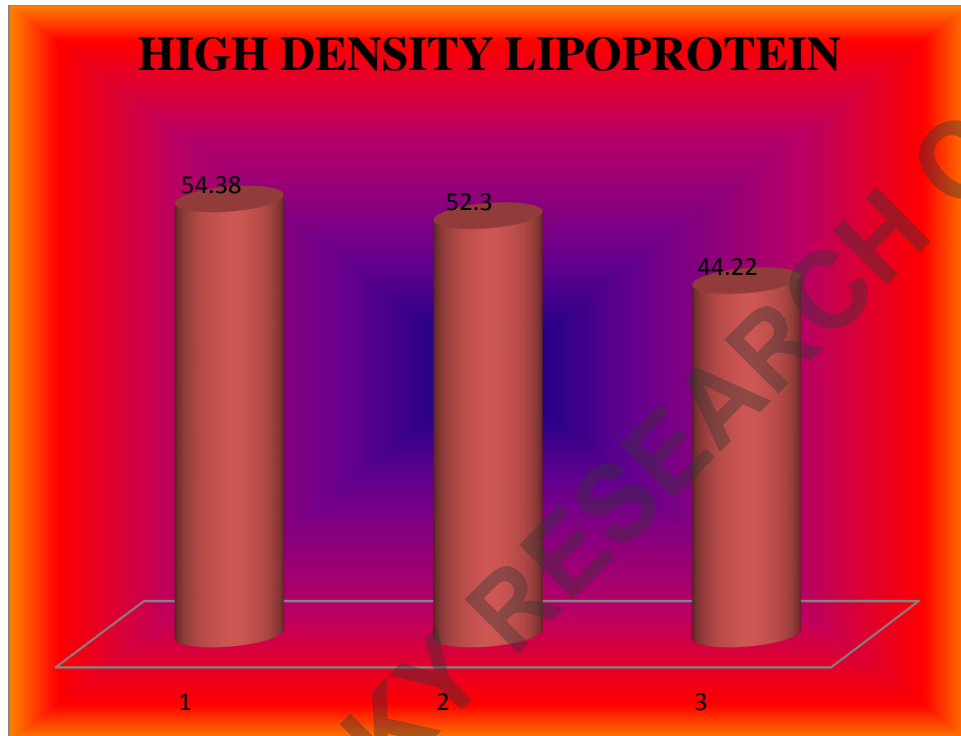
DISCUSSION ON THE FINDINGS ON HIGH DENSITY LIPOPROTEIN

The Table-VII (A) shows that Scheffe's confidence interval values of HDL among Sky Yogic practices of (Group A), Hand reflexology practices (Group-B) and Control group (group C) of middle aged women.

From the Table-VII (A) it is clear that the mean value of Sky Yogic practices (Group A), Hand reflexology practices (Group-B) and Control group (group C) of middle age women were54.38, 52.30 and 44.22 respectively.

The mean difference between Sky Yogic practices (Group A) and Hand reflexology (Group-B), Sky Yogic practices (Group A) and control group (group C), Hand reflexology (Group-B) and control group (group C) were 2.08, 10.16 and 8.08 respectively. The required Scheffe's confidence interval to be significant at 0.05 level was 5.50and the difference between Sky yogic practices (Group A), Hand reflexology practices (Group-B) and control group (group C) of middle aged women were greater than required confidence interval and hence it is significant.

TABLE VII

RESULTS OF LOW DENSITY LIPOPROTEIN

The statistical analysis of the data collected from the pre test and the post test on low density lipoprotein of experimental and control group have been presented in table VIII

Table Analysis of Covariance for the pre and post test data on low density lipoprotein among Sky yoga practices group, Hand reflexology practice group and control group

TEST	EX I	EX 2	CONTROL	SOURCE OF VARIANCE	DF	SS	MS	F RATIO
PRE TEST MEAN S.D	139.09 31.856	137.19 28.95	141.383 35.899	B.M W.G	2 87	264.403 91123.1	132.20 1047.3	0.1
POST TEST MEAN S.D	115.723 22.779	117.607 21.373	140.177 37.353	B.M W.G	8 87	11109.35 68757.1	5554.6 790.31	7.0
ADJUSTED POST TEST MEAN	115.78	118.53	139.19	B.S W.S	2 86	9798.21 49650.1	4899.1 577.33	8.4

Table F ratio at 0.05 level of confidence for 2 and 87 (df) = 3.103, 2 and 86 (df) = 3.103

* Significant.

The obtained F value on pre test scores 0.1 was greater than the required F Value of 3.103 to be significant at 0.05 level. This proved that there was significant difference between the groups a pre test and post test and the randomization at the pretest was equal.

The post test scores analysis proved that there was significant difference between the groups, as the obtained F value 7.0 was greater than the required F value of 3.103. This proved that the differences between the post test means of the subjects were significant.

Taking into consideration the pre and post test scores among the group's adjusted mean scores were calculated and subjected to statistical treatment. The obtained F value of 8.4 was greater than the required F value of 3.103.

This proved that there was a significant difference among the means due to twelve weeks of sky Yogic practices on Bio chemical variables for low density lipoprotein.
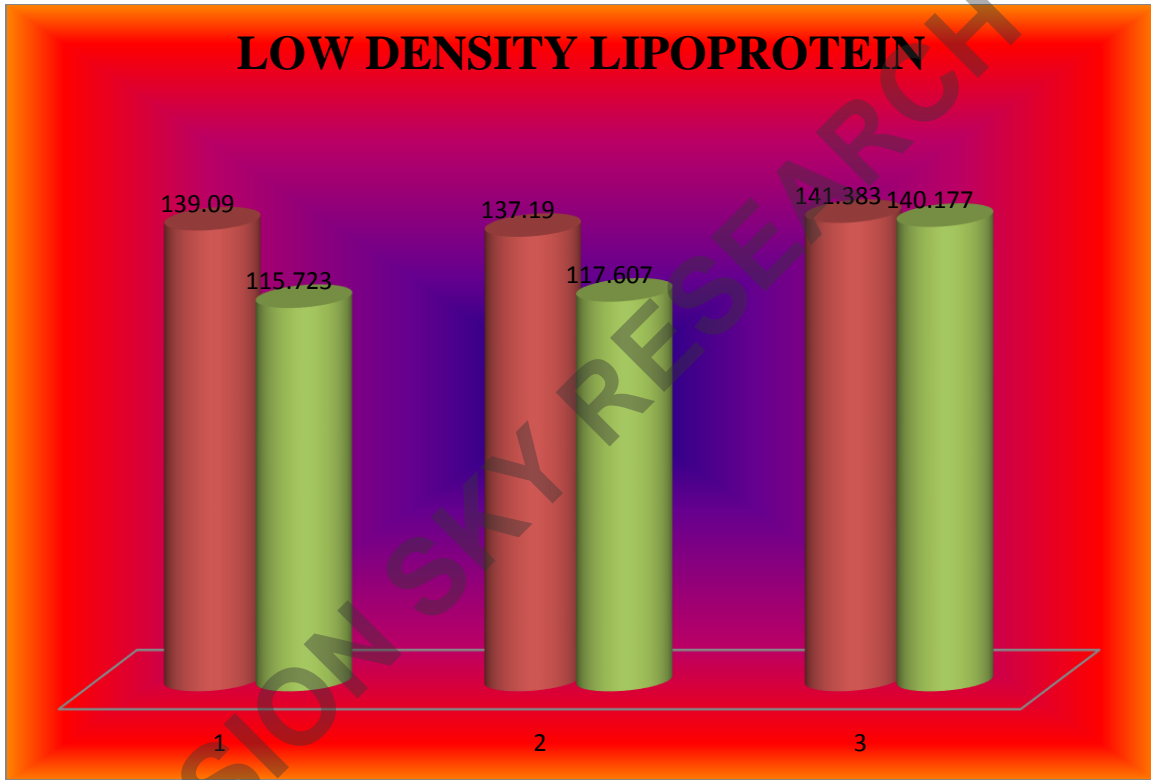
LOW DENSITY LIPOPROTEIN

Since significant improvements were recorded, the results were subjected to post hoc analysis using Scheffe's Confidence Interval test. The results were presented in table – VIII(A)

**SCHEFFE'S POST-HOC TEST FOR LOW DENSITY LIPOPROTEIN**

Experiment I	Experiment II	Control Group	Mean Difference	F-Value
115.78	118.53	---	2.75	
115.78	---	139.19	23.41*	15.81
---	118.53	139.19	20.66*	

* Significant

The multiple mean comparisons shown in table VIII (A) proved that there existed significant differences between the adjusted means of Sky Yogic practices (Group A),Hand reflexology

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practices (Group-B) and control group, There was significant difference between Sky Yogic practices (Group A) and Hand reflexology practices (Group-B).

The ordered adjusted means on LDL were presented through bar diagram for better understanding of the results of this study in Figure VIII(A)
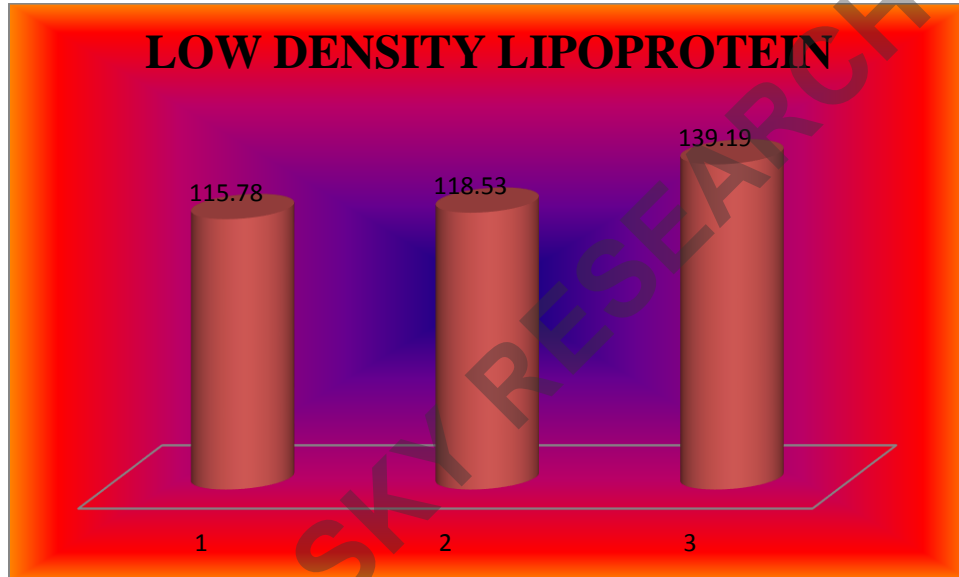
DISCUSSION ON THE FINDINGS ON LOW DENSITY LIPOPROTEIN

The Table-VIII (A) shows that Scheffe's confidence interval values of LDL among Sky Yogic practices of (Group A), Hand reflexology practices (Group-B) and Control group (group C) of middle aged women.

From the Table-VIII (A) it is clear that the mean value of Sky Yogic practices (Group A), Hand reflexology practices (Group-B) and Control group (group C) of middle age women were 115.78, 118.53 and 139.19 respectively.

The mean difference between Sky Yogic practices (Group A) and Hand reflexology (Group-B), Sky Yogic practices (Group A) and control group (group C), Hand reflexology (Group-B) and control group (group C) were 2.75, 23.41 and 20.66 respectively. The required Scheffe's confidence interval to be significant at 0.05 level was 4.95 and the difference between Sky yogic practices (Group A), Hand reflexology practices (Group-B) and control group (group C) of middle aged women were greater than required confidence interval and hence it is significant.

TABLE IX

RESULTS OF TRIGLYCERIDES

The statistical analysis of the data collected from the pre test and the post test on triglycerides of experimental and control group have been presented in table IX

Table Analysis of Covariance for the pre and post test data on triglycerides among Sky yoga practices group, Hand reflexology practice group and control group

| TEST	EX I	EX 2	CONTROL	SOURCE OF VARIANCE	DF	SS	MS	F RATIO
PRE TEST MEAN SD	137.197 28.959	140.177 37.353	141.383 35.899	B.M W.G	2 87	279.737 102155.81	139.868 1174.205	0.1
POST TEST MEAN S.D	120.917 4.763	121.073 3.470	126.880 8.374	B.M W.G	8 87	693.213 4771.614	346.607 54.846	6.3
ADJUSTED POST TEST MEAN	120.98	121.06	126.83	B.S W.S	2 86	674.09 4691.48	337.05 54.55	6.1

Table F ratio at 0.05 level of confidence for 2 and 87 (df) = 3.103, 2 and 86 (df) = 3.103

* Significant.

The obtained F value on pre test scores 0.1was greater than the required F Value of 3.103 to be significant at 0.05 level. This proved that there was significant difference between the groups a pre test and post test and the randomization at the pretest was equal.

The post test scores analysis proved that there was significant difference between the groups, as they obtained F value 6.3 was greater than the required F value of 3.103. This proved that the differences between the post test means of the subjects were significant.

Taking into consideration the pre and post test scores among the group's adjusted mean scores were calculated and subjected to statistical treatment. The obtained F value of 6.1 was greater than the required F value of 3.103. This proved that there was a significant difference among the means due to twelve weeks of sky Yogic practices on Bio chemical variables for triglycerides.
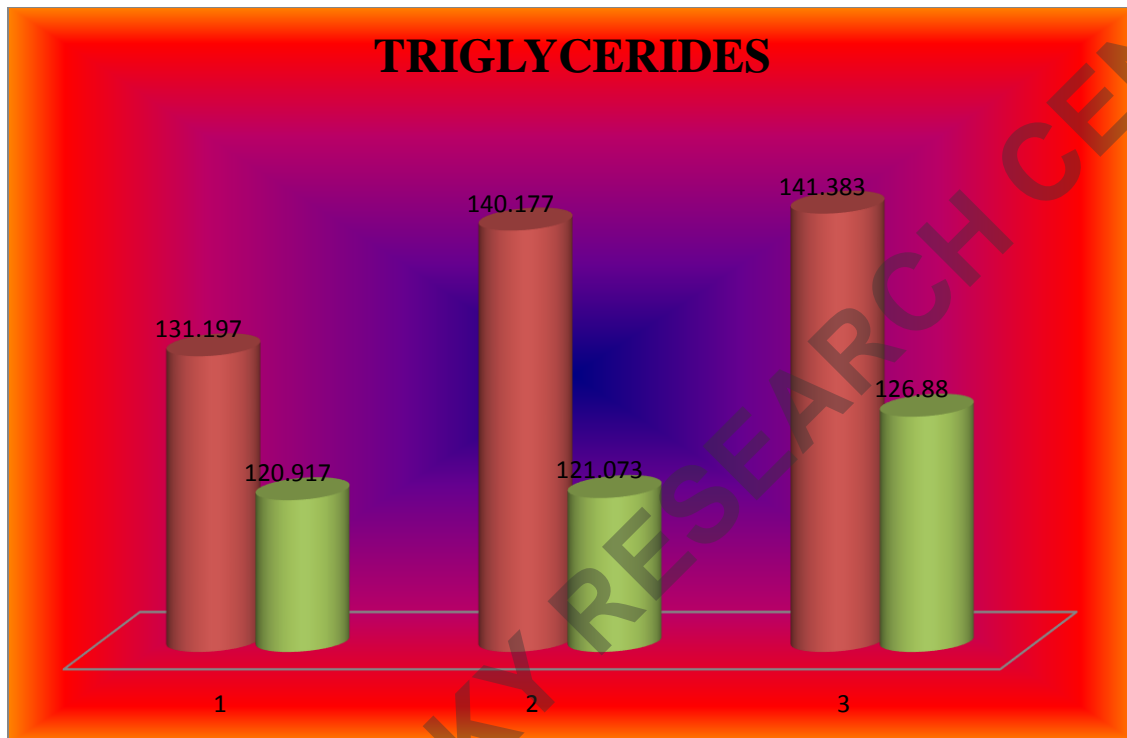
TRIGLYCERIDES

Since significant improvements were recorded, the results were subjected to post hoc analysis using Scheffe's Confidence Interval test. The results were presented in table – IX(A)

SCHEFFE'S POST-HOC TEST FOR TRIGLYCERIDES

Experiment I	Experiment II	Control Group	Mean Difference	F-Value
120.98	121.06	---	0.08	
120.98	---	126.83	5.85*	4.85
---	121.06	126.83	5.77*	

* Significant

The multiple mean comparisons shown in table IX (A) proved that there existed significant differences between the adjusted means of Sky Yogic practices (Group A),Hand reflexology practices (Group-B) and control group, There was significant difference between Sky Yogic practices (Group A) and Hand reflexology practices (Group-B).

The ordered adjusted means on triglycerides were presented through bar diagram for better understanding of the results of this study in Figure
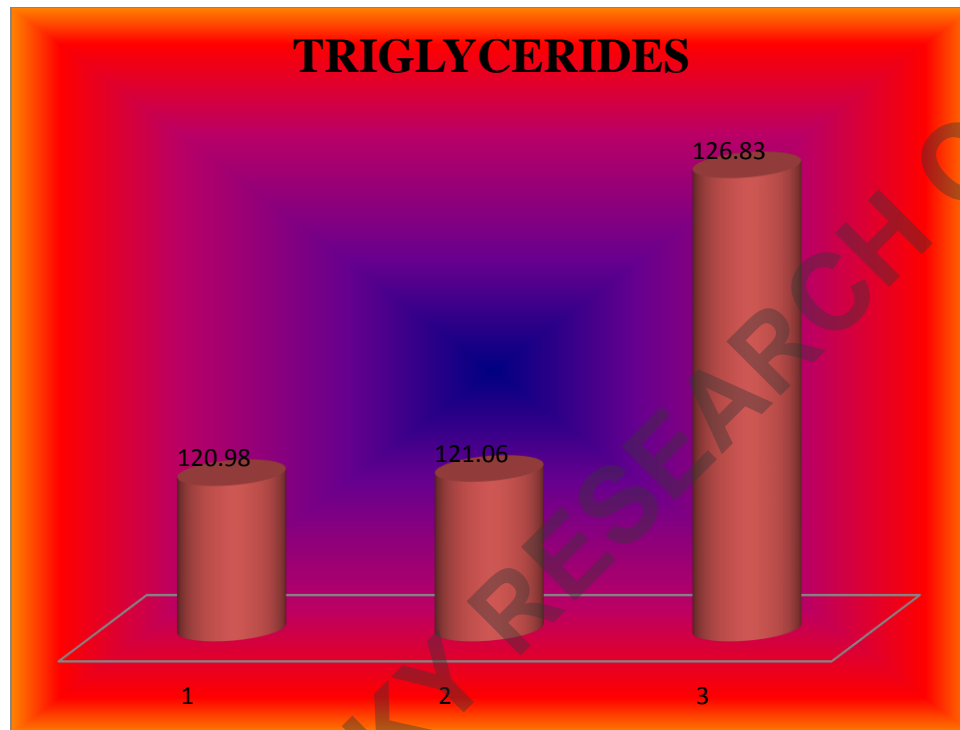
TRIGLYCERIDES

DISCUSSION ON THE FINDINGS ON TRIGLYCERIDES

The Table-IX (A) shows that Scheffe's confidence interval values of TRIGLYCERDIES among Sky Yogic practices of (Group A), Hand reflexology practices (Group-B) and Control group (group C) of middle aged women.

From the Table-IX (A) it is clear that the mean value of Sky Yogic practices (Group A), Hand reflexology practices (Group-B) and Control group (group C) of middle age women were 120.98, 121.06 and 126.83 respectively.

The mean difference between Sky Yogic practices (Group A) and Hand reflexology (Group-B), Sky Yogic practices (Group A) and control group (group C), Hand reflexology (Group-B) and control group (group C) were 0.08, 5.85 and 5.77 respectively. The required Scheffe's confidence interval to be significant at 0.05 level was 4.85 and the difference between Sky yogic practices (Group A), Hand reflexology practices (Group-B) and control group (group C) of middle aged women were greater than required confidence interval and hence it is significant.

TABLE X

RESULTS OF FOOD

The statistical analysis of the data collected from the pre test and the post test on food of experimental and control group have been presented in table X

Table Analysis of Covariance for the pre and post test data on food among Sky yoga practices group, Hand reflexology practice group and control group

| TEST	EX I	EX 2	CONTROL	SOURCE OF VARIANCE	DF	SS	MS	F RATIO
PRE TEST MEAN S.D	4.567 0.679	4.433 0.858	4.267 0.980	B.M W.G	2 87	1.356 62.60	0.678 0.720	0.9
POST TEST MEAN S.D	6.000 0.993	5.733 0.907	5.033 1.066	B.M W.G	2 87	14.95 84.83	7.478 0.978	7.6
ADJUSTED POST TEST MEAN	6.00	5.73	5.03	B.S W.S	2 86	14.62 84.83	7.31 0.99	7.4

Table F ratio at 0.05 level of confidence for 2 and 87 (df) = 3.103, 2 and 86 (df) = 3.103

* Significant.

The obtained F value on pre test scores 0.9 was greater than the required F Value of 3.103 to be significant at 0.05 level. This proved that there was significant difference between the groups a pre test and post test and the randomization at the pretest was equal.

The post test scores analysis proved that there was significant difference between the groups, as the obtained F value 7.6 was greater than the required F value of 3.103. This proved that the differences between the post test means of the subjects were significant.

Taking into consideration the pre and post test scores among the group's adjusted mean scores were calculated and subjected to statistical treatment. The obtained F value of 7.4 was greater than the required F value of 3.103. This proved that there was a significant difference among the means due to twelve weeks of sky Yogic practices on Bio-magnetism variables food
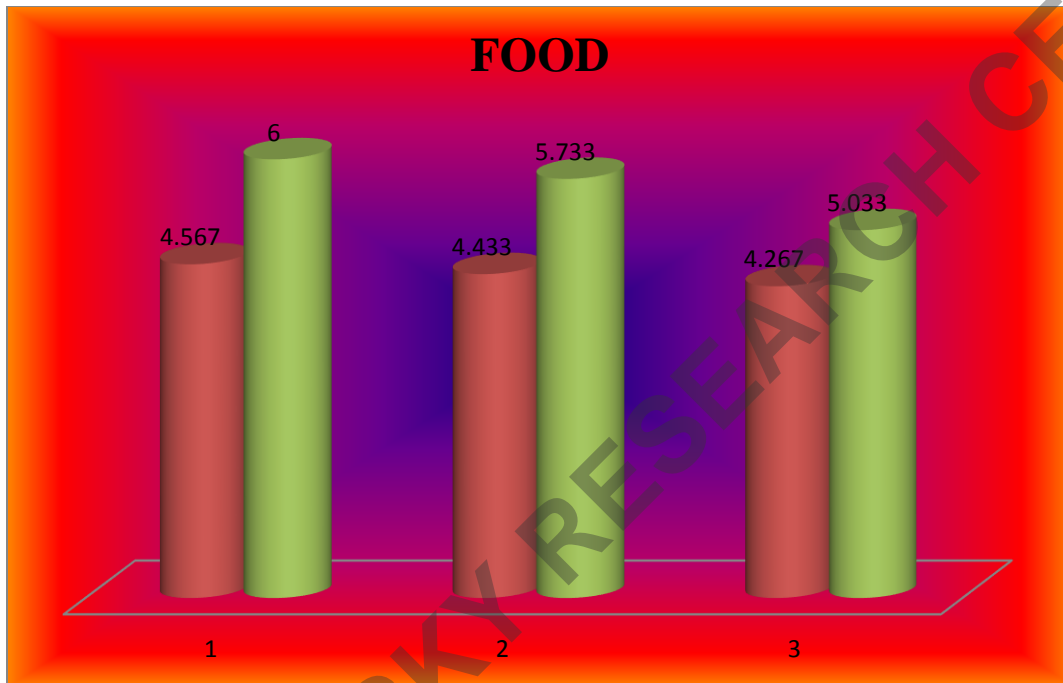
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FOOD

Since significant improvements were recorded, the results were subjected to post hoc analysis using Scheffe's Confidence Interval test. The results were presented in table – X(A)

SCHEFFE'S POST-HOC TEST FOR FOOD

Experiment I	Experiment II	Control Group	Mean Difference	F-Value
6.00	5.73	---	0.26	
6.00	---	5.03	0.97*	0.65
---	5.73	5.03	0.70*	

* Significant

The multiple mean comparisons shown in table X (A) proved that there existed significant differences between the adjusted means of Sky Yogic practices (Group A),Hand reflexology practices (Group-B) and control group, There was significant difference between Sky Yogic practices (Group A) and Hand reflexology practices (Group-B).

The ordered adjusted means on food were presented through bar diagram for better understanding of the results of this study in Figure X(A)
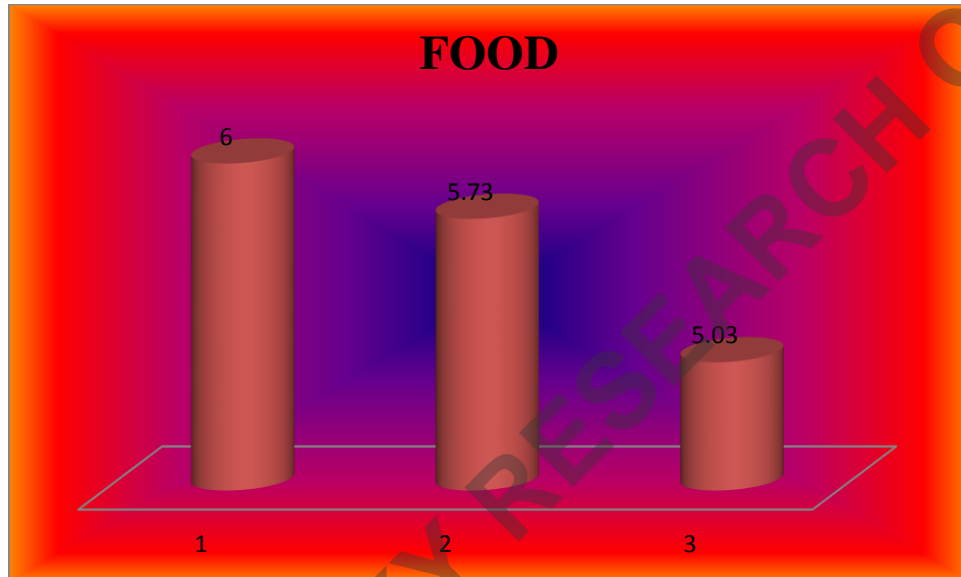
DISCUSSION ON THE FINDINGS ON FOOD

The Table-X (A) shows that Scheffe's confidence interval values of food among Sky Yogic practices of (Group A), Hand reflexology practices (Group-B) and Control group (group C) of middle aged women.

From the Table-X (A) it is clear that the mean value of Sky Yogic practices (Group A), Hand reflexology practices (Group-B) and Control group (group C) of middle age women were 6.00, 5.73 and 5.03 respectively.

The mean difference between Sky Yogic practices (Group A) and Hand reflexology (Group-B), Sky Yogic practices (Group A) and control group (group C), Hand reflexology (Group-B) and control group (group C) were 0.26, 0.97 and 0.90 respectively. The required Scheffe's confidence interval to be significant at 0.05 level was 0.65and the difference between Sky yogic practices (Group A), Hand reflexology practices (Group-B) and control group (group C) of middle aged women were greater than required confidence interval and hence it is significant.

TABLE XI

RESULTS OF WORK

The statistical analysis of the data collected from the pre test and the post test on Work of experimental and control group have been presented in table XI

Table Analysis of Covariance for the pre and post test data on work among Sky yoga practices group, Hand reflexology practice group and control group

TEST	EX I	EX 2	CONTROL	SOURCE OF VARIANCE	DF	SS	MS	F RATIO
PRE TEST MEAN S,D	4.333 1.028	4.233 0.898	4.267 1.048	B.M W.G	2 87	0.156 8590	0.078 0.987	0.07
POST TEST MEAN S.D	6.033 1.066	5.833 0.747	5.100 0.885	B.M W.G	2 87	14.489 71.83	7.24 0.826	8.7
ADJUSTED POST TEST MEAN	6.03	5.84	5.10	B.S W.S	2 86	14.40 71.41	7.20 0.83	8.6

Table F ratio at 0.05 level of confidence for 2 and 87 (df) = 3.103, 2 and 86 (df) = 3.103

* Significant.

The obtained F value on pre test scores 0.07 was greater than the required F Value of 3.103 to be significant at 0.05 level. This proved that there was significant difference between the groups a pre test and post test and the randomization at the pretest was equal.

The post test scores analysis proved that there was significant difference between the groups, as the obtained F value 8.7 was greater than the required F value of 3.103. This proved that the differences between the post test means of the subjects were significant.

Taking into consideration the pre and post test scores among the group's adjusted mean scores were calculated and subjected to statistical treatment. The obtained F value of 8.6 was greater than the required F value of 3.103.

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This proved that there was a significant difference among the means due to twelve weeks of sky Yogic practices on Bio-magnetism variables for work.

Since significant improvements were recorded, the results were subjected to post hoc analysis using Scheffe's Confidence Interval test. The results were presented in table – XI(A)

SCHEFFE'S POST-HOC TEST FOR WORK

Experiment I	Experiment II	Control Group	Mean Difference	F-Value
6.03	5.84	---	0.19	
6.03	---	5.10	0.93*	0.60
---	5.84	5.10	0.74*	

* Significant

The multiple mean comparisons shown in table XI (A) proved that there existed significant differences between the adjusted means of Sky Yogic practices (Group A),Hand reflexology practices (Group-B) and control group, There was significant difference between Sky Yogic practices (Group A) and Hand reflexology practices (Group-B).

The ordered adjusted means on Work were presented through bar diagram for better understanding of the results of this study in Figure XI(A)
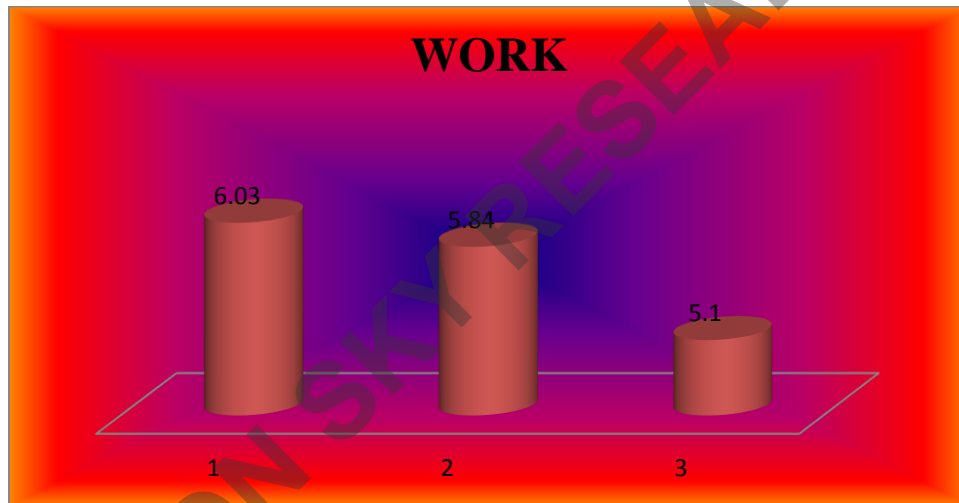
DISCUSSION ON THE FINDINGS ON WORK

The Table-XI (A) shows that Scheffe's confidence interval values of Work among Sky Yogic practices of (Group A), Hand reflexology practices (Group-B) and Control group (group C) of middle aged women.

From the Table-XI (A) it is clear that the mean value of Sky Yogic practices (Group A), Hand reflexology practices (Group-B) and Control group (group C) of middle age women were 6.03, 5.84 and 5.10 respectively.

The mean difference between Sky Yogic practices (Group A) and Hand reflexology (Group-B), Sky Yogic practices (Group A) and control group (group C), Hand reflexology (Group-B) and control group (group C) were 0.19, 0.93 and 0.74 respectively. The required Scheffe's confidence interval to be significant at 0.05 level was 0.60 and the difference between Sky yogic practices (Group A), Hand reflexology practices (Group-B) and control group (group C) of middle aged women were greater than required confidence interval and hence it is significant.

TABLE XII

RESULTS OF SLEEP

The statistical analysis of the data collected from the pre test and the post test on sleep of experimental and control group have been presented in table XII

Table Analysis of Covariance for the pre and post test data on sleep among Sky yoga practices group, Hand reflexology practice group and control group

TEST	EX I	EX 2	CONTROL	SOURCE OF VARIANCE	DF	SS	MS	F RATIO
PRE TEST MEAN S,D	4.267 0.868	4.167 1.177	4.100 0.995	B.M W.G	2 87	0.422 90.73	0.211 1.043	0.2
POST TEST MEAN S.D	5.967 0.890	5.833 0.874	4.233 0.858	B.M W.G	2 87	55.82 66.50	27.91 0.76	36.51
ADJUSTED POST TEST MEAN	5.97	5.83	4.23	B.S W.S	2 86	55.87 66.43	27.94 0.77	36.17

Table F ratio at 0.05 level of confidence for 2 and 87 (df) = 3.103, 2 and 86 (df) = 3.103

* Significant.

The obtained F value on pre test scores 0.2 was greater than the required F Value of 3.103 to be significant at 0.05 level. This proved that there was significant difference between the groups a pre test and post test and the randomization at the pretest was equal.

The post test scores analysis proved that there was significant difference between the groups, as the obtained F value 36.51 was greater than the required F value of 3.103. This proved that the differences between the post test means of the subjects were significant.

Taking into consideration the pre and post test scores among the group's adjusted mean scores were calculated and subjected to statistical treatment. The obtained F value of 36.17 was greater than the required F value of 3.103.

47

This proved that there was a significant difference among the means due to twelve weeks of sky Yogic practices on Bio-magnetism variables for sleep
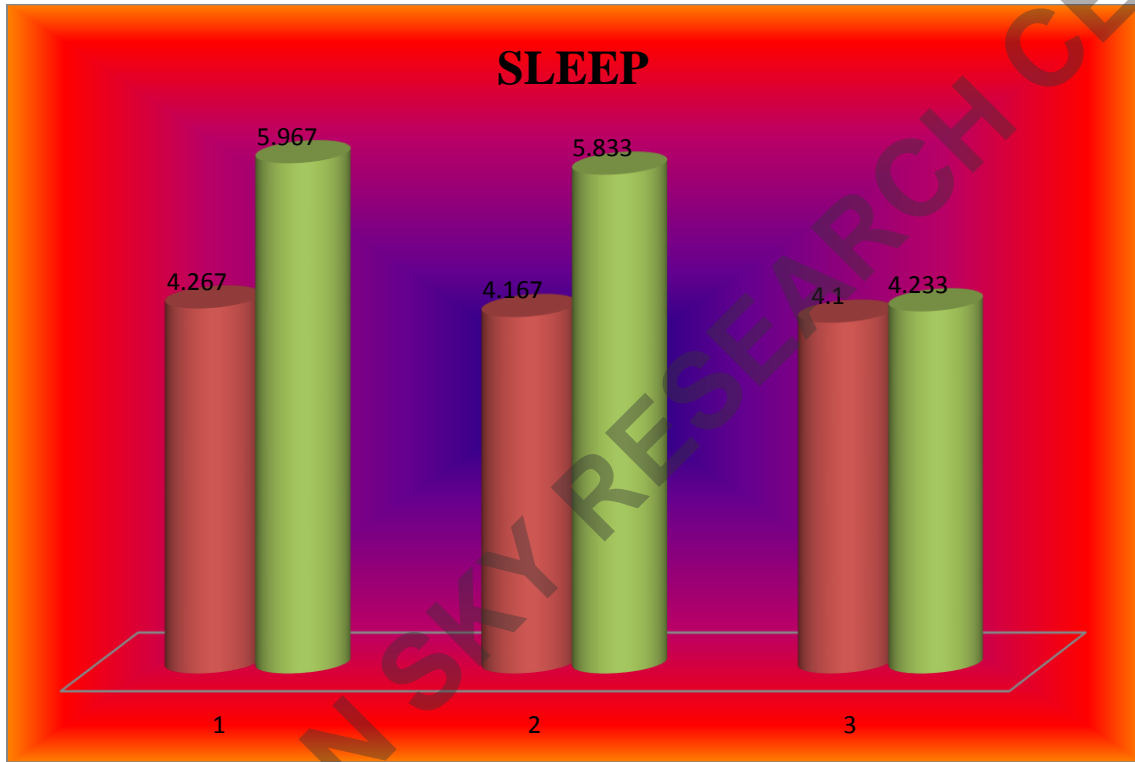
SLEEP

5.967 5.833 4.1 4.233

4.267 4.167

1 2 3

Since significant improvements were recorded, the results were subjected to post hoc analysis using Scheffe's Confidence Interval test. The results were presented in table – XII(A)

SCHEFFE'S POST-HOC TEST FOR SLEEP

Experiment I	Experiment II	Control Group	Mean Difference	F-Value
5.97	5.83	---	0.14	
5.97	---	4.23	0.74*	0.57
---	5.83	4.23	0.60*	

* Significant

The multiple mean comparisons shown in table XII (A) proved that there existed significant differences between the adjusted means of Sky Yogic practices (Group A),Hand reflexology

practices (Group-B) and control group, There was significant difference between Sky Yogic practices (Group A) and Hand reflexology practices (Group-B).

The ordered adjusted means on sleep were presented through bar diagram for better understanding of the results of this study in Figure
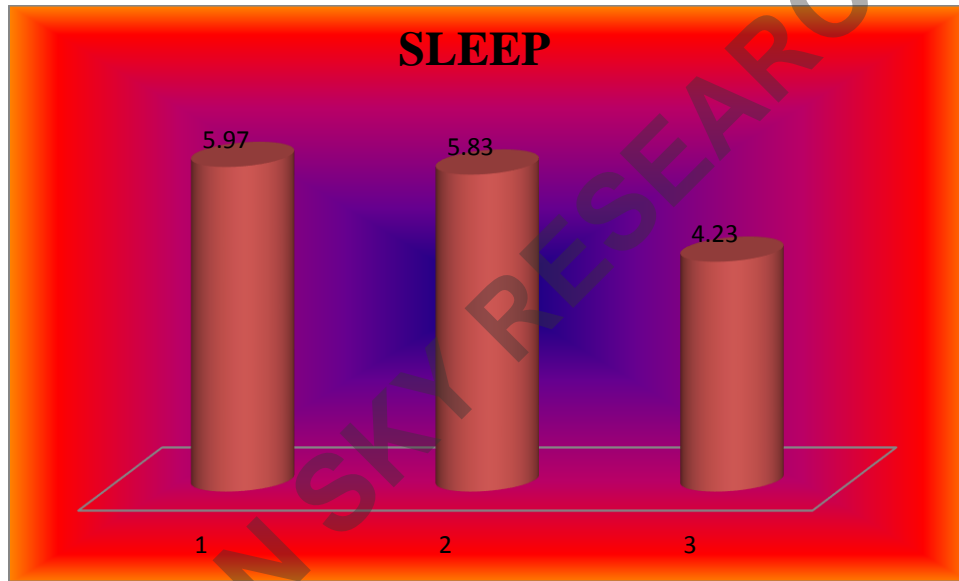
DISCUSSION ON THE FINDINGS ON SLEEP

The Table-XII (A) shows that Scheffe's confidence interval values of sleep among Sky Yogic practices of (Group A), Hand reflexology practices (Group-B) and Control group (group C) of middle aged women.

From the Table-XII (A) it is clear that the mean value of Sky Yogic practices (Group A), Hand reflexology practices (Group-B) and Control group (group C) of middle age women were 5.97, 5.83 and 4.23 respectively.

The mean difference between Sky Yogic practices (Group A) and Hand reflexology (Group-B), Sky Yogic practices (Group A) and control group (group C), Hand reflexology (Group-B) and control group (group C) were 0.14, 0.74 and 0.60 respectively. The required Scheffe's confidence interval to be significant at 0.05 level was 0.57 and the difference between Sky yogic practices (Group A), Hand reflexology practices (Group-B) and control group (group C) of middle aged women were greater than required confidence interval and hence it is significant.

TABLE XIII

RESULTS OF SEXUAL GRATIFICATION

The statistical analysis of the data collected from the pre test and the post test on sexual gratification of experimental and control group have been presented in table XIII

Table Analysis of Covariance for the pre and post test data on sexual gratification among Sky yoga practices group, Hand reflexology practice group and control group

| TEST	EX I	EX 2	CONTROL	SOURCE OF VARIANCE	DF	SS	MS	F RATIO
PRE TEST MEAN S,D	4.467 0.819	4.233 1.165	4.167 0.874	B.M W.G	2 87	1.489 81.00	0.744 0.931	0.8
POST TEST MEAN S.D	5.233 1.006	5.033 0.964	4.367 0.964	B.M W.G	2 87	12.35 83.30	6.178 0.957	6.4
ADJUSTED POST TEST MEAN	5.19	5.05	4.39	B.S W.S	2 86	10.77 79.45	5.39 0.93	5.8

Table F ratio at 0.05 level of confidence for 2 and 87 (df) = 3.103, 2 and 86 (df) = 3.103

* Significant.

The obtained F value on pre test scores 0.8 was greater than the required F Value of 3.103 to be significant at 0.05 level. This proved that there was significant difference between the groups a pre test and post test and the randomization at the pretest was equal.

The post test scores analysis proved that there was significant difference between the groups, as the obtained F value 6.4 was greater than the required F value of 3.103. This proved that the differences between the post test means of the subjects were significant.

Taking into consideration the pre and post test scores among the group's adjusted mean scores were calculated and subjected to statistical treatment. The obtained F value of 5.8 was greater than the required F value of 3.103. This proved that there was a significant difference among the means due to twelve weeks of sky Yogic practices on Bio-magnetism variables for sexual gratification.
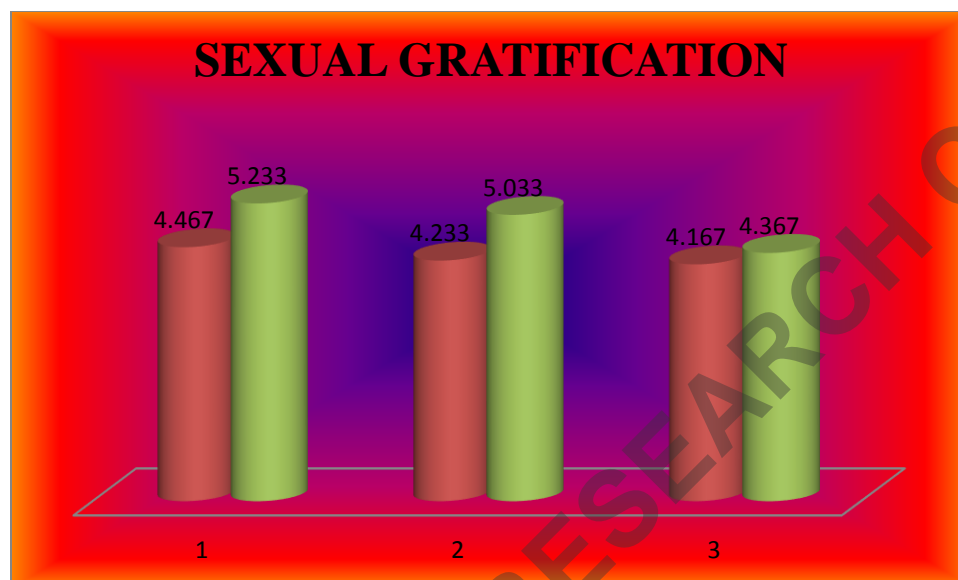
SEXUAL GRATIFICATION

Since significant improvements were recorded, the results were subjected to post hoc analysis using Scheffe's Confidence Interval test. The results were presented in table – XIII(A)

SCHEFFE'S POST-HOC TEST FOR SEXUAL GRATIFICATION

Experiment I	Experiment II	Control Group	Mean Difference	F-Value
5.19	5.05	---	0.14	
5.19	---	4.39	0.90*	0.63
---	5.05	4.39	0.66*	

* Significant

The multiple mean comparisons shown in table XIII (A) proved that there existed significant differences between the adjusted means of Sky Yogic practices (Group A),Hand reflexology practices (Group-B) and control group, There was significant difference between Sky Yogic practices (Group A) and Hand reflexology practices (Group-B).

The ordered adjusted means on sexual gratification were presented through bar diagram for better understanding of the results of this study in Figure

SEXUAL GRATIFICATION
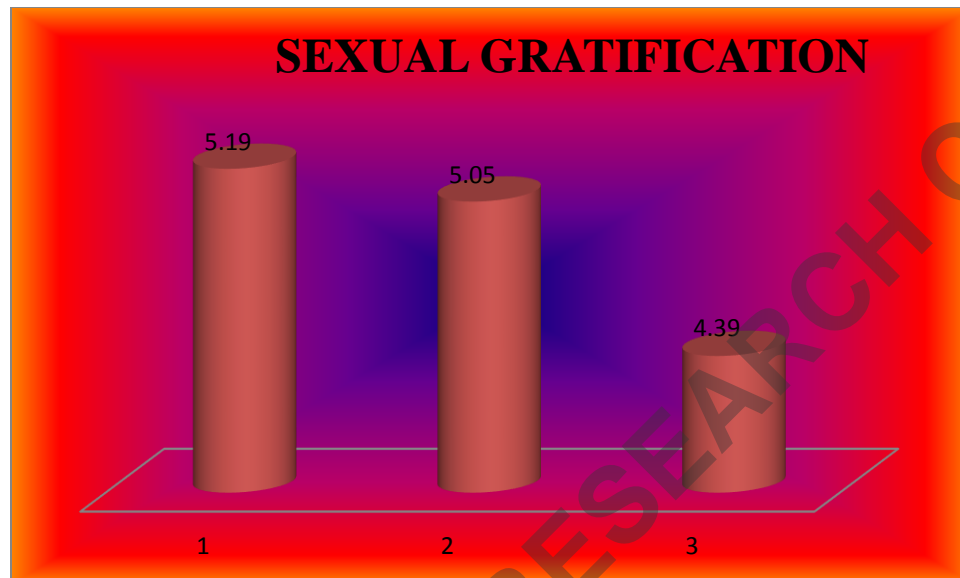
DISCUSSION ON THE FINDINGS ON SEXUAL GRATIFICATION

The Table-XIII (A) shows that Scheffe's confidence interval values of sexual gratification among Sky Yogic practices of (Group A), Hand reflexology practices (Group-B) and Control group (group C) of middle aged women.

From the Table-XIII (A) it is clear that the mean value of Sky Yogic practices (Group A), Hand reflexology practices (Group-B) and Control group (group C) of middle age women were 5.19, 5.05 and4.39 respectively.

The mean difference between Sky Yogic practices (Group A) and Hand reflexology (Group-B), Sky Yogic practices (Group A) and control group (group C), Hand reflexology (Group-B) and control group (group C) were 0.14, 0.90 and 0.66respectively. The required Scheffe's confidence interval to be significant at 0.05 level was 0.63 and the difference between Sky yogic practices (Group A), Hand reflexology practices (Group-B) and control group (group C) of middle aged women were greater than required confidence interval and hence it is significant.

TABLE XIV

RESULTS OF THOUGHTS

The statistical analysis of the data collected from the pre test and the post test on thoughts

of experimental and control group have been presented in table XIV

Table Analysis of Covariance for the pre and post test data on thoughts among Sky yoga practices group, Hand reflexology practice group and control group

TEST	EX I	EX 2	CONTROL	SOURCE OF VARIANCE	DF	SS	MS	F RATIO
PRE TEST MEAN S,D	4.333 1.028	4.233 1.165	4.100 0.995	B.M W.G	2 87	0.822 98.73	0.411 1.135	0.3
POST TEST MEAN S.D	5.967 0.890	5.833 0.874	4.167 0.874	B.M W.G	2 87	60.356 7.30	30.17 0.774	39.01
ADJUSTED POST TEST MEAN	5.95	5.83	4.18	B.S W.S	2 86	58.23 75.59	29.11 0.88	33.12

Table F ratio at 0.05 level of confidence for 2 and 87 (df) = 3.103, 2 and 86 (df) = 3.103

* Significant.

The obtained F value on pre test scores 0.3 was greater than the required F Value of 3.103 to be significant at 0.05 level. This proved that there was significant difference between the groups a pre test and post test and the randomization at the pretest was equal.

The post test scores analysis proved that there was significant difference between the groups, as the obtained F value 39.01 was greater than the required F value of 3.103. This proved that the differences between the post test means of the subjects were significant.

Taking into consideration the pre and post test scores among the group's adjusted mean scores were calculated and subjected to statistical treatment. The obtained F value of 33.12 was greater than the required F value of 3.103.

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This proved that there was a significant difference among the means due to twelve weeks of sky Yogic practices on Bio-magnetism variables for thoughts.

Since significant improvements were recorded, the results were subjected to post hoc analysis using Scheffe's Confidence Interval test. The results were presented in table – XIV(A)

SCHEFFE'S POST-HOC TEST FOR THOUGHTS

Experiment I	Experiment II	Control Group	Mean Difference	F-Value
5.95	5.83		0.12	
5.95		4.18	0.77*	0.61
	5.83	4.18	0.65*	

* Significant

The multiple mean comparisons shown in table XIV (A) proved that there existed significant differences between the adjusted means of Sky Yogic practices (Group A),Hand reflexology practices (Group-B) and control group, There was significant difference between Sky Yogic practices (Group A) and Hand reflexology practices (Group-B).

The ordered adjusted means on Thoughts were presented through bar diagram for better understanding of the results of this study in Figure XIV(A)

DISCUSSION ON THE FINDINGS ON THOUGHTS

The Table-IV (A) shows that Scheffe's confidence interval values of Thoughts among Sky Yogic practices of (Group A), Hand reflexology practices (Group-B) and Control group (group C) of middle aged women.

From the Table-IV (A) it is clear that the mean value of Sky Yogic practices (Group A), Hand reflexology practices (Group-B) and Control group (group C) of middle age women were 5.95, 5.83 and 4.18 respectively.

The mean difference between Sky Yogic practices (Group A) and Hand reflexology (Group-B), Sky Yogic practices (Group A) and control group (group C), Hand reflexology (Group-B) and control group (group C) were 0.12, 0.77 and 0.65 respectively. The required Scheffe's confidence interval to be significant at 0.05 level was 0.61and the difference between Sky yogic practices (Group A), Hand reflexology practices (Group-B) and control group (group C) of middle aged women were greater than required confidence interval and hence it is significant.

DISCUSSION ON HYPOTHESIS

For the purpose of this study it was hypothesized that the Sky Yogic practices (Group A), Hand reflexology (Group-B) would improve the selected Physiological ,Biochemical and Biomagnetism variables as compared to control group (group C). The results presented in Tables IIIto XV proved that there was a significant difference due to Twelve weeks Sky Yogic practices (Group A) Hand reflexology (Group-B) on Physiological variables like Body mass index, pulse rate, Blood pressure and Biochemical variables like Hemoglobin, Total cholesterol, High density lipoprotein, Low density lipoprotein and Triglycerides and to improve the quality of life the research scholar took Biomagnetism variables such as food,work,sleep,sexual gratification and thoughts by following the questionnaire Thus, the hypothesis was accepted at 0.05 level.

The result of this study on Physiological and Psychological variables has in line with the studies conducted by Madan Mohan et.al (2000 & 1992).It was also hypothesized that the changes on selected Health Fitness Components, Physiological and Psychological variables as a result of Yogic practices of SwamiSatyananda Saraswati (Group A) and Swami Kuvalayananda (Group-B) would differ significantly. The post hoc analysis of the results proved that Yogic practices of Swami Satyananda Saraswati (Group A) was slightly effective than Yogic practices of Swami Kuvalayananda (Group-B) in improving Endurance, Strength, Flexibility,VO2 Max, Breath holding time, Job Satisfaction, Job Involvement & Organizational climate, maintaining the Body composition and reducing the Resting Pulse rate, Blood pressure and Anxiety and the hypothesis was accepted at 0.05 level. The result of this study on Physiological and Psychological variables has in line with the studies conducted by Madan Mohan et.al (2000 & 1992).
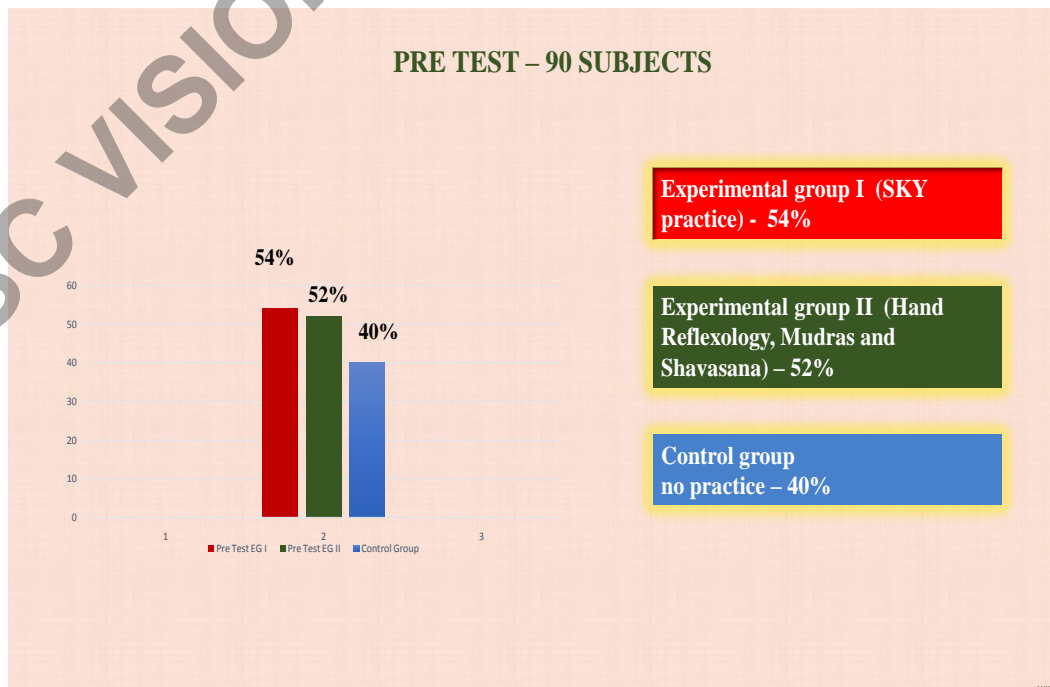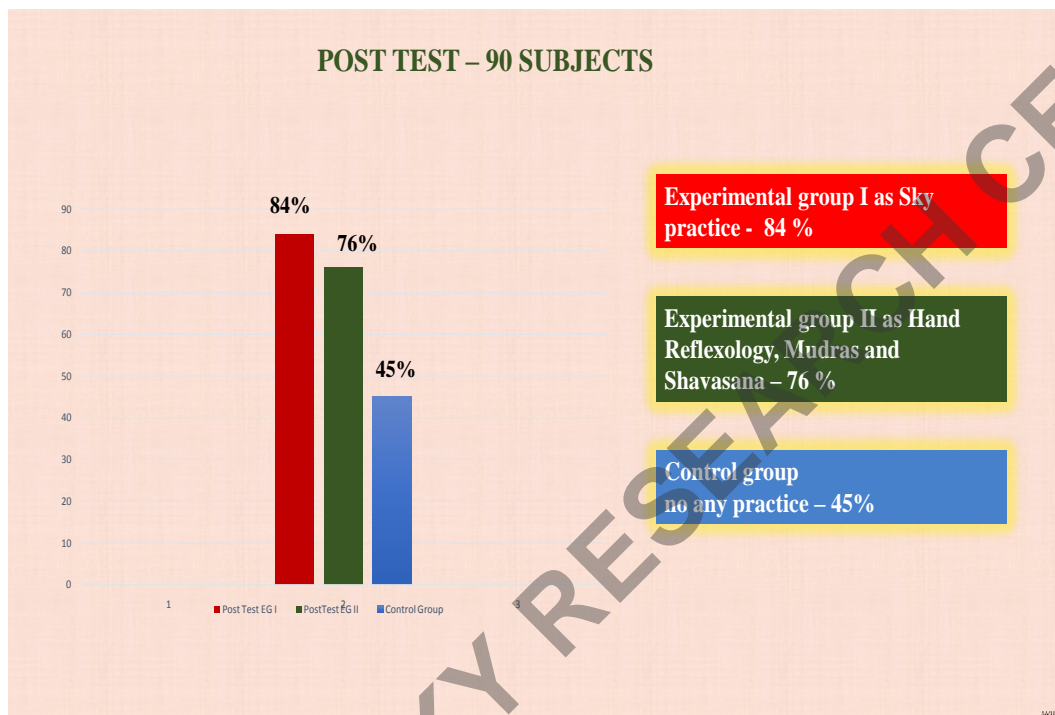
DISCUSSION ON RESULTS

It is to be stated with much Confidence that a regular and unintermittent SKY practice by Experimental Group I resulted in remarkable improvement from 54% to 84% in respect of Physiological, biochemical and bio-magnetism parameters are concerned.
Likewise, it can also be stated for Experimental Group II Subjects who practiced Hand Reflexology, mudras and Shavasana exercises resulted in a significant improvement from 52%to 76% in respect of Physiological, biochemical and Bio-magnetism parameters are concerned.

As expected, in the case of Control Group, there is only a marginal improvement from 40%to 45% in all the parameters, since they did not evince keen interest in the practice. Thus in our increasingly conflict- ridden and emotional turbulence world ,the SKY practice and Handreflexology,Mudras and Shavasana exercises can bring in a sense of melodious balance to get rid of the problems faced by middle aged women. Thus Swamiji Vethathiri Maharishi's Principles and Philosophies pervade the entire world ushering in Greater Peace, Harmony, Understanding and Goodwill.

POST TEST – 90 SUBJECTS

Experimental group I as Sky practice - 84 %

Experimental group II as Hand Reflexology, Mudras and Shavasana – 76 %

Control group no any practice – 45%

SUMMARY, CONCLUSIONS AND RECOMMENDATIONS

SUMMARY

Sky Yoga practices and Hand reflexology practices is an attempt to bring out optimal gains in physiological, biochemical and Biomagnetism variables are to increase the quality of life .The aim of the was Sky Yoga practices and Hand reflexology to bring out the needed factors that were essential to achieve one's own goal. The summary of the present study was to find out the effects of Sky Yoga practices and Hand reflexology on the selected physiological parameters such as Body mass index, Pulse rate and systolic blood pressure, diastolic blood pressure. Biochemical variables such as hemoglobin, total cholesterol, high density lipoprotein, triglycerides and low density lipoprotein. Biomagnetism parameters are Questionnaire method for Food, work.sleep.sexual gratification and thoughts. To achieve this purpose, ninety middle aged women folk around Rasipuram in Namakkal between 35 to 50 years. As the subjects were all middle aged women there was not much difference in the pattern of their life style. Group-one underwent Sky Yoga practices of Package – I and group-two underwent Hand reflexology practices of Package – II for twelve weeks. Control group was not exposed to any treatment. The subjects of the control group were not allowed to participate in any of the training programme except in their routine activities.

Among the physiological, biochemical variables and Biomagnetism variables the following variables were selected as criterion variables namely Body mass index, Pulse rate and

systolic blood pressure, diastolic blood pressure. Biochemical variables such as hemoglobin total cholesterol, high density lipoprotein, triglycerides and low density lipoprotein. Biomagnetism parameters are Questionnaire method for Food, work.sleep.sexual gratification and thoughts The data on physiological parameters Body mass index, Pulse rate and systolic blood pressure, diastolic blood pressure such were recorded by using stethoscope, stop watches and by Sphygmomanometer,. Fasting blood samples from every subject was taken in the morning and it was analyzed for hemoglobin and, total cholesterol, high density lipoprotein, triglycerides and low density lipoprotein in a clinical laboratory. The data were collected first at the beginning (pre test)and at the end of the experimental period of 12 weeks (post test).The study was aimed at mainly in finding out the effects of training on selected dependent variable. In addition to that it had been analyzed if there was any difference between Sky Yoga practices of Package and Hand reflexology, Shavasana and Mudras practices of Package .The collected data from the three groups were statistically analyzed for significant difference, if any, applying the analysis of covariance. Whenever the 'F' ratio was found to be significant for adjusted post means, Scheffe's test was followed as a post-hoc test to determine the level of significant difference between the paired means. In all the cases 0.05 level of significant was fixed to determine the significance.

CONCLUSIONS

From the analysis of the data the following conclusions were drawn.

1. Two experimental group's namely Sky Yoga practices and Hand reflexology, Shavasana and Mudras practices have achieved significant improvement as compared to control group towards improving the selected criterion variables such as systolic blood pressure, diastolic blood pressure, Body mass index and pulse rate.

2. Significant improvement were found in groups as compared Sky Yoga practices and Hand reflexology, Shavasana and Mudras practices to control group towards improving the selected criterion variables such as hemoglobin and, total cholesterol, high density lipoprotein, triglycerides and low density lipoprotein.

3. It is concluded that sky yoga practice found to be better than in Hand reflexology, Shavasana and Mudras practices improving such as systolic blood pressure, diastolic blood pressure, Body mass index and pulse rate.

4. It is concluded that sky yoga practice found to be better than in Hand reflexology in developing the Biomagnetism parameters in Questionnaire method for Food, work.sleep.sexual gratification and thoughts to assess the quality of life.

5. Sky Yoga practices and Hand reflexology, Shavasana and Mudras have achieved significant improvement on total cholesterol, Low density lipoprotein cholesterol, High-density lipoprotein cholesterol and triglycerides as compared to control group.

RECOMMENDATIONS

1. In the present study, it was concluded that the selected physiological, bio-magnetism and bio-chemical parameters were improved by SKY practices and Hand reflexology, Shavasana and Mudras. Hence it is recommended to all the people those who are interested to adopt these findings to improve physiological, bio-magnetism and bio-chemical parameters.

2. A similar study may be conducted on flight attendants flying in international air crafts who suffer from a major problem called as JET LAG.

3. A similar study may be conducted by psychological variables as criterion variables.

4. A similar study may be attempted by selecting male adult age group between 35-50 as subjects.

5. A similar study may be attempted by selecting the diabetic and asthma patients as subjects.

6. A similar study may be conducted on people who suffer economically in their life by improving the knowledge of bio-magnetism through practicing SKY practice.